

## Reaching Families

As we settle into the new school year I wanted to write and provide an update on all of the services that Reaching Families can offer. We are a parent-carer led charity that aims to empower, inform and support parents and families of children and young people with special educational needs and disabilities. We achieve this through offering a wide range of projects and services of information, training and peer support.

We have recently increased our capacity to enable us to support more parents and carers and we do this by offering the following: -

- Umbrellas parent support group – meeting monthly in Billingshurst, Littlehampton and Worthing, and weekly online via Zoom.
- Face-2-Face befriending service matching parent-carers with a specially trained parent befriender who can offer emotional support and signposting either in person, via phone or Zoom.
- Short -term affordable one-to-one counselling either in person, via phone or Zoom (subsidised rate of £10 per session/£5 for those on work related benefits).
- An engaging and supportive [Facebook group](#).

We deliver a wide range of workshops and training courses including:-

- One off training workshops on subjects such as understanding Autism, ADHD, demand avoidance, challenging behaviour, anxiety, sensory issues, EHCP's and support at school.
- Making Sense of Wellbeing – 12 Zoom sessions including a blend of wellbeing workshops and mindfulness.
- Making Sense of it All Foundation Course – a three part online or 2-day in person course giving an introduction to all things SEND. This is ideal for parents who would like to find out more about SEND processes and how to access information and support.

We also have a library of free information resources on our website covering a vast range of topics, including two parent guidebooks, factsheets, animations and videos.

You can find out more information on all of the above from our [website here](#). If you would like to join our mailing list to keep up to date with our news and events you can sign up here [Reaching Families \(list-manage.com\)](#)

If we can help with anything further, please don't hesitate to get in touch, you can contact me on 07805 260868 if you wish to and I would be very pleased to have a chat with you about our services.

Best wishes

Donna Manwill  
Operations Manager  
[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)