September 2016

Dear Parents/Carers,

Please find below details of Universal Support Services, with contact details, that may be of interest to you.

**Counselling Information and Advice**

* Child Line. Free and confidential Helpline: Tel 08001111. Website: [www.childline.org.uk](http://www.childline.org.uk)
* Individual and family counselling. The Bridge Foundation. Tel: 01179 424510. Website: www.bridgefoundation.org.uk
* Off the Record, counselling and support service for children and young people aged 11-15 years. Tel: 0808 808 9120. Website: www.otrbristol.org.uk

**Online Safety Information and Advice**

* CEOP (Child Exploitation Online Protection) Safety online, information and advice. Website: http:ceop.police.uk/ For Parents/Carers and young people. CEOP think you know, information for children, young people and Parents/Carers according to age group. Website: [www.thinkyouknow.co.uk](http://www.thinkyouknow.co.uk)
* UK safer Internet Centre, e-safety tips, advice and resources to help children and young people stay safe on the internet. Website: [www.saferinternet.org.uk](http://www.saferinternet.org.uk)
* Warmley Park School website has links to excellent e-safety information.

Website: www.warmleyparkschool.org.uk

**Sleep Advice**

* <http://www.sleepcouncil.org.uk>

The Sleep Council aims to:

Raise awareness of the importance of a good night’s sleep to health and wellbeing.  
Provide helpful advice and tips on how to improve sleep quality.

* [www.sleepforkids.org](http://www.sleepforkids.org) On this website for kids, you can learn about what happens while we sleep, play fun games, and keep track of your own sleep.
* [www.nhs.uk/Livewell/Childrenssleep/Pages/bedtimeritual.aspx](http://www.nhs.uk/Livewell/Childrenssleep/Pages/bedtimeritual.aspx) Healthy sleep tips for children .Keeping your child to a regular bedtime routine can be difficult, but it can help to improve the quality of their sleep. Setting a regular bedtime schedule can really help children get the right amount of sleep.

**Anger**

* Temper Tamers in a Jar – activities to help children cool off and manage anger issues. Visit Amazon.co.uk
* “I Feel Angry” book. Publisher: Hachette Children's Group ISBN: 9780750214032
* Anger Management Games for children, book by Deborah M. Plummer. Visit Amazon.co.uk ISBN: 2370004910895 (DRM-EPUB)

**Trauma Books**

* A Terrible Thing Happened, by Margaret Holmes. ISBN 13: 9781557987013. Visit Amazon.co.uk
* The Huge Bag of Worries, by Virginia Ironside. ISBN: 9780340903179. Visit The Book People.
* Healing Days book, by Susan Farber Straus. ISBN-13: 978-1433812934. Visit Amazon.co.uk

**Parental Separation**

* Single Parent Action Network. Bristol based organisation empowering and supporting one parent families. Website: [www.spanuk.org.uk](http://www.spanuk.org.uk)
* CAFCASS – supporting parents in dispute. Staffed by Social Work professionals experienced in working with children and parents after separation. Able to provide advice and support on alternatives, the court process, mediation and sign-posting to local services. Helpline: 0800 380 0040. Website: [www.cafcass.gov.uk](http://www.cafcass.gov.uk)
* The Parent Connection. Support for separated/separating parents.

Website: [www.theparentconnection.org.uk](http://www.theparentconnection.org.uk)

**Clubs and Activities**

* Bournestream – an outdoor adventure play and picnic site for disabled children and their families, friends, carers, support groups and special schools. Located in Wotto-Under-Edge. £10 membership required. Website: [www.bournstream.org.uk](http://www.bournstream.org.uk)
* Special Friends Club – providing support for families of children with special needs. Offering a wide range of activities that can be enjoyed by the whole family. Website: [www.specialfriendsclub.org.uk](http://www.specialfriendsclub.org.uk) Tel: 07783 322650
* Incredible Kids – provide play and support services to a family with a child with disability or additional needs to reduce inequality and social isolation.

New venue at Stokefield House, Stokefield Close, Thornbury, BS35 1HF (formerly South Glos Council Offices.) Sessions run Tuesday 4-6pm, Friday 4-6pm and Saturday 1-5pm.

Website: [www.incrediblekids.org.uk](http://www.incrediblekids.org.uk) Contact Kirstie Weaver. Tel: 07807 185634

* Early Bird and Cygnet course. A range of courses for parents/carers whose children have been diagnosed on the Autism Spectrum. Early Birds aged 2-4 years, Early Bird Plus 4-8 years, and Cygnet 8- 18 years.

I will add to this list throughout the year. If you have experience of clubs/activities that you would be happy to recommend to others, please let me know and I will share! My email address is [lynne.watkins@warmleyparkschool.org.uk](mailto:lynne.watkins@warmleyparkschool.org.uk)