

Resources for Parents/Carers

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Bullying Incident Record for Children Looked After

Please email the completed report to: virtualschool@croydon.gov.uk

For further information/guidance on 'Bullying', please visit [Bullying at school: Reporting bullying - GOV.UK \(www.gov.uk\)](#)

Child to Parent Abuse: Supporting parents and professionals.

<https://www.pegssupport.co.uk/>

Children in Care Council and Care Leavers Forum

The purpose is to empower children looked after and care leavers with the confidence and power to influence policy change, shape the service and have their voices heard.

<https://www.croydon.gov.uk/young-croydon/our-services>

Counselling

Off The Record: Free and confidential counselling for young people aged 14-25 who live, work or study in Croydon. <https://www.talkofftherecord.org/croydon/>

Support Line: If you want to talk about what's going on for you and work through your thoughts and feelings, you can contact us to speak directly to a mental health practitioner who will listen to you, offer emotional support and can give you information about our

services or signpost you to services that might be relevant to you. Our Support Line is open Monday to Saturday from 3-6pm. Call us on 0800 980 7475.

Online counselling and workshops: On this site you can have written counselling, by writing a weekly message to a counsellor, or a weekly live chat appointment. You can also have phone or video appointments. <https://talkofftherecordonline.org/>

CHRIS: Support for young people affected by youth violence.

The CHRIS team offers free, confidential support to young people in Croydon aged 14-25. We can talk to you on the phone, or meet you in the community at a space that feels safe and confidential to you. Just fill out the form here and the CHRIS team will make contact with you quickly, within 48 hours (not including weekends).

<https://www.talkofftherecord.org/croydon/chris/>

Refugee Support: <https://www.talkofftherecord.org/croydon/refugee-support/>

Young Carers: Anyone can contact Young Carers to find out more information or to make a referral. You reach our Young Carers Service on 07522046395 and by email youngcarers@talkofftherecord.org

If you are a young person caring for someone and would like to know what kind of support is available then contact the Young Carers Service. When you get in touch, we will be able to offer you a Young Carers Assessment to let you know what kind of support is available, what activities are happening and also find out what would be helpful for you.

If you are a parent or professional and would like to make a referral, then please ask the potential young carer to complete the MACA form which can be downloaded from this page.

If you are a school professional who is looking to refer a young carer, it might also be helpful to look through this document which includes advice in identifying and supporting young carers in your school.

Croydon Child and Adolescent Mental Health Services (CAMHS)

<https://slam.nhs.uk/young-people>

<https://slam.nhs.uk/parents-and-carers>

<https://slam.nhs.uk/professionals>

Croydon CAMHS Mental Health Support Team

The Croydon CAMHS Mental Health Support Team (MHST) works with multiple schools in the borough of Croydon. Please see our [schools page](#) for a full list, and contact details, of the schools we work with. If a child or young person attends one of these schools, they can be referred to our team.

If you would like to refer your child to our team, you can do so by speaking to a staff member at your child's school. For example, the SENCO, inclusion manager, or a member of the pastoral team.

You can also email us directly at CroydonMHST@slam.nhs.uk if you have any questions.

Elective Home Education/Home Schooling

London Borough of Croydon's Elective Home Education (EHE) Frequently Asked Questions, useful websites and resources:

<https://www.croydon.gov.uk/sites/default/files/2021-11/EHE%20FAQ.pdf>

Emotionally Based School Non-Attendance (EBSNA)

Emotional Wellbeing and Mental Health Support Resources

<https://www.croydon.gov.uk/children-young-people-and-families/emotional-wellbeing-and-mental-health-support>

Not Fine in School: A resource for families with children experiencing school attendance barriers. <https://notfineinschool.co.uk/>

Square Peg: Square Peg is a social enterprise whose aim is to effect change for children who struggle to attend school, and their families. <https://www.teamsquarepeg.org/>

Parent webinar [School-Based Anxiety: Emotionally Related School Avoidance - Parent Webinar \(youtube.com\)](#)

Resources to share with schools, other professionals and agencies

Bromley Padlet: Support resources for pupils with SEMH needs, provided by Bromley's Inclusion Support Advisory Team (ISAT) [SEM Padlet](#)

[Resources for gathering CYP voice pack \(suffolk.gov.uk\)](#)

[School Wellbeing Risk and Resilience Card Set \(schoolwellbeingcards.co.uk\)](#)

[EBSA-booklet.pdf \(cognus.org.uk\)](#)

[lancashire-ebsa-guidance-strategy-toolkit-2023-update.pdf](#)

Emotional and Mental Wellbeing Resources

Emotional resilience toolkit [KAN-Emotional-resilience-toolkit.pdf \(hbtg.org.uk\)](#)

Parent survival guide [Parents' Guide to Looking After Your Mental Health | YoungMinds](#)

MindEd training [MindEd Hub](#)

Gender non-conforming folks

Gendered Intelligence <https://genderedintelligence.co.uk/>

Neurodiverse conditions (ASD/ADHD/Dyslexia/Dyscalculia/PDA)

Essential videos

Walk in my shoes (School from an Autistic Perspective)

This powerful animation reveals that the barriers and solutions lie not within the young person, but in the school environment, its ethos and in peer and teacher relationships and attitudes.

<https://www.donaldsons.org.uk/walk-in-my-shoes/>

What is ADHD?

Short animation explaining ADHD through the eyes of amazing ADHD'er Molly. Aimed at school children to help them understand the condition beyond the misconceptions that most adults have these days. It is important to note that everyone's experience is different. Created in partnership with ADD-vance and I Am Me, Scotland.

<https://www.youtube.com/watch?v=1t9UHQgtDfU>

Maria - Autistic Masking

Maria, an imaginative and neurodivergent teenage girl, creates art to cope with her stressful school life. Can she keep it together?

<https://www.youtube.com/watch?v=iCLvsSfid-Q>

Masterclasses, coaching and other online video resources to promote understanding and belonging for neurodivergent people in school and beyond.

Doctor Jacque | Child Anxiety & ADHD

Learn how to prioritize your relationship with your child to help them with anxiety or ADHD. When you focus on your relationship with your child first, you'll better understand what your child needs. You will be able to show them lots of ways to handle what comes their way. And teach them not only what to do, but how to do it. Go from a stressed parent to a confident parent with practical and actionable ideas.

<https://www.youtube.com/@DoctorJacque>

Dr Jacque: Empower Your ADHD Child: 5 Essential Truths Parents Must Know

Even though ADHD is different for everyone, these 5 truths are universal and can be applied in any way that is best for your child and family.

<https://www.youtube.com/watch?v=3RFxOWgfQBA>

Teaching resources for supporting Neurodivergent young people

Understood: A leading US not for profit, Understood has resources for ADHD, Dyslexia, Dyscalculia etc. <https://www.understood.org/en/hub>

Neurowild: Free (and paid for) resources created by Em at NeuroWild who synthesises her lived experiences as an AuDHD person and parent to 3 neurodivergent children. While incorporating learning techniques through her profession as a speech language therapist, she explains important concepts to us in a beautifully illustrated and palatable way.

<https://www.teacherspayteachers.com/store/emily-hammond-neurowild/free>

https://www.facebook.com/profile.php?id=100087870753308&sk=reviews&locale=en_GB

<https://www.instagram.com/neurowild/?hl=en>

ADHD resources

ADHD UK <https://adhduk.co.uk/about-adhd/>

ADDitude: Strategies & Support for ADHD and beyond

<https://www.additudemag.com/>

<https://www.additudemag.com/slideshows/boost-executive-function/?src=embed> link

<https://www.additudemag.com/download/explaining-adhd-to-teachers/>

<https://www.additudemag.com/download/routines-for-kids-with-adhd/>

<https://www.additudemag.com/download/daily-routine-adults-with-adhd/>

<https://www.additudemag.com/download/executive-function-worksheet/>

<https://www.additudemag.com/download/secrets-of-the-adhd-brain/>

<https://www.additudemag.com/download/eisenhower-matrix-adhd-prioritization/>

<https://www.additudemag.com/download/adhd-intense-emotions-causes-strategies/>

<https://www.additudemag.com/download/rejection-sensitive-dysphoria-treatment-symptoms/>

<https://www.additudemag.com/download/adhd-school-accommodations-behaviors-card/>

<https://www.additudemag.com/download/music-for-healthy-adhd-brains/>

Young Minds ADHD Resources:

<https://www.youngminds.org.uk/professional/resources/>

<https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health/>

<https://www.youngminds.org.uk/professional/resources/a-quick-guide-to-adhd-in-young-people/>

<https://www.youngminds.org.uk/media/gqklifxp/mood-battery.pdf>

Useful websites for Autistic Young People

Autistic Girls Network: Supporting autistic women, girls and their families by providing education, resources and community, helping them develop a positive sense of self.

<https://autisticgirlsnetwork.org/>

Autism Understood: A website about autism, for autistic young people - so that everyone can gain a better understanding of what autism actually is. Recommend the page on school for all educators. <https://autismunderstood.co.uk/>

National Autistic Society: For autistic adults and children, and their families.

www.autism.org.uk

Ambitious about Autism: For autistic children and young people, their parents and carers.

www.ambitiousaboutautism.org.uk

Neurodivergent-friendly learning and teaching resources

Neurowild: Free (and paid for) resources created by Em at NeuroWild who synthesises her lived experiences as an AuDHD person and parent to 3 neurodivergent children. While incorporating learning techniques through her profession as a speech language therapist, she explains important concepts to us in a beautifully illustrated and palatable way.

<https://www.teacherspayteachers.com/store/emily-hammond-neurowild/free>

https://www.facebook.com/profile.php?id=100087870753308&sk=reviews&locale=en_GB

<https://www.instagram.com/neurowild/?hl=en>

Autism Education Trust: Training programme and education resources, created in partnership with their panel of Autistic Young Experts, parents/carers, and their network of Training Partners, education professionals, experts, and specialists.

<https://www.autismeducationtrust.org.uk/>

Neurodivergent people who promote a positive neurodivergent identity.

Autistic, Typing www.facebook.com/AutisticTyping/

Fidgets and Fries www.instagram.com/fidgets.and.fries/

Jude Afolake Olubodun <https://www.instagram.com/theemidnightgospel/>

Kirsty Forbes <https://www.kirstyforbes.com.au/>

Kieran Rose <https://theautisticadvocate.com/>

Neuroclastic <https://neuroclastic.com/>

Neurodivergent Rebel <https://neurodivergentrebel.com/>

Dyscalculia

<https://dyscalculianetwork.com/dyscalculia-for-educators/>

Dyslexia

British Dyslexia Association www.bdadyslexia.org.uk

British Dyslexia Association: Supporting reading

<https://www.bdadyslexia.org.uk/advice/children/how-can-i-support-my-child/reading#:~:text=Helping%20your%20child%20to%20read&text=If%20the%20book%20is%20too,then%20carry%20on%20reading%20together.>

"Overcoming Dyslexia" by Sally Shaywitz, M.D.: A comprehensive guide on understanding, diagnosing, and overcoming dyslexia.

"The Dyslexia Empowerment Plan" by Ben Foss: Focuses on practical strategies and emotional support for children with dyslexia.

"The Reading Strategies Book" by Jennifer Serravallo: Offers practical strategies for parents to support reading at home.

Supporting your child with reading and spelling

Reading Rockets: Provides a wealth of information on reading strategies, lessons, and activities designed to help young children learn how to read and to read better. [Reading Rockets](#)

Understood.org: Offers resources and tools specifically for parents of children with learning and attention issues. [Understood](#)

Trans kids and their families

Mermaids <https://mermaidsuk.org.uk/>

LGBTQIA+ youth <https://www.theproudtrust.org/>