

Support for Parents

[FISH](#)

Families information Service

The Families Information Service Hub is known as FISH.

The friendly, helpful FISH team operates a helpline offering free, impartial information for young people, parents and carers and professionals who have a role in supporting families.

FISH is a 'one-stop-shop' where you can get details of services in the East Riding for children and young people aged 0-20 years.

LOOK AHEAD

LOOK AHEAD is a service for parent carers of children aged between 0-25 years with Special Educational Needs and Disabilities (SEND).

[Read more about LOOK AHEAD.](#)

SENDIAS (Special Educational Needs and Disabilities Information Advice Support) Service

The SENDIAS service provides impartial, confidential information, advice and support to parent carers of children aged 0-25 with special educational needs who live in the East Riding.

Visit the [Local Offer website for support with special educational needs.](#)

Brough Children's Centre

East Riding Children's Centres are here for the whole family; from the moment you know you are expecting a baby, and until your child is 9. Children's Centres offer a range of activities and services for children and their families, to give every child the best start in life. We welcome everyone who cares for children, so our centres are open to parents, grandparents, foster carers and childminders.

What they can help with:

- toilet training
- child development including speech and language
- managing children's behaviour
- healthy eating and keeping active
- emotional health and wellbeing of you and/or your child
- family routines, including bedtime routines.

Sessions and activities:

- Early play and learning sessions
- Family links nurturing programme
- Home learning opportunities including Bookstart and bags of support
- Talk time – supporting your child's communication/language development
- Sensory room
- Take and make.

You can search for sessions and activities online.



SEED is a Voluntary Organisation formed in September 2000 in Hull, East Yorkshire, and were known as the Eating Disorder Support Group.

SEED's mission is to create a facility that provides sufferers and carers alike with confidential independent and non judgemental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

[Special Stars](#)

WHAT THEY DO?

Special Stars Foundation is a not-for-profit registered charity. (Registered charity number: 1156237). Our focus is to improve the quality of life for people with significant learning and physical disabilities and their families across Hull and East Yorkshire. We achieve this by providing a diverse calendar of creative learning and social activities. We also offer a range of support, training and advice services for parent carers

WHO DO THEY HELP?

They support just over 2,100 families affected by disability in the Hull and East Yorkshire region, operating from their new location on the 3rd floor within Princes Quay in the heart of Hull City Centre

Here they have a huge event space from which they run inclusive activities for disabled children. They also run support groups, craft workshops, seminars and training sessions here for parent carers

Next-door in their adjacent unit, where they have a specialist shop stocking disability specific equipment, sensory toys, learning resources and much more! Their shop is open Monday to Saturday and customers are welcome to pop in and browse, or order online for click and collect or have their order posted

They also have a large sensory room, kitted out with a some fantastic sensory equipment, fully wheelchair accessible and with a hoist so everyone can enjoy an amazing sensory experience

Nationally, there online shop is open to all, we pride ourselves on stocking a variety of specialist disability-related equipment and sensory toys at low prices, helping families to afford much-needed quality items whilst also helping to fund specialist services for disabled people.

[National Autism Society](#)

UK's leading charity for people on the autism spectrum and their families. They provide support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people.

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