

Sport

www.cpsport.org - Multi Sport – developing sports activities for children and young people with Cerebral Palsy.

www.specialolympics.org - Special Olympics – provide training and the opportunity to compete locally and nationally in a variety of sporting activities for children and young people with a learning disability. Organising new activities where specialist sports activities do not exist.

Transition information

www.natspec.org.uk - NATSPEC – National Association of Specialist Colleges provides information and training to meet the inclusive learning needs of students with learning difficulties/disabilities.

www.transitioninfonetwork.org.uk

Transition Information Network -supports young people with Learning Difficulties &/or Disabilities to make a positive transition to adult life .It provides quality information on key issues such as further and higher education ,direct payments, social life and independence.

Bullying

www.cafamily.org.uk/media/388418/bullying.pdf - CaF have produced a guide for dealing with bullying.

[Anti-bullying Alliance](#) – gives useful information and advice about how to deal with bullying and the impact that bullying can have.

[Bullying UK](#) - offers on line advice and support to try to prevent or deal with bullying including information for children.

grants

[ACT Foundation](#) – offers grants to enhance the quality of life of people in need, for example grants for equipment or adaptations where the Local Authority cannot help.

[turn2us](#) Turn2us is a national charity helping people when times get tough. We provide financial support to help people get back on track

<https://www.disability-grants.org/grants-for-families.html> use this website to **save time** finding Disability Grants. A list of Charities and Trusts providing funding towards the high cost of disability equipment, holidays, housing, days out.....in fact anything above and beyond the normal costs of everyday living

<https://www.acf.hhs.gov/> The Administration for Children & Families (ACF) is a division of the Department of Health & Human Services. ACF promotes the economic and social well-being of families, children, individuals and communities.

liverstrong.com Free Government Grants for Low-Income Families

www.ace-ed.org.uk

An independent advice centre for parents. It aims to produce fairness and opportunity in education by empowering parents and carers and promoting good practice.

www.natspec.org.uk - National Association of Specialist Colleges provides information and training to meet the inclusive learning needs of students with learning difficulties/disabilities.

[Contact a Family \(CaF\)](http://www.contactafamily.org) – are an excellent organisation providing information and support to parents of children with many different sorts of disability, including parent-parent support. They also provide comprehensive well written booklets written in a clear concise manner for parents, teachers and young people

<http://www.healthline.com/health/bipolar-disorder>

<http://in-control.org.uk> We are a national charity working for an inclusive society where everyone has the support they need to live a good life and make a valued contribution.

[eric](http://www.eric.org.uk). ERIC is the only charity dedicated to the bowel and bladder health of all children and teenagers in the UK. Our vision is that every child and teenager with a bowel or bladder condition can access support and live free from embarrassment, shame, isolation and fear.

[Cerebra](http://www.cerebra.org.uk) - help to support parents/carers with children who have sleep issues. They also have a stress helpline.

[FAB Research](#)

Food and Behaviour Research provides up to date news and events relating to the impact of our diet on our lives.

[Ability77net](#)

Abilitynet provides advice and free fact sheets on using ICT to help with reading and writing.

www.lucid-research.com - Memory boosters for children aged 4-11, especially those with special educational needs

[Activise software](#)

An affordable learning and revision resource that can be personalised to any age and subject. 21 games assist learning and revision by repetition.

[Iansyst Ltd](#)

The site of Iansyst Ltd. They compare and sell ICT solutions suitable for dyslexics. They also provide training.

[National Handwriting Association](#)

The National Handwriting Association has information and suggested resources to improve handwriting.

[The University of Southampton Assistive Technology Service.](#)

Local

<http://healthwatchportsmouth.co.uk> Healthwatch is the independent champion for health and social care in England.

Working locally in Portsmouth, we give children, young people and adults a powerful voice – making sure their views and experiences are heard by those who run, plan and watch over health and social care services in the city.

solent.nhs.uk about local health services

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

This website is a collaboration between parents and carers of disabled children, young people and Portsmouth City Council to help you find what is available in the area for those with Special Education Needs or Disabilities (ages 0-25) and how to access a variety of services

<https://www.gingerbread.org.uk/>we provide information to help single parents support themselves and their family.