

Useful External Links for Parents

Local support services

- SENDIASS are free services that work impartially with parents / young people who live in their LA (Local authority) area, irrespective of where the child / young person goes to school / college on educational issues.
- To find your SENDIASS service search your LA name followed by SENDIASS.

[Dorset SENDIASS](#)

[Hampshire SENDIASS - Special Educational Needs Support](#)

Parent Carer Councils – there is one in each LA area, they offer support and signposting on SEND, workshops and training for parents, feedback parent views to the LA, short breaks funding may be distributed through them.

National support services

IPSEA

[\(IPSEA\) Independent Provider of Special Education Advice](#)

Website has lots of information, template letters, they provide courses for parents (and professionals) and free consultations on specific issues.

SEN SOS

<https://sossen.org.uk>

Useful advice on the website, help line, walk in advice centres, the nearest one to the Sheiling is Aldershot.

CONTACT

[Contact: the charity for families with disabled children](#)

The charity for families with disabled children listening ear (1:1 support) and workshops on a range of topics related to SEND

Other sources of information / support

Special Needs Jungle

[Special Needs Jungle - News, info, resources & informed opinion about Special Educational Needs, disability, children's physical and mental health, rare disease. Campaigning to #FixSEND](#)

Noddy Guide

[Noddy-Guide-2022-270222.pdf](#)

Collection of SEND tribunal outcomes which are of interest / have set precedents.

Carers Support Help

[Help and advice | Carers UK](#)

Has information on their website and local groups who may hold meetings to provide support and information for carers.

If your son or daughter is leaving school or college where can you seek support:

- It is important that social care is involved in transition reviews, they will need to assess the young person and produce a care or health and care plan. Post college support funding and activities will generally be via social care.
- Right to Participate - [Home - The Right to Participate](#)
Has a template letters and can provide support, with regard to, equality and discrimination (located in the resources section).
- Charities such as The National Autistic Society, Downs Syndrome Society etc can provide useful information and support.
- Mencap offers local UK groups which can offer social activities.

Helpful links for online safety

[Keep Children Safe Online: Information, Advice, Support - Internet Matters](#)

[Parent Zone | At the heart of digital family life](#)

EHCP guide

[Agenda Campaign and Policy Departmental Meeting \(mencap.org.uk\)](#)

A link to the Mencap, 'Easy read guide for children and young people regarding changes to special educational needs and disability support'.

If you do not have a learning disability, this guide can still help you to understand the changes to the support that children and young people who have special educational needs and disabilities can get.

This guide sets out the new law for those with special educational needs or a disability. Some of the new laws are not easy to summarise in a few lines, and Mencap has had to simplify them for this guide.

Health

NHS Health passport

[My-Care-Passport.pdf \(dorsethealthcare.nhs.uk\)](#)

[Dorset HealthCare :: Yellow health book \(over 14 years\)](#)

It should be noted that a singular Health passport doesn't cater to **ALL** NHS hospitals. A separate Health passport needs to be completed for hospitals in different counties, for example, Dorset, Hampshire, and Wiltshire. These individual Health passports are easy to find via the internet.

NHS prescription and services

https://www.nhsbsa.nhs.uk/sites/default/files/2024-01/Free_NHS-prescription_guide_for_patients.pdf - Free NHS prescription guide for patients.

[Check before you tick -Easy read leaflet](#) – An easy read guide about who is allowed free NHS prescriptions.

Check what help you could get to pay for NHS costs

[Check what help you could get to pay for NHS costs - NHSBSA](#)

You might be able to get free NHS prescriptions, dental treatment, eye tests and help with other NHS costs.

Whether you get help depends on things like:

- your age
- your income
- where you live
- if you get certain benefits
- if you're pregnant
- if you have a medical condition

Use this service (link) to check what help you could get and how to apply.

It usually takes 5 minutes to check.

NHS Low Income Scheme – HC2

[NHS Low Income Scheme | NHSBSA](#)

If you have a low income, the NHS Low Income Scheme could help you pay for:

- NHS prescription charges
- NHS dental treatment charges
- the cost of sight tests, glasses and contact lenses
- the cost of travelling to receive NHS treatment
- NHS wigs and fabric supports (check with your hospital for their arrangements for supplying NHS wigs)

Online application

[Apply online for help with NHS costs - Apply online for help with NHS costs - NHSBSA](#)

Medical exemption certificates

It is the medical exemption certificate that entitles you to free NHS prescriptions, not the medical condition. If you do not have a valid medical exemption certificate, you may be liable for a penalty charge.

We advise speaking with your GP as this is an area they can assist with.

If you're entitled to a certificate because of your medical condition, speak to your GP or doctor. They'll give you an application form,

Who is entitled (medical conditions)

You're entitled to a medical exemption certificate if you have either:

- a permanent fistula (for example, caecostomy, colostomy, laryngostomy or ileostomy) which needs continuous surgical dressing or an appliance
- a form of hypoadrenalism (for example, Addison's Disease) for which specific substitution therapy is essential
- diabetes insipidus and other forms of hypopituitarism
- diabetes mellitus, except where treatment is by diet alone
- hypoparathyroidism
- myasthenia gravis
- myxoedema (that is, hypothyroidism which needs thyroid hormone replacement)
- epilepsy which needs continuous anticonvulsive therapy
- a continuing physical disability which means you cannot go out without the help of another person
- cancer and are undergoing treatment for either:
 - cancer
 - the effects of cancer
 - the effects of cancer treatment

These are the only conditions that entitle you to a medical exemption certificate.

If you're not sure about the name of your condition, speak to your doctor.

Dental

[Dental treatment for people with special needs - NHS](#)

Some young people may require a Special Care Dentistry, also known as special needs dentistry looks after people who have special educational needs or a disability (SEND).

Each service is different but generally is a referral-only service – a referral from the young person's GP is required.

Dorset Special Care Dentistry list:

[Search Results | Dorset FID](#)

Other help information:

[Dental care for people with special needs - Oral Health Foundation](#)