

# Support for Families of Children with Additional Needs in in Midlothian

This pack is for families with children who need extra help because of additional support needs. It tells you how services are organised and introduces you to some other useful material.

The pack concentrates on additional or special services for families with young children with additional support needs who need more and/ or different help than other children the same age.

## Acknowledgements

With thanks to the following for producing this booklet:

Midlothian Early Years ASN Outreach Team  
Midlothian Health Visiting Team Midlothian Speech  
and Language Therapy Service Parents and  
committee, Bright Sparks playgroup

**Note** We have taken care to ensure that the information, references, links to sources of information and contact details about the services and organisations listed in this booklet are accurate and up to date but we are unable to guarantee their accuracy as some of the details may have changed since the date of review. Reference is made to a range of services within Children's Services across Health, Education, the voluntary sector and others. Reference to a

service does not guarantee access to the service for all individuals.

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## **Section 1 - Health, Education and Children's Services**

If you have a child with additional support needs, you may come into contact with the following professional services or agencies.

These agencies work closely together to provide support to families.

### **Health Services**

#### **Health Visitor**

Every child age 0-5 years has a Health Visitor providing a Universal Pathway service to families supporting parents with health, growth and development of children. Health Visitors provide information on parenting including breastfeeding support, weaning and healthy eating, behaviour management, toilet training, sleep advice, immunisations and community resources. We work in partnership with other professionals to ensure the wellbeing needs of children are

met.

Bonnyrigg team: 0131 537 9903 Newbattle team: 0131 561 9219 Roslin/Penicuik team: 0131 440 7832 Dalkeith team: 0131 561 5524

**Health Services** Look after your child's health and provide treatment when necessary

## Family

**Education Services** Provide education and additional support at school or nursery, if

**Voluntary sector / other partners** Provide specific supports to families required

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## Community Child Health: Community Paediatricians

Community Child Health are a team of locally based community paediatricians involved in assessment and diagnosis of children with developmental conditions. Children may be seen for paediatric assessment alone, usually in their local health centre or for joint assessment with Therapy Services, in a Child Development Clinic. These assessments routinely take place in the Midlothian Community Hospital, Bonnyrigg. Requests for assessment can be made from any professional involved with a child.

Contact: 0131 446 4123

## Occupational Therapy

Occupational Therapy helps children and young people to take part in the everyday activities of their daily life to support their health, well being and development. Parents can request assistance from a children's occupational therapist by calling the service directly on 0131 446 4013.

A child's teacher or another health care professional can also request assistance using a request for assistance form, available at [www.asl.scot.nhs.uk](http://www.asl.scot.nhs.uk). Once the request is received the family or carer will receive a letter asking that they contact the service to arrange a telephone consultation with an Occupational Therapist.

Contact: 0131 446 4013

## Physiotherapy

The role of the physiotherapist is to assess and manage children or young people with a movement disorder, disability or illness. They help the child/young person reach their full potential or maximum independence through physical intervention, advice or support.

Physiotherapists work in hospitals, clinics, homes, schools, nursery and any other location depending on the child or young person's needs. From referral they are assessed and intervention to support the child may vary and include training, advice, direct individual or group therapy, provision of resources, programmes in school etc. Referrals are open to all.

Contact: 0131 446 4009

### **Speech and Language Therapy**

The Speech and Language Therapy Service works with families and Education services to support children with communication or feeding difficulties. This support is tailored to meet each child's individual needs. More information is available on our website, Let's Talk.. There is a request for assistance service where anyone can phone for advice or support on a Tuesday afternoon between 2pm & 4pm.

Contact: 0131 454 9544

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### **Child and Adolescent Mental Health Service (CAMHS)**

Children and young people are referred to CAMHS if there are significant concerns about their mental health or wellbeing and when their difficulties are impacting upon their day-to-day life. Referrals usually come from schools, GPs, Community Paediatricians, Social Workers and Health Visitors. CAMHS carry out specialist assessments of mental health and neurodevelopmental disorders and provide intervention if required. CAMHS clinicians offer consultations for professionals who work with children and young people who are Looked After and/or Accommodated. We also offer a telephone consultation service (Monday, Thursday and Friday 9-11am) for people to discuss their concerns about a child or young person from an emotional, behavioural or mental health perspective.

Contact: 01968 671 330

### **Community Dental Service**

A community dentist for children with additional support needs. Contact: Duncan Centre,

Duncan Street, Edinburgh

Contact: 0131 667 7114

There is also a Dental Centre in Bonnyrigg. Children are referred to them by their family dentist, the school dentist or the Community Paediatrician.

**Childsmile** This service is available to families who require extra support with toothbrushing and general oral health advice.

<http://www.child-smile.org.uk/>

**Community Learning Disability Nurses** Community Learning Disability Nurses work with children who have received a diagnosis of Learning Disability/Intellectual Disability. We work with children who have additional needs which require specialist input, over and above that which mainstream services such as Health Visitors provide. Additional needs might include poor sleep, difficult to manage behaviours, restricted eating or difficulties achieving toilet training. Community Learning Disability Nurses generally work through parents or carers and provide assessment and advice on managing the presenting problem. They work in partnership with other services from health, social work and education.

Contact: 0131 537 9924

## Education, Communities and Economy

Education, Communities and Economy are committed to working in partnership with children and young people together with their parents, carers and families.

Children may have a wide range of additional support needs related to their learning,

including physical or sensory needs, health, safety and emotional well-being.

The Specialist Teaching team provides specialist Education support for children and young people with a range of learning needs. Within this, there are separate services supporting children and young people with additional support needs: [Early Years ASN Outreach Team](#), [ASD Outreach Service](#), [Hearing Impaired Service](#), [English as an Additional Language and Gypsy Travellers Service](#), [Literacy Support](#) and [Specialist Occupational Therapist for Inclusion/Access](#).

Support for children with a visual impairment (VI) is delivered in partnership with the [VI Visiting Teacher Support Service](#) from City of Edinburgh.

These services are all delivered inclusively so that almost all children and young people are educated in mainstream school settings, with appropriate specialist support. There is a strong emphasis on shared placements and specialist staff work alongside class teachers providing advice, support and training.

The [Early Years ASN Outreach Team](#) provides support to young children with significant support needs and to their families. Support is provided both at home and within the nursery or playgroup setting. The Early Years ASN Service works closely with other agencies involved with children and families, including health professionals, ASD Outreach service and Bright Sparks playgroup. Referrals to the service can be made by professionals or directly by parents and carers. Contact can be made through your child's school or nursery.

The [ASD Outreach Service](#) provides services to children and young people with an autism spectrum disorder (ASD). At a pre-school level, support can be provided both at home and in nursery settings. Support is coordinated between Speech and Language Therapy and the ASD outreach service. This support may include work with children, consultation, training and advice with those working with children and information about ASD-friendly strategies. Referrals can be made by professionals within Education or Health. Contact can be made through your child's school or nursery.

[Children's Services](#) are committed to making sure Midlothian's children and young people have the best possible start in life and are given opportunities to realise their full potential. To ensure that they "get it right for every child" in line with GIRFEC principles, additional support is provided as required for children, young people and their families.

They do this by:

- Giving information on other services
- Providing assessment for you, your child, or for others
- Providing support and intervention to children and families with assessed needs

The **Educational Psychology Service** (EPS) may be involved in supporting children with additional support needs. Further information about the service is available on the Midlothian council website under Schools and Learning.

**Presumption of Mainstream** All staff in Midlothian's schools and early education settings are supported to develop inclusive schools. Inclusive schools support all learners, including those with additional support needs, to learn together wherever possible and grow up with a sense of participation in their local school and community.

**Information about Education Provision** Within Midlothian, there are also a range of provisions for children with additional support needs, who require an alternative approach or setting.

#### Pre-school

- The majority of children in Midlothian attend their local, mainstream nursery class (with outreach support from services as required) and / or
- One of the private nurseries that have a partnership agreement with Midlothian Council to deliver quality early learning and childcare.
- If you have concerns about your child's needs at this stage, you can discuss these with your health visitor or nursery.

#### Primary School

- The majority of children attend their local, mainstream primary school (with support for learning / outreach support from other services as required).
- If a child needs further adaptations to support their learning, an application can be made for placement in one of the Midlothian resourced provisions.
- If you have concerns about your child's needs at this stage, you can discuss these with your child's head teacher.

## Section 2 – Systems of Support

This section contains information about systems of support and aims to answer questions you may have about terms professionals use.

**What is *Getting It Right for Every Child?* (GIRFEC)** Getting It Right For Every Child is the Scottish framework that aims to improve outcomes for all children and young people. It promotes a shared approach that:

- builds solutions with and around children and families
- enables children to get the help they need when they need it
- supports a positive shift in culture, systems and practice
- involves working together to make things better

**What is a CYP-MAP? (Child and Young Person’s Multiagency Assessment and Plan)** This is a tool used by all agencies along with the family to assess and make plans for support for a young child, ensuring that all aspects of their life and development are considered.

**Will my child have a personal or Individualised Education Plan (IEP)?** Some children with additional support needs require an IEP or personal learning plan with specific long term and short term targets to record and monitor their learning progress. Professionals and parents work together to agree and review these targets.

**Do we need a Lead Professional?** The role of the lead professional is to support families who have involvement from several agencies. The lead professional ensures coordination of services and supports. Parents are involved in deciding which person supporting their child can take on this role.

**What is a Child Planning Meeting?** This is when the family and professionals involved in working with the child meet to discuss and plan how the child’s needs will be met going forward.

These meetings can be arranged by a Health Visitor if the child is under 3 and nursery or school professional for children over 3.

What is a CYP-MAP?

Do we need a Lead Professional?

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What is a Child Planning Meeting?

What is "Getting It Right for Every Child?"

## Section 3 Other Areas of Support

### Financial Assistance

Caring for a child with additional support needs may impact your financial situation by:-

- reducing your income
- increasing your living costs
- making it more important to buy expensive items than it might otherwise be

**Benefits** You may be able to claim some benefits as the parent of a child with additional needs. Support could be provided from: <https://www.gov.uk/browse/benefits>

Understanding which benefits you may be entitled to and completing application forms may take some time and you may want to seek help. There are several other sources of help with benefits and grants, including:-

- Your health visitor or social worker
- The Action Group 0131 475 2315
- CAB – Citizens Advice Bureau. Contact details found in local telephone directory or internet.
- VOCAL 0131 663 6869
- Welfare Rights Officer contact: [WelfareRights@midlothian.gov.uk](mailto:WelfareRights@midlothian.gov.uk)

**Blue Badge Scheme** This provides parking concessions for people with ASN. Your child must be at least two years of age before you can apply for a badge.

[https://www.midlothian.gov.uk/info/200280/travel\\_passes/97/blue\\_badge](https://www.midlothian.gov.uk/info/200280/travel_passes/97/blue_badge)

**Bus Travel** Those claiming DLA can also apply for a bus pass. This gives the child and carer free travel on Midlothian buses. Application forms can be accessed online at:

[https://www.midlothian.gov.uk/info/200280/travel\\_passes/112/bus\\_pass](https://www.midlothian.gov.uk/info/200280/travel_passes/112/bus_pass)

## **Other Sources of Financial Help**

Some organisations provide financial help for children with particular conditions. Check with any voluntary organisations who support you.

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**Family Fund** The Family Fund can pay for specific items to help relieve stress arising from the day to day care of a child under 16 with an additional need. It is means tested and so is particularly relevant for families on low incomes. The Fund can give grants to help with, for example, a washing machine or a holiday. They cannot help with anything that is the responsibility of the local authority or health service. Forms are available online at <https://www.familyfund.org.uk/>

Family Fund also offer “**Take a Break**” grants approximately once per year. These are not means tested so any family with a child with additional needs can apply. These grants can be used for holidays, short breaks or leisure activities for the child and family. Forms are available on-line at [www.takeabreakscotland.org.uk](http://www.takeabreakscotland.org.uk)

**Council Tax** Various discounts apply to council tax. If your child is “substantially and permanently disabled” the bill may be reduced by one band. People on Income Support pay only the water authority charge but no Council Tax.

**Direct Payments** This is a cash payment made by Social Work Services (Direct Payments Officer) to parents to purchase services for their child with needs. It is money for you to use to arrange the services that Social Work has assessed your child as needing.

Housing adaptations, to support your child with additional support needs can be applied for through Social Work.

**NHS Benefits** These include free prescriptions, dental treatment, sight tests, and vouchers to help with the cost of glasses and help with travel costs when escorting your child to and from hospital for NHS treatment. At most hospitals you attend, the cashier's office will pay expenses on the day of attendance (claims can be made up to 3 months after the date of travel). Leaflet H11 "NHS Hospital Travel Costs".

**Buggies and Wheelchairs** If your child is over 2 years 6 months and has support needs affecting their walking ability and safety you can apply for a buggy or wheelchair. You need to be referred by your Hospital Specialist, Physiotherapist, Occupational Therapist, Social Worker or Paediatrician.

There are a variety of grant funding sources depending on your circumstances, for example Cerebra, Cash for Kids, The Care Workers Charity, Lottery Fund.

**Turn2us** is a national charity that helps people in financial hardship locate and access benefits, charitable grants and support services that they are entitled to receive. You can reach them at [www.turn2us.org.uk](http://www.turn2us.org.uk)

## Useful Contacts - Local

**Bright Sparks Centre**, for children with additional support needs, ages 0 to 18 years. Bright Sparks Playgroup offers sessions for children up to 5 years. Join the Facebook page "Bright Sparks" to reserve places at the playgroup. Bright Sparks also run play schemes throughout school holidays. Contact: 0131 663 5172 Website: <https://brightsparkspg.org/> or

**VOCAL** – Voice of Carers across Lothian. VOCAL is an organisation run by carers for carers. They provide support and information on a variety of services available to carers in the Midlothian area. This includes an Advocacy Service and Counselling service. Contact: 0131 663 6869 Website: [//www.vocal.org.uk/how-vocal-can-help/for-carers/midlothian/](http://www.vocal.org.uk/how-vocal-can-help/for-carers/midlothian/)

**Kindred** – A voluntary organisation that is parent led and offers support to families of children with disabilities and complex needs. They provide information, advocacy, emotional support and guidance. Contact: 0800 031 5793 Website: [www.kindred-scotland.org/](http://www.kindred-scotland.org/)

**Midlothian LAC** (Local Area Coordination) (employed by ENABLE Scotland) work with people with disabilities and their families. They help you find out information and help you make choices, allowing you to think about, plan for and work towards living the life you would choose. Contact: 0131 454 1785 Email: [midlothian.lac@enable.org.uk](mailto:midlothian.lac@enable.org.uk) Website: <https://www.enable.org.uk/lac/midlothian-lac/>

**Midlothian Sure Start** – supports families with children aged from pre-birth to 11 years. Some of services they offer are [peer support](#); [individual, couple and post-natal counselling](#); [advocacy](#); [literacy and numeracy support \(individual and group\)](#); [confidence building](#); [capacity building](#); [support into work, training, volunteering](#); [play therapy](#); [healthy living courses](#); [exercise](#); [toothbrushing](#); [healthy snacks](#); [access to affordable fruit and vegetables/exchange of healthy living vouchers](#); [access to outdoor education](#); [complementary therapies](#); [parenting](#) and helping children meet their developmental milestones. Contact: 0131 654 0489 Website: [www.midlothiansurestart.org.uk](http://www.midlothiansurestart.org.uk)

**FAIR** - an information and advice service for people with learning disabilities in Edinburgh. Contact: 0131 662 1962 Website: [www.fairadvice.org.uk](http://www.fairadvice.org.uk)

**Homelink Befriending Service** – this service provides support and company to those who are going through a difficult time in their life e.g. lone parent, health issues, settling in new area Contact: 0131 661 0890

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Website: [www.homelinkbefriending.org](http://www.homelinkbefriending.org)

**Midlothian Playbase** – Provides a range of resources on loan to support a child's learning e.g. puzzles, musical instruments, soft play equipment, sensory toys. Membership required. Phone: 0131 654 9990 Website: [www.midlothianplaybase.org](http://www.midlothianplaybase.org)

**Loanhead Community After School Club** - Offers an Out of School Care service comprising of a Community Nursery, Holiday Club, Teen Club and before and after school care. Phone: 0131 448 0103 Website: [www.lasc.org.uk](http://www.lasc.org.uk)

**Midlothian Parent Carers** A support group for parents and carers who have children with additional support needs. The group meets the first Tuesday of every month 7pm - 8.30pm at Bright Sparks, Bonnyrigg. For more information phone 0131 663 5172 or sign up to the Facebook page "Midlothian Parent Carers" Contact: 0131 663 5172

## **Useful Contacts - National**

**ENABLE** – works to promote the interests of people with learning disabilities across Scotland. They also run an information and support service. Phone 0300 0200 101

Website: [www.enable.org.uk](http://www.enable.org.uk)

**Enquire** – a national service with links to local networks. They provide independent advice and information to families of children who need extra help at school, to children and young people themselves. They offer a telephone helpline, factsheets and outreach work. Phone 0345 123 2303 Website: [www.enquire.org.uk](http://www.enquire.org.uk)

**Afasic** – a parent led organisation representing children and young people with speech and language impairments. They offer training, support and advice. Helpline; 0300 666 9410 Website: [www.afasic.org.uk](http://www.afasic.org.uk)

**Carers Scotland** – a registered charity which provides support and advice to anyone who is a carer. Phone 0141 445 3070 Website: [www.carersuk.org](http://www.carersuk.org)

**Contact** – offers advice and support for families who care for children with any disability or special need. Helpline 0800-808-3555 Website: [www.contact.org.uk](http://www.contact.org.uk)

**The National Deaf Children's Society** - charity dedicated to creating a world without barriers for deaf children and young people, offering family support and deaf-friendly swimming classes. Phone 0141 354 7850 Website: [www.ndcs.org.uk](http://www.ndcs.org.uk)

**Down's Syndrome Scotland** – charity offering information and support, groups and workshops for families and professionals Phone 0131 442 8840 Website: [www.dsscotland.org.uk](http://www.dsscotland.org.uk)

**ICAN** - a charity which helps children with speech and language difficulties. They also recommend Talking Point a website offering resources and information to help with communication. Helpline 020-7843-2544 Website: [www.ican.org.uk](http://www.ican.org.uk)

**National Autistic Society** – provide specialist autism services for parents, carers and professionals. Helpline 0808-800-4104 Website: [www.autism.org.uk](http://www.autism.org.uk)

**SENSE** - a national charity that supports, advises and campaigns for children and adults who are deafblind or with complex disabilities. Phone 0300 330 929 Website: [www.sensescotland.org.uk](http://www.sensescotland.org.uk)

**Sleep Scotland** – offer sleep advice through their sleep support line 0800 138 6565, and face-to-face sleep counselling. Phone 0131 258 1258 Website: [www.sleepscotland.org](http://www.sleepscotland.org)

**RNIB Scotland** – a charity working with blind and partially sighted people in Scotland. Contact: 0303 123 9999 Website: [www.rnib.org.uk](http://www.rnib.org.uk)

## Training

**Hanen** – The Hanen parenting program supports parents to become language facilitators for young children, whose language and communication development is delayed. Access this training through Speech and Language Therapy, Newbattle Medical Centre. Phone: 0131 454 9544

**Signalong** – To gain a basic level of sign language competence. Access this training through Speech and Language Therapy, Newbattle Medical Centre. Phone: 0131 454 9544

**VOCAL** – Provides training on various topics and parents support group  
Phone: 0131-663-6869 Website: [www.vocal.org.uk](http://www.vocal.org.uk) Information of upcoming courses and booking: [www.carerstraining.co.uk](http://www.carerstraining.co.uk)

**Lothian Autistic Society** – Individuals, families and carers receive support through services designed to meet their needs. including respite, social clubs and activities for children with autism, their siblings and parents and carers. LAS also deliver holiday play schemes in partnership with local authorities and hold various training opportunities. Phone: 0131 661 3834  
Email: [office@lothianautistic.org](mailto:office@lothianautistic.org) Website: [www.lothianautistic.org](http://www.lothianautistic.org)

**Kindred**– Provides training on various topics  
Phone 0131 332 8807 Website:  
[www.kindred-scotland.org](http://www.kindred-scotland.org)

**CALL Scotland** - Provides specialist expertise in technology for children who have speech, communication and/or writing difficulties. Information, training, and free resources available on website. Phone 0131 651 6235 Website: [www.callscotland.org.uk](http://www.callscotland.org.uk)

## Parental Recommendations

There are a number of leisure activities for families who have children with ASN, see below for recommendations from other families:

**The Yard** – 22 Eyre Place Lane, Edinburgh EH3 5EH The Yard is a purpose built indoor and outdoor adventure playground for children and young people with disabilities. They run a drop-in club for children age 2-5 years on Tuesdays during term time from 12noon to 2pm. Children are free to join in with activities or do their own thing, charge around with others or play on their own. Other open play sessions are Fridays 13.00 - 16.00 (term time only) and Saturdays 12noon - 17.00 (year round) Tel: 0131 476 4506 Email: [info@theyardscotland.org.uk](mailto:info@theyardscotland.org.uk)

**Midlothian Card** Children and accompanying adult get to go swimming for free. For Midlothian Community Centre clubs all activities are free. Adults can apply for a carers pass to accompany the child at a discounted adult rate.

**Cinema Pass** Available to anyone in receipt of DLA or Attendance Allowance. Pass available from participating cinemas including Vue, Cineworld and Odeon. Further information available at [www.ceacard.co.uk](http://www.ceacard.co.uk) Some cinemas provide Autism Friendly viewings of films also.

**Edinburgh Zoo Concession Membership** Apply on-line at Edinburgh Zoo website,

remembering to tick the box to confirm that your child has a disability. You will be given a discounted, yearly membership card and this allows the adult carer free admission.

**Horse Riding (RDA)** The Riding for the Disabled Association offer weekly lessons for children with additional support needs. The Drum, Gilmerton. Phone: 0131 664 5803 web: [www.drumrda.org.uk](http://www.drumrda.org.uk) Muirfield Riding Therapy, East Lothian Phone: 01620 842502 web: [www.muirfieldrda.org.uk](http://www.muirfieldrda.org.uk)

**Dolphins Swimming Club** Loanhead Swimming Pool, Thursday 6pm. Phone 0131 440 4516

**Midlothian Disability Sports** This provides information on sports clubs for children with additional support needs, across Midlothian. For updated session details and times see Midlothian council website.

**Gymnastics** Logy Centre, Loanhead. Gymnastics for pre-school children additional support needs. Phone: 0131 440 4495

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**Bookbug & Rhymetime** Libraries across Midlothian host Bookbug and Rhymetime groups for babies and toddlers

**PEEP** Peep groups are held throughout Midlothian, with sessions for various groups, from babies up to 5 year olds. The group aims to support children's first language and communication through songs, rhymes, activities, stories and talk time. They can be led by a range of professionals from Teachers, Health Visitors and Librarians. Contact the Early Years PEEP co-ordinator on 0131 271 3909 or by email - [Sharyn.McKenzie@midlothian.gov.uk](mailto:Sharyn.McKenzie@midlothian.gov.uk)

**Skiing Lessons** Hillend offers skiing lessons for those with disabilities. Contact Kate Forrester at [dssedinburgh@gmail.com](mailto:dssedinburgh@gmail.com) for further information.

**Edinburgh Airport** Special Assistance can be arranged to help families travelling with a child who has additional support needs. A representative will be on hand to ensure any assistance you require is made available on arrival at the airport or when you land and leave. The Special Assistance Reception desk is situated behind WH Smith in Domestic Arrivals, accessed via the terminal forecourt. Contact Special Assistance on 0844 448 8833 Your airline is

responsible for any special assistance that you may need once onboard the aircraft. Advise the airline of this when you book or at least 24 hours before you travel.

**Edinburgh Zoo** and **Deep Sea World** offer an adult carer free entry with a full paying child who receives DLA. Proof will be required.

**Disney World, Alton Towers, Legoland etc** Carers go free, if the child you are with is in receipt of DLA. It is also useful to take along your 'Blue Badge' as this is recognised across the EU. Whole family is eligible for an 'Easy Access' card to skip queues at the theme park. See the individual theme park's websites for further details.

**Family Caravan Holidays** at Port Seton and Berwick upon Tweed can sometimes be accessed through Surestart 0131 654 0489 or your Health Visitor.

**Beach Wheelchairs** is a Scottish Charity that provides beach wheelchairs for children and adults and a beach walker for loan free of charge from their Beach Hut at North Berwick Harbour, East Lothian. Call their volunteers in advance on 0300 111 2112 to discuss available equipment and book a session which suits you.