This is a list of groups that offer support to parent carers. We have updated this in August 2022. The details were correct as far as we could tell at this time, however, we cannot take responsibility for any inaccuracies. Please contact any group you may be interested in before setting off.

If you know of a group we haven’t listed, please let us know via [supportnews@pfba.org.uk](mailto:supportnews@pfba.org.uk)

We have a separate document for mental health support, and you can access that [via this link](https://pfba.org.uk/mental-health-support/) .

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| Name of Group | Disability | Who for? | What kind of support? | Cost | Web link/Facebook |
| ADHD Support, West Yorkshire | ADHD | Adults with the condition and parents of children with ADHD | They offer peer support to adults with ADHD and parents of children with suspected or diagnosed ADHD. They have an active Facebook page and hold regular face-to-face and Zoom meetings. We also run weekend and holiday activities for children with ADHD and their siblings. | Contact to find out, [admin@wyadhd.co.uk](mailto:admin@wyadhd.co.uk) | <https://www.nhs.uk/services/service-directory/west-yorkshire-adhd-support-group/N10502175>  Facebook - [West Yorkshire ADHD Support Group](https://www.facebook.com/groups/216488425852125) |
| Aspire | Autism | Parents of children and young people with autism | Occasional meetings, Facebook group | None | Facebook: [ASpire supporting the autism community](https://www.facebook.com/ASpire-supporting-the-autism-community-815882405173641) |
| Aware | Autism | Children and young people with autism (diagnosis not needed) and their parents/carers | Large programme of activities for children and young people 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. |
| BIDS (Bradford Inclusive Disability Service) | Any | Parent carers and children | Various, including Friday support meetings and a library of books, toys and equipment that can be borrowed. Also some activities for children including holiday times. | Contact to find out | <https://www.bradfordinclusivedisabilityservice.co.uk/>  Facebook: [BidsBradford](https://www.facebook.com/BidsBradford) |
| Bradford Deaf Children’s Society | Hearing impairments | Children with HI and their parents | Contact for more details | Contact to find out bradford@ndcsgroup.org.uk | ndcs.org.uk  [Facebook: National Deaf Children’s Society](https://www.facebook.com/NDCS.UK) |
| Breathe | Autism | Parent carers | No diagnosis needed. Monthly meetings at a cafe, chance to chat share strategies and gain support from others. We meet upstairs at Northern Kitchen on the Euroway BD4 | Contact Jo Gaunt [jostott83@gmail.com](mailto:jostott83@gmail.com) or call 07725 489102 | Instagram: [Support for parents of neurodivergent (autistic/ADHD) children (@and.breathe.now) • Instagram photos and videos](https://www.instagram.com/and.breathe.now/?hl=en-gb) |
| Café Eden | Autism | Parent carers | Cafe Eden is a mutual support group, open to all people who have a family member or care for someone with ASC. | Contact to find out | Facebook: [Café Eden](https://www.facebook.com/Cafe-Eden-103572695412480) |
| 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. | Contact [carerhub@bdct.nhs.uk](mailto:carerhub@bdct.nhs.uk) | <https://www.bdct.nhs.uk/service-users-carers/support-for-carers/>  Facebook: [Carers Hub at BDCFT](https://www.facebook.com/BDCFTCarerHub) |
| Carers’ Resource | Any | All carers including parent carers | They can help a parent carer looking after a child with disabilities by listening and understanding, and with information on what support is available and how to access it.  They also run closed Facebook groups for parents and hold occasional meet-ups. | Contact 01274 449660  Carers can complete a self-referral form via the website. | <https://www.carersresource.org/young-carers/> (link is also for family services)  Facebook: [Carers’ Resource](https://www.facebook.com/carersresource)  Group for Bradford Parents [here](https://www.facebook.com/groups/bradfordparentcarers)  Group for Shipley/Keighley parents [here](https://www.facebook.com/groups/522702365299344) |
| Down Syndrome Support and Training | Down Syndrome | children and young people 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. | <https://www.downsyndromebradford.com/> Facebook: [Down Syndrome Training and Support Service](https://www.facebook.com/DownsyndromeTSS) |
| Equality Together | Any | Parent Carers | They offer advice on disability related issues, plus occasional events and meetings to support carers | Contact 01274 594173 | <https://equalitytogether.org.uk/>  Facebook: [Equality Together](https://www.facebook.com/equalitytogether) |
| FASD Group | Foetal Alcohol Syndrome | Parent carers | See their web page for more information, and how to access their different services. | Contact **07743 380163** | <http://www.fasdnetwork.org/>  Facebook:  [FASD UK](https://www.facebook.com/groups/FASDUK/)  Westyorksfas@gmail.com |
| Great Minds Together | Any SEN or SEMH | Families | Their Families in Crisis service aims to fix the challenges surrounding children with SEND & SEMH needs who are at crisis point, particularly across education, housing and social care. |  | <https://greatmindstogether.co.uk/about-us>  Facebook[: Great Minds Together](https://www.facebook.com/greatmindstogether) |
| LS29 | Any | Parents and children | They organise a wide range of outings and activities throughout the year for families who have children with additional needs. | Membership is£15 per year (£5 for low income) | <https://www.ls29group.co.uk/index.php/who-we-are/>  Facebook: [LS29 Special Needs Support Group](https://www.facebook.com/LS29specialneedsgroup) |
| PFBA | Any, in the Bradford district | Parent carers, other carers of disabled/SEN children and young people up to 25 | 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  Facebook: [Parents’ Forum for Bradford & Airedale](https://www.facebook.com/ParentsForumBradfordAiredale) |
| 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](https://www.facebook.com/groups/422025851557847)  [SEN Parenting Network](https://www.facebook.com/groups/422025851557847) |
| Scope | Cerebral Palsy | Parents and their children | Contact them for more information. A regular newsletter is produced. | Contact 01274 576034 | scopeinbradford@gmail.com www.scope.org.uk |
| Self-harm injury support, Yorkshire and Lancashire | Self-harming behaviour including substance misuse | People who self-harm, and their families | Meetings for people aged 16+, also family members of those who self-harm. These take place on alternate Tuesdays in Keighley. | Please contact Simon to find out more, on 01535 250600 or 07376 616388 |  |
| Shine | Spina Bifida and Hydroce-phalus | Parent carers, and children with the condition | For people who:   * Have spina bifida or hydrocephalus * Are pregnant and have had a recent diagnosis of spina bifida or anencephaly * Have a child with spina bifida or hydrocephalus * Live with or care for someone with these conditions   They also attend clinics at St Luke’s Hospital and offer support groups. | Contact to find out more, [firstcontact@shinecharity.org.uk](mailto:firstcontact@shinecharity.org.uk) | www.shinecharity.org.uk/northern -region/northern-region |
| 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. The hold regular meetings, daytime and evening, in Skipton. | Contact to find out. | Facebook: [Sparkle Support Group](https://www.facebook.com/groups/157180061009342) |
| Thinking Big | Any disability/SEN | Parent carers | The Friends And Family Project has three Hubs, in Bradford, Keighley and Menston in West Yorkshire.  They run monthly group sessions (currently on Zoom) and have specialist trainers and guest speakers on subjects of interest.  ​ | [friendsandfamily@thinkingbiguk.org](mailto:friendsandfamily@thinkingbiguk.org) | <https://www.thinkingbiguk.org/>  Facebook: [Thinking Big](https://www.facebook.com/Thinkingbiguk) |