



Filey Junior School

Widening horizons and reaching our potential. Respecting the world
and each other.

A happy, healthy and positive learning community.

Signposting Families

Information for parents, carers and professionals:

[NYCC Local Offer.](#)

Find out more about the commitment of partners and how they promise to support families, carers, parents and pupils with SEND.

[The Inclusive Mainstream Toolkit:](#)

The purpose of this guide is to provide parents and carers with an overview of The Inclusive Mainstream Toolkit, which may support and inform your discussions with schools about provision which is ordinarily available to support children and young people in mainstream schools across North Yorkshire.

[SENDIASS](#)

Information and advice, special educational provision for mainstream and specialist placements. Advice, guidance and support for challenging an EHCP, mediation and placement appeals.

[Parenting Support:](#)

Effective resources for parents and carers which can grow in confidence and build parenting resilience. Links to [Parental Conflict](#), [Supporting Children from a Military Family](#),

[FEAST:](#)

Holiday activities and healthy meals for young people across Easter, Summer and Christmas holidays.

[inourplace | Solihull Approach – North Yorkshire | inourplace](#)

Solihull Approach – online parenting course covers 0-19 and includes individual sections for babies/ Teenagers/ Additional needs/ understanding feelings & Emotions.

Access Code: NYFamilies

Code will give access to courses for free.

[Parenting Support NYES/Early Help including The Family Toolkit](#)

[Yorkshire Coast Families](#) 07517 352636

Voluntary organisation that supports local families

Yorkshire Coast Families is a small, independent parent led charity (Registered Charity 1167417) that supports families with children and young people who have Special Educational Needs, Disabilities and impairments within the geographical borders of Scarborough Borough Council, including Scarborough, Whitby and Filey and the villages in between.

Carers Plus:

[Welcome to Carers Plus Yorkshire](#)

Support for adult carers and young carers – see website for full service details.

Safeguarding:

Healthy Relationships:

Developing and maintaining healthy relationships is a key part of ensuring children and young people feel happy, safe and supported. This includes links to [NSPCC](#), [Pants](#) and [Healthy Relationships SEND resources](#).

Childline

Offers advice, toolbox, information, activities and messaging service suitable for under 12s. They can be called confidentially 24/7 and there are means of contact suitable for those who are hard of hearing / deaf.

SEMH Resources for children, young people, parents/carers and professionals.

The Go-To:

Top tips to help with mood or advice for coping with common issues or getting support. Advice for parents, carers and young people. Services directory and contact details available via this site. Includes info on ADHD and sign posting to SEN resources.

Buzz Us

Confidential text messaging service to young people aged 11-18 across North Yorkshire. Supports low mood, stress, anxiety, self esteem and bullying.

Young Minds:

Tools for young people to look after their mental health. Guides for carers and parents, helplines for all and resources which can be used.

Recovery College Online:

A section which includes advice and guidance on exam stress, transition and mental health. Lots of courses for 13+

Wellbeing in Mind:

To access this service, you need to be referred by a member of school staff. This is a school-based service supporting mental health and wellbeing.

CAMHS crisis:

If there is a mental health emergency, you can contact CAMHS crisis and liaison team 24 hours a day. Call: 08000516171

Samaritans

If you need to talk to someone, this is a confidential listening service which is contactable by phone, in person or by letter. Any age. Phone: 116 123

SHOUT

Shout is a free text messaging service which provides 24/7 support for anyone experiencing a mental health crisis. It aims to connect people in need to trained volunteers who provide help at a time when it is most needed.

Compass Phoenix:

Aims to improve the emotional well being and mental health for children and young people (aged 9-19). They offer support to children and young people experiencing mild to moderate mental health difficulties.

Place2Be:

[How to support your child's mental health – Place2Be](#)

Supporting your child's mental health – Parent Smart – parenting advice.

[Reassurance seeking link](#) for parents of children who are seeking reassurance behaviours

[Anxiety Support](#) speak with an advisor, access therapy and explore toolkits

[Anxiety Help Box](#) has lots of practical ideas of activities to explore

[Great minds together](#) - has LOTS of practical activities to explore

Other health support:

[The Sleep Charity:](#)

Practical advice and guidance around the challenges of sleep - including a section dedicated to teens. Sign up to their newsletter for up to date information and advice.

[Daisy Chain:](#)

[Autism Central - Daisy Chain \(daisychainproject.co.uk\)](#)

Autism Central is a peer education programme, commissioned by NHS England. It aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support. Local support helps families to get the right understanding and adjustments in place across the services they use.

Our Autism Central hubs offer guidance to families, carers and personal assistants of autistic people. They offer one-to-one sessions to help you find the information and support available in your area.

[Growing Healthy](#) Children's health services. Includes the healthy child programme.

[Recovery College online:](#)

For parents and carers - section provides information around being a carer, how to support during communication aid trial and awareness training on communication and dysphagia.

Youth Justice services:

<https://nyy.org.uk/development/change-direction-youth-mentors> Change Direction is a prevention and early intervention support scheme for young people aged 10-17 in North Yorkshire, who may be committing antisocial behaviour or very low level offences, with the intention of diverting them away from the Criminal Justice System.

Parental Separation and/or Conflict:

Relationships Matter: [Home - Relationship Matters](#)

Helping families and couples (when together or separated) understand and build healthy relationships

NSPCC – advice and guidance for discussing parental separation with children.

[Helping Your Child Cope with Your Divorce or Separation | NSPCC](#)

Find out your rights around child contact and get advice around supporting children during separation.

Anna Freud – Building the mental wellbeing of the next generation:

[Parents or Carers in Conflict | Resolving Parental Disputes | Anna Freud Centre](#)

Advice and guidance for parents and carers in conflict or separating.

See it differently: [Get more help \(seeitdifferently.org\)](#)

Video clips designed to raise questions and help parents look at how they could communicate differently to ensure children witness less conflict

Gingerbread: [Home | Gingerbread](#)

A charity for single parent families. We provide expert advice and practical support for single mums and dads in England and Wales. Online and telephone advice available 0808 802 0925

Relate:

[We can Relate to parents and co-parents | Relate](#) – new AI power chatbot to offer advice on challenges when co-parenting.

[Supporting parent relationships | Relate](#)

Advice and guidance around understanding conflict in relationships and how to reduce conflict.

Telephone mediation and family counselling – see website.

Mediation Services – Scarborough/Filey/Whitby:

www.nyfm.co.uk

[Family Mediation Scarborough - Allison Family Mediation Service](#)

Both Services have costs involved unless you qualify for legal aid.

Signposting for new/expectant parents. [link here](#)