

## **Further Information**

West Sussex offer a number of avenues of help for parents and children with SEND. It's worth having a look and seeing if there is anything that fits your needs.

- West Sussex Parent Carer Forum - sign up on their Facebook page <https://www.facebook.com/West-Sussex-Parent-Carer-Forum357548895577/> for access to training, events and information to help you find your way around 'the system' and to best support your child/young person as they grow up.
- Reaching Families - offer training, information and peer support through a befriending service. They also have a detailed guide for parents which can be downloaded <https://www.reachingfamilies.org.uk/guides.html>
- Carers Support - emotional and physical health support for parent carers of children with a disability or long-term illness. They can be contacted on the following address <http://parents of children with a disability or long-term illness life>  
Here you will also find a number of links to further information.

If you would like help in accessing anything you see, even if it's just to get a little more information. Please do not hesitate to ask Lisa Harris in person or email her at [head@rumboldswyke.org.uk](mailto:head@rumboldswyke.org.uk)