



# Parent Support

Possible referrals for us to make as a school for a variety of different elements of support for our children and families.

**Family Fund:** Family Fund grants are available for families on a low income, raising a child or young person aged 17 or under with a long-term disability, disabling condition or life-limiting illness. Grants depend on available funding. To decide if a family is eligible for a grant, Family Fund look at your income and the impact of disability on your child.  
[www.familyfund.org.uk](http://www.familyfund.org.uk)

## Family Grants

**M-Thrive:** Help families to build resilience, reduce stigma and raise awareness of positive emotional wellbeing and mental health. They will build confidence to manage own wellbeing and go onto THRIVE. It will help them access activities in your community.  
<https://m-thrive.org/form/self-access-referral-form>

**NHS Talking Therapies:** it is funded by the NHS and parent therapy is free and usually lasts between 8-12 weeks. There are both cognitive behavioural therapy (CBT) and person-centred therapy as part of this programme. <https://www.gaddum.org.uk/nhs-talking-therapies/>

## Mental Health Support

**Short Breaks:** Manchester City Council provides a range of Short Break services for disabled children and young people with Special Educational Needs, rare disorders and chronic medical conditions age 0 - 17 years inclusive.  
Call 0161 219 2125 to apply

**CAFT Overnight Stay:** A break at The Children's Adventure Farm Trust provides a fantastic and much needed opportunity to escape the traumas of their everyday life. Send an email to [hello@caft.co.uk](mailto:hello@caft.co.uk)

## Restbite

## Counselling

**Age 11+:** On Kooth, qualified counsellors are online seven days a week to provide young people using the service with online counselling, through chat-based messaging via drop-in or booked sessions. Young people can also track their mood with a goals tracker, and note their thoughts in an online journal.

**Respect for all:** This service offers counselling services for Autistic and/or Learning Disabled People and their Families and Carers who live in Greater Manchester.  
[counsellingforautism.com/](http://counsellingforautism.com/)

## Grief

**Gaddum:** Gaddum's bereavement services provide therapeutic support to children and young people who have suffered a bereavement. Therapists will work with anyone who's lost someone close to them and they're finding it difficult to cope with the upsetting emotions that come up when we experience a death of a family member or friend.  
<https://www.gaddum.org.uk/therapy/child-bereavement/>

## Early Help and Bright Futures

**Early Help:** Effective Early Help is essential to improve the life chances of Manchester's children, young people and their families. The aim of the Manchester Early Help Service is to build capacity in communities that will prevent crime, support education and enterprise, and keep children, young people and their families healthy and safe.

**Bright Futures:** Bright Futures provides emotional and practical support to disadvantaged families and parents to improve their quality of life as well as offering a programme for families who struggle with their mental and physical wellbeing.  
[info@whpfamilycentre.co.uk](mailto:info@whpfamilycentre.co.uk)