

## **Health and Well-Being for Children**

This list was created on 9/7/19. For more detail, and the most up to date entries, please look on the Local Autism Directory - <https://www.autismhampshire.org.uk/local-autism-directory/>

### **Autism and Mental Health Consultation Report and Film**

Created to support a Hampshire consultation about mental health services

Contact:

<http://www.shantsnas.org.uk/consult>

### **BASE APP: Solent NHS Trust Child and Adolescent Mental Health**

Free self-help app for managing anxiety, stress & depression in young people

Contact:

<https://base-camhs-ios.soft112.com/>

### **Challenging Behaviour Foundation Family Support**

Charity for people with severe learning disabilities whose behaviour challenges

Contact:

The Challenging Behaviour Foundation, Chatham, Kent, ME4 6BE

01634 838739

[support@theCBF.org.uk](mailto:support@theCBF.org.uk)

<http://www.challengingbehaviour.org.uk/>

### **Cornloft Creative and Therapeutic Arts Studio, Stockbridge**

Sessions to help adults and children with complex issues and their families

Contact:

Cornloft Art Studio and Consultancy, Creative and Therapeutic Art, Stockbridge, Hampshire, SO20 6DJ

Jeff - 07714 182071

[Jeff@cornloft.org](mailto:Jeff@cornloft.org)

<http://www.cornloft.org.uk/creative.html>

### **Dental Passport**

To give vital information about you to your dentist

Contact:

Bradbury Centre, Southampton, Hampshire, SO16 5NA

0300 303 8603

<http://www.accessibleinfo.co.uk/pdfs/MyDentalPassport.pdf>

### **Education, Health and Care (EHC) Plan**

Are you applying for an Education, Health and Care (EHC) plan or is your child or young person's statement being transferred to one?

Contact:

0300 303 8604

[independentsupport@roseroad.org.uk](mailto:independentsupport@roseroad.org.uk)

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/specialneeds/sen/parentguidance>

### **Frank: Honest Information about Drugs**

Friendly, confidential drugs advice

Contact:

0300 123 6600

[frank@talktofrank.com](mailto:frank@talktofrank.com)

<http://www.talktofrank.com/>

### **Get Moving! Dance and Fitness - New Milton**

Dance and fitness class for those with disabilities aged 16-25

Contact:

New Milton Health and Leisure Centre, New Milton, Hampshire, BH25 6RR

Sarah Newman on 01425 611199

[sarah@isaacson.org.uk](mailto:sarah@isaacson.org.uk)

<https://www.facebook.com/Getmovingsayso>

### **Hampshire Child and Adolescent Mental Health Service: Learning Disabilities**

For children/young people with learning disabilities who also have a mental health difficulty

Contact:

Falcon House, St James Hospital, , Portsmouth, , Hampshire, , PO4 9EH

023 9268 4700

SNHS.CAMHS-General@nhs.net

<https://hampshirecamhs.nhs.uk/issue/learning-disabilities/>

### **Healthwatch Hampshire**

Your spotlight on local services

Contact:

Healthwatch Hampshire, Unit 12, Winchester, Hampshire, SO23 0LD

01962 440 262

[enquiries@healthwatchhampshire.co.uk](mailto:enquiries@healthwatchhampshire.co.uk)

<http://www.healthwatchhampshire.co.uk/>

### **Hospital Passport**

National Autistic Society

Contact:

<https://www.autism.org.uk/about/health/hospital-passport.aspx>

### **Isle of Wight - Private Occupational Therapist**

Promoting independence and well-being

Contact:

01983 753476

[ot02vwo@btopenworld.com](mailto:ot02vwo@btopenworld.com)

### **Kids - National Charity**

Working with disabled children, young people and their families

Contact:

Delta House Salterns Lane, Fareham , Hampshire, PO16 0QS

0132 931 2312

southeastadmin@kids.org.uk

<http://www.kids.org.uk>

### **Life Support Productions**

Online educational resources about sex and relationships for children and young people with learning difficulties

Contact:

020 7723 7520

[info@lifesupportproductions.co.uk](mailto:info@lifesupportproductions.co.uk)

<https://www.lifesupportproductions.co.uk//sen.html>

### **National Autistic Society: Health**

Information for autistic people

Contact:

<https://www.autism.org.uk/about/health.aspx>

### **National Health Service - Questions to Ask Leaflet**

Easy read information about seeing the doctor or visiting the hospital

Contact:

<https://www.nhs.uk/NHSEngland/AboutNHSservices/Documents/Questions%20to%20ask/QTA%20Easy%20Read%20version.pdf>

### **New Hopes Nutrition - New Forest**

A dietary specialist with experience supporting children/adults with autism

Contact:

45 Waverley Road, Fordingbridge, Hampshire, SP6 1EU

07866 950685

[susandavis@newforestnutrition.co.uk](mailto:susandavis@newforestnutrition.co.uk)

<https://www.newforestnutrition.co.uk>

### **NHS Apps Library: Mental Health**

A list of apps that support mental health

Contact:

[https://apps.beta.nhs.uk/category/mental\\_health](https://apps.beta.nhs.uk/category/mental_health)

### **NHS Choices Hospital Visit Guide**

Going into hospital with a learning disability top tips leaflet

Contact:

<http://www.nhs.uk/Livewell/Childrenwithalearningdisability/Pages/Going-into-hospital-with-learning-disability.aspx>

### **Samaritans**

24/7 support service

Contact:

08457 90 90 90

[jo@samaritans.org](mailto:jo@samaritans.org)

<http://www.samaritans.org/>

### **Sensecere - Fareham**

Sensory activities for children and parents

Contact:

27 Clarendon Crescent, Fareham, Hampshire, PO14 4RE

07870 421212

[sharon@sensecere.com](mailto:sharon@sensecere.com)

<http://www.sensecere.com>

### **Southampton City Council: Children's Social Care**

Information about health and social care for children

Contact:

Children's Social Care (M/H), Southampton City Council, , Southampton, Hampshire, SO14 7LY

023 8083 3004

[enquiries@southampton.gov.uk](mailto:enquiries@southampton.gov.uk)

<http://www.southampton.gov.uk/living/scchildren/default.aspx>

**Southampton City Council: Jigsaw**

Team for Disabled Children

Contact:

Jigsaw , Southampton, Hampshire, SO15 1RJ

023 8091 5702

children.first@southampton.gov.uk

<http://sid.southampton.gov.uk/kb5/southampton/directory/service.page?id=nStqYS7rVXQ&localofferchannel=0>

**Special Care Dental Service - Solent NHS**

Provision for people with disabilities

Contact:

Dental Single Point of Access, Southampton, Hampshire, SO14 0YG

0300 300 2014 / 023 8077 2585

<https://www.solent.nhs.uk/our-services/services-listings/special-care-dental-service/>

**Special Yoga - Milford on Sea**

Yoga workshops suitable for people with autism

Contact:

Halnaker House, Milton on Sea, Hampshire, SO41 0RP

0789 458 8002

info@novamileskoyoga.com

<https://novamilesko.com/>

**Staying Safe Out and About**

An easy read guide for people with learning disabilities

Contact:

Foundation for People with Learning Disabilities,, LONDON,, , SE1 2SX

020 7803 1100

info@learningdisabilities.org.uk

<https://www.mentalhealth.org.uk/learning-disabilities/publications/staying-safe-out-and-about>

**The CAMHS Drop In, Portsmouth**

Mental health drop in for people aged 13-19

Contact:

Somerset Central Hub, Southsea, Hampshire, PO5 4EY

02392 684 700

<https://guildhallwalkgp.nhs.uk/about-information/thecamhs-drop-in/>

**Tower House Horses - Micheldever**

Equine assisted learning for children and young people

Contact:

The Tower House, Micheldever Station, Hampshire, S021 3AL

01962 774245

[info@towerhousehorses.co.uk](mailto:info@towerhousehorses.co.uk)

<http://www.towerhousehorses.co.uk>

**Young Epilepsy**

Transition support programme for young people (aged 15-25) with epilepsy in Hampshire

Contact:

01342 832243 ext 517

[etingley@youngpilepsy.org.uk](mailto:etingley@youngpilepsy.org.uk)

<http://youngpilepsy.org.uk/>