













Summary of Local Support Groups for parents

** This document has been compiled using information from various sources, and is correct to the best of our knowledge. We advise checking with the group concerned before going to a meeting or event, as times and dates can be changed.

Name of Group	Disability	Who for?	What kind of support?	Cost	Web link
ADHD Support, West Yorkshire	ADHD	Adults with the condition and parents of children with ADHD	Monthly meetings	Contact to find out	http://communitydirectory.kirklees.gov.uk/communityDirectory/organisationdetails.aspx?orgid=7063  West Yorkshire ADHD Support Group
ASBAH/ Shine	Spina Bifida and Hydrocephalus	Parent carers, and children with the condition	Become a member by registering for free on the website to find out more.	Free, possibly a charge for any activities	www.shinecharity.org.uk/northern-region/northern-region southernregion@shinecharity.org.uk  Spina bifida • Hydrocephalus • Information • Networking • Equality - SHINE
Aspire	Autism	Parents of CYP with autism	Occasional meetings, Facebook group	None	Find "ASpire supporting the autism community" on Facebook  Aspire supporting the autism community
Aware	Autism	CYP with autism (diagnosis not needed) and their parents/carers	Large programme of activities for CYP and their parents. Has a closed Facebook group especially for members	£15 per year	www.awareuk.org The Facebook group is for members only so contact them to join first.
Bradford Action 4 Autism	Autism and related conditions	Parents and carers of CYP with these conditions	Weekly meetings during term time at the Insomnia Café in Debenhams, Broadway centre, Bradford. Mondays 10-12 for a general meeting and	Cost of refreshments at café	Frances – 07468 570740 or francestll@aol.com

	eg ADHD, PDA		Wednesdays 12-2 for Asian parents (fortnightly for this group).		 Bradford Action 4 Autism
Bradford Deaf Children's Society	Hearing impairments	Children with HI and their parents	Contact for more details	Contact to find out	ndcs.org.uk bradford@ndcsgroup.org.uk  National Deaf Children's Society
Bradford Toy Library	Any	Parent carers and children	Various, including Friday support meetings and a library of books and equipment that can be borrowed. Also some activities for children	Contact to find out	www.thebradfordtoylibrary.org.uk  The Bradford Toy Library and Resource Centre
Café Eden	Autism	Parent carers	Monthly coffee morning held at Keighley College for local parents	Contact to find out	www.keighleybiglocal.org.uk/events  Keighley Big Local 2019
Carers' Hubs	Any	Parent carers	A range of different activities and drop-in sessions, held at Horton Park Health Centre and Lynfield Mount Hospital in Bradford, and Dyneley House in Skipton.	See their website for details	www.bdct.nhs.uk/service-users-carers/support-for-carers
Down Syndrome Support and Training	Down Syndrome	CYP with DS and their parents	Large programme of activities and training	No charge for newsletters. Some training courses have a fee. See website for more details.	http://www.downsyndromebradford.com/  Down Syndrome Training and Support Service
Equality Together	Any	Parent Carers	Occasional events and meetings to support carers	Contact to find out	www.equalitytogether.org.uk  Equality Together
FASD Group	Foetal Alcohol Syndrome	Parent carers	Monthly meetings at the Salvation Army building in Shipley and a closed Facebook group	Voluntary contribution towards the room hire.	Westyorksfas@gmail.com www.fasdnetwork.org Keri Chapman 07824 506969  FASD UK
KAN (Keighley Additional Needs)	Any	Parent carers who live in the Keighley area	Friendly meet-up at Central Hall, Keighley for a cuppa and chat, Tuesdays 12-1.30 pm, term time only.	No charge, but drinks etc available to buy at the café.	 Keighley Additional Needs Parent And Carer Support Group

LS29	Any	Parents and children	Various different activities for families, living up to 8 miles from Ilkley	Membership is £15 per year (£5 for low income)	www.ls29group.co.uk  LS29 Special Needs Support Group
"Me Time" Therapies	Any	Parent carers	Reflexology, Reiki, Holistic Facial or massage. There are also courses and sessions for children with additional needs during holiday times.	See website for details.	www.eartherealofofkyorkshire.co.uk/metime  Earthereal of Yorkshire: Holistic Training and Therapies
NAS	Autism	Parent carers and adults with ASD	Monthly meetings at the Brown Cow in Bingley, alternating between meetings for parents and support meetings for adults with autism. Occasional social events and swimming sessions at Keighley Leisure Centre.	None, but membership of the NAS can bring further support, via online forums and web site.	www.autism.org.uk  National Autistic Society: Keighley and Bingley
PFBA	Any, in the Bradford district	Parent carers, other carers of disabled/SEN CYP	Provide information to parents about disability related issues, organise workshops, represent parents at local authority meetings, issue Max Cards (discounts at attractions).	No charge, except occasionally there may be a charge for workshops	www.pfba.org.uk  Parents' Forum for Bradford & Airedale
ShIPLEY SEN Parenting Network	Any	Parent carers living in the area who have children with a disability or SEN	Mostly online, a forum that offers mutual support and advice between parents. Occasional informal meet-ups.	None	Closed Facebook group  ShIPLEY SEN Parenting Network
Scope	Cerebral Palsy	Parents and their children	Contact them for more information. A regular newsletter is produced.	Contact to find out	scopeinbradford@gmail.com 01274 576034 www.scope.org.uk  Scope (national page)
Sparkle Support Group	Autism	Parent carers	This group is aimed at parent carers who live in the Skipton and Craven areas but welcome those who may live outside this area but feel the group would be beneficial. They hold regular meetings, daytime and evening, in Skipton.	Contact to find out.	 Sparkle Support Group