



North Tyneside Parent Carer Forum cic

NORTH TYNESIDE PARENT CARER FORUM CIC

THE SEND GUIDE

North Tyneside





North Tyneside Parent Carer Forum cic

About

NTPCF CIC

We are a Community Interest Company, led by and for, parent carers of children, and young people with Special Educational Needs and Disabilities (SEND) aged from 0-25yrs.

We work with relevant providers on a strategic level to help improve and develop local services available to families.

We work in co-production with service providers, such as the Local Authority, Health and Social care. Co-production is working together, with transparency and open communication, where equal value is given to each participant making a contribution. It is an approach which builds upon meaningful participation, assumes effective consultation and information sharing.

Parent/carers are there not just to illustrate the experiences of families, but to take joint responsibility to help shape future experiences and be an active part of delivering solutions.

More recently we have taken steps to grow our offer to our community, by applying for grants and commissioned work, this supports our overall aim to improve the offer for families in our community.



North Tyneside Parent Carer Forum en

Welcome Message

Welcome to our guide! As Parent Carers with diverse backgrounds in business and professional practice, we bring firsthand experience that allows us to truly understand the journey of being a parent carer.

Our personal and professional insights into Special Education Needs and Disabilities (SEND) equip us with a rich knowledge base, enabling us to advocate effectively for you and your families.

This guide is designed to share valuable information that we hope will be beneficial to families in North Tyneside.

Thank you for joining us!

Team NTPCF



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What's in **North Tyneside**

The subsequent pages provide details about services available in North Tyneside.

Please be aware: while we strive to maintain accurate information, we are sharing details about services that are not affiliated with NTPCF, and these may change without our awareness.

Additionally, since this guide is intended for ALL SEND families in North Tyneside, we may mention services that may not be applicable to everyone. We strongly recommend verifying with the provider to determine if the service meets your specific needs.



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Our Facebook Community

We maintain an open Facebook page where we share a variety of information, including details about activities, workshops, local services, events, and consultations. This page is accessible to everyone, and we invite you to follow us.

[FOLLOW OUR OPEN PAGE HERE!!](#)

In addition, we have a closed group specifically for families in North Tyneside. Membership is verified before joining, which allows us to provide exclusive opportunities for events. This group serves as a safe space for asking questions, sharing information, and connecting with other parent caregivers who truly understand.

[REQUEST TO JOIN OUR CLOSED GROUP HERE!!](#)

SEND Families together



To book please visit: www.ntpcf.co.uk
or scan the QR code above



Sessions held in Weetslade, Longbenton and Camperdown,

Take some time out for you with our family sessions which will offer you a chance to indulge in some self care or learn a new skill!..

And the best part? We will be running fun sessions for your child/young person (aged 11+) alongside your group providing them the opportunity to grow and develop too!

Come along and join us in making new friendships with your parent carer peers. Learn new skills and share experiences safe in the knowledge that your child/young person is close by having fun whilst developing their own knowledge, independence and growth

We have creative sessions, mindful sessions, crafting sessions and all manner of things between, or simply come along for a chat with like minded people!



Local Offer: Special Educational Needs and Disabilities (SEND)

The Local Offer provides information for children and young people (from birth to 25 years) with Special Educational Needs and/or Disabilities (SEND) and their families.

The Local Offer brings together information in one place so parents, carers and young people can see the range of services and support available in their local area and understand how to access them.

You can search for information about Leisure & Recreation below:

[Access the local offer HERE](#)



**North Tyneside
Council**





North Tyneside Parent Carer Forum CC



North Tyneside
Carers' Centre

About North Tyneside Carers Centre

We are an independent charity and the only general carer support service in North Tyneside supporting both young and adult carers. Our knowledgeable team supports carers with everything from advocacy to mental health through one to one sessions and peer support groups. We also provide specialist training and information sessions created by us to help make life easier for you and the person you care for.

Click the below link to be taken to the section on the website that covers matters, such as peer groups and social activities.

[Find the website HERE](#)





[Click here for website](#)

Everyone is looking for a place to belong in this world. But your child stands out in a crowd.

They've been told they are too loud or too quiet.

They have "quirks". They have needs that don't align with mainstream schooling. Your child is a bit more complex than the world wants them to be.

You've heard it all. That doesn't mean your child doesn't belong. It means that they belong with us at TCT. We are choosing your child for the team. We want them in our friend group. We see them for everything that they could be, if just given the chance to be themselves without worrying about social stigma, judgment, or fear.

We see their strengths, talents, and possibilities, not their "other-ness". You've found a place to belong at True Colours Theatre (TCT).

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Find the website here

The Tim Lamb Centre offers specialist activity and leisure facilities for disabled children/ young people and their families. Our Centre is open to families with a child/ young person at any stage of their diagnostic journey and whatever their additional needs.

Our facilities include a soft play area with adjoining cafe, a well equipped sensory room, large multi-purpose hall with indoor trampolines, a toddler playroom, teenage/ games room and a computer suite. We also have a large fully enclosed outdoor playground, (with high fencing) which includes a range of inclusive play and sensory equipment.

The building is fully wheelchair accessible and we have a disabled toilet that includes a full size changing bed and ceiling hoist facility.





RAMSEY'S Theatre Stars

All of our sessions are led by qualified professionals, who care deeply about the happiness and well being of each individual child.

Director and Founder of Ramsey's Theatre Stars, Jennifer Nicol established RTS in 2011, after realising the need for more inclusive theatre companies in the North East of England.

We are extremely passionate about creating an environment for people, so they can fully express themselves, regardless of any prejudices about income, race, physical disabilities or special educational needs. Everyone deserves the right to perform.

Ramsey's Theatre Stars are committed to helping students pursue hobbies they love and are on a mission to make performing arts accessible to everyone

[Link to website here](#)





*Find our
website
here!*

Active North Tyneside have sessions for adults, children and families, there are a range of activities on offer, such as:

Wellbeing Walks
Walking Football
Adapted Cycling
Running

&

No Limits sessions for children

For more information please see the link to the website above





Ace Playce

SEND & AUTISM RELAXED SESSIONS

Join an exclusive relaxed session for children with additional needs to enjoy soft play with their families and siblings. This is a monthly event held on the last Wednesday of every month

For more information see website



North Tyneside Parent Carer Forum CIC



SPARCS is a fast growing grassroots community group which offers support to autistic people and their families also those with other related conditions

For more information see facebook page



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Shiremoor Adventure Playground Trust

is a community-based, inclusive adventure playground, catering for children and young people of all abilities. The playground is owned and managed by North Tyneside Council which works in partnership with Shiremoor Adventure Playground Trust. This website has been developed by the Trust to showcase the opportunities provided by the playground and to support Fundraising for the park.

Sunday 12-4pm and Monday 3-6pm reserved for children with additional needs and their families (proof of eligibility required on first visit)

[Checkout the website here](#)





[Click here
for website](#)

Tyneside Badminton Centre's recently launched Inspire Youth Group, which is fully inclusive, has received a very positive response, with eight participants attending the first two sessions.

Sessions aim to support and empower young people with physical, sensory and learning disabilities, while enhancing mental health and wellbeing in a fun and safe environment.

Each session is packed with a mix of different activities, such as team games, arts and crafts, physical games, and even a cooking station. Kai, said: "I love attending the new group with Amy, Clare and all the other participants.

"The group now gives me something to look forward to every week as after Covid, I have been unable to attend any session like this.

"I have been able to make some new friends and take part in a variety of activities at the Inspire Youth Group."

If you would like to get involved, sessions take place every Tuesday evening at Tyneside Badminton Centre, 6-7:30pm and cost just £3 – price includes all activities, a drink and a snack.

For more information, please email
amykirsopp@tynesidebadmintoncentre.co.uk





[Find our
website
here!](#)

Pool sensory sessions

Perfect for swimmers who prefer a quieter environment. We dim the lights, keep the numbers low, and include a range of sensory toys. £3.50 per person

Family swim sessions

Get your very own area of the pool, suitable for up to eight people. All ages welcome. Toys, floats and small inflatables included. £20 per area

Open swim sessions

Perfect for families who just want to swim. Toys and floats included. Suitable for all ages. £3.50 per person, or FREE with a PaddlePod Premium membership



The Citizens Advice logo is a blue speech bubble shape with the words "citizens advice" in white, lowercase, sans-serif font.

citizens advice



We help people find a way forward

We can all face problems that seem complicated or intimidating. Citizens Advice North Tyneside, we believe no one should have to face these problems without good quality, independent advice. That's why we're here: to give people the knowledge and the confidence they need to find their way forward – whoever they are, and whatever their problem.

We give advice to millions of people

We're part of a network of independent charities that offers confidential advice online, over the phone, and in person, for free. When we say we're for everyone, we mean it. People rely on us because we're independent and totally impartial.

We also give advice on Universal Credit through Personal Budgeting Support and Help to Claim, provide help to people with mental health issues through our local NHS partnership, and give pension guidance to people aged over 50.

We speak up for our clients

No one else sees so many people with so many different kinds of problems, and that gives us a unique insight into the challenges people are facing today.

A teal-colored wave graphic is located at the bottom left of the page, extending towards the center.

[Click here for website](#)

What is My Care North Tyneside?

My Care North Tyneside is an information and advice website about care and support options for adult residents in North Tyneside. It offers information and advice on a range of care and support options for you, your carer or your family members.

Who is it for?

My Care North Tyneside is aimed at adult residents within North Tyneside and the professionals working to provide care.

It provides information and advice for adult residents on a range of issues that may affect their lives due to care and support needs.

Care and support is the mixture of practical, financial and emotional support for adults who need extra help to manage their lives and remain independent - including older people, people with a disability or long-term illness, people with mental health problems, and their carers.


BENEFITS

Find the website here



Living Well
North Tyneside
Supporting Health and Wellbeing

Local Welfare Provision

The Welfare Provision Team is a telephone service that can assist you if you are in a crisis with your benefits, we can contact the DWP on your behalf to try to resolve your issue, or sign post you to other agencies for specific benefits advice or guidance and if appropriate we can look at ways to support you via an assessment to see if you are eligible for practical support from the Local Authority.

We are open from 8.30am to 3.00 pm Monday to Friday for new referrals.
We are not open on Bank or Public Holidays.

If your need is urgent and you need assistance when we are closed please contact our Emergency Duty Team on 0191 200 6800

[Link to website here](#)



North Tyneside Parent Carer Forum Ltd



North Tyneside Parent Carer Forum



Places for People



[Find our
website
here!](#)

Places for People have a variety of resources to provide as much help and support as possible to our customers through the cost-of-living and other issues.

Support from Places for People

The Money Advice Team and Financial Inclusion Team offer the following support:

- maximising income through benefit take-up
- help with budgeting
- applying for funding and grants
- signposting to specialist support services e.g. debt or local welfare support
- benefit queries like Universal Credit or Housing Benefit
- financial hardship

Money Advice Team: 01772 666 446

Customer Accounts Team: 01772 666 444

Information and advice regarding home energy from Places for People
Staff can fill in a referral form, if you believe you could benefit from
additional support, please get in touch.

North Tyneside Disability Forum is a user led charity, established in 1987. It supports people of all ages from babies and toddlers to nonagenarians and provides a cradle to grave service to residents of North Tyneside and their families who are disadvantaged by some aspect of disability, ill health and or vulnerability.

What do we do?

We enable disabled and able bodied people to come together informally on equal terms to mutual benefit.

How do we do it?

By the provision of accessible and supported activities, events and opportunities.

Who is it for?

People of all ages who are disadvantaged by some aspect of disability and/or ill health

How do I join in?

Just get in touch! Word of mouth, family, friends, neighbours and/or other services – people come to us by choice and not direction.



[Access the website HERE](#)



Out of Sight

We are Out of Sight – a volunteer-led group in Tyne & Wear offering an inclusive programme of free events and holidays to visually impaired children and their network of families, carers and friends.

We also run the Out of Sight Community Hub in the south end of Cramlington on Weetslade Road.

At the hub, all members of the public are always welcome to visit us to access our community support services.

We aim to tackle the effects of social isolation in our community and amongst vulnerable families in the region through our open-access support, face-to-face accessibility and socially inclusive events.

[Find the website HERE](#)



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North Tyneside
Council



Finding your way around the support system

- Information can be found [HERE](#) about the SEND support sytem in North Tyneside, information on this page about
- Special Educational Needs Support
- SEND (Special Educational Needs and Disability) Support Service – What we are and what we do
- Education Health and Care Needs Assessment (EHCNA)
- How to request an Assessment
- Following your request for assessment
- What to do if you are unhappy about a decision
- Appealing to the SEND Tribunal
- Examples of good practice in EHC Plans
- Personal Budgets
- Where to get Information Advice and Support
- Help for families including Early Help
- Find out who is leading SEND Transformation



About Education North Tyneside

Our mission is to support schools and educators in their efforts to improve student outcomes and close the achievement gap.

Our team at Education North Tyneside believe that every student has the potential to succeed, and we are committed to providing the tools, resources, and support that schools need to help all students reach their full potential. Through our services, we strive to foster a culture of continuous improvement and to empower educators to create engaging and enriching learning experiences for their students.

We are committed to supporting schools and educators in their efforts to improve student outcomes, and to closing the achievement gap.

[Find the website HERE](#)

SENDIASS stands for Special Educational Needs and Disability Information, Advice and Support Service

What we do

We provide impartial advice on special educational needs (SEN) to:

- parents and carers
- children and young people
- professionals and practitioners

For more information please see the website:

[HERE](#)



North Tyneside Employment and Skills consists of a number of key services including:

1 Adult Learning Service, which holds contracts with the Education and Skills Funding Agency to deliver study programmes, traineeships, apprenticeships and adult learning courses for residents.

2 Connexions North Tyneside providing Careers Education and Information Advice and Guidance (CEIAG) to young people and services linking schools with business through effective employer engagement.

3 Employability projects supporting unemployed residents to overcome barriers to employment and move into the labour market.

We will link to each of the three services above on the following pages.

Our highly skilled team of professionals has significant experience in delivering these services. Our schools, residents, partners and businesses can be confident that when they engage with us, the services they receive will make a measurable impact on the outcomes they are looking to achieve.

We provide a reliable high quality service which includes well trained and vocationally competent tutors and quality assured advisers working with young people and adults. All of our staff have relevant industry and professional experience and are suitably qualified.

We are here to discuss your needs with you when arranging services and training and our flexible and responsive service means that you have access to the full range of services throughout the year.

Find the website here

1

Adult Learning Service

With many new courses and opportunities designed to help you get back into work, learn something new or upskill yourself there's never been a better time to learn with North Tyneside Employment & Skills.

We believe everyone should have the opportunity to grow and thrive and our specialist adult courses are designed to support you to do just that. We know that learning is about more than just building skills and gaining experience. Our courses support wellbeing, boost confidence, build friendships, whether preparing for a job, starting a new career or building skills, we'll help you to realise your true potential.

We recognise that each learner is unique, whether you're looking for daytime, evening or online classes, we offer the flexibility you need. You will also receive outstanding support from our passionate student services and learning support teams for everything from help with childcare and course fees to one-to-one appointments with our wellbeing mentor.

Find out more or enrol now for 2024 by calling our team on 0191 6432288



2

Connexions

Connexions provide **information, advice, guidance and support for 13-19 year olds** (up to 25 for those with an Education, Health and Care Plan) to help them make choices for careers and learning.

Connexions Advisers (qualified careers advisers) work closely with North Tyneside schools to ensure young people have access to impartial information, advice and guidance. Advisers have extensive knowledge of the opportunities available and are fully trained in guidance skills to help young people make informed decisions.

The Service is accredited to the Matrix Standard, a national award that recognises our high quality of careers advice and guidance provision.

Young people may meet a Connexions Adviser in school. We also operate from various locations in the borough.

You can contact the Connexions team on Telephone 0191 643 6965 or E-mail Connexions.NT@northtyneside.gov.uk

Our Connexions Advisers are available to support young people and their parents/carers with impartial information, advice and guidance. Advisers are in North Tyneside schools but if you have left, and want to discuss your options, get in touch.



3

Employment Support

Our experienced team of Employment Advisers provide professional, one to one support services to help to reduce and remove barriers to employment. Working in the community, across a range of venues the team work closely with Council colleagues and a wide range of partners including Jobcentre Plus to ensure that support is coordinated to meet each individual's needs.

Support Includes:

- Identifying skill and strengths
- Understanding the job market
- Access to training and job opportunities
- CV's and covering letters
- Job search websites and social media support
- Addressing barriers to employment around health, housing, debt or skills
- Support with a claimant commitment with Jobcentre Plus
- Helping with application forms
- Maths and English provision
- Help with confidence and self esteem
- ICT support
- One to one action planning and diagnostics to identify career aspirations
- Volunteering and work experience
- General wellbeing and social inclusion activities

To find out more or if you know someone who would benefit from our help, get in touch on: 0191 643 2111 or email:

employability.skills@northtyneside.gov.uk



SUPPORT WITH

JOBS | SKILLS | CONFIDENCE
MONEY | HEALTH | HOUSING

TELEPHONE 0191 643 2288

EMAIL EMPLOYABILITY.SKILLS@NORTHTYNESIDE.GOV.UK

A partnership between Northumbria NHS Healthcare Trust, the community and voluntary sector and North Tyneside Council bringing together support services relating to health, employment and skills. Services include help with;

- Confidence
- Training and Skills
- Jobs and Self Employment
- Health and Wellbeing
- Housing
- Money

There's one-to-one support and small group workshops.

We've also got lots of local employers involved and job events coming up.

Pop in and tell us what you would like to see delivered from Working Well

North Tyneside.

Skills workshops include;

- CV & Online Application
- Self Employment: Turn your hobby into a Business
- Interview skills
- Employer Assessments
- NHS Careers
- Digital Skills
- Choosing your next job
- Money Matters
- Capita Careers
- Digital Interviews
- Communicating at Work
- Customer Service Principles
- Adult Social Care Careers
- Contact Centre Careers
- What Workplaces Want
- Searching live vacancies

Find more
info
here!





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**EMPLOYMENT
AND SKILLS**

Ignite Your Potential

This specialist programme has been designed to support young people with special educational needs and disabilities (SEND) to prepare for adulthood offering progressive skills development in areas including:

- Health
- Independent living
- Community inclusion and employment
- A foundation of English, maths and digital skills

This programme is specifically developed for young adults aged 16-24 years old who have an Education, Health and Care Plan (EHCP).

We offer a supported pathway to enable each individual to explore what independence means to them, developing life and work skills as appropriate to support their transition into adulthood. Students learn to take an active part in their local community, access fitness and wellbeing activities and engage in volunteering and real work placements developing the skills to live and work independently

Building on individual goals and areas of interest, tutors and learning coaches work in stages with learners gradually building the knowledge and skills to get the most benefit from their community activities and work placement.

As learners prepare to exit the programme, they are supported in planning for a positive transition appropriate to their goals and interests including to opportunities such as:

- Work-related training
- Volunteering
- NHS Project Choice Internships
- Full-time or part-time employment

For further course information please click [here](#).

Working for Carers

Are you an unpaid carer in Newcastle, North Tyneside, or Northumberland? Are you struggling to balance your caring responsibilities with work?

You are not alone.

Every day, 600 people leave work to care for someone (Carers UK). Balancing work and caring for someone can be a real challenge. You might feel overwhelmed and stressed due to your caring responsibilities – and have extra needs.

North Tyneside Carers' Centre, Newcastle Carers, and Carers Northumberland are working together to deliver the Working for Carers project – specialised support to unpaid carers aged 16 and above who wish to return to work or those already employed to maintain and advance in their careers.

This project is funded by the Government's UK Shared Prosperity Fund through the North of Tyne Combined Authority and is now administered by the North East Combined Authority.

Get in touch here

jobcentreplus

DWP Telephone Numbers

DWP

Department for
Work and Pensions



At your local Jobcentre, they can deal with all your claims for Jobseeker's Allowance, Universal Credit, Incapacity Benefit, Employment and Support Allowance, and Income Support. You can also apply for jobs using the new

Find A Job service or you may need to contact a local adult education provider to find out about the free training courses that may be available in the United Kingdom.

North Shields Jobcentre Plus

Jobcentre Plus is a Government service run by the Department of Work and Pensions (DWP) to help UK jobseekers find work. Call to make an appointment at your local centre.

Phone: 0800 169 0310 (Mon-Fri 8am-5pm)

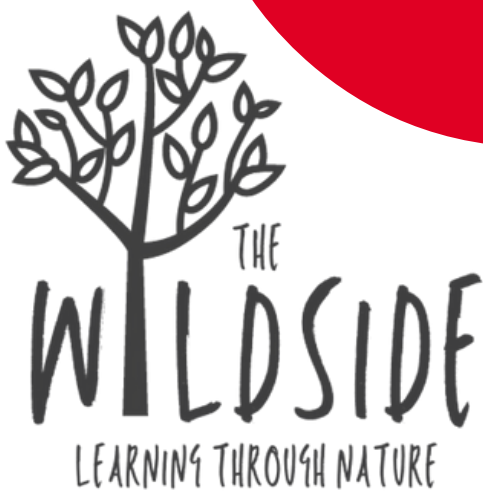
Address: Camden Street, North Shields, Tyne and Wear NE30 1ND

E-Mail: CONTACT-.DWPI@DWP.GSI.GOV.UK

Website: www.gov.uk/contact-jobcentre-plus



North Tyneside Parent Carer Forum cic



What is Forest School?

Here at the wildside, we encourage our learners to follow their own curiosity and interests, let them try out new things, work together as well as independently, problem solve and take appropriate risks to their environment and themselves. all this leads to building confidence, resilience, independence, communication, relationships and a sense of belonging with their natural world and community.

The Forest School Association describes FS as an educational ethos based on 6 key principles:

1. Forest School is a long term process and consists of attending regular sessions, as opposed to one-off and infrequent visits
2. It must take place in a natural environment in order to nurture a lifelong relationship between learner and the natural world
3. FS emphasises learner-centred processes to create a community for being, development and learning
4. FS aims to promote the holistic development of all involved, fostering resilient, confident, independent and creative learners
5. FS invites and encourages learners to assess and take appropriate risks in the environment and to themselves
6. FS must be run by appropriately qualified and trained practitioners

[Access the website here](#)

North Tyneside Carers' Charter

This charter is a set of principles agreed by carers in North Tyneside to promote better recognition and support for them.

Recognising Carers

- Recognise the contribution I make to society
- Recognise the impact of caring on me
- Recognise my expertise
- Take my needs into consideration
- Recognise that I have a life of my own outside of caring and may have other commitments

Valuing Carers

- Listen to what I have to say
- Respect my views
- Show me you care about me and my needs, as well as the person I care for
- Ensure equality of access to all services

Information and Advice

- Give me information in a timely manner
- Check that I have fully understood and been able to take on board what you have told me
- Make me aware of my rights and what I am entitled to
- Advise me how to access support and services

Involving Carers

- Involve me in assessments, care planning and reviews
- Offer me meaningful and timely involvement
- Involve me in decisions about the person I care for
- Be flexible and offer meetings at times which meet my needs
- Feedback to me so I know the outcome of my involvement
- Involve me when you make changes and/or develop new services
- Respect confidentiality but don't use it as a barrier to involving me

This work was supported by the Carers' Voluntary Sector Forum.

For more information contact North Tyneside Carers' Centre:

Telephone: 0191 643 2298 Email: enquiries@ntcarers.co.uk

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Find the website here





Living Well North Tyneside

Supporting Health and Wellbeing

Living Well North Tyneside provides diverse, easily accessible health and wellbeing information to the residents of the borough. It hosts a range of services, events and activities, provided by local health, social care and community organisations.

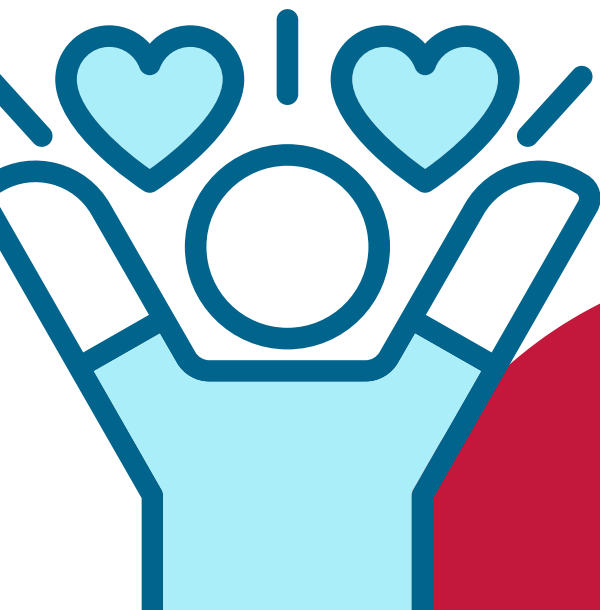
Who is behind Living Well North Tyneside?

The Living Well North Tyneside partnership brings together a range of cross-sector organisations in North Tyneside.

The partnership includes:

- North Tyneside VODA,
- North Tyneside Council,
- NHS North East and North Cumbria Integrated Care Board,
- The four Primary Care Networks (PCNs) of local GP practices in North Tyneside,
- The Community Healthcare Forum,
- TyneHealth GP Federation,
- Healthwatch North Tyneside.

[Link to website here](#)





Smell The Roses
Rest Recharge Restore



**[Find our
website
here!](#)**

We give Mums and female carers time and space to be themselves.

Smell The Roses was set up as a charity in 2018 by experienced Mums, carers and guardians of children with additional needs. Towards the end of 2022 it was decided to change the legal structure from a charity to a Community Interest Company (CIC).

We understand that caring can be stressful, exhausting and non-stop. We're passionate about giving tireless carers the chance to reclaim some essential me time – to recharge and refocus.

We believe you should always permit yourself some time off. However, this isn't always possible from day to day. That's why we run monthly ReTreat days during school hours to help you decompress and treat yourself.

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healthwatch
North Tyneside

We are the independent voice for North Tyneside residents using local health and social care services.

We talk to users of local NHS and social care services to hear about experiences, identify what's working well and what could be done better so that services can improve.

Healthwatch North Tyneside is here to:

- Provide information and signposting to local health and care services so that you get the support you need.
- Listen to your views and gather feedback about health and social care services.
- Improve the quality of services by making sure service providers and decision makers listen to your views and use these to make services better.
- Encourage people running services to involve local people in changes to care.

[Access the website here](#)



North Tyneside Parent Carer Forum cic



North East and North Cumbria

The North East and North Cumbria Integrated Care System (ICS) is a partnership of organisations including local councils, voluntary and community services that provide health and care across our region. Led by the NHS Integrated Care Board (ICB) we are working collectively, joining up resources and expertise to provide the best health and care for our local communities.

An Integrated Care Partnership (ICP) is a committee of the ICB and the 14 local authorities from across the North East and North Cumbria.

The ICB is responsible for ensuring that high quality and safe health services are accessible to all our communities. It has a wide range of functions including; promoting integration of health and care services, improving people's health and wellbeing, and reducing health inequalities.

With a £6.6 billion budget and a workforce of 170,000 people across health and care we look after 3.1 million people across the North East and North Cumbria. As well as strategic functions, ICB staff also work at place level with local health and wellbeing boards in each of our 14 local authority areas. These teams also work alongside our 67 primary care networks which are groups of local GP practices, social care teams and other community-based area providers.

The ICB works with our Provider Collaborative too, this includes the 11 NHS foundation trusts in the region to deliver our shared priorities.

[Click here to access the website](#)



North Tyneside Parent Carer Forum CIC



Northumbria Healthcare
NHS Foundation Trust



Our Child and Adolescent Mental Health Service (CAMHS) is here to help children and young people up to 18 years old, and their families, in North Tyneside.

Young people come and see us for lots of different reasons, such as:

Anxiety
Depression
Eating disorders
Self-harm
Attention Deficit Hyperactivity Disorder (ADHD)
Autistic Spectrum Disorder (ASD)



North Tyneside Parent Carer Forum cic

[Website here](#)



Community Learning Disability Team

We support children and adults with a learning disability and complex health needs in Northumberland and North Tyneside.

This includes help with complex health conditions, communication, medication, problems eating and swallowing, making healthy lifestyle choices, everyday life skills and being more independent. We can also support you to see your doctor or dentist.

We can offer online consultations where appropriate via a video call to make it easier for you to attend.

Rather than travelling to your appointment, you will receive a text or email before your appointment and simply need to click to join.

[Click here for website](#)





Annual health checks- Learning disabilities

People with a learning disability often have poorer physical and mental health than other people. This does not need to be the case.

It is important that everyone over the age of 14 who is on their doctor's learning disability register has an annual health check.

An annual health check can help you stay well by talking to a doctor or nurse about your health and finding any problems early, so they can be sorted out.

You do not have to be ill to have a health check – in fact, most people have their annual health check when they are feeling well.

If you are worried about seeing a doctor, or there is anything they can do to make your appointment better, let the doctor or nurse know.

They can make changes to help you. These are called reasonable adjustments.



See our website here



North Tyneside Social Prescribing Service

The Social Prescribing service works across North Tyneside and is made up of two teams: one working in the community and one based in GP practices.

Our aim is to support you to access local services based on what matters to you, for example getting involved in social or community activities, increasing fitness levels, improving mental or emotional health, or finding support with practical issues like housing or finances.

We recognise that many things affect your health and wellbeing. Social Prescribing aims to support you to have more control of your own health and manage your needs in a way that suits you.

What happens next?

One of our Link Workers will contact you to say hello and arrange an appointment that is convenient for you.

Your Link Worker will support you to identify what changes you would like to make.

We understand that trying something new can be daunting, so we can help you build up motivation and confidence to do what matters to you

If you feel you would benefit from some support and are over the age of 18, you live or are registered with a GP in North Tyneside, then please contact us:

Phone: 0191 432 4829 Email: fcc.ntsps@nhs.net
www.rstcontactclinical.co.uk





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We offer a range of services to support families affected by domestic abuse in North Tyneside and Northumberland

Our work aims to:

- Improve physical and mental health and well-being
- Increase personal resources by building self-esteem, confidence and assertiveness
- Empower families to increase resilience and live safely and independently

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We do this by:

Placing you and/or your children, or the whole family at the centre of our practice and providing safe environments for you – you will always be consulted about what support you need, and you will always be given a choice. Our services are always accessed voluntarily, and will always be free.
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[Click here for website](#)



North Tyneside Parent Carer Forum cic



North Tyneside
Council

0-19 Children's Public Health Service

Beginning in the antenatal period and continuing until the age of 19, the Children's Public Health Service includes health visitors, public health school nurses, staff nurses/midwives, and community nursery nurses.

The team is available via telephone Monday to Friday, 8.30am to 5pm. Contact details are below:

- Shiremoor, Killingworth, Dudley, Longbenton or surrounding areas: 0191 643 8297
- North Shields, Preston, Chirton or surrounding areas: 0191 643 8241
- Wallsend, Howdon, Battle Hill or surrounding areas: 0191 643 8861
- Whitley Bay, Tynemouth, or surrounding areas: 0191 643 8808
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The team also has a Facebook page for parents and carers of children and young people in North Tyneside which can be found [here](#).

[Click here for more information](#)

