

Disability Wellbeing Navigator

This information sheet is also available in Welsh.

Our Disability Wellbeing Navigators are the key point of contact for families living in Denbighshire who are caring for a child or young person with an additional need and/or disability.

We can support children and young people from 0 to 25 years old, both before and after diagnosis.

Would you like information, advice and assistance to access support in your role as a parent/carer such as:

- Understanding what is available in your community to support you, your child/young person and their siblings
- Accessing parent support groups and courses
- Accessing play and leisure activities
- Advice regarding benefits, such as Disability Living Allowance (DLA)
- Advice to understand behaviours that can be challenging
- Using visuals to aid communication, routines and transitions
- Understanding and promoting the importance of good sleep routines
- Support with a child's emotional regulation
- Help to talk to educational settings or health professionals

If you would like an informal chat and someone to listen, then please get in touch

Mandy Lewis 07748931477 mandy.lewis@denbighshire.gov.uk

Rebecca Beech 07810204197 rebecca.beech@denbighshire.gov.uk

Disability Wellbeing Navigator

Useful Contacts:	Useful Websites:
<p>Denbighshire’s Children and Families Support Gateway 01824 712000 – Children’s social care services and early support for vulnerable families</p>	<p>Teulu Cymru (Welsh Government Support for Families in Wales) www.gov.wales/teulu-cymru</p>
<p>Denbighshire’s Family Information Services 01745 815891 fis@denbighshire.gov.uk – for information and advice about childcare, parenting and organised open access play opportunities</p>	<p>Best Start Hub: Preconception, Pregnancy, Early Years & Family (Betsi Cadwaladr University Board) bcuhb.nhs.wales/health-advice/best start</p>
<p>Local Integrated Family Team (LIFT) 01824 706106 – help for parents to cope with and manage with behaviours that challenge at home</p>	<p>Solihull Approach FREE ‘Understanding your Child’ courses for parents/carers to support their child’s needs – bcuhb.nhs.wales/health-advice/best-start/free-courses-for-parents-and-carers</p>
<p>SNAP Cymru 0808 01 0608 www.snapcymru.org – impartial information and advice, disagreement resolution and advocacy in relation to your child’s education</p>	<p>Children’s Bowl & Bladder Charity – Toileting advice for Children with Additional Needs – eric.org.uk/children-with-additional-needs</p>
<p>Wrexham, Conwy and Denbighshire Young Carers (WCDYC) 01597 823 800 info@wcdyc.org.uk – individual support, groups and activities for young carers</p>	<p>National Autistic Society – Advice and guidance about autism www.autism.org.uk/advice-and-guidance</p>
<p>STAND North Wales 07570583842 admin@standnw.org – support groups and resources for families with children, young people and adults with additional needs and disabilities</p>	<p>Afasic – advice and support for parents of children who have speech and language impairments www.afasic.org.uk</p>
<p>Conwy Connect for Learning Disabilities 01492 536486 www.cc4ld.org.uk – offers a range of support to promote the rights of people with a learning disability across North Wales</p>	<p>Contact: for families with disabled children – information and advice, events, workshops and programmes contact.org.uk</p>
<p>North East Wales Carers Information Service (NEWCIS) 01352 752525 enquiries@newcis.org.uk</p>	<p>SCOPE – Charity that provides information and support for families with disabled children www.scope.org.uk/advice-and-support/families-with-disabled-children</p>

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Useful Contacts:	Useful Websites:
North Wales Integrated Autism Service 01352 702090 NW.IAS@flintshire.gov.uk	BBC Bitesize Parent's Toolkit includes activities, tips and advice about parenting children with special educational needs and disabilities www.bbc.co.uk/bitesize/parents
Conwy & Denbighshire Neurodevelopmental Team 0300 085 0031 bcuhb.nhs.wales/services/hospital-services/neurodevelopmental-service	
Child and Adolescent Mental Health Service (CAMHS) Denbighshire 0300 085 6023 bcuhb.nhs.wales/services/hospital-services/child-and-adolescent-mental-health-service-camhs	

Mental Health Helplines (UK wide and free of charge):

NHS call 111 available 24/7

Samaritans 116123 available 24/7

Shout 85285 – Text "SHOUT" to 85258 available 24/7

Childline 0800 1111 available 24/7 for under 19's

MIND support line 0300 1021234 available 9am to 6pm Monday to Friday