



## About Reaching Families

Reaching Families is a parent-carer led, grassroots charity established to “empower, inform and support parents and families of children and young people with special educational needs and disabilities in West Sussex.” We work to address needs that are universal to parent-carers including information, accessing support from local services, gaining skills to help develop their child and maintain family life and building emotional wellbeing and resilience via the peer support of the parent-carer community.

Over the course of the last 17 years we have developed a range of projects and services including an in-depth parent-carer guide, a wide ranging series of factsheets, an extensive training programme, seven parent support groups, an online Facebook support group, a parent-carer befriending service, an NDP navigation service and a benefits advice service. Each year we help over 3,000 parent-carers across West Sussex.

## Projects & Services

- Making Sense of It All – in-depth parent-carer guide covering issues from birth to transition to adult life. Includes an extensive jargon buster and a directory of over 400 local and national organisations. Available in print and e-book format
- Factsheets & animations – online library of resources covering a range of SEND issues in a bitesize and accessible format
- Training – a diverse range of training workshops and courses covering subjects like benefits, education, neurodiversity, parent-carer wellbeing and SEND law
- Benefits Advice Service – 1-2-1 benefits advice and claim checking service for applications for Carers Allowance, Disability Living Allowance and Personal Independence Payment
- Befriending service – matches specially trained volunteer parent-carer befrienders with parents of children undergoing (or recently undergone) assessment for SEND
- Umbrellas support groups – seven parent-carer support groups based in Bognor Regis, Burgess Hill, Horsham, Littlehampton, Shoreham by Sea, Worthing and online via Zoom
- NDP Navigation Service – offers information, advice, training and signposting to parent-carers of children waiting on, undergoing or recently undergone assessment for ADHD, Autism or other neurodivergent conditions
- Facebook Group – information, signposting and peer support to over 9,000 parent-carers across West Sussex

**You can get more information about our services from our website**

[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)

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