**Scope**

**Scope helpline:** 0808 800 3333

**Scope Navigate service:** Navigate is a national mentoring service, which provides online emotional support for parents and carers of disabled children who are finding out about their child’s additional needs. <https://www.scope.org.uk/family-services/navigate/>

**Scope online community:** ‘Our online disability forum is a vibrant and supportive space for disabled people, parents and carers to get disability advice and information, and talk to people with similar experiences’ <https://community.scope.org.uk/>

**Scope mindful monsters:** provide good ideas for activities parents. Focusing on 4 key areas the Mindful Monsters subscription aims to boost creativity, improve concentration, inspire positivity and aid relaxation. It’s a subscription service they can sign up here <https://mindfulmonsters.co.uk/?gclid=EAIaIQobChMIltfCjLOk6AIVFeDtCh2NMAcIEAAYASAAEgLzwPD_BwE&gclsrc=aw.ds>

***Our Scope Family Services are still running from home should you need any advice/support:***

**Scope Parents Connect:** [louise.gillard@scope.org.uk](mailto:louise.gillard@scope.org.uk) / [chloe.anderson@scope.org.uk](mailto:chloe.anderson@scope.org.uk)

**Scope Sleep Right:** [Sleepright.leeds@scope.org.uk](mailto:Sleepright.leeds@scope.org.uk)

**Scope Activities (short breaks):** [leeds@scope.org.uk](mailto:leeds@scope.org.uk)

**Scope Parents Connect** are now running weekly drop-ins for a chance to get up to date information, ask questions and chat to other parents!

The topics will include:

* Explaining changes to policy,
* Information on schools and home-schooling,
* Your wellbeing in lockdown.

The first session is 15th January 2021 at 10am.

Zoom meeting: <https://us02webweb.zoom.us/j/87142524784>

Meeting ID: 871 4252 4784

If you have any specific questions, please email: [parentsconnect@scope.org.uk](mailto:parentsconnect@scope.org.uk)

**Family support groups on Facebook**

[Zig Zag](file:///C:\Users\hurleyk\Downloads\Zig%20Zag)

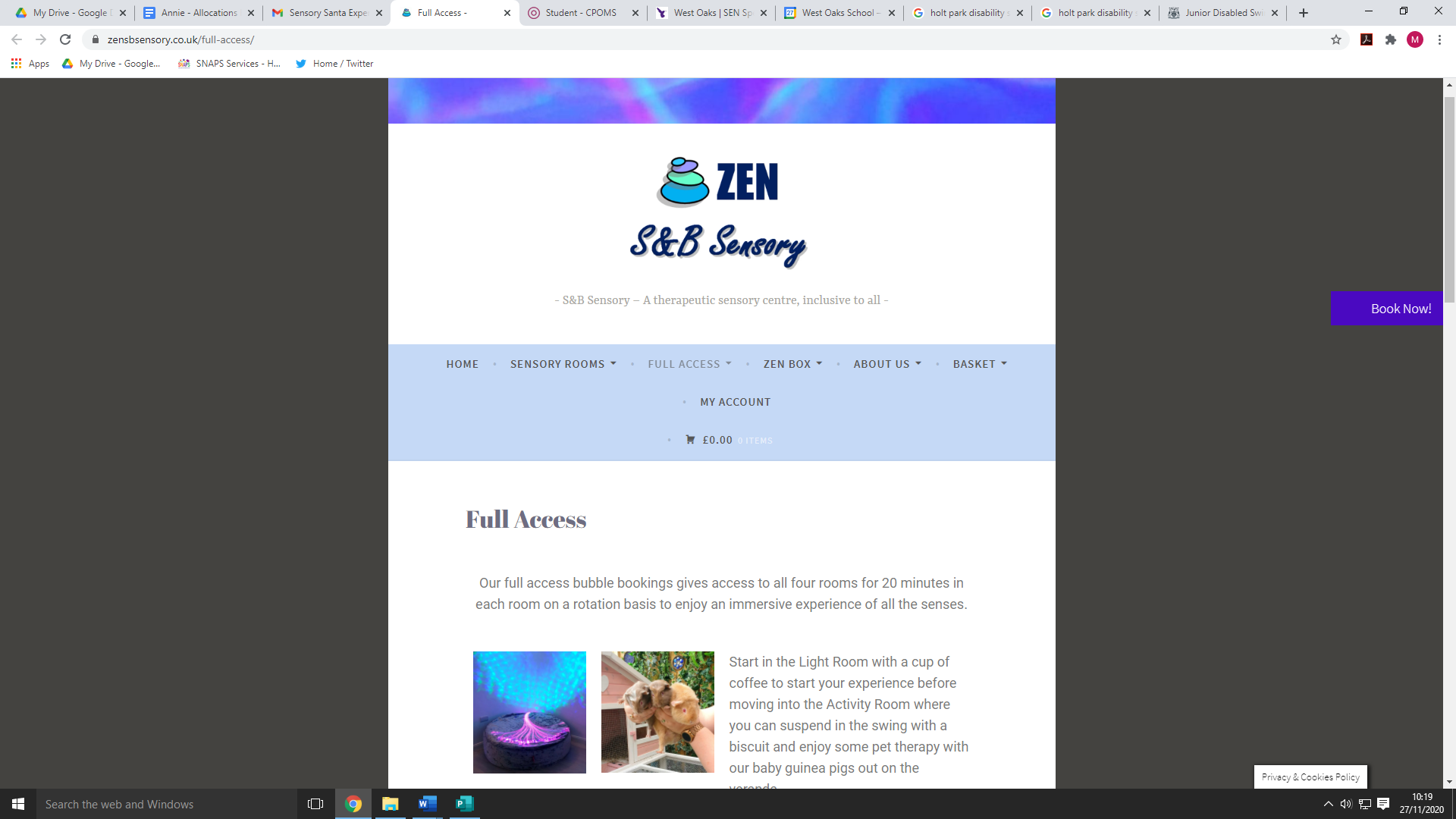
[SNAPS](file:///C:\Users\hurleyk\Downloads\SNAPS)

[Louise Parents Connect](file:///C:\Users\hurleyk\Downloads\Louise%20Parents%20Connect)

[Sunshine and Smiles](file:///C:\Users\hurleyk\Downloads\Sunshine%20and%20Smiles)

[ABC](file:///C:\Users\hurleyk\Downloads\ABC)

[Little Hiccups](file:///C:\Users\hurleyk\Downloads\Little%20Hiccups)

**Groups for families**

ZEN Full Access sessions – special offer to hire out the centre for an hour and have it all to yourself!

Usually **£90**, but currently **£45 for SEN Families** with a bubble of 6 people (including young children!). Includes complementary tea, coffee and biscuits!

The entire centre is disability friendly, all on one floor, accessible car parking and mobile and tracking hoists fitted throughout the centre. Includes a Light Room, an Activity Room, a chance to experience pet therapy with Guinea Pigs, an Ultra-Violet interactive room and a Water Room!

These sessions are only bookable through them directly either via:

**Email:** contact@zensbsensory.co.uk

**Tel:** 01423 313510

**Facebook Messenger:** S&B Sensory

**Address:** S&B Sensory Ltd, Skipton Road, Kettlesing Head, Harrogate, HG3 2LP

**For more information visit:** <https://zensbsensory.co.uk/full-access/>

**Leeds City Council**

**Help if you are self-isolating-**

If you are self-isolating and you do not have friends or family who live locally who can help, you can get help from Voluntary Action Leeds. You will be matched with a local volunteer who can provide help.

If you need help phone **0113 378 1877**.

**Help with benefits**

**Welfare Rights**

**Leeds City Council’s Welfare Rights Unit Can:**

* give you free, confidential, impartial advice and support on a whole range of welfare benefits.
* help you to complete claim forms over the phone.
* forms we complete will be posted to you to sign, check and forward to the right department.
* offer guidance and support when making appeals.
* check your benefit entitlement and give guidance on using benefit systems.

If we cannot help, we will provide contact details of other agencies who may be able to assist you.

**Contact the Welfare Rights Unit**

**0113 868 9879**  
(Monday to Thursday 9am to 4.30pm, Wednesdays 10:15am to 4:30pm and Friday 9am to 4pm)

You can also email [welfare.rights@leeds.gov.uk](mailto:welfare.rights@leeds.gov.uk)

**Money Buddies**

“Are you being chased by companies to repay your debts? Are bailiffs taking action? Are you struggling to pay your bills? Need help with benefits?”

“With our **MONEY BUDDIES** you have **ACCESS TO FREE** expert legal advice and support which has **PROVEN TO STOP PEOPLE CHASING OUR CLIENTS FOR DEBT**.”

“We will help you with benefit claims, appeals and assessments.

“You’ll no longer feel alone with a money buddy by your side.”

**Contact**

**Tel:** 0113 2350276

**Email:** [admin@egac.org](mailto:admin@egac.org)

**Website:** [www.moneybuddies.org.uk](http://www.moneybuddies.org.uk)

**Advice for families self-isolating**

Gas and Electricity advice

<https://www.ofgem.gov.uk/coronavirus-covid-19/coronavirus-covid-19-and-your-energy-supply>

<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/problems-with-your-energy-supply/problems-getting-to-or-topping-up-your-prepayment-meter/>

**Pre-loved uniform**



In school we have a selection of sizes of pre- loved uniform which has been donated by parents/carers.

This includes, jumpers, trousers, T-shirts.

We have continued to offer this to some families throughout lockdown and during the new term. However, I am aware not all of our parents/carers will be aware of this service.

If this is something you would like to request, we just ask for a donation to be made to the Friends of West Oaks (More information can be found about this on dojo which was previously posted).

Items are subject to availability but if you would like to make a request please email familysupport@westoaksschool.co.uk