

## Useful Websites and Other Resources

### Department for Education

[www.education.gov.uk](http://www.education.gov.uk)

### Safeguarding Bromley

Tel: 020 8461 7816

Fax: 020 8313 4324

Email: [bscb@bromley.gov.uk](mailto:bscb@bromley.gov.uk)

[www.bromleysafeguarding.org](http://www.bromleysafeguarding.org)

**Parentline** - for information and advice for all parents.

Tel: 0808 800 2222

[www.familylives.org.uk](http://www.familylives.org.uk)

**Helpcard** – for individuals with literacy difficulties for a variety of reasons, can be issued with a card to present to front line staff or receptionists to ask for discreet help with form filling or reading.

Tel: 020 8315 8711

Email: [his@bromleyhealthcare-cic.nhs.uk](mailto:his@bromleyhealthcare-cic.nhs.uk)

[www.bromley.gov.uk/helpproject](http://www.bromley.gov.uk/helpproject)

**Eagle House Group** 'Autism in the Home' workshops for parents and carers

Tel: 0845 485 1464 or 020 8712 6748

Email: [parent.support@eaglehousegroup.co.uk](mailto:parent.support@eaglehousegroup.co.uk)

[www.eaglehousegroup.co.uk](http://www.eaglehousegroup.co.uk)

### SEN magazine

Tel: 01200 409802

Email: [info@senmagazine.co.uk](mailto:info@senmagazine.co.uk)

[www.senmagazine.co.uk](http://www.senmagazine.co.uk)

### Preparing for Adulthood

[www.preparingforadulthood.org.uk](http://www.preparingforadulthood.org.uk)

### Robust Training

Neetraina apprenticeships

Assisting with vocational opportunities with considerations to individual needs of the young person.

Tel: 0845 555 444

Email: [info@robusttraining.com](mailto:info@robusttraining.com)

[www.robusttraining.com](http://www.robusttraining.com)

### National Family Carers Network (NFCN)

Tel: 07747 460727

Email: [info@familycarers.org.uk](mailto:info@familycarers.org.uk)

[www.familycarers.org.uk](http://www.familycarers.org.uk)

### Care.com

Care providers locally.

Email: [membercareuk@care.com](mailto:membercareuk@care.com)

[www.care.com](http://www.care.com)

### National Rail Enquiries

Tel: 0845 748 4950

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

### **South Eastern Rail**

[www.southeasternrailway.co.uk](http://www.southeasternrailway.co.uk)

For travel assistance: 0800 783 4524

TFL – Transport for London

Tel: 0343 222 1234

[www.tfl.gov.uk](http://www.tfl.gov.uk)

For travel assistance: 01732 770099

For up to date accessibility and travel information:

Tel: 020 7737 2339

[www.transportforall.org.uk](http://www.transportforall.org.uk)

**Disability Grants** – extensive directory of grant giving charities and organisations.

[www.disability-grants.org](http://www.disability-grants.org)

### **Turn 2 Us**

Information on accessing benefits and grants.

Tel: 0808 802 2000 or 020 8834 9200

[www.turn2us.org.uk](http://www.turn2us.org.uk)

### **Furniture and electrical charity**

Tel: 01689 860504

Email: [orpington@debra.org.uk](mailto:orpington@debra.org.uk)

[www.debra.org.uk](http://www.debra.org.uk)

### **Home Heat helpline**

Tel: 0800 336699

[www.homeheathelpline.org.uk](http://www.homeheathelpline.org.uk)

### **Child Accident Prevention Trust**

Tel: 020 7608 3828

Email: [safe@capt.org.uk](mailto:safe@capt.org.uk)

[www.capt.org.uk](http://www.capt.org.uk)

### **Pain indicator resources**

[disdattool.wordpress.com](http://disdattool.wordpress.com)

### **4Children**

National charity that offers a free consultancy service for local authorities.

[www.4children.org.uk](http://www.4children.org.uk)

### **Employers Forum on Disability**

An employers' organisation focusing on the workplace.

[www.employers-forum.co.uk](http://www.employers-forum.co.uk)

### **National Childcare charity**

[www.daycaretrust.org.uk](http://www.daycaretrust.org.uk)

### **Right from the start**

[www.rightfromthestart.org.uk](http://www.rightfromthestart.org.uk)

### **National Portage Association**

[www.portage.org.uk](http://www.portage.org.uk)

### **Early Intervention**

[www.earlyintervention.org.uk](http://www.earlyintervention.org.uk)

**The prime ministers official website**, including up to date information regarding policies and latest news.

[www.pm.gov.uk](http://www.pm.gov.uk)

### **Bromley Children and Young People Partnership**

Email: [childrens.trust@bromley.gov.uk](mailto:childrens.trust@bromley.gov.uk)

[www.bromley.gov.uk/childrenstrust](http://www.bromley.gov.uk/childrenstrust)

### **British Youth Council**

[www.byc.org.uk](http://www.byc.org.uk)

### **Disability access guides**

Throughout the UK, including the London Borough of Bromley

Tel: 01438 842710

[www.disabledgo.com](http://www.disabledgo.com)

### **Hear By Right**

Supporting organisations in putting young peoples voice at the heart of service delivery.

Tel: 0116 242 7350

Email: [nya@nya.org.uk](mailto:nya@nya.org.uk)

[www.nya.org.uk/hearbyright](http://www.nya.org.uk/hearbyright)

### **AIM**

National support group run solely by parents, carers and adults on the autistic spectrum. Provides support and information for parents, carers and young people.

[www.autism-in-mind.co.uk](http://www.autism-in-mind.co.uk)

### **Home Farm Trust (HFT)**

National charity supporting people with learning disabilities.

[www.hft.org.uk](http://www.hft.org.uk)

### **L'arche UK**

A federation of communities for people with learning disabilities.

[www.larche.org.uk](http://www.larche.org.uk)

### **Norah Fry Research Centre**

Undertakes research on learning disability services.

[www.bris.ac.uk/Depts/NorahFry/](http://www.bris.ac.uk/Depts/NorahFry/)

### **Respond**

UK based charity supporting people with learning disabilities, their relatives and professionals affected by trauma and abuse.

[www.respond.org.uk](http://www.respond.org.uk)

### **JobCentre Plus**

Department for Work & Pensions, offering support for job seekers.

[www.dwp.gov.uk/jobcentreplus](http://www.dwp.gov.uk/jobcentreplus)

### **Valuing People**

Government web site for learning disability.

[www.valuingpeople.gov.uk](http://www.valuingpeople.gov.uk)

### **Voice UK**

Supports people with learning disabilities that have experienced abuse or crime.

[www.voiceuk.org.uk](http://www.voiceuk.org.uk)

### **Paradigm**

Advocacy service

Email: [peterk@paradigm-uk.org](mailto:peterk@paradigm-uk.org)

[www.paradigm-uk.org](http://www.paradigm-uk.org)

### **Interconnections Multi-Disciplinary Information Service**

Email: [interconnections.services@virgin.net](mailto:interconnections.services@virgin.net)

[www.icwhatsnew.com](http://www.icwhatsnew.com)

### **The Friendly Resource Company**

The Friendly Resource Company is run by and for parents with learning disabilities. They provide clear, accessible information using DVDs and other resources available to purchase. There is also information about health, parenting and forums for people with learning disabilities, their carers and professionals.

[www.friendlyresources.org.uk](http://www.friendlyresources.org.uk)

### **Dial UK Advice**

Centres throughout the UK run by and for disabled people of all ages. They provide advice and information on all aspects of living with a disability e.g. benefits, mobility, equipment, community care and holidays.

Tel: 01302 310 123

[www.dialuk.info](http://www.dialuk.info)

### **Special Friends Online**

Online community for people with learning disabilities, their parents, carers and volunteers. To share your experiences to help others.

[www.specialfriendsonline.com](http://www.specialfriendsonline.com)

### **Partners in Policy Making**

Many issues relating to disability awareness and advice on inclusive educational needs within mainstream settings.

Tel: 051 287 7977

Email: [mpip@btconnect.com](mailto:mpip@btconnect.com)

[www.partnersinpolicymaking.co.uk](http://www.partnersinpolicymaking.co.uk)

### **Social Policy Research Unit (SPRU)**

Information on current research in social policy, especially health and social care, poverty, welfare and social work.

[www.york.ac.uk/inst/spru/index.html](http://www.york.ac.uk/inst/spru/index.html)

### **Inspiring Inclusion**

Provides training and consultancy for organisations, communities and individuals.

[www.inspiringinclusion.com](http://www.inspiringinclusion.com)

### **Personal Budget management**

Assistance and support on a wide variety of other issues

[www.shop4support.com](http://www.shop4support.com)

### **Care Co-Ordination Network UK**

Networking organisation promoting and supporting care co-ordination or key working for disabled children and their families in the UK.

Tel: 01978 821 324

[www.ccuk.org.uk](http://www.ccuk.org.uk)

### **BASE (British Association of Supported Employment)**

The association aims to raise awareness of supported employment, represent the sector on a collective basis, inform member networks and supports providers and employers by being a hub of information and good practice.

Tel: 01204 880 733

Email: [admin@base-uk.org](mailto:admin@base-uk.org)

[www.base-uk.org](http://www.base-uk.org)

### **In – Control**

Works in partnership with citizens, government, charities and commercial companies. Helps individuals to work

towards 'Self-Directed Support'.

Tel: 01564 821 650

Email: [admin@in-control.org.uk](mailto:admin@in-control.org.uk)

[www.in-control.org.uk](http://www.in-control.org.uk)

### **PINNT**

A support group for parents receiving artificial nutrition therapy.

[www.PINNT.com](http://www.PINNT.com)

### **Parent Pages**

Wide range of information for parents on education, days out, holidays, toys, events, forums and advice.

[www.parentpages.co.uk](http://www.parentpages.co.uk)

### **Daycare Trust**

National childcare charity that provides information for parents, childcare providers, employers, trade unions, local authorities and policy makers.

Tel: 020 7940 7510

[Email: info@familyandchildcaretrust.org](mailto:info@familyandchildcaretrust.org)

[www.daycaretrust.org.uk](http://www.daycaretrust.org.uk)

### **Tamba**

Twins and multiple births association Provides information and support networks for families of twins, triplets and more.

Tel: 0800 138 0509

[Email: asktwinline@tamba.org.uk](mailto:asktwinline@tamba.org.uk)

[www.tamba.org.uk](http://www.tamba.org.uk)

### **Handsel Trust**

(Peter Limbrick & Gudrun Limbrick Spencer), publications, up to date news and conferences. Sleep Practitioner training to support those practitioners working with families whose children have sleep issues.

[Email: enquiries@handselproject.org.uk](mailto:enquiries@handselproject.org.uk)

[www.handseltrust.org](http://www.handseltrust.org)

### **Disability and Independent Living Insurance**

Tel: 0500 432 141

[Email: admin@fishinsurance.co.uk](mailto:admin@fishinsurance.co.uk)

[www.fishinsurance.co.uk](http://www.fishinsurance.co.uk)

### **Net Buddy**

Practical tips and ideas from parents, carers, teachers and therapists, people with everyday experience of learning disability.

[www.netbuddy.org.uk](http://www.netbuddy.org.uk)

### **Fatherhood Institute**

Information and advice promoting good practice in public services and industry, in recognition of fatherhood. DADS INCLUDED – an online community for sharing expertise in father-inclusive practice

[www.dadsincluded.org](http://www.dadsincluded.org)

[www.fatherhoodinstitute.org](http://www.fatherhoodinstitute.org)

### **London Recumbents**

Specialist bike hire and shop in Dulwich Park.

Tel: 020 8299 6636

[www.londonrecumbents.co.uk](http://www.londonrecumbents.co.uk)

### **United Utilities Trust Fund Information**

The Trusts can provide grants to individuals to cover the payment of gas and electricity debts and other essential household bills or costs.

Tel: 01733 421 060

[Email: contact@uutf.org.uk](mailto:contact@uutf.org.uk)

[www.uutf.org.uk](http://www.uutf.org.uk)

### **Insulation and Boiler Grants**

Can provide a grant to cover the cost of installing cavity wall insulation, loft insulation, solid wall insulation or a brand new boiler. Green Deal grants are also available to those in receipt of certain benefits. The grant can provide heating and insulation improvements and is available for both private home owners or for those renting

from a private landlord. Call for further details and eligibility.

[www.insulationgrants.info](http://www.insulationgrants.info)

### **NHS Direct**

For immediate and confidential health advice and information, 24 hours a day, 7 days a week.

Tel: 0845 46 47 or 111 (for non-emergency medical enquiries)

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### **NSPCC**

Helpline: 0808 800 5000

[www.nspcc.org.uk](http://www.nspcc.org.uk) (National)

### **Makaton**

Derived from British Sign Language (BSL) Makaton uses signs, symbols and speech to help with learning or difficulties to communicate.

Tel: 01276 606 760

Email: [info@makaton.org](mailto:info@makaton.org)

[www.makaton.org](http://www.makaton.org)

### **BILD** (British Institute of Learning Disabilities)

Tel: 0121 415 6960

Email: [enquiries@bild.org.uk](mailto:enquiries@bild.org.uk)

[www.bild.org.uk](http://www.bild.org.uk)

### **United Kingdom's Disabled People's Council**

Campaigning organisation for various disability issues.

Tel: 07792 538 208

Email: [ceo@uksdpc.net](mailto:ceo@uksdpc.net)

[www.uksdpc.net](http://www.uksdpc.net)

### **Employers Forum on Disability**

Tel: 020 7403 3020

Fax: 020 7403 0404

Textphone: 020 7403 3020

Email: [efd@employers-forum.co.uk](mailto:efd@employers-forum.co.uk)

[www.employers-forum.co.uk](http://www.employers-forum.co.uk)

### **Speakability**

For individuals with speech impairments.

Tel: 020 7261 9572

Fax: 020 7928 9452

Helpline: 0808 808 9572

Email: [speakability@speakability.org.uk](mailto:speakability@speakability.org.uk)

[www.speakability.org.uk](http://www.speakability.org.uk)

### **Centre for Accessible Environments**

Consultancy agency advising both individuals and professionals towards providing reasonable adjustments and adaptations to specific environments.

Tel: 020 7822 8232

Fax: 020 7822 8261

Technical helpline: 090 6751 6663

Email: [info@cae.org.uk](mailto:info@cae.org.uk)

[www.cae.org.uk](http://www.cae.org.uk)

### **Leonard Cheshire Foundation**

Advice and support on disability issues.

Tel: 020 3242 0200

Fax: 020 3242 0250

Email: [info@lcdisability.org](mailto:info@lcdisability.org)

[www.leonard-cheshire.org](http://www.leonard-cheshire.org)

### **WaterScheme (Vulnerable Customer Tariff)**

If you have a water meter at your property, with your bills based on the amount of water you use, and you are within the category of customer that the Government has defined as 'vulnerable', you may be able to reduce your bill.

Under this tariff you will pay either your metered bill or a 'daily average charge', which is set each financial year, whichever is lower. Households that may be eligible for this tariff are those in receipt of specific means-tested state benefits and who either, have a large family (with at least three dependant children under the age of 19 and for whom child benefit is being received) or have a member of the same household who has a medical condition that requires the use of extra water.

Eligible customers need to re-apply on an annual basis.

For more information: [www.thameswater.co.uk](http://www.thameswater.co.uk), where you can download the 'Vulnerable Groups Tariff (WaterSure Scheme)' information leaflet, or contact: 0845 9200 888 and ask for a copy. If you water is provided by an alternative supplier, please check with them directly as they may offer a similar scheme.

### **Equality and Human Rights Commission**

[www.equalityhumanrights.com](http://www.equalityhumanrights.com)

Helpline: 0808 800 0082

Textphone: 0808 800 0084

### **Equality Advisory Support Service**

[www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com)

### **Bliss**

For information regarding premature babies and tube feeding, amongst other useful sources.

Tel: 020 7378 1122

Fax: 020 7403 0673

Helpline: 0500 618 140 Web: [www.bliss.org.uk](http://www.bliss.org.uk)

### **StepChange**

(previously called The Consumer Credit Counselling Service)

Provides free confidential and impartial advice regarding debt and debt management.

Tel: 0800 138 1111

[www.stepchange.org](http://www.stepchange.org)

### **Help with health costs**

[www.dh.gov.uk/helpwithhealthcosts](http://www.dh.gov.uk/helpwithhealthcosts)

### **Child Tax Credit (incl. disability element)**

Tel: 0845 300 3900

[www.directgov.uk](http://www.directgov.uk)

### **Carers Allowance**

Tel: 0845 608 4321

[www.directgov.uk](http://www.directgov.uk)

### **Blue Badge (London Borough of Bromley)**

Tel: 020 8461 7629

[www.bromley.gov.uk](http://www.bromley.gov.uk)

### **Disability Living Allowance**

Tel: 0845 712 3456

### **Job Centre Plus - Incapacity and Income Support**

Tel: 0800 055 6688

### **Motability**

For those in receipt of the higher rate of mobility component.

Tel: 0800 694 9000

**Email:** [info@homecare-direct.co.uk](mailto:info@homecare-direct.co.uk)

[www.homecaredirect.co.uk](http://www.homecaredirect.co.uk)

[www.mobility.co.uk](http://www.mobility.co.uk)

### **Homecare Direct**

Can support and advise you to organise your own Personal Home Care Assistants by helping make personal budgets easier to manage and accessible to all with the personalisation of care.

Tel: 0845 061 9000

### **Travel information**

General travel information for all modes of transport –timetables/journey planning/accessibility.

Tel: 020 7222 1234

Textphone: 020 7918 3015

TFL – journey planner:

Web: [www.tfl.gov.uk/journeyplanner](http://www.tfl.gov.uk/journeyplanner)

TFL/Dial-a-Ride Travel Assistance Scheme

Tel: 020 7027 5822

[www.travel.assistance@tfl-buses.co.uk](mailto:www.travel.assistance@tfl-buses.co.uk)

### **Dial-a-Ride**

Applications and general enquiries made by borough of residence.

Tel: 020 7394 5210

**Email:** [dar.generalenquiries@tfl.gov.uk](mailto:dar.generalenquiries@tfl.gov.uk)

[www.tfl.gov.uk/gettingaround/3222.aspx](http://www.tfl.gov.uk/gettingaround/3222.aspx)

### **Congestion Charging**

Exemptions for disabled individuals/drivers.

Tel: 0845 900 1234

[www.tfl.gov.uk](http://www.tfl.gov.uk)

### **OFSTED and the National Standards**

The Office for Standards in Education and Childcare Provision and Ofsted aim to provide reassurance that children are cared for by people and within premises that are suitable, including the relevant adaptative modifications required for educational environments.

Tel: 08456 40 40 40

[www.ofsted.gov.uk](http://www.ofsted.gov.uk)

### **Kidscape**

Anti-bullying charity, offering a helpline for parents and carers of bullied children, training sessions and publications. Ages 5-13; 14-18.

2 Grosvenor Gardens, London, SW1W 0DH

Tel: 020 7730 3300

Helpline: 08451 205 204

[www.kidscape.org.uk](http://www.kidscape.org.uk)

**Email:** [info@kidscape.org.uk](mailto:info@kidscape.org.uk)

### **Oily Cart**

Theatre Production Company for specialist needs.

Creates theatre for young people with complex disabilities (profound and multiple learning disabilities and the autistic spectrum).

For shows and performances, all year round.

Tel: 020 8672 6329



[www.oilycart.org.uk](http://www.oilycart.org.uk)

### **Pets as Therapy**

Organisation which can provide therapeutic visits, through the interaction of animals, such as, dogs and cats. Visits take place, usually, within a school or hospital.

Tel: 01844 345 445

Email: [reception@petsastherapy.org](mailto:reception@petsastherapy.org)

[www.petsastherapy.org](http://www.petsastherapy.org)

### **Dogs for the Disabled**

Aims to create life-changing partnerships by training 'assistance dogs' to help disabled people lead a fuller, more independent life. For children, adults and individuals with physical disabilities (from age 7).

A special project for children on the autistic spectrum (from age 3), includes a residential course and most costs are covered for the upkeep of the dog. Contact for further details and eligibility criteria.

Can also register dog to access restricted areas.

Tel: 01295 252600

Email: [info@dogsforthedisabled.org](mailto:info@dogsforthedisabled.org)

[www.dogsforthedisabled.org](http://www.dogsforthedisabled.org)

### **Other similar organisations:**

#### **Assistance Dogs**

Campaigns to improve the access rights of guide dog and other assistance dog users.

Tel: 01844 348 100

[www.assistedogs.org.uk](http://www.assistedogs.org.uk)

#### **Hearing Dogs**

British charity that trains and places canines with persons who are deaf or hard of hearing, at no cost.

[www.hearing-dogs.co.uk](http://www.hearing-dogs.co.uk)

#### **Support Dogs**

Trains dogs to assist and support their disabled owners with their specific disability.

Tel: 0114 261 7800

[www.support-dogs.org.uk](http://www.support-dogs.org.uk)

#### **Guide Dogs for the blind and visually impaired.**

Tel: 0118 983 5555

[www.guidedogs.org.uk](http://www.guidedogs.org.uk)

#### **Canine Partners**

Can train assistance dogs to transform the lives of people with disabilities.

Tel: 0845 658 0480

[www.caninepartners.co.uk](http://www.caninepartners.co.uk)