

# Contact Helping Hand Project

*(Empowering Parents Embracing Neurodiversity)*



**Family Support for parents of children on the waiting lists for CAMHS  
NDTs and Child Development Services in Ealing, Hounslow and  
Hammersmith & Fulham**

*Do you work with children on a waiting list for an assessment for ADHD or Autism? Do you think their parents would benefit from some family support and advice around their child's needs?*

**The Contact Helping Hand Project is running Parent Support Group meetings on topics such as:**

*Encouraging positive behaviour / financial support available / How to support the child with positive communication / Wellbeing for parent carers / Coping with anxiety / Understanding and supporting the child's sensory needs and other topics*

- **Topics will be chosen by the parents in each group in session 1.**
- **Group sessions 1-5 are held online (via zoom), different morning or evening slots are available to choose from.**
- **Group session 6 will offer an opportunity for parents to meet face to face.**
- **Individual (one to one) parent support and advice outside of the group sessions is also available.**

## **Our offer for schools / SENCOs:**

We would be happy to come into your school and offer coffee mornings or parental workshops for parents of children with additional needs, on support available locally, financial support or other topics. If you feel this would be of help to the parents you support, please contact us on:

[nwlcontactfsp@contact.org.uk](mailto:nwlcontactfsp@contact.org.uk) or call us on **07529 222724**.

**We look forward to hearing from you! The Contact Helping Hand Team**