

## STAR Signposting Resource List for Families

If your child or young person attends a setting / school, the Special Educational Needs Coordinator (SENCo) is a person for you to speak with if you have questions or concerns. They can answer questions and signpost you to support within the borough and other services.

Below are a range of other resources / support for you and your family.

### Website / Groups

#### **Brent Parent Carer Forum**

Brent Parent Carer Forum offers information, support and friendship for families of children and young people aged 0-25 with special educational needs and disabilities (SEND). There is a wealth of information, support, training and signposting to a range of resources. The group also meets virtually and in person.

The website link [www.brentpcf.org](http://www.brentpcf.org)

The email address : [admin@brentpcf.org](mailto:admin@brentpcf.org)

#### **Brent Special Educational Needs and Disabilities (SEND) Local Offer**

Information and advice for children and young people from 0 to 25 with special educational needs and disabilities (SEND) and families of Brent residents.

The website link is: [www.brent.gov.uk/services-for-residents/children-and-family-support/the-brent-local-offer/](http://www.brent.gov.uk/services-for-residents/children-and-family-support/the-brent-local-offer/)

#### **Brent Local Offer: Neurodiversity**

Find help and advice to support the needs of your child at all stages of their neurodiverse journey.

The website link is: [Neurodiversity | Brent Council](http://www.brent.gov.uk/neurodiversity)

### **Centre for ADHD and Autism Support**

Charity based in Harrow offering support for families of autistic children and young people and / or ADHD or are awaiting a neurodevelopmental assessment. They also offer a range of training sessions and drop in sessions.

The website link: [www.adhdandautism.org](http://www.adhdandautism.org)

### **Attention Deficit Disorder Information & Support Service**

Charity based in Edgware offering people-friendly information about ADHD for families, educators, and professionals.

The website link: [ADDISS](#)

### **Brent Mencap**

This service is the leading voluntary sector organisation in Brent working with and on behalf of people of all ages with a learning disability. They run various projects and services and do campaigning work, in order to promote independence.

The website link is: <https://brentmencap.org.uk/>

### **Speech & Language UK**

Speech & Language UK is a charity which provides knowledge and resources to support children and young people with speech, language and communication needs. The charity offers practical help for parents who are concerned about their child, as well as community outreach programmes and training and support for early years and school professionals.

The website link is: [Speech and Language UK: Changing young lives](#)

### **Brent Centre for Young People**

Brent Centre for Young People offer a number of talking therapies for young people which include individual therapies, group therapies, Sport and Thought and family therapy & parent support.

The website link is: [Home - Brent Centre](#)

### **Tiny Happy People**

Simple activities and play ideas to develop your child's communication skills. Ideal for children in early years.

The website link is: **[Children's language development and parenting advice - BBC Tiny Happy People](#)**

### **Speech & Language Kids by The Slip Solution**

Provides step by step posts on how to work on different skills. You'll also find developmental norms for language development, some free resources to print off and also two podcasts.

The website link is: **[Speech And Language Kids – By The SLP Solution](#)**

### **Speech Teach**

Provides speech therapy resources for parents and professionals supporting children and young people with speech and learning difficulties.

The website link is: **[Speech Therapy Resources : Speech and Language Therapy Ideas and Downloads \(speachteach.co.uk\)](#)**

### **Mommy Speech Therapy**

Provides many free downloadable & printable resources that you may find useful if your child or young person has speech sound difficulties.

The website link is: **[Mommy Speech Therapy](#)**

## **Brent Teams / Support Services**

**Special Educational Needs and Disabilities Information Advice and Support Services (SENDIAS):** This service offers information, advice and support for parents and carers of children and young people with special educational needs and disabilities.

The service is confidential and a space for you to discuss any worries or concerns you may have regarding your child's education. This team can support with any questions you may have and if

you require support with communicating with your child's educational placement.

**Email:** [sendias@brent.gov.uk](mailto:sendias@brent.gov.uk) **Phone:** 0208 937 3434

**Speech and Language Therapy Service – Phone:** 0208 102 3456

**Occupational Therapy Service - Phone:** 020 8438 7270

**Brent Child and Adolescent Mental Health Service (CAMHS) – Phone:** 0203 317 5050

**SEND 0-25 Team:** This service works closely with parents / carers, educational settings, health and social care services. Each school in Brent is allocated a case officer who is the main point of contact.

A Case Officer in SEND 0-25 Team, is your key point of contact for your child / young person with an Education, Health and Care Plan (EHC Plan previously known as a Statement).

**Phone:** 0208 937 3229

**Brent Family Well Being Centres:** Provide a range of community-led services that can support you from the moment you know you're expecting, through pregnancy and birth, until your child is 18 years old (or up to 25 for children and young people with special educational needs). The Centres, offer a wide range of free health, education and welfare services to families and aim to give everyone in Brent the best possible start in life.

You can register to join your local Well Being Centre on the Brent website [www.brent.gov.uk](http://www.brent.gov.uk) or google Brent Family Well Being Centres.

**Enuresis Service –** This service supports with any questions or concerns you have regarding toileting skills for your child. **Phone:** 020 8438 7058

## **Disability Living Allowance (DLA) and Personal Independent Payments (PIP for 16years and older)**

You may be entitled to some government support for your child.

The website link: [www.gov.uk/browse/disabilities](http://www.gov.uk/browse/disabilities)

### **STAR handouts**

Please ask you STAR worker for handouts that are of interest to you:

**Zones of Regulation** – a resource designed to allow you and your child to recognise, acknowledge and regulate our own emotions.

**Emotional Regulation** – a resource to effectively support your child to manage and respond to an emotional experience.

**Behaviour Contracts** – A behaviour contract is a written agreement between a child or young Person and a parent or a teacher. It spells out what rules the child or a young person needs to follow and therefore, what behaviour is expected from him or her.

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**Below are some books, podcasts, u tube clips and films that may be of interest to you. These are just a sample of resources that are available for supporting neurodivergent children and young people.**

## Books

### Non-fiction books

[The Power of Neurodiversity: Unleashing the Advantages of Your Differently Wired Brain](#) by [Thomas Armstrong](#) - Develop a new understanding of neurodivergence with this thoughtful exploration of the human mind.

[My Thirteenth Winter](#) by [Samantha Abeel](#) - Abeel describes how her life was affected by her learning disability before and after she was diagnosed, and the way her peers, her family and her teachers treated her.

[A Different Sort of Normal](#) by [Abigail Balfe](#) - Abigail Balfe charts her experiences of growing up neurodivergent, offering candid and powerful insights into autism.

[I am Not a Label](#) by [Cerrie Burnell](#) - In this stylishly illustrated biography anthology, meet 34 artists, thinkers, athletes and activists with disabilities, from past and present.

[The Incredible Five Point Scale](#) – this is a practical book to support neurodivergent young people understand and manage their feelings and emotions.

[When my Worries Get Too Big](#) by [Kari Dunn Buron](#) – this book supports students managing their worries in a practical way.

[The Goldfish Boy](#) by [Lisa Thompson](#) – this is a story about finding friendship when you're lonely - and hope when all you feel is fear.

### Fiction books with neurodivergent main characters

[Focused](#) by [Alyson Gerber](#) - a story of a girl caught between her love of chess and her ADHD.

[Planet Earth is Blue](#) by [Nicole Panteleakos](#) – A heartrending and hopeful debut novel about a

nonverbal girl and her passion for space exploration.

[Can You See Me by Libby Scott](#) – Libby co-wrote this book and is an autistic teenager. She has now written fiction stories about an autistic teenager starting secondary school.

[Tune it Out by Jamie Sumner](#) - a moving novel about a girl with a sensory processing disorder who has to find her own voice after her whole world turns upside down.

[Tornado Brain by Cat Patrick](#) - In this heartfelt and powerfully affecting coming of age story, a neurodivergent 7th grader is determined to find her missing best friend before it's too late.

## Podcasts

[Sue Larkey Podcast](#): Sue is an Australia teacher with a wealth of practical experience supporting autistic students. Her podcasts covers a range of subjects from sharing a diagnosis, autistic girls, anxiety and calm corners.

[The Neurodiversity Podcast](#): The Neurodiversity Podcast talks with leaders in the fields of psychology, education, and beyond, about positively impacting neurodivergent people.

[Exploring Different Brains](#): is a weekly interview show hosted by neurodiversity advocate Harold Hackie Reitman, MD. Listen to some of the most interesting people involved in autism, Asperger's, dyslexia, ADHD, OCD, down syndrome, and any condition that can be considered neurodiverse.

[Uniquely Human: The Podcast](#): the Podcast expands the conversation on autism and neurodiversity by amplifying the voices of autistic individuals and thought leaders in providing insightful, cutting-edge, and practical information about the autistic experience.

## Videos/ YouTube Clips

**Failing at Normal: An ADHD Success Story:** Jessica McCabe tells a story of her life. Once a gifted child with a bright future, who later lives a life of constant failures because one thing – her ADHD diagnosis.

[Failing at Normal: An ADHD Success Story | Jessica McCabe | TEDxBratislava - YouTube](#)

**Amazing Things Happen:** This film gives an uplifting introduction to autism for young non-autistic audiences, aiming to raise awareness, understanding and tolerance in future generations.

[Amazing Things Happen - by Alexander Amelines - YouTube](#)

**Ambitious about Autism:** young people describing what a meltdown feels like:  
<https://www.youtube.com/watch?v=zseDI1V-BqU>

### **What is Neurodiversity?**

**What is Neurodiversity (The DERS Guide) ~ Autistamatic** – a simple explanation of what Neurodiversity is, for anyone of any age.

[What is Neurodiversity \(The DERS Guide\) ~ Autistamatic - YouTube](#)

**Making sense of sensory** – An introduction to the understanding of Sensory Issues when caring for a child or young person with SEND.

[Making Sense of Sensory Issues - YouTube](#)

## TV programmes / series and films

**Atypical shown on Netflix:** This fictional series follows the family life of Sam who is 18 year old autistic student navigating his life. His special interest is penguins and penguins are used to describe how Sam's autism presents but also how he develops his understanding of others. This series shows Sam's different relationships with peers and his family and how his autism is

his strength and how it challenges him.

**The Disruptors:** The film Disruptors takes an immersive look at our approach to ADHD that debunks the most harmful myths, and examines the flip side of this trait that ultimately offers a revelatory understanding of the diagnosis, and real hope for millions of kids, families and adults with ADHD.

**The A Word on BBC1:** This fictitious series follows the life of Joe, an autistic young person and his life from getting his diagnosis, starting school and navigating day to day life. The series focuses on the family and how they learn to understand Joe.

**Film: A is for Autism:** A film made by autistic adults to describe what autism is through drawings and animation.