Signposting for Parents and Carers of previously looked after children and young people (PLAC)

Safeguarding

Early Help and Family Help Teams

Hampshire Early Help Services provide support to families, children and young people facing various challenges. These services aim to intervene early to prevent issues from escalating. They are designed to ensure families receive the right support at the right time from the right professionals.

Hampshire Safeguarding Children Partnership

The Hampshire Safeguarding Children Partnership (HSCP) is dedicated to keeping children and young people safe and ensuring their wellbeing within Hampshire. They have a range of resources and advice regarding safeguarding, exploitation, online safety and wellbeing for young people, including those in post-16 education."

Stop Domestic Abuse

STOP DOMESTIC ABUSE in Hampshire offers a range of services specifically designed to support children and young people affected by domestic abuse. These services include:

- one-to-one support: personalised support, advice and education for school-aged children (4-17 years) who have experienced or are currently experiencing domestic abuse
- group work: various group programmes aimed at improving confidence, self-esteem, understanding healthy relationships, and ensuring personal safety. These groups are available for children aged 5-17

Advice line: a confidential advice line (03300 165 112) for victims, survivors, family members and professionals seeking support or information.

Family Rights Group

Family Rights Group is a leading child welfare charity in England and Wales. It supports families whose children are involved with or need children's services due to welfare concerns. The charity combines legal and social work expertise, advice services, policy advocacy and direct support for families and young people

Support for Adoptive Parents and families

Adopt South

Adopt South | Health and social care | Hampshire County Council is the regional adoption agency (RAA) for Hampshire, Isle of Wight, Portsmouth and Southampton. They provide advice, guidance and support , along with regular events for adoptive families. They also operate a telephone support line on 03003000001 which can be accessed Monday to Friday between 8.30am and 5pm (4.30pm on a Friday)

PAC-UK

www.pac-uk.org is the country's largest independent Adoption Support Agency. PAC's vision is that all those affected by adoption, Special Guardianship and other forms of permanent care are supported and enabled to live their lives to the full. PAC offer a range of support services including a national advice line staffed by qualified and experienced PAC-UK counsellors/social workers who can provide advice and information on all aspects of adoption and other forms of permanent care.
PAC-UK | Adoption & Permanency: Advice, Support, Counselling & Training
National PAC-UK Advice Line:0300 1800 090

Adoption UK

Adoption UK Charity offer a wide range of services and support for adopters in the UK including therapeutic support from, education resources, training courses, community support, forums and community groups. Please note that membership is required in order to access some of Adoption UK's services.

Support for Special Guardians

Hampshire Family Connections Service

The Family Connections Service at Hampshire County Council provide guidance, support and practical advice about special guardianship, at any point in your guardianship journey.
I'm a Special Guardian | Children and Families | Hampshire County Council
Family Connections Service | Hampshire CTSH Their services include:

- support groups across the county
- training and 'lite bites' for special guardians on a range of themes, including life story work, attachment and supporting children who have experienced trauma
- Support with applications for the Adoption and Special Guardianship Support Fund (ASGSF)
- monthly newsletter

Support for Special Guardians…continued

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SGO Support (UK-wide)

Home - SGO Support SGO Support UK is a dedicated online hub offering:

- Practical advice and emotional support
- Information on finance, housing, managing contact, and legal processes
- Peer support and FAQs

If you are a special guardian who is also a kinship carer, please see also look at the signposting and information in our Kinship Care section

Adoption & Special Guardian Support Fund

Adoption and special guardianship support fund (ASGSF) - GOV.UK

The adoption and special guardian support fund (ASGSF) provides funds to local authorities and regional adoption agencies (RAAs) to pay for essential therapeutic services to support adoption/care related needs for eligible adoptive, special guardianship order (SGO) and child arrangement order (CAO) families.
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Parents and Guardians can seek ASGSF funding via their supporting social care team such as Adopt South or the Family Connections Service.

Trauma

Beacon House

Beacon House is a therapeutic service with a specialist interest in working with those who have experienced trauma and loss and offers information and resources around the impact and repair of trauma and adversity. Home

Anna Freud National Centre for Children and Families

Anna Freud National Centre for Children and Families supports the mental health of children through research, training and treatment and offers free resources supporting children's mental health.

Hampshire CAMHS

Hampshire Child and Adolescent Mental Health Services CAMHS is an NHS specialist service that supports young people aged 5-18 years and their families who are experiencing difficulties with their mental and emotional health. Key services include:

- **assessment and treatment:** CAMHS provides comprehensive assessments and tailored treatment plans for a range of mental health issues, including anxiety, depression and behavioural problems
- **crisis support:** immediate support for young people in mental health crises, ensuring they receive timely and appropriate care
- **therapeutic interventions:** various therapeutic approaches, such as cognitive-behavioural therapy (CBT), family therapy and group therapy.

CAMHS also provide a range of information and advice sessions and events for parents and carers across Hampshire: Events – CAMHS

Back to Basics

The Hampshire Back to Basics initiative aims to empower parents and carers to support their family's emotional wellbeing by focusing on fundamental aspects of daily life.

Solihull Approach

The Hampshire Solihull Approach is a partnership between Hampshire County Council and the Solihull Approach, offering free online courses for parents, carers, grandparents and professionals working with children. These courses are designed by psychologists and professionals to help understand children's feelings, development and behaviour:
The Solihull Approach | Health and social care | Hampshire County Council
Online courses for emotional health and wellbeing

Special Educational Needs and Disability (SEND)

Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS)

Hampshire SENDIASS - Special Educational Needs Support provides impartial and confidential support to children and young people with special educational needs and disabilities (SEND), as well as their parents and carers.

Parent Guide to Special Educational Needs (SEN)

The Quick Guide - Parent Guide to SEN.pdf provides information on the support system for children and young people with special educational needs and disabilities (SEND), including the types of support they will receive at school and an overview of the application for an education, health and care plan (EHCP).

Health and Wellbeing

NHS Healthier Together website

The NHS Healthier Together website is a comprehensive resource aimed at improving the health and wellbeing of children, young people and pregnant women. The website encourages collaboration between patients and healthcare professionals to enhance local healthcare delivery.

Foetal Alcohol Spectrum Disorder

The **NHS** website has information and further links for information: www.nhs.uk/conditions/fetal-alcohol-spectrum-disorder/

Adoption UK has its own FASD hub providing information, resources and support for parents, carers and professionals FASD Hub | Home | Adoption UK Charity

Autism Hampshire

www.AutismHampshire.org.uk provide information and advice to parents and children with a diagnosis or who are waiting for an Autism assessment. Autism Hampshire are commissioned to provide free workshops for families of autistic children and young people – pre and post assessment/diagnosis https://www.autismhampshire.org.uk/how-we-can-help/training-consultancy/parent-workshops

BRAAIN

www.Braain.co.uk support parents and carers of children with Attention Deficit Hyperactivity Disorder (ADHD) and Autistic Spectrum Condition (ASC) or Special Educational Needs (SEN).

Attention Deficit Disorder Information and Support Service (ADDISS)

www.addiss.co.uk provide information and resources about ADHD to families and professionals. More information can be found on their website

Education and training

Participation and Lifelong Learning – Hampshire County Council

Hampshire's Education Participation Team offers individual support for young people aged 16 to 18 (years 12 and 13) to help them access employment, education, and training opportunities

Education Participation | Education and learning | Hampshire County Council

Hampshire Future's career service Careers - information for young people | Education and learning | Hampshire County Council provides career information and online support including advice and activities to help young people with future planning and improving employability skills.

Course: Hampshire Futures Careers Information Service | Hampshire PALL