



Family Support

Offering support, advocacy, and short breaks for parents of children in the borough of Barnet



Contacts Tel: 020 8349 3842

Email: projectsupport@barnetmencap.org.uk

Website: www.barnetmencap.org.uk

Find 'Barnet Mencap' on Facebook/Twitter

Open Door

Offering support and advocacy to Barnet parents and carers and their children under 5 with additional needs

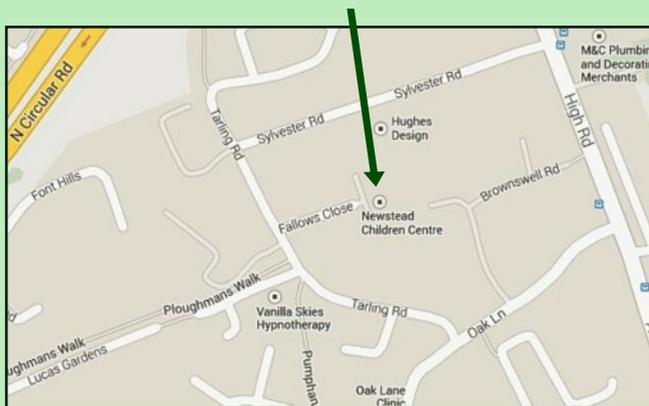
A warm welcome, a snack for the children and a chance to meet other parents in a relaxed and informal setting. There are plenty of things for the children to do!



Our Drop-in Centre

Place: Newstead Children's Centre, Fallows Close (off Tarling Road), East Finchley, London, N2 8LG

Time: 12:30pm – 2:30pm on Thursdays (term time only)



Open Door

Offering support and advocacy to Barnet parents and carers and their children under 5 with additional needs

Additional Services

(offered at other times during the week)



- Home visits
- Telephone support/ Information/ Advice/ Advocacy
- Support to claim disability benefits
- Links with other professionals in Health, Education, Social Services, Children's Centres and other voluntary agencies
- Attendance and support at meetings
- Some Family Fun Days and other activities during the school holidays

Family Support

Advice, information and support for parent carers of children and young people aged 0-25 with a learning disability and/or autism, Aspergers, or ADHD



Our services:

Advice, information and guidance for individual families

Workshops on topics of interest and **parenting courses**

We can offer

Telephone advice and information and/or home visits

The opportunity for parents and carers to discuss the needs of their son or daughter

Support when writing letters to the Local Authority or preparing for meetings

Help to access services

Help to access disability benefits and make charity applications if appropriate

Regular parenting workshops on topics such as SEN Support, CAFs, behavioural tips, and sensory processing problems

We work with:

- Fair Play Barnet
- Homestart
- Barnet SENDIASS
- London Borough of Barnet
- Barnet Carers Centre
- Parents Groups
- CommUNITY Barnet
- Schools
- Health professionals
- Housing and others

Stepping Stones Triple P Parenting Programme



Supermarket meltdowns? Mealtime tantrums? Bedtime battles?

When you're the parent or carer of a child with a disability, sometimes life can be extra challenging.

That's why Barnet Mencap is offering parents in Barnet free parenting support through the Stepping Stones Triple P Parenting Programme.

Stepping Stones Triple P

Tips and Strategies

Encourage behaviour you like

Teach your child new skills

Cope with stress

Triple P courses cover different age ranges, different conditions and are held in different parts of the borough run for five weeks followed by telephone support and a final group session.

Take a Break

Short breaks for children and young people with a learning disability



Take a Break offers short breaks at home or outings in the community to children and young people with Autistic Spectrum conditions, those with impairments such as learning disabilities, or behaviours that challenge. Or those that have complex health needs including those with a disability or life limiting conditions.

Boys and girls who use **Take a Break** must:

- Live in the borough of Barnet
- Be from age 0-19
- Meet the eligibility criteria



How it will work...

- Referrals come through **Children's Services** in Barnet. You can also self-refer
- We visit you and help decide what sort of breaks you may want and when you want to take them
- We give you a worker who will do the breaks with you
- Breaks include different activities which suit your age, your needs and your choices - from a few hours to a whole day
- **Take a Break** does not include travel, food or ticket costs
- We can use buses, trains and cars on our short breaks
- Breaks can happen on any day of the week, after school or at the weekend
- Breaks can be in the day time when you are not at school
- Sometimes your brothers and sisters can come too



Barnet Mencap is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment.

We have a number of policies and procedures in place that contribute to our safeguarding commitment, including our Child Protection Policy.

Sometimes we may need to share information and work in partnership with other agencies when there are concerns about a child's welfare. We will ensure that our concerns about a child or young person are discussed with his/her parents/carers first unless we have reason to believe that such a move would be contrary to the child's welfare.

Barnet Mencap is strongly opposed to bullying and harassment. Where there are concerns about it, managers will act promptly to tackle it. More than that, managers, director and staff will do all they can to promote positive working relationships, with mutual respect, and do everything they can to prevent the conditions where bullying and harassment can flourish.

Contacts Tel: 020 8349 3842

Email: projectsupport@barnetmencap.org.uk

Website: www.barnetmencap.org.uk

Find 'Barnet Mencap' on Facebook/Twitter