



# Cygnet Parent Support Programme

Useful Information and  
Specialist Support



# South Glos Parent Carers

Visit: [www.sgpc.org.uk](http://www.sgpc.org.uk)

Contact: [team@sglospc.org.uk](mailto:team@sglospc.org.uk)

## How they can help you?

They seek to grow a well-informed, empowered, supportive community of SEND families. They work with SEND service providers, crucially reviewing, planning and shaping services. You can participate and help work with service providers to shape services for SEND parent carers and achieve positive change.

## Events & Workshops

Online and in-person sessions for early years children (0-5 years), parent voice sessions, peer support groups for parent carers, workshops for families awaiting an autism assessment, plus more workshops to help you navigate the complexities of SEND parenting.



# Jigsaw

Visit: <https://www.jigsawthornbury.org.uk>

Contact: 01454 567508

## How they can help you?

Jigsaw works with all children and young people with additional needs or disabilities, and their families, in Thornbury. They support children and young people from 0-25 years with or without a diagnosis. We provide friendship, support, compassion and fun, along with innovative services to connect, fit in and thrive.

## Events & Workshops

You need to become a member to join these. They offer Family Resilience Toolkit courses, Support Groups, Creative Wellbeing Groups, SENSory Lending Library, Sports groups like Tennis, Street Dance, Therapeutic Yoga, Family Fun and much more...



# Diverse

Visit: <https://www.diverseuk.org>

Contact: [Marie@diverseuk.org](mailto:Marie@diverseuk.org)

## How they can help you?

Diverse is an independent organisation run for and by people that identify as Autistic in the Bristol, Bath and North East Somerset, North Somerset and South Glos area. Runs neuro-diverse activities and events organised by people that identify as Autistic and neurodiverse. Meeting in public, accessible venues, they offer a relaxed and friendly atmosphere where people can enjoy being with others and be themselves. No one is made to do anything that they are not comfortable with.

## Events & Workshops

Café Social, Indoor Climbing, Nature Walk, Cinema Social, Board Games Social, Outdoor Photography Walking Social, Diverse Tennis Club, Creative Writing groups.



# Bristol Autism Support

Visit: <https://www.bristolautismsupport.org/>

07835727394 | [helpline@bristolautismsupport.org](mailto:helpline@bristolautismsupport.org)

## How they can help you?

Support, advice and information to parents and carers of autistic children (0-18), diagnosed or suspected. Bring parents together to share knowledge and make new friends. They have a Facebook group, which is busy and active, for questions, advice, rant and share successes. They have a weekly support group meeting at the Imperial Sports Ground. They run a monthly All About Autism session on specific issues you might be facing.

## Events & Workshops

Coffee mornings where parents and carers can get together for an informal chat – mainly in Bristol. Family socials. BAS Dad's group. Grandparents Coffee Mornings. Wellbeing events to support parents such as yoga, mindfulness, meditation and luxurious pamper days. Sensory Play & Support Group. Their website has a calendar of inclusive events from Bristol Parent Carers – Quiet Sessions, Sensory Awareness Morning, Basketball Inclusion Squad.



# Gympanzees

Visit: <https://www.gympanzees.org/>

Contact: 07821 363282 | [info@gympanzees.org](mailto:info@gympanzees.org)

## How they can help you?

A play, exercise and social facility designed to support disabled children and young people (0-25 years) including SEN to access fun and fitness. Based in Patchway it's accessible and designed for young people who couldn't cope with the sensory environment of a traditional leisure centre (too busy or too noisy). An Occupational Therapist can provide appropriate movement to enable children with ADHD and Autism to function better. Lending library of equipment. Online resource hub. Therapy webinars.

## Events & Workshops

Pop Ups take place during the Easter and Summer holidays and include a specialised gym, soft play, active and calm sensory and music rooms, trampolines, therapy suites and a social café.



# The Sensory Spectrum

Visit: <http://www.thesensoryspectrum.com/>

Contact: Via their website.

## How they can help you?

They are an online community who offer the latest articles and research to offer a resource for parents with Sensory Processing Disorder.

## Events & Workshops

See their website.



# Incredible Kids

Visit: <https://incrediblekids.org.uk/>

Contact: Via Contact Form on Website

## How they can help you?

An Inclusive Play Centre offering play and support for families with young people with additional needs. Using The Vench in Lockleaze, it's a safe space where all are welcomed, accepted and understood. For children and young people aged 0-25 years, they welcome parent, carers and siblings to all our sessions.

## Events & Workshops

New Family Welcome Sessions.

Family Play Sessions.

Incredible Teens.

Quiet Sessions.

Girls' Sessions.

PDA Sessions.

Summer Holiday Support.





# Options Support

Visit: <http://www.optionsupport.com/>

0117 966 7451 | [hello@optionsupport.com](mailto:hello@optionsupport.com)

## How they can help you?

Supporting young people (aged 16-25 years) in Bristol and its surrounding areas to offer person centered services to adults with learning disabilities including those with autistic spectrum disorders, physical and sensory impairments.

## Events & Workshops

Not available.



# SENDIAS Service

Visit: [www.sendandyou.org.uk/how-we-help/areas-covered/south-gloucestershire-](http://www.sendandyou.org.uk/how-we-help/areas-covered/south-gloucestershire-)

Contact: 0117 9897725 | [support@sendandyou.org.uk](mailto:support@sendandyou.org.uk)

## How they can help you?

Their trained advisors help and support with a range of concerns; including complex legal processes like statutory assessments, EHCP, mediation, appeals, exclusions and complaints. They help with paperwork for meetings, reading or responding to letters and reports, statutory assessment, written contributions, reviews and planning.

## Events & Workshops

They also run free SEND courses and workshops for young people, parents and carers and also offer support groups and 'surgeries' in local areas. They provide training for SENCO's, school governors, educational psychologists and others.



# Apply for Disability Living Allowance

<https://www.gov.uk/government/publications/disability-living-allowance-for-children-claim-form>

## How they can help you?

The above link is to a page on the [www.gov.uk](http://www.gov.uk) website for Disability Living Allowance (DLA) for children claim form. Use this link to access the claim form and apply for DLA for children under 16, in England and Wales.

## Events & Workshops

Not applicable.