



SEND SIGNPOSTING

INFORMATION FOR PARENTS AND CARERS

### **Cheshire East Consultation Service (ChECS)**

[ChECS - Cheshire East Children's Consultation Service](#)

The Cheshire East Consultation Service (ChECS) is the 'front door' for access to services, support and advice for children and their families, from early help and support through to safeguarding and child protection.

### **Self-referral to ChECS**

Phone ChECS on 0300 123 5012 (option 3, option 2).

Callers will be directed to a Social Worker who will take details off the caller with regard to their concerns. The worker will gather your information and advise you of the next step.

If you need to contact someone out of hours and you believe it to be an emergency that can't wait, please call our Emergency Duty Team on 0300 123 5022.

### **Autism Inclusive – CEAT drop-in sessions (CEAT – Cheshire East Autism Team)**

[Autism Inclusive | Crewe \(aicrewe.org.uk\)](http://aicrewe.org.uk)

Support for autistic adults and children, those with ADHD or any other neurodiversity, as well as their families and carers. Diagnosed or suspected, all are welcome.

**MORNING SUPPORT:** every Wednesday morning 9.30am to 12.00pm. This group offers peer to peer support for parent/carers of those with autism, ADHD or other neuro-diversities. We often have visiting professionals, to offer advice, guidance and to signpost to other key local services. Refreshments are available and young children are welcome, free to attend, no need to book.

**EVENING SUPPORT:** monthly, the 4th Wednesday of each month, 6.30pm to 9.00pm. This group offers peer to peer support for those with autism, ADHD or other neuro-diversities, as well as their parents/carers. Private appointments are available with Mick Rimmington – Autism Consultant and Behavioural Therapist – who can offer advice, support and strategies. Please contact Autism Inclusive via email to book a consultation with either consultant. Refreshments are available, free to attend, no need to book.

## **Family Ties – Crewe**

### [Family TIES Support for Children's Emotional Wellbeing](#)

Family T.I.E.S has extensive experience in developing and delivering innovative, creative and bespoke intervention programs for children and their families.

The four members of the Family T.I.E.S Team are all specialists in children's emotional health, providing support to schools, children, teenagers and families with all aspects of emotional health.

The Family Ties practitioner skills include...

- Social Work
- Family Support Work
- Management
- Practice Education
- Extensive Child Development knowledge
- Play Therapy

## **Family Hubs – Crewe & Nantwich**

Family Hubs ensure families with children aged 0-19 can access integrated early help to overcome difficulties and build stronger relationships.

[Find your nearest Family Hub and Connects \(cheshireeast.gov.uk\)](http://cheshireeast.gov.uk)

Click on the link above to find out where your local Family Hub is located.

## **Live Well – Cheshire East – Supporting Young People with SEND**

[Supporting Children and young people with SEND \(cheshireeast.gov.uk\)](http://cheshireeast.gov.uk)

## **Space for Autism**

[Space4Autism – We Listen, We Help, We Care](http://space4autism.org)

Space4Autism, 15-17 Mill Lane, Macclesfield, Cheshire, SK11 7NN

Tel: 01625 617884

Email: [info@space4autism.org](mailto:info@space4autism.org)

## **Peak Sleep**

[Home | Peak Sleep](#)

## **1 2 3 Magic – Parenting Course**

[Star Learners](#)

## **Timid to Tiger Parenting Course**

Timid to Tiger is an entirely parenting-based approach to managing anxiety in children (available to parents of children aged 8-11).

[Timid to Tiger - Just Drop In](#)

## **Ruby's**

Ruby's is an award-winning charity supporting children and young people aged 0-18 years old with Special Educational Needs and Disabilities (SEND) and their families and carers in Cheshire East. We provide high-quality facilities onsite at our centre in Congleton and outreach sessions at partner venues and onboard our mobile sensory bus. We offer person-centred support, by a dedicated team of staff and volunteers, who are equipped with a wide range of knowledge, expertise and lived experience. We offer coordinated support and action to improve the quality of life and wellbeing to individuals and groups in Cheshire East with some of the most vulnerable and complex needs.

[home - Rubys \(rubysfund.co.uk\)](http://rubysfund.co.uk)