

## **Facebook Support Groups for all disabilities in Liverpool**

LivPaC (Liverpool Parents and Carers) - (picture of a cup)

Liverpool Autism Group - (picture of 2 leaves)

The Isabella Trust – (picture of a word Isabella and a little girl)

Advanced Solutions -

Parent Interest Group – (picture of a tree)

Autism in Motion - (picture of large rainbow with 2 kids and adult)

Autism Adventure UK – (picture of a hot air balloon in the autism colours)

Liverpool Autistic Children's Alliance – (picture of a multi-coloured jigsaw)

Tourette's Syndrome Support - (facilitated through the ADHD Foundation) picture of light bulb

Daisy Inclusive UK – (picture of a large daisy)

Down Syndrome Liverpool – (picture of 4 childrens faces)

Liverpool Deaf Community (Joes Members Bar) – (picture of LDC with a Liver Bird)

Merseyside Society for Deaf People – (picture msdp in red)

Contact – For families with disabilities – (picture Pink background with O in middle)

The Brain Charity - (picture of a brain in colours)

ADHD Foundation - (picture of the logo)

Sharing parenting knowledge, understanding & lived  
experiences for all disabilities /additional needs.

## SUPPORT GROUPS in Liverpool

### **LivPaC - Liverpool Parents and Carers Forum**

Parents & Carers of Disabled/SEN Children and Young People 0-25 years old

Tel:- 0151 727 5271 or 07504544638 Email:- [livpac@hotmail.co.uk](mailto:livpac@hotmail.co.uk)

LivPaC is a group of parents and carers of children and young people with special educational needs and/or disabilities (SEND) who work with education, health and care services to ensure the services they plan and deliver are fit for purpose and meet the needs of children, young people and their families across Liverpool. We aim to give parents and carers a collective voice and use our experience, knowledge and feedback from families to help commissioners and providers plan and develop the quality, range and accessibility of services families use.

***"Alone we can do so little, but together we can do so much"***

Meet up 1<sup>st</sup> Tuesday of every month unless training is on. 10:00am – 12:30pm for coffee, chat a mutual support at: -

DCLP, 5 Shelmore Drive, Dingle, Liverpool L8 4YL

They also do a coffee evening each month, but check Facebook for dates. Coffee Mornings already the City in various Schools – Look at Social Media for dates

**The Isabella Trust** They do a lot of work around ASD, sensory processing issues, visuals, behaviour issues etc. They provide short courses and workshops for professional and parents/carers of autistic children and children who have sensory processing difficulties and communication difficulties

This group is run by Tracey Bowyer

Tel:- 07956749774

Email:- [info@theisabellatrust.org](mailto:info@theisabellatrust.org)

Website:- [www.theisabellatrust.org](http://www.theisabellatrust.org)

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**Autism Adventures** is run by Julie Simpson and you can access the information on either the Facebook page or their website [www.liverpoolautismadventures.co.uk](http://www.liverpoolautismadventures.co.uk) They provide suitable social and leisure activities and other events throughout the year of the school holidays for children on the spectrum. For more information please contact Julie via the contact page on the website.

**Parents Interest Group** run by June Ardrey (term time only) based in Anfield (Term Time)

At Merseyside Christian Fellowship Church Hall

22 Richmond Park, Liverpool L6 5AD

Tel:- 07837098625

### **Daisy Inclusive UK**

The Daisy Nucleus Academy (DNA)

2 Barnes Street, Everton L6 5LB

Tel: 0151 261 0309 Website:- [www.daisyuk.co.uk](http://www.daisyuk.co.uk)

This was formed by Dave Kelly, who's vision of inclusion was for all disabilities. Inclusion of young people with disabilities so that they can learn new skills through sport, education and social activities, while meeting new people and creating new friendships. Daisy UK also offers training.

### **Liverpool Autistic Children's Alliance Support Group**

1<sup>st</sup> Friday of every month (DO CHECK ON FACEBOOK FOR UPDATES)

Joseph Lappin Centre, Mill Lane, Off St Oswald Street, Old Swan,

Liverpool L13 5TF

email:- [asdchildren@gmail.com](mailto:asdchildren@gmail.com)

### **Autism in Motion Support Group**

St George's Community Hub, Waresley Crescent, Fazakerley L9 6BW

email:- [aimautism@hotmail.com](mailto:aimautism@hotmail.com)

They meet every week check their FB page for details.

They also run different activities to promote social inclusion specifically tailored for children on the Autism Spectrum, pre-and post-diagnosis, siblings are always welcome. For up to date information, again please check their Facebook page or email them.

**Tourette's Syndrome Support** are linked with the ADHD Foundation. Their logo is Tourette's Support with a large red tick above the T. On their Facebook site they can build relationships and all relevant dates for support meetings is posted on them. Further information can be requested by sending an email to: - [info@adhdfoundation.org.uk](mailto:info@adhdfoundation.org.uk) Tel: 0151 2372661

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**ADHD Foundation** run a support group for parents/carers who have children or young people who have a diagnosis, on the pathway or even just not sure yet. They hold drop-ins one a month on a Tuesday 10am – 12pm at The Brink, 15-21 Parr Street, Liverpool L1 4JN - Contact Natalie Wojcik for further details:- email: [Natalie.wojcik@adhdfoundation.org.uk](mailto:Natalie.wojcik@adhdfoundation.org.uk) or call Natalie on 07772228977

### **ADDvanced Solutions Community Network**

Business First Centre, 23 Goodlass Road, Speke L24 9HJ – Tel 0151 486 1788  
email: [info@advancedsolutions.co.uk](mailto:info@advancedsolutions.co.uk)

Community based learning, coaching and mentoring programmes and health, wellbeing and enrichment activities for families living with Neurodevelopmental conditions. They support families' pre, during and post diagnosis to find the answers for themselves, struggling to cope with the daily challenges of unmanaged and unsupported Neurodevelopmental conditions including autism spectrum disorder, HFA, sensory processing difficulties, ADHD, dyslexia, dyspraxia, dyscalculia, dysgraphia, fragile X, communication difficulties, special educational needs and disability.

### **Contact – For families with disabled**

They are here to help families with disabled children and young people - supporting families, bringing families together and helping families act for others. Our vision is that families with disabled children feel valued and are strong, confident and able to make the decisions that are right for them. Covers 0-25 year olds

Contact Helpline 0808 808 3555 Monday – Friday 9:30am – 5pm or  
email [helpline@contact.org.uk](mailto:helpline@contact.org.uk)

### **The Brian Charity**

Offers practical and emotional support to people with neurological conditions, to their families, friends and carers.

Contact:- 0800 008 6417 email:- [info@thebriancharity.org.uk](mailto:info@thebriancharity.org.uk)  
website:- <https://www.thebriancharity.org.uk/>

## **Drop Ins**

**ASD Drop In** – Alder Hey Autism Spectrum Pathway Advisory Drop Ins - Every Tuesday appointment only 09:30am – 12:30pm contact 0151 252 5252 to book appointment  
**(please be advised this is for parents/carers who have children/young people waiting on the pathway or who have been diagnosed within 3 months)**

**Speech and Language Drop In** – Under 5's - See separate sheet – Local Children Centres – Appointment Only

**ASD Training Team Drop in** - Various locations - Look on Liverpool Local Offer for more details  
<http://search3.openobjects.com/kb5/liverpool/fsd/service.page?id=8VkJJg0iBBA&localofferchannel=0>

**Sensory OT Drop In** - Under 5's - see separate sheet - Local Children Centres – Appointment only

## **Grants: -**

**Turn2us** - provide direct and practical financial support by giving grants, helping people access welfare benefits and offering financial support and information

email:- [info@turn2us.org.uk](mailto:info@turn2us.org.uk) website:- <https://www.turn2us.org.uk/>

**Disability Grants** - aims to provide free accessible information on grants to support disabled adults and parents/carers of disabled children

email:- [contact@disability-grants.org](mailto:contact@disability-grants.org) website:- <https://www.disability-grants.org/>

**Family Fund** - their purpose is to improve the lives of low-income families raising disabled or seriously ill children and young people.

Find them on Facebook or telephone 01904 550055 or look at website: -

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

## **Social Inclusive Play for children and young people with SEN/disabilities**

Soft Play disabilities evenings and siblings welcome

### **Every 2<sup>nd</sup> Tuesday of the month: Yellow Sub**

Dempster Buildings  
Atlantic Way  
Brunswick Business Park  
Liverpool  
L3 4BE  
[Tel:- 0844 4120 850](tel:08444120850)  
[Fax:- 0844 4120 851](tel:08444120851)  
[Email:- info@yellowsub.co.uk](mailto:info@yellowsub.co.uk)

### **Every 3<sup>rd</sup> Tuesday of the month: Jungle Fun at Belle Vale**

Upper Floor, Belle Vale Shopping Centre  
Hedgefield Road  
Liverpool  
L25 2RQ  
[Tel:- 0151 498 4770](tel:01514984770)

2 sessions 4:30pm and 6:00pm

### **Every last Monday of the month:- Kidz Fantasy Land on Edge Lane**

Kidz Fantasy Land  
Unit 2 Montrose Retail Park  
Binns Road  
Off Edge Lane  
Liverpool  
L7 9NF  
[Tel:- 0151 220 2021](tel:01512202021)  
[Email:- kidzfantasyland@hotmail.com](mailto:kidzfantasyland@hotmail.com)

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### **Spring City Trampoline Park Disability Session:-**

Unit 1 & 2 Glacier Buildings  
Harrington Road  
Brunswick Business Park  
Liverpool  
L3 4BH – For SAT NAV use L3 4ED  
[Tel:- 0151 958 0398](tel:01519580398)

Every Sunday 9am – 10am and every Thursday of the month 6pm – 8pm, please ring up and BOOK your PLACE. You don't pay till you arrive on the day, but if you can't make it, please ring and cancel so that someone else can take that slot

### **Area 51 Laser - Belle Vale Autism/Disability night: -**

Please check Facebook for information as there is a lady called Carol Foy who will put up the details of when the next session is on. The sessions are either on a Tuesday or a Wednesday and this is based at Belle Vale Shopping Centre

**Disability swim** at Wavertree Aquatic Park: - Wellington road, Liverpool L15 4LE  
Every Sunday 3pm till 4pm £2.00 per person

**Mattel Play** based at the Albert Dock, Liverpool L3 4AA do autism sessions, just keep checking their website for the dates to appear

**Splashworld** in Southport do quiet nights every 2 weeks during term times and that is £6.50 per child and carer go free. Please check their website for the future dates of when the sessions are on.

**Greenbank** do sport activities for children with disabilities, please check out their website for the full range of different activities available <http://www.greenbanksportsacademy.co.uk>

Inflatable assault course on Monday 5:15pm – 6:15pm and that is £2.00 per child

Fun for all is on Fridays at 5pm – 6pm and that is £1.00 per child

**The Fact Cinema** do an Autism Friendly session every Sunday and again if you are linked up with any of the groups on Facebook the latest info of what is being shown will come up and you will be able to decide, if you want to go or not- Only £3.00

Also look up information: -

Check out other cinemas for autism-friendly sessions on their website <https://www.dimensions-uk.org/families/autism-friendly>



**Autism Friendly Football** - Every Thursday (Term-Time) 5.00pm – 6.00pm

IM Marsh Campus

Bankhill Road

Aigburth L17 6BD

Suit ages 5-15, £4.00 per child, no need to book, qualified coach

**Bake and Board: Employability Solutions**

11+ runs from 6pm – 8pm Every other Wednesday

Juniors 5-10 yrs. olds 5:30pm – 7:30pm Alternative Wednesdays

While young people can select from a variety of relaxed board games to play or immerse themselves in some sensory baking fun... parents can retreat into quiet space of some much-needed peer support (a cuppa and a natter)

First session is free and £5.00 per young person thereafter (carers go free)

Sessions will be run at: -

Employability Solutions (Alternative Education Centre), 52 Wellington Street, Garston, L19 2LX  
for more information call Claire 07515 285 716

**Air Unlimited** – Every Monday 6pm – 8pm

Unit 4, Compass East, Speke, Liverpool L24 1YH

5mins drive from Liverpool John Lennon Airport.

**The Rotunda Boxing Gym** – Saturday and Sunday 11am – 12pm

Lambeth Road, Kirkdale, Liverpool L5 7QY £3.00 per session

**Soft Play** – Croxteth Lifestyles, Altcross Road L11 0BS – Every Monday 4:30pm – 6pm £3.00 per child Under 8s only

**Swimming** with Star Swimming Academy – contact on Facebook or email

[enquiries@starswimmingacademy.co.uk](mailto:enquiries@starswimmingacademy.co.uk) or [www.starswimmingacademy.co.uk](http://www.starswimmingacademy.co.uk)

**Fitness and Fun** – Autism Circuit Training

Monday – 6:30pm 11 – 16 yr. olds

Tuesday - 5:30pm 6 - 11 yr. olds

6:30pm 11 - 16 yr. olds

MSDP, Queens Drive, West Derby Retail Park off Queens Drive

Contact: Helen 07943976583 or on Facebook

**Drama and Dance** with M.J. Productions Every Thursday 4pm – 6pm

Drama 4:00pm – 5:00pm

Dance 5:00pm - 6:00pm

held at the premises of Autism in Motion cost is £3.00 per class or £5.00 for both.

Contact Miss Joannah on 07958196562 or email [m.j.productions@outlook.com](mailto:m.j.productions@outlook.com)

### **Autism Friendly Screening at Woolton Picture House**

Fridays 10:30am doors open 11:00am Start

Any unpaid carers that want to see a movie free of charge come along. You can even bring a friend! Otherwise £4:00 £1:00 adults and £2:00 children under 16

Woolton Picture House, 3 Mason Street, Liverpool

### **Flip Out Aintree**

Unit V6,

Topham Drive,

Aintree Racecourse Retail & Business Park,

Ormskirk Road,

L9

Sunday 10:00am – 11:30am Carers go free (you must buy Flip Out socks)



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## Self-Care for Parents and Carers

**Talk Liverpool** - is the website for a free NHS service offering psychological therapies for adults in Liverpool who are feeling depressed or anxious. As well as being able to refer yourself through the website. Booklets can be accessed as online videos or audio clips. Talk Liverpool can be found at: <https://www.talkliverpool.nhs.uk/>

**Learn My Way** - is a free online learning and teaching resource that teaches people how to use a computer, get online, stay safe online and use the internet to do such things as find a job, manage money and improve health. Subjects are broken down into small courses that can be followed at your own pace. Courses are free but you do need to register to be able to access all the information available, typing "PSS" for your centre number when asked. Learn My Way can be found at: <https://www.learnmyway.com/>

**NHS UK** - is the NHS' Official website and contains a wealth of digital resources about everything health-related. The NHS website is: <https://www.nhs.uk/>

### Other websites: -

**BHF** - <https://www.bhf.org.uk/> - The British Heart Foundation offers lots of resources and information around healthy eating, exercise and heart health that you can access online or order in the form of booklets and leaflets

**CAB** - <https://www.citizensadvice.org.uk/> - Provides free advice on a range of different issues from debt and benefit advice to legal and housing service.

**Change for Life** - <https://www.nhs.uk/change4life> - Thanks a family approach and provides information on healthy meals ideas, sugar swaps, healthy lunch box ideas and activities to get a family or kids active.

**Health Trainer Service** - <https://livewireliverpool.co.uk/what-we-do> - Livewire Liverpool offers one to one support, guidance and motivation to individuals who want to make a change to their lifestyle.

### **Online Directories: -**

Online Directories can help you find or signpost people to community support groups or other digital resources and website that can help them with a specific problem.

**Liverpool Early Help Directory** <http://ehd.liverpool.gov.uk/kb5/liverpool/fsd/home.page> - provides information about local services and events parents/carers, children and young people. This is done by typing in your postcode.

**Liverpool Local Offer for SEND (Special Educational Needs and/or Disabilities)** - <https://ehd.liverpool.gov.uk/kb5/liverpool/fsd/localoffer.page?localofferchannel=0> this is like the Early Help Directory

**The Live Well Directory** <https://www.thelivewelldirectory.com/> - provides information on support services, groups, organisations and a range of other activities across Liverpool with a focus on Mental Health.



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