Family Support Service

A service supporting families across Sunderland

sunderlandfamilysupport@wearedaisychain.org
https://daisychainproject.co.uk/family-support-service-sunderland/

If you live in Sunderland, the Family Support Service, delivered by Daisy Chain, is here for you. The team supports the families of young people aged 0-18 years, no matter where they are on their Autistic, ADHD, Sensory Processing or Foetal Alcohol Spectrum Disorder (FASD) journey. This means that your young person does not need to have a diagnosis or be on the neurodevelopmental pathway to access support from the service. The Family Support team is here to listen to your concerns and offer support.

This information is available in other languages on request.

What We Do
Telephone Appointments
Strategies
No limit to the number of times you can access support
Review of support
Sessions for children and young people
Sleep Support
Community Coffee Mornings
Work with other services to support your family
Referral to appropriate services if applicable
Offer support
Custom visuals
Social Stories

Support

Your Family Support team can support in various different ways including developing routines, visuals and social stories, understanding communicative behaviour, identifying your child's needs and sensory strategies and regulation. We can also signpost and refer to other services that could support you.

Support is available to anyone living in Sunderland. Bespoke visuals include visual timetables, 'now and next' boards and social stories. These can help children and young people to feel more confident about what is happening and when it's happening throughout the day and in turn support them to feel less worried. The visuals can support transitions from one activity to the next and increase understanding and processing of situations, events and changes to normal routines.

What can I expect?

Once we receive your referral, a member of our triage team will call and register you. They will then offer you a telephone or face to face appointment with one of our Family Support Team Leaders, this will give you an opportunity to have a 1:1 chat about your family, what is working well and what you would like support with. We can also provide you with all the information for community drop in sessions in your area if you prefer. You can view information for all drop-in sessions at:
www.daisychainproject.co.uk /neurodevelopmental-child-and-family-support.

We always enjoy meeting parents/carers. Attendees of our community drop ins often feedback that it's a great place to feel heard and supported by other parents/carers who understand. A member of the family support team will always be there to lead the session.

Sessions for children and young people

Children and young people are offered the opportunity to develop their communication, interaction and social skills through a six-week programme suitable for their age range and needs. The small group sessions will run one afternoon per week for six weeks.

Children or young people and their parent/carer will be expected to attend all six sessions. Individuals do not need a diagnosis or be under assessment to access the sessions.

Social Communication Group – this programme is designed for children aged 3-5 years. It encourages children to develop communication skills, turn taking, sharing, and social skills through play.

Social Skills Group – this programme is designed for primary school children aged 6 – 11 years. The programme encourages children to develop social skills, communication, interaction, sharing, turn taking, respect of personal space, patience, responsibility and so much more.

Talk About for Teenagers – this programme is designed for secondary school children and teenagers aged 11 – 18. The programme is designed to support young people in developing communication skills, promoting self-confidence and understanding of self, and skills to develop and maintain friendships.

How to refer

"Thank you for supporting us in all of this. It honestly means a lot that someone is fighting for my child's needs to be met."

Referral will be via assessment from a Family Support Team Leader. Information about the course will be discussed in detail with the parent/carer to ascertain the suitability of the programme. The Family Support Team Leader will also check the eligibility criteria for the child or young person prior to referral to ensure it is appropriate.

North East Sleep Alliance

Does your child experience challenges with sleep? Are they between the ages of 3½ and 18? Have they been identified by a professional as having an additional long term health or development need and reside in the Sunderland Area?
If you answered yes to those questions, then the North East Sleep Alliance is here to support you. Using a tiered approach we can provide telephone support, resources, parent sleep support sessions and bespoke 1:1 sleep assessments.

For more information, please contact:

Self referral
https://northeastsleepalliance.co.uk/contact-us/

The North East Sleep Alliance
sunderlandsleepservice@wearedaisychain.org

Your local 0 to 19 Service or Health Visiting/School Nursing Team

https://northeastsleepalliance.co.uk

Referral routes

- Self referral: Parents/carers can contact the team directly via email, phone, online or attending a drop in.

  sunderlandfamilysupport@wearedaisychain.org
  https://daisychainproject.co.uk/sunderland-family-support-service/

- Professional referral: Any service or professional working with a family can refer by emailing sunderlandfamilysupport@daisychainproject.co.uk and completing a referral form.

Parent/carer support

We provide a range of parent/carer support sessions in addition to learning opportunities, including weekly coffee mornings and monthly multi agency drop ins in Sunderland.

View all information, including drop-in locations and times, at:
https://www.daisychainproject.co.uk/family-support-service-sunderland/

Join the Family Support Service Facebook group:
https://www.facebook.com/groups/familysupportservicesunderland/

Getting in touch

We know that you could be feeling overwhelmed right now, and that picking up the phone might be difficult. If you'd rather not contact us direct you can ask school, your health visitor or any other professionals involved in your family's care to share your details with us, then we will contact you. They can obtain a referral form to complete by emailing:
sunderlandfamilysupport@wearedaisychain.org

Daisy Chain | Calf Fallow Lane | Norton | Stockton-on-Tees | TS20 1PF
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