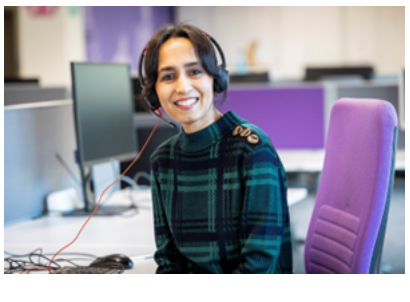
SEND Local Offer Newsletter Spring 2026 - Issue 40

Welcome to the 40th issue of the SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=dJ7_CUV9SRo) Local Offer newsletter. We have packed this edition with lots of information based on parent carers and young people feedback.



Introduction



With the Easter holiday approaching we have some fantastic short breaks, activities and support services included in issue 40 of the SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=eVfSpFqLhOs) Local Offer newsletter, it's a bumper issue again! The 'blogs' remain popular with parent carers and young people, and we have had some great feedback, stating the blogs provide a connection, and helps families understand better the roles of the services. Therefore we have included more in this edition covering topics raised by parent carers and young people, and blogs from local services supporting families in Reading.

We continue to take the service into the community to support and inform families, attending the Special United (Me2) events, Reading Families Forum Transition event, talks at the early years SENCO () event, attending the Parenting Special Children preparing for adulthood group and the Living well with Autism course. Young people and families have really valued our attendance, sharing information about key support and services available in Reading. Taking the service to the heart of the community where it's most needed is vital. We are planning more outreach work during 2026, so look out for us at community events, and please do 'follow' us on Facebook where we post lots of information for parent carers.

Best Start in Life Family Hubs are being launched in Reading, first one to open in South Reading on Thursday 19th March. The digital information on Family Hubs will be available on the Reading Services Guide, alongside the Family Information Service and SEND () Local Offer, keeping all the information on one place for parent carers to access, more information will be provided in the summer newsletter. Further information can also be found in Andrea King, blog.

Engagement and working in partnership with parent carers are an important part of delivering the SEND () Local Offer, and we continue to work with parent carers through Reading Families Forum, Parenting Special Children, Autism Berkshire other local SEND organisations in Reading to develop and maintain high quality information for local families. The SEND Local Offer Annual Report and Survey 2025 has been published on the SEND Local Offer, huge thank you to everyone who took the time to complete the survey. Outcomes and actions taken from the survey will be published on the feedback and consultation page during 2026 - Reading Directory | Local Offer Feedback & Consultations (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=pTV5YgqMfbQ)

We would really welcome feedback on the newsletter, to help us improve the content, look and feel etc. please feel free to email us any suggestions localoffer@reading.gov.uk (mailto:localoffer@reading.gov.uk) and keep visiting the SEND Local Offer for ongoing updates on local services www.readingsendlocaloffer.org (http://www.readingsendlocaloffer.org/)

Maryam Makki, Family Information Service Manager (including the SEND Local Offer)

Reading's Local Offer provides children and young people with special educational needs and/or disabilities (SEND) and their families, information about what support is available in the local area. It helps parents, carers and young people clearly see and access the range of services that they may need. Visit www.readingsendlocaloffer.org (http://www.readingsendlocaloffer.org) Email localoffer@reading.gov.uk (mailto:localoffer@reading.gov.uk) Call on 0118 9373777 (option 2), Monday-Friday, 9am-5pm

Latest News

Reading SEND () Local Offer Annual Report & Parent Carer Survey 2025-2026

The Children and Families Act 2014 requires that all Local Authorities publish an Annual Report on Special Educational Needs and Disability which includes the SEND () Local Offer. This report will provide a 'snapshot' of what has been achieved over the past year working with parent/carers, young people, schools, community, and voluntary organisations, also our plans in maintaining and developing the information.

We would like to thank Reading Families Forum, parent carers, young people, local community & voluntary organisations, and partners in supporting the SEND Local Offer. Through co-production and collaboration, we have been able to support families to access local services and support for their children and young people. Below are links to the Reading SEND Local Offer Annual Report 2025-2026, and the annual SEND Local Offer parent carer survey.

- **Reading SEND Local Offer - Annual Report - 2025-2026 (https://search3.openobjects.com/mediamanager/reading/enterprise/files/final_-_send_local_offer_annual_report_2025_-_2026.pdf)**
- **Reading SEND Local Offer - Annual Parent Carer Survey - 2025-2026 (https://search3.openobjects.com/mediamanager/reading/enterprise/files/send_local_offer_annual_survey_2025_-2026_-_final_results_-names_removed.pdf)**

Maryam Makki, Family Information Service Manager (including the SEND Local Offer)

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No5 School Transition Project, 7th-10th April 2026

'School Transitions' Easter Project is a 4 day series of Creative Expressive Wellbeing workshops to help support young people who feel they may struggle with varying school transitions through creative and performing arts.

Reading Directory | No5 School Transition Project, 7th-10th April 2026 (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=GmG8EANVDvA)

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Kids Online Safety - "You Won't Know Until You Ask"

"You Won't Know Until You Ask", is to help parents have open conversations with children about harmful online content, including misogynistic material, body-shaming and rage-bait.

Reading Directory | Kids Online Safety - "You Won't Know Until You Ask" (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=jJX1pMqbaeI&familychannel=0)

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SEND Short Breaks Statement

Reading Borough Council, SEND Short Breaks Statement has been reviewed and updated. Below are links to the pdf document, and we have also created a page on the SEND Local Offer, to help with easy access and navigating the information.

Reading Directory | SEND Short Breaks Offer - Statement Explained (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=PhST3G2Cyoc)

short_breaks_offer_statement_2025-26_final_-_february_2026.pdf (https://search3.openobjects.com/mediamanager/reading/enterprise/files/short_breaks_offer_statement_2025-26_final_-_february_2026.pdf)

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Paediatric Physiotherapy at Our House

Paediatric Physiotherapy at Our House with our new volunteer Paediatric physiotherapist: Lauren Nash

Reading Directory | Paediatric Physiotherapy at Our House (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=nqrZCKDGxNI)

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Our House is moving this Summer to Thames Valley Park



Reading Directory | Our House is moving this Summer to Thames Valley Park (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=orvNu-lSEgE)

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Kids, Young People's Hub, 13 - 25 years old

Support & empowerment for 13-25 year olds with SEN () & disabilities

We offer free online activities, tips for everyday life skills, and friendship & fun for all.

Welcome to the Hub!

Reading Directory | Kids, Young People's Hub, 13 - 25 years old (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=AJOCraos0Fo)

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Knowing Me, Knowing You

Knowing Me Knowing You is a 6 week online group/course for new mothers/birthing people experiencing low mood, anxiety or isolation. Run by the Specialist Perinatal and Infant Mental Health Visitor.

Reading Directory | Knowing Me, Knowing You (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=E4vTMpcJYRY)

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ABC to read – Helping Children in Berkshire Love Reading

Many children fall behind with reading, and early support can make all the difference. ABC to read is a local, **award-winning charity** providing **fully trained, vetted, and safely recruited volunteers** to help children develop confidence and literacy skills. They offer:

- **1-1 Reading Support** for children struggling to read in Berkshire schools
- **Buddy Workshops** where older students help younger ones and develop leadership skills
- **Parent Workshops** giving families practical ways to support reading at home

ABC to read volunteers work in local schools across Berkshire, helping hundreds of children each year improve their reading, confidence, and love of books through their comprehensive support.

This year has been dedicated as The National Year of Reading and ABC to read have pledged to support many more children, supporting many more schools by recruiting, training and supporting more volunteers. Get in touch if you would like to volunteer to change a child's story or benefit from the charity support in your school.

Contact us: info@abctoread.org.uk (mailto:info@abctoread.org.uk) 01189 511336
Find out more: www.abctoread.org (http://www.abctoread.org).yk www.abctoread.org.uk

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Sibs - For Brothers & Sisters of disabled children & adults



Sibs exists to support people who grow up with or have grown up with a disabled brother or sister. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings.

Reading Directory | Sibs - For Brothers & Sisters of disabled children & adults (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=pPAkhdjwxrQ)

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Reading Families' Forum - PINS Project

Are you a parent or carer of a primary schoolchild with additional needs?

Find out more about parent to parent support.

Your roadmap for getting support from other parent/carers

To find out more about the Reading Families Forum (RFF) - Partnerships for Inclusion of Neurodiversity in Schools (PINS) project please use the following link **Reading Directory | Partnerships for inclusion of neurodiversity in schools (PINS) (https://servicesguide.reading.gov.uk/kb5/reading/directory/site.page?id=kIz90NKHBAs)**

For more information please contact fran@readingfamiliesforum.co.uk (mailto:fran@readingfamiliesforum.co.uk)

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Reading Local Area - Ordinarily Available Provision & Graduated Response

This guide is to help everyone better understand what is available in Reading for children and young people (CYP) with special educational needs and/or disabilities (SEND) who do not need an Education, Health and Care (ECH) plan but still need specialist support.

We call this support the Ordinarily Available Provision (OAP) and it covers everything you can expect to be available for children and young people with SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=NboCPuxKWWs) in Reading schools and educational settings.

It includes a wide range of support and resources to help CYP with SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=NboCPuxKWWs) get the support they need to succeed academically, socially and emotionally.

With this guide, we aim to make the OAP statement more accessible and understandable, helping you – and us –support your child's education more effectively.

It will, hopefully, go a long way to answering the 'when, what, where, why, who and how' types of questions you may have about support for SEND that should be available.

Click on the following link - Reading Directory | Reading Local Area - Ordinarily Available Provision & Graduated Response (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=NboCPuxKWWs)

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Sleep Intervention Study at the University of Reading

We are conducting a study in partnership with the Dingley Child Development Centre to explore how different types of sleep interventions affect children with autism or other neurodevelopmental conditions (NDCs), as well as their impact on parents' mental wellbeing.

You and your child may be able to take part if:

- Your child has sleep difficulties, and
- You are attending (or interested in) a Parenting Special Children (PSC) Sleep Workshop, or
- Your child is under a Dingley consultant (with or without melatonin)

The study includes up to three short visits, sensory play activities, sleep-tracking watches, and parent questionnaires. Families receive £20 at the final visit.

To find out more, please email Rhea at r.varghese@reading.ac.uk (mailto:r.varghese@reading.ac.uk).
This study has been approved by the South Yorkshire Research Ethics Committee.

Study ends 30th May 2026

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Bite Size Learning: Online Harm

Learn how to keep children safe online!

Reading Directory | Child Exploitation and Missing Children (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=9WDfy6W51LU)

Blog - Lara Patel, Executive Director Children's Services



Lara Patel

Well it's been a busy start to the Spring with lots of new developments coming into bud and some positively blooming!

Of course, we have now had the long-awaited announcement of the schools' white paper and the SEND () reforms. Having met with school leaders to explore our initial response to the reforms I have been struck by the genuine commitment to providing an inclusive education to children in Reading building on strong foundations already developed across many of our schools. I know that for many of you, however, the proposals will also raise anxieties, lots of questions and may feel overwhelming. Please be assured that there will be no immediate changes to any support available for children and we are meeting regularly with Reading Families Forum to understand and respond to any concerns and queries that families may have.

In bud are our three new children's homes, with renovation well underway. We are hoping to get the keys after Easter so that we can start making the finishing touches needed for them to become warm welcoming homes. I visited them at the start of the year before work started and can't wait to see how they will be transformed! We are on track to welcome our first children this summer and recruitment of staff if progressing well.

About to burst into bloom are our four Best Start in Life Family Hubs which are opening next week with a packed partnership timetable offering Reading children and families the right support at the right time in safe and welcoming spaces. The offer of support is for children and their families from 0 to 18 years or 25 for young adults with care experience or special educational needs or disabilities. I would like to thank our partners across health, employment, training, housing and the wider voluntary sector who have worked with us to design an offer that responds directly to what local residents have told us is needed. We can't wait to welcome you and hear your feedback.

Last but definitely not least, our shared care and short breaks homes, Pinecroft and Cressingham are most definitely blossoming! I am immensely proud that their child-centred and personalised care has been recognised by Ofsted as Good for Cressingham and Outstanding for Pinecroft. Huge thanks to the dedicated staff teams and thank you to all of the parents and carers who took the time to share your feedback with Ofsted, it really is appreciated.

In the coming weeks I am looking forward to more school visits, spending time at the Lodge Nursery and joining our Portage team on a visit, so more about that next time. In the meantime I hope you can take time to enjoy the longer days and bursts of spring colour that herald the end of what has a been a very long and wet winter.

Lara Patel

Executive Director Children's Services

Blog - Update from Reading Families Forum, & thank you note to Ramona & Pauline



Reading Families Forum - for LO newsletter

Reading Families Forum is a small local charity run by parent carers of children and young people with special educational needs and/or disabilities. We are the parent carer forum for the Reading Borough Council area and our role is to support parent carers to co-produce the local services that they use. Co-production means that families are at the heart of discussion, giving their views and experiences about what is needed and setting priorities. Our staff and steering group members attend Reading's SEND () Strategy Group and many other working groups to feed back families' experiences. We also organise an annual Information and Fun day and an annual Transition Information Day, which are advertised on our website and through social media, as well as other events through the year.

This is an important time for families' voices to be heard, as the Schools White Paper was published in February and there is a current government consultation running until mid-May on the proposals set out in the white paper. We know that many families are concerned about the proposed changes to the way children and young people with SEND () will be supported in schools. While we welcome some of the ideas in the white paper, for example, more support for under 5s and the plans to make all schools more inclusive, there are many important details we do not yet have about how this will be funded and where accountability will lie. We know that many families are exhausted from supporting their children and young people and responding to a government consultation when there is already so little trust in the system may feel pointless or too hard. We feel it is really important for the voices of families in Reading to be heard and will be organising events after the Easter holidays to gather feedback so we can write our response to the consultation, as well as supporting families to respond individually if they want to. More information will be available on our website www.readingfamiliesforum.co.uk as soon as it is available. There are also links to the white paper, the consultation and the easy-read versions of these on our website. It is really important though to remember that there are no immediate changes to any support available to children and young people and the existing law remains in place until any new law is passed by parliament.

We want to take this opportunity to thank Ramona Bridgman, who was chair of RFF () for over 13 years and retired in January 2026, and Pauline Hamilton who has been involved in RFF for even longer and who is retiring in March 2026. The forum urgently needs more parent carers to get involved, especially those with younger children, who can help us continue our work. This could involve anything from a few hours each year helping out at an event, to weekly involvement in meetings with the local authority or health providers, or anything in between. We are also always happy to receive donations or sponsorship from local companies (eg printing, refreshments for events, IT support, offers of time). To find out more, please visit our website or Facebook page, or email info@readingfamiliesforum.co.uk (mailto:info@readingfamiliesforum.co.uk)

Blog - No5 – Supporting Young People to Take Charge of their Mental Health

Supporting Local Young People's Mental Health for 55 Years

Since 1971, No5 Young People have been providing free, confidential mental health support and counselling to young people aged 11-25 who live, work or study in an RG postcode.

In 2025 we offered 8,271 counselling sessions, supporting 915 young people and through our projects and digital outreach we supported over 1,600 young people.



Counselling

No5 offers free counselling to young people aged 11-25 who live, work or study in the 'RG' postcode area. There are no other criteria for accessing our services, and young people can ask for help from No5 by themselves – they don't need a parent, GP () or teacher to refer them.

Our counselling service for young people is BACP Accredited and is delivered at our building in Central Reading, online via Zoom, over the phone and in 5 local secondary schools. Young people are offered up to 20 counselling sessions in 20 weeks with the same counsellor, at the same time every week.

We hear from young people at the end of their counselling about how life changing this support has been:

· "I feel more happier than when I first stated counselling"

· "I'm able to be open about making new friends again, and trust my worth, have strong boundaries and choose self-love over seeking validation"

· "Counselling helped me manage anger issues and helped me to learn to stay alert when playing online and to be careful not to share personal information"

· "I stopped self-harming and I am managing to come to school every day. I feel a lot better."

· "I've been able to understand myself more, and to talk more openly to friends about problems"

· "I couldn't have asked for something better it has helped me in every way and I have never felt judged. Counselling always felt so calming and I know that it is a safe space to talk or anything"

· "Counselling has been very helpful. I really enjoyed it and felt very comfortable talk with my counsellor. I am now in the process of getting an ADHD ()/autism assessment."

Find out more about counselling at No5 and make a referral here: https://no5.org.uk/counselling/ (https://no5.org.uk/counselling/)

In addition to offering counselling to young people, we have recently launched our reduced-fee service for adults aged 26+. The set fee is £25 per session, paid in advance of each weekly session.

More information about counselling for adults can be found here: https://no5.org.uk/counselling/counselling-for-adults/ (https://no5.org.uk/counselling/counselling-for-adults/)

Outreach Support

As part of our outreach support, we deliver Creative Expressive Wellbeing Projects.

These projects are delivered by specialist creative practitioners alongside a No5 counsellor. Spaces on these projects are offered first to young people on our waiting list, and then out into the wider community through our partners in the community and our monthly newsletter.

Past workshops have included Drumming, Journal and Print Making, and Performing Arts.



This includes our annual two-week School Transitions project which helps young people who are struggling with the transition into the next academic year. This project will run again with a week over Easter Half Term and a week over the Summer Holidays - if you are interested, please email projects@no5.org.uk for more information. You can sign up to our monthly newsletter here: https://no5.us5.list-manage.com/subscribe?u=48b454abfb0a6d2224672725d&id=e770baf1c1 (https://no5.us5.list-manage.com/subscribe?u=48b454abfb0a6d2224672725d&id=e770baf1c1)

As part of our digital outreach, we launched our signposting website 'Looking for Direction' in 2023, which was built by local young people, for local young people. The site is designed to help young people identify what support and services are available in their local area, matching the results based on age, location and what is going on for them. Find out more here: https://signposting.no5.org.uk/ (https://signposting.no5.org.uk/)

Youth social action also forms a significant part of our outreach work, with No5 leading on Young Voices in Reading.

This group of local young people come together to discuss and share issues that matter to them, and their peers. They work with decision makers across Reading to help the voices and experiences of young people to be heard, influence the decisions they make, and help ensure proper co-production with young people takes place.

Achievements of Young Voices in the last year include:

· Co-developing and delivering their second Annual Safety Summit

· Collaborating with Reading Buses to highlight issues young people were facing with using and accessing public transport which resulted in a school specific timetable being created for the 2025/26 academic year

· Collaborating with security team at The Oracle Shopping Centre to explore experiences of young people 'using' the centre and working with the team on how to make the centre feel more safe and inclusive

· Collaboration with Reading Museum on Reading's Digital Revolution exhibition · Participation in Youth Access's 'Youth Social Action' pilot—two young leaders upskilled and development of 'Parks and Open Spaces' social action project with an agreed roundtable of senior leaders Find out more about Young Voices here: https://no5.org.uk/outreach/young-voices/ (https://no5.org.uk/outreach/young-voices/)

Looking Ahead

As we look toward the future, we will be moving forward with our plans for an open-access, self-referral hub which will be shaped by the visions of young people we have consulted with over the last 5 years.

Blog - Parenting Special Children



Parenting Special Children Spring Update

"I honestly can't recommend Parenting Special Children highly enough. The support they've given us around childhood trauma has been nothing short of life-changing. They're absolute experts when it comes to ADHD (), autism, and trauma-related behaviours in children. Staff are genuinely incredible. Their advice, empathy, and lived experience have been instrumental in helping us understand childhood trauma and how to navigate life with children who are finding it tough." (Carer)



Parenting Special Children (PSC) is a charity providing specialist support to families of children and young people with the whole range of neurodiversity, special education needs, disabilities and early life trauma. 91% of our staff have lived experience in addition to professional experience in education, health and social care.

We have supported thousands of Reading families over the last twenty years. Our services include a helpline, specialist workshops and courses including sleep, a number of support groups, a trauma service for adopters, foster carers and kinship carers, training for professionals and social groups for children and young people.

Some services are free, while others require a small fee. Your child does not need a diagnosis for either of you to access our services. Please call/email us on 0118 986 3532, helpline@parentingspecialchildren.co.uk (mailto:helpline@parentingspecialchildren.co.uk) Or visit our website to find out more https://parentingspecialchildren.co.uk/ (https://parentingspecialchildren.co.uk/)

For upcoming events, please see here https://parentingspecialchildren.co.uk/events/ (https://parentingspecialchildren.co.uk/events/) And to see the evaluation of our work, please read our latest Impact Report

We are regularly commissioned to provide training to families, schools, local authorities, care homes, NHS (), social care teams and corporates. Please get in touch to find out more.

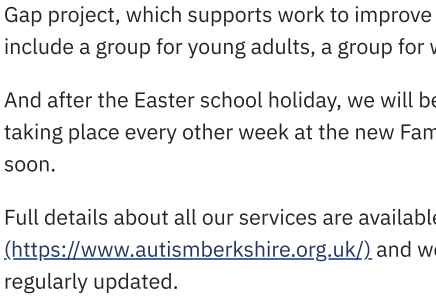
Message from our CEO, Dr. Ruth Pearse

The role of a CEO is always varied, particularly in a small charity focused on local support. A key part of my role is ensuring we secure funding for the incredible projects my colleagues deliver across Reading — including the South Reading Community Support Group and our Ethnically Diverse Community Group, which I recently had the huge pleasure of visiting. With over 25 parent/carers attending, the group truly reflected the wonderfully multicultural community we serve in Reading.

I am also fortunate to visit and support our Children and Young People (CYP) groups — we now run five different groups. It was especially inspiring to welcome our Voices in Action young people's group, who presented at our AGM in January, sharing myths and facts about autism with honesty, confidence and insight.

Alongside this, I attend meetings on SEND () and NHS changes across Berkshire, ensuring that families' voices are heard. As a parent/carer myself, it is incredibly important to me that lived experience sits at the heart of every conversation and decision.

Blog - Autism Berkshire



Autism Berkshire

Autism Berkshire is the county's leading specialist autism advice and support charity, with more than 30 years' experience of helping autistic children, young people and adults, and their families.

As well as providing the NHS ()-funded Berkshire West Autism & ADHD () Support Service in Reading, Wokingham and West Berkshire, in partnership with Parenting Special Children, and the county-wide Berkshire Adult Autism Support Service, we take an active role in the development of services and support for autistic and neurodivergent people in Berkshire and the Thames Valley.

In recent months, our CEO Jane Stanford-Beale and head of family support Julia Lunn have been attending meetings about the development of the Berkshire Neurodiversity Transformation Project, which aims to improve support for neurodivergent children and families by creating an early help system. It will ensure support begins as soon as autism, ADHD or other neurodivergent conditions are suspected in a child, rather than waiting for a formal diagnosis.

With Autism Acceptance Week 2026 coming up just before Easter, we are drawing up a programme of activities for the week, which will include visits to neurodivergence-friendly Museums, My Way events at Reading Museum and the Museum of English Rural Life on Monday, March 30, a guided walk in Reading for autistic adults with Terry's Reading Walkabouts on Tuesday, March 31, and a fun afternoon event for Reading families at the Prospect Park Ranger Station on Wednesday, April 1. More details are available on our website.

During the week we will also be promoting the Thames Valley Autism Alert Card, which is available free of charge to autistic people of all ages who have a formal diagnosis and live in Berkshire, Buckinghamshire, Oxfordshire and Milton Keynes. More than 5,000 people now have a card, but we are keen to increase take-up even further.

Autistic adults aged 18+ who live in Reading can now benefit from extra services funded by the borough council's Closing the Gap project, which supports work to improve mental health and reduce loneliness and inequality in the town. Activities available include a group for young adults, a group for women, a lunch club and individual advice appointments in person or online.

And after the Easter school holiday, we will be launching drop-in advice sessions for parents and carers of autistic children, taking place every other week at the new Family Hubs serving Southcote and North/East Reading. Full details will be available soon.

Full details about all our services are available on our website at https://www.autismberkshire.org.uk/ (https://www.autismberkshire.org.uk/) and we have Facebook, Instagram and Threads pages on social media, which are regularly updated.

We aim to respond to all enquiries within 48 hours and are happy to provide support by phone, by email and by video call.

For advice about support and activities for families of children & young people and general enquiries: Email contact@autismberkshire.org.uk (mailto:contact@autismberkshire.org.uk)

Call 01189 594 594 (option 1) Fill in our contact form at https://www.autismberkshire.org.uk/contact/ (https://www.autismberkshire.org.uk/contact/)

For advice about support and activities for autistic adults: Email adult.support@autismberkshire.org.uk (mailto:adult.support@autismberkshire.org.uk)

Call 01189 594 594 (option 2) Fill in our contact form at https://www.autismberkshire.org.uk/contact/ (https://www.autismberkshire.org.uk/contact/)

Optional element if space permits

The key members of our team who provide advice and support services are our chief executive officer Jane Stanford-Beale MBE, family support lead Julia Lunn and family support worker Amanda Walker, and senior adult autism support mentor Michelle Errington. They are supported by a team of autistic volunteers.

More information about them, other members of staff and the trustees who oversee the charity's work can be found on our website.

Blog – RISE Service- Spring Edition

RISE Spring Newsletter

Here are a few examples of what we have been up to:

Annual Reviews

Work is underway to streamline the process of annual reviews, across multiple SEND () departments including RISE (). Moving forward, we hope that reviews will incorporate assessment materials from SCERTS (Social Communication Emotional Regulation Transactional Supports) a tool used in RISE, to support standardisation of tools used across settings.

The SENCo Conference 2026

The annual SENCo Conference took place Wednesday 4th March, led by RISE. The theme for this year was 'Anxious Non-Attendance' (ANA), otherwise known as EBSA/ EBSNA. This is an important topic for us all as the number of children and young people not attending school rises. We were very pleased with the rate of attendance from schools, and the level of engagement. Sessions were planned during which staff explored the psychology of ANA, the parent/ family perspective, and the importance of a successful transition to secondary in reducing ANA. We were grateful to the MHST () colleagues who joined us, the parents who bravely spoke about their experiences, and the staff that shared good practice to support each other. We will continue to work with schools and families to improve attendance outcomes through inclusive practice.

SENCo Induction

Our first yearly SENCo Induction will take place on Friday 18th September 2026. We will welcome SENCos who are new to role within the last year and offer them guidance and support to ensure the best outcomes for children and young people, and consistency across schools. The session will provide an overview of Reading's SEND () vision and strategy, the graduated response and EHCP () process, and the key education, health and social care services and referral routes that SENCOs need to navigate in role, with time to connect with other SENCOs and hear practical insight from an experienced colleague.

Parent Carer Contact from RISE

A proposal has been put forward to notify parents via email when a referral has been discussed at triage, explaining who we are and how we work. We will do this with all referrals. If your child is referred to RISE, this will take place from April 1st.

Spotlight on Practice

As part of our day-to-day practice, we see some amazing things in schools, with teachers and all staff working tirelessly to promote inclusion. Here are some of the wonderful things we have seen this term:

- Fantastic use of calm and quiet transitions, prompted with silent signals,

- Quality behaviour management, and a focus on effective pedagogy,

- The power of prosocial praise, and motivation – finding creative ways to engage and motivate children using their interests and building trust.

- Outstanding use of checking for understanding, explicit instruction, and high-quality modelling,

- Therapeutic Plans implemented well – detailed information, carefully chosen strategies, and regular updates informed by family and all those working with the child,

- Great use of checklists, timetables, calm corners,

- Children's use of language progressing significantly in line with their developmental stage,

- Child voice amplified and peer-learning about neurodiversity.

Family Hubs

RISE Consultant Sharon Priest and Autism Advisor Jackie Perrin will be joining the Family Hub sessions across Reading to offer specialist advice to parents of autistic children, children on the neurodiversity pathway, children struggling to access school and more, tailored to each family's context. We're excited to branch out into further community support.

Blog - Andrea King, Berkshire Neurodiverse System Transformation Lead, Strategic Transformation Lead for Mental Health & Emotional Wellbeing & Families First Strategic Lead



Andrea King

'Since the last time of writing we've made great progress with the design and development of the neurodivergent transformation programme. All six Local Authorities in Berkshire now have draft Implementation Plans ready and the design of the multi-disciplinary teams that will support families (and schools and settings) with advice and support on neurodivergence is progressing really well in Reading, Wokingham, Slough and Windsor & Maidenhead and will soon get underway in Bracknell Forest and West Berkshire.

The active partnership with local families in the co-design of this approach and the support of education, health and care leaders has been remarkable. We specifically value the exceptional leadership of our voluntary sector experts, our school leaders and the support from Multi Academy Trust CEOs – thank you! A few leaders have put their excitement about these developments into their own words:

Ruth Pearse, Chief Executive of Parenting Special Children describes it this way: '*It has been a pleasure to work alongside Andrea King in the work ensuring that parent/carers voices are heard and incorporated into changes. It has been good to see the voices and experiences of the statutory sector, NHS () and local authorities, the voluntary sector and families working together to hopefully bring positive change to families of neurodivergent families.*'

Ginny Rhodes, Chief Executive of the Circle Trust (a Multi Academy Trust) who state as part of their Vision and Values across all of their schools that 'to be anything but utterly inclusive is non-negotiable', says: *"When Leaders come together to make things better for children and other professionals it is always worthy of our time. The neurodiversity pathways project has been seminal work. It removes burden, brings clarity and moreover I have every certainty that it will improve things for those most vulnerable in our schools."*

In Reading, our neurodivergent support for local families will be embedded in our Family Hub Offer and in the new Early Intervention advisory meetings for schools and settings.

We are delighted to announce that, with a **HUGE** thanks to all the Reading families who have helped and supported us with the co-design of Family Hubs in Reading, that we will be launching the 0-18/25 Family Hub offer in Reading on the 19th March 26 in South Reading. Please follow this www.reading.gov.uk/beststartinlifefamilyhubs (http://www.reading.gov.uk/beststartinlifefamilyhubs) to see the timetable of support and our new digital offer that will be available to Reading's Families and the locations of the Hubs across Reading. The approach to the co-design of Reading's Family Hubs has generated a lot of national interest and we look forward to welcoming Ministers from Westminster to our launch, who want to join us to celebrate this new offer for children and families.

The launch of the Family Hubs will also include new outreach at home to families with children aged 2, 3 or 4 who face additional challenges and are struggling with the cost of living – including free resources to support play, enjoying stories, talking and having fun at home to provide extra help and support, because we understand how tough times are for families right now. This links directly to our Best Start in Life Strategy in Reading, which is published on 31st March on the Best Start in Life Family Hubs website and sets out an ambition vision for improving outcomes for children.

Please do take a look at these new offers and spread the word to your neighbours and friends'

Andrea King

Berkshire Neurodiverse System Transformation Lead

Strategic Transformation Lead for Mental Health & Emotional Wellbeing & Families First Strategic Lead

Blog - Tracy Allen, Community Occupational Therapy (OT) Service

Welcome to Reading's Children's Social Care Occupational Therapy Service

Supporting children, young people, and families to live safely, confidently, and independently at home

Hello and welcome from the Community Occupational Therapy (OT) Service. Whether you're already connected to us or exploring support for the first time, we're glad you're here. Our team is dedicated to helping children and young people with disabilities live safely and comfortably in their home environment — and we're excited to share a little more about who we are and how we work.

Meet the Team

We're a small but incredibly committed team of eight OT professionals serving families across Reading.

I'm Tracy Allen, the Team Manager. I've been part of Reading Borough Council for 30 years and have been in the children's OT team for over 12 years and had the pleasure of leading this service for the past three. Reading is my home professionally and personally — if you've been around the area for a while, you may already know me!

Alongside me are our brilliant team members:

· Becky Gaskin – Higher Specialist OT, with us for around 6 years

· Hayley Butler – A key member of our service for an amazing 10 years

· James Penrice – Part of the team for just over 4 years

· Sara Maddox & Becky Vokins – Joined us last summer bringing fresh energy and expertise

· Jo Turner – OT Apprentice and OT Assistant, halfway through her 4-year degree and already making a wonderful impact

Together, we bring a strong mix of experience, enthusiasm, and new perspectives — all of which help us provide a stable and high-quality service to families.

A Look Back: Challenges and Strength in 2025

2025 brought some significant challenges for us and for the families we support. Staff shortages and the collapse of our long-term equipment provider, NRS, caused unavoidable disruption. Transitioning to our new provider, Millbrook, created delays and complications that affected many homes, families, and care routines.

We know this may have caused frustration or uncertainty, especially with changes to allocated OTs. I want to offer my sincere apologies for that unsettled period.

The good news is:

- These issues have now been addressed
- Allocations have stabilised
- Families should now know their allocated OT
- Our focus is firmly back on providing consistent, reliable support

Through all of this, our team — and our families — showed incredible resilience. Thank you for your patience and understanding.

What We Do: Support to Help Your Child Thrive at Home

Occupational Therapists in Children's Social Care play a very specific and important role.

Our aim is simple: To help children and young people with disabilities live as safely, independently, and comfortably as possible at home.

This support may include:

- Equipment

We provide items such as:

· Specialist seating

· Bathing aids

· Hoisting and manual handling equipment

- Home Adaptations

Depending on need, we may recommend:

· Grab rails

· Ramping or access improvements

· Bathroom adaptations

· Creating ground-floor living arrangements

· Support to explore alternative housing when a move is the safest or most suitable option

Everything we recommend is based on an individual assessment with the child, young person, and family.

How to Make a Referral

Families and Health Professionals can make referrals through the RBC () Children's Social Care tab on the council website (under 'Concerns around a child').

We know the current referral pathway can feel more "safeguarding-focused" than disability-focused, which can be confusing for families seeking practical support. We want you to know that:

We hear your feedback, and we're working on it. Over the next year, we'll be redesigning the referral journey so it's clearer, more accessible, and better suited to families looking for disability-related support.

Looking Ahead: Improving the Family Journey

We are committed to ensuring families have a positive and smooth experience throughout their time with our service.

In the coming months, we'll be reviewing our entire process — from the moment a referral is made, through assessment and support, all the way to closure or transition to Adult Services.

Our goals are:

- Faster and more responsive assessments
- Reduced waiting times
- Clearer communication
- A more supportive and family-centred experience

We are also continuing our close work with Housing colleagues to highlight the needs of families requiring accessible accommodation. While we must acknowledge the significant shortage of suitable social housing in Reading, we remain committed to advocating for, planning for, and supporting families wherever possible.

Transition to adult services can also feel overwhelming for young people and their parents. We recognise this and are consistently working to make this process as smooth and reassuring as possible.

We're Here for You

Thank you for taking the time to learn more about our service. Whether you're already working with us or thinking about making a referral, please know that our team is here to support you every step of the way.

Early Years - Under 5's information & activities

Reading Family Hubs Activities

To access information on what is going on at our family hubs around Reading please click on the link **Reading Directory | Family Hubs 0-5 (https://servicesguide.reading.gov.uk/kb5/reading/directory/family.page?familychannel=2) (https://brighterfuturesforchildren.org/for-parents-carers/under-5/childrens-centres/)**

Time for Twos

A six week course delivered in Reading Family Hubs, to help children aged two years with the first steps in getting ready for nursery.

A great opportunity for your child to meet other children and learn through play.

These sessions have a prompt start and require booking term time only.

Reading Directory | Time for Twos - Ranikhet (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ENkfHQNa9NE&familychannel=0)CC ()

Reading Directory | Time for Twos - Southcote CC (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=niwuxJakQGY&familychannel=0)

Reading Directory | Time for Twos - Whitley CC (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=RAj14jwBR-M&familychannel=0)

Reading Directory | Time for Twos - Sun Street CC (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Luye0ZJunTk&familychannel=0)

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Little Engines Early Years Engine Shed Group

Little Engines Early Years Engine Shed Group

Forthnightly early years group for pre-school children who are on the autistic pathway or who would benefit from attending the group.

No need to book. Just turn up.

Free refreshmets. Parking on nearby streets 2 hours for free.

Reading Directory | Little Engines Early Years Engine Shed Group (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Yyixm_sVr_o&familychannel=3)

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The Best Start in Life parent hub

From pregnancy to childcare right through to starting school, get advice and support for your child's development.

- Childcare & Early Years Education support
- Free breakfast clubs and wraparound childcare
- Childcare support checker
- Week-by-week guide to pregnancy
- Breastfeeding support
- Introducing solid foods
- Baby and toddler teeth care
- Learning to talk

- School readiness

Reading Directory | Best Start in Life, Reading Family Hubs (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=wo3Ddr4QZQ0)

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Childcare for Children with Special Educational Needs and/or Disabilities in Reading

OFSTED registered childcare, is available in Reading for children with special educational needs and or disabilities (SEND).

Reading Directory | Childcare for Children with Special Educational Needs and/or Disabilities in Reading (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=P9_o6iTtDy8)

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Butterfly Buddies, Intergenerational Baby and Toddler group.

By bringing generations together we provide a safe, fun environment where both children and older people can thrive. This is more than a children's activity, it's a positive way to make a difference in your local community!

Reading Directory | Butterfly Buddies, Intergenerational Baby and Toddler group. (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ZUu7hvCzKiE)

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Wild City Collective - Forest School Groups

We create connections with nature and people through our inspiring and inclusive outdoor spaces

Discover Our Forest School Communities

Welcome to our forest school, where every day is an adventure in nature.

Wild & Free SEND () - Saturday morning each month specifically for families living with special needs, so that you can come and enjoy the woods.

Little Robins - We meet to play, explore nature, grow, read a story, sing and share food by the fireside (optional at the end).

Wondrous Wrens - For families, Home Educating, Flexi-schooling and deferring school start.

Go to website for further information and booking details Groups | Wild City Collective (https://wildcitycollective.org/groups/)

Information also available here Reading Directory | Wild City Collective - Forest School Groups (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=sf1ptXq2p0Y&familychannel=3)

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Wizzybug - FREE Wizzybug powered mobility Loan Scheme for the under 5s

About the Wizzybug Loan Scheme

We provide Wizzybugs free of charge to families in the UK. They are fully funded by donations which enables us to give them to young children to use until they outgrow it.

Further information can be found here Reading Directory | Wizzybug - FREE Wizzybug powered mobility Loan Scheme for the under 5s (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=rWOvwOuGvFs&familychannel=3-12-1)

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Ladybird Playgroup at Our House



Ladybirds is a playgroup for children under 5 with additional needs and their siblings.

Come and join us for activities, chat and support. No need to book

Click on the following link - Reading Directory | Building for the Future - Ladybirds Playgroup at Our House (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=vK1_HuUtM_4&familychannel=3)

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Friday Fledglings at The MERL (The Museum of English Rural Life)

An Inclusive Weekly Outdoor Session for Toddlers

Discover the benefits of outdoor learning and child-led play! Come and join in with activities inspired by the themes and collections of the museum, enjoy exploring nature, our mud kitchen, water play, sand-pit and more.

Click on the following link - Reading Directory | Friday Fledglings at The MERL (The Museum of English Rural Life) (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=DiUVTcYd5fc&familychannel=0)

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Speech and Language Therapy



Links to useful online resources

Speech and Language Therapy Service for children and young people | Berkshire Healthcare (https://www.berkshirehealthcare.nhs.uk/services/speech-and-language-therapy-service-for-children-and-young-people)NHS () Foundation Trust (https://cypf.berkshirehealthcare.nhs.uk/our-services/children-and-young-peoples-integrated-therapies/speech-and-language-therapy/)

Health and Development | Children Young People and Families Online Resource (berkshirehealthcare.nhs.uk) (https://cypf.berkshirehealthcare.nhs.uk/health-and-development/)

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Portage Service - Reading

The Reading Portage service helps families in Reading with young children (0-4 years old) who need extra help with their development. Portage support can happen at home with family or at a venue in a group. Families who are referred to the Portage service will receive an initial visit to determine which criteria they meet and will be offered either targeted Portage or specialist Portage. Referrals for Portage support can be by parents or professionals and can be made via the Children's Single Point of Access.

Reading Directory | Portage Service - Reading (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=lx8h-EyypcI&familychannel=3-14-3)

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Early Years SEND () Settings and Resources

In Reading we have four specialist early years settings in Reading you may wish to consider for your child

- Snowflakes at New Bridge Nursery (A specialist resource base for children with ASD ())
- Dingley's Promise (A Specialist Nursery for children with additional needs)
- Orchard Resource Base at Blagdon Nursery School (a specialist resource base for children with speech, language and communication delays, learning needs, sensory needs and social communication needs)
- Butterfly Resource Base at Norcot Early Years Centre (a specialist resource base for children with speech, language and communication delays, learning needs, sensory needs and social communication needs).

Snowflakes at Newbridge Nursery School in Caversham offers 15-hour morning or afternoon term-time only places for children with autism or social communication needs and learning needs.

The specialist bases at Blagdon and Norcot offer 15 or 30 hour places term-time only for children who have speech, language and communication delays, social communication needs, sensory needs and additional learning needs. These bases are for children who require an individualised curriculum delivered in a low arousal and calming environment. There is a higher staffing ratio and access to high quality interventions as recommended by speech and language therapy and occupational therapy.

Dingley's Promise offer sessional places term-time only for children with complex, multiple and/or significant learning needs, physical and medical and social communication needs. It supports a dual placement for a child to attend a mainstream setting, assisting the setting as well as the family.

Snowflakes @ Newbridge (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ayLqe0LEJ20)

Dingley's Promise - Reading (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=JYyxN0_C82c&familychannel=0)

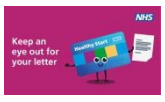
Norcot Years Centre (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=hkYUSIiy1Ko)

Blagdon Nursery School (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=2FaTKfMgD8g)

Please email earlyyears@reading.gov.uk to request the expression of interest forms for the specialist centre or mainstream bases or speak to professionals that are supporting your child.

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Healthy Start Scheme



Healthy Start helps you give your family the very best start in life

If you are at least 10 weeks pregnant or have a child under four years old you could get help through the Healthy Start Scheme to help buy healthy food and milk. You will also need to be in receipt of certain benefits for more details visit **NHS Healthy Start - How to apply (https://www.healthystart.nhs.uk/how-to-apply/)**

Further information can be found here Reading Directory | Healthy Start Scheme (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=YOBne0X76QE&familychannel=0)

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Early Years Advisory Service

Supporting Early Years Settings in supporting children with SEND

Click on the following link - Reading Directory | Early Years Advisory Service for SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Yi9x8mKB4q0&familychannel=3)

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Parent & Toddler Groups in Reading

Parent and toddler groups are informal sessions where parents, carers, childminders and their children can go to have fun and meet new people. Parents and carers stay with and are responsible for their children, throughout the session. Most groups meet once a week for between one and two hours and welcome children from birth to 3 or up to school age.

Click on the following link - Reading Directory | Listings in Parent &Toddler groups (https://servicesguide.reading.gov.uk/kb5/reading/directory/results.page?familychannel=8-3)

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Early Years Expanded Childcare Funding Information for Working Parents

From **September 2025**, eligible working parents in England with children between 9 months up to school age will have access to 30 hours childcare.

This comes alongside the existing government childcare support, including **30 hours for 3- and 4-year-olds**, **Tax-Free Childcare** and **Universal Credit Childcare**. Parents might be able to use more than one offer to help with their childcare costs.

Childcare is also expanding for primary-school children – from September 2024, parents in England are expected to see an expansion in the availability of childcare in their local area before and after school, that runs from 8am until 6pm or later, also known as 'wraparound childcare'. If you are eligible for Tax-Free Childcare or Universal Credit Childcare, you can use the support to help pay for wraparound childcare.

Visit Best Start In Life (BSIL) to see what support you might be eligible for, now and in the future, so you can juggle work and life: **www.beststartinlife.gov.uk (http://www.beststartinlife.gov.uk)**



Funded Early Learning for 2 year olds - Families Receiving Additional Support (FRAS)

Parents of two-year-olds may be eligible to apply for 15 hours per week term time (38 weeks) – that's 570 hours per year - free early education and childcare, if they are in receipt of certain benefits and a low income, or meet other criteria. visit our advice and guidance page for more details **Reading Directory | Funded Early Learning for 2 year olds - Families Receiving Additional Support (FRAS) (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=24_JrgkoQLA)**

(https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=24_JrgkoQLA)

Universal Three and Four Year Old Funding

All three and four-year-old children are eligible for 15 hours funded childcare a week term time (38 weeks).

For further information, please contact the Family Information Service on **0118 937 3777** (option 2) or email **fis@reading.gov.uk (mailto:fis@reading.gov.uk)** visit our advice and guidance page **Reading Directory | 3 & 4 Year Old Universal 15 hours (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=e7FzsCULNcs)**

What's On – Short breaks, holiday Clubs & Childcare

Information on holiday clubs can be found on the Family Information Service - www.readingfis.org/childcare (http://www.readingfis.org/childcare)

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SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/localoffer.page?familychannel=3-7) Short Break Sessions - Easter Holiday 2026

Reading Play

SEND Short Breaks Easter 2026 - Reading Educational Play and Support Team (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=yr-IoyfXlhk&familychannel=3-7)

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SEND Short Breaks -Chance to Dance Stars CIC - Dance and Multi Activity Program

SEND Short Breaks -Chance to Dance Stars CIC - Dance and Multi Activity Program (includes half terms & holidays) (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=mqi7k57FEOc&familychannel=3-7)

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Make Sense Theatre - Easter Holiday Clubs

SEND Short Breaks - Make Sense Theatre - Easter holiday clubs 2026 (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=8ifnD1nZ5V8&familychannel=3-7)

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FC Community Trust - Easter Holidays, Play Camp & Sports Camp

SEND Short Breaks - Easter Holidays - Reading FC (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=tOAwAU7k4M4&familychannel=3-7)SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/localoffer.page?familychannel=3-7) Play Camp

SEND Short Breaks - Easter Holidays - Reading FC (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ooDj8Ivknx8&familychannel=3-7)SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/localoffer.page?familychannel=3-7) Sports Camp

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Help us help you Disabled Children and Young People's Register

To help us understand your family's needs and plan for future services that may be required, we'd really appreciate it if you could fill in your details on the Disabled Children and Young People's Register. This is a secure database, managed by Reading Family Information Service, to capture information about all children and young people, aged 0-25 years old, with special educational needs and/or disabilities. All details provided are used anonymously to show the use of, and demand for services in Reading. By registering, you will have the opportunity to sign up for the free MAX card, which gives discounts on major attractions across the country, as well as locally. You will also have the option to create a care passport. This can be completed by the parent/carer, to provide information about the young person, which can then be used when attending short breaks, activities etc. Plus, by having your up-to-date details, we will be able to keep you informed of all the relevant information for your child and developments to our service. To find out more, contact the Family Information Service on 0118 937 3777 (opt 2) or email: localoffer@reading.gov.uk (mailto:localoffer@reading.gov.uk)

To register, complete an online form here (https://servicesguide.reading.gov.uk/kb5/reading/directory/dcr.page)



What's on - Clubs, Groups & General Activities

The Mix, & The Mix+, SEND () Youth Clubs, Berkshire Youth Network

Fun, friendly space for young people with special educational needs.

Relax, play games, make friends and try new activities.

Builds confidence, learn new skills and enjoy being a part of a supportive, welcoming community.

Reading Directory | The Mix, & The Mix+, (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=7yXg_YbgZ_0)SEND () Youth Clubs, Berkshire

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Reading City Football Club, Comets, Disability Football, Your Place to Play aged 5-11



Reading City FC are now running pan-disability football sessions for children aged 5 to 11yrs. Cost: Free

Reading Directory | Reading City Football Club, Comets, Disability Football, Your Place to Play aged 5-11 (https://servicesguide.reading.gov.uk/kb5/reading/directory/

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becalm, Free Board Game Club, Supporting Teen Mental Health,

A safe and welcoming space for teenagers (ages 11-16) to connect, relax, and enjoy board games while building friendships and social skills.



Reading Directory | becalm, Free Board Game Club, Supporting Teen Mental Health (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ZS5

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Partners for Active Leisure (PALS). Leisure for 5-18yrs with Physical Disabilities

PALS
Fun • Adventure • Friendship

PALS offer a wide variety of social and leisure activities supported by a team of trained volunteers and the PALS manager, who oversses the event, while parents can enjoy a br

Reading Directory | Partners for Active Leisure (PALS). Leisure for 5-18yrs with Physical Disabilities (https://servicesguide.reading.gov.uk/kb5/reading/directory/serv

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Coral Reef Waterworld



Coral Reef Waterworld in Bracknell runs Accessible for Everyone sessions, tailored for disabled people of all ages and their families and carers.

There will also be a regular monthly session on Wednesdays the next one is April 15, from 3.30pm to 8.45pm.

There will also be a regular session on Wednesday April 15, from 3.30pm to 8.45pm.

Please note that all tickets must be booked in advance online. Carers' tickets are free of charge.

- Click the link for booking information **https://tinyurl.com/ysmey5y3** (https://tinyurl.com/ysmey5y3?fbclid=IwZXh0bgNhZW0CMTAAYnJpZBEwYzRDRnVPcm9TQXM0QXFRb3NydGMGYXBwX2lkEDIyMjAzOTE3ODgyMDA4OTIAAR56mca6slkf1GX54Tr0jcZmCJKFQPhHSbBcHLA

Buy Accessible For Everyone session Tickets online - Coral Reef Waterworld (https://everyoneactivecoralreefwaterworld.digitickets.co.uk/event-tickets/25503?fbclid=IwZXh0bgNhZW0CMTAAYnJpZBEwYzRDRnVPcm9TQXM0QXFRb3NydGMGYXBwX2lkEDIyMjAzOTE3ODgyMDA4OTIAAR56mca6slkf1GX54Tr0jcZmCJKFQPhHSl

If you have any questions, email coralreefinfo@everyoneactive.com or call 01344 862525

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Swings & Smiles, Accessible Climbing

Inclusive Climbing Sessions

In partnership with Berkshire Youth, our inclusive climbing sessions allow participants with disabilities the opportunity to experience climbing with assistance; from motor skil participants to climb.

Reading Directory | Swings & Smiles, Accessible Climbing (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=_9S8GZ9h3dE)

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NEW group for children with physical disabilities, Our House

- connect with others who understanding what you're going through!
- inclusive play session that is informal, welcoming and free for all the family!
- your little ones can make friends with others who play at their level!

Reading Directory | NEW group for children with physical disabilities, Our House (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=8yRcs-

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Living Paintings

Living Paintings makes audio tactile books for children who are blind or visually impaired and provides them for free through our UK-wide postal library. We deliver accessible r

Further information can be found here **Reading Directory | Living Paintings (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=0j50Wyw3ifQ**

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Berkshire Vision - Activities for Visually Impaired Children

Providing holistic support to children & adults with sight loss, helping to boost self-esteem with emotional support, social clubs, home visits & sport. This Spring:

- **Swallows and Amazons**, The Watermill theatre, Newbury, workshops for visually impaired young people to encourage them to engage with theatre.
- **Blind Football**: Slough
- **Goalball taster session**
- **Try a train session** The aim is to give families confidence to travel by public transport and for younger children to experience exploring Reading Station and a train ride
- **Eco skills** – make a bird box. This is a new event. Come to the Eco skills workshop and make a bird box for your garden.
- **Travel with Confidence.** We have the opportunity to increase our confidence to travel by train to different places
- **Tandem cycling** with Newbury Velo. Come and have a go at cycling on tandem bikes with trained pilots
- **Synergy Dance Workshop:** This is the third inclusive dance and yoga enrichment sessions designed for children and young people with vision impairment and their siblir

Reading Directory | Berkshire Vision - Activities for Visually Impaired Children (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=GH_SViV

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Wildlife Photographer of the Year special exhibition relaxed sessions, The Natural History Museum in London

Experience the exhibition's breathtaking photography in a quieter setting at one of our relaxed viewings, designed specifically for our neurodiverse and disabled visitors.

With a reduced capacity, careful lighting and low-noise levels, these viewings allow you to explore the natural world in all its beauty and fragility through the work of the world'

Reading Directory | Relaxed Wildlife Photographer of the Year special exhibition sessions, The Natural History Museum in London (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ez9tKq8Pszc&familychannel=0)

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Northway Climbing Centre Newbury, SEN () quiet sessions

Once a month we run SEN () sessions for SEN children and their families to climb in the centre exclusively for one hour.

Reading Directory | Northway Climbing Centre Newbury, SEN quiet sessions (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=S5SdjHU0

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Together: One step at a time

Together: One step at a time is an inclusive group for under 6 year olds.

Welcome to our inclusive SEND community, where every child and family is embraced with warmth, understanding, and support.

Reading Directory | Together: One step at a time (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=3jsPLljXh1E&familychannel=3)

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Little Muddy Boots SEND Sessions

My Little Muddy Boots SEND sessions are designed to provide a safe and stimulating outdoor environment where children can explore nature and develop their sensory and m

Reading Directory | Little Muddy Boots SEND Sessions (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=zsMxm0nI5q0&familychannel=3

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Reading Football Club Accessible Matchdays

Reading Football Club Accessible Matchdays

We're so excited to be teaming up with Reading Football Club to create a special space just for children and young people with additional needs.

Reading Directory | Reading Football Club Accessible Matchdays (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=UDcMXSVgHCo&family

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University College London(UCL), MotionInput Games Accessible for Autistic Children

This is a sports game intended for children aged 6-14 and those with autism. It is a series of sporting levels, each with a unique motion-enabled interaction to play.

Reading Directory | University College London(UCL), MotionInput Games Accessible for Autistic Children (https://servicesguide.reading.gov.uk

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Flyerz Hockey, SEND, 5-18 years old

No experience is needed and everyone is welcome at these inclusive sessions.

Click following link- Reading Directory | Flyerz Hockey, SEND, 5-18 years old (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=GHo4fqRliLU)

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Inclusive Cycling, Palmer Park

Join us on a Wednesday morning at 11am-12pm for this inclusive and relaxed session with a qualified cycling coach.

Click on the following link - **Reading Directory | Inclusive Cycling, Palmer Park (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=X7_IEpPP**

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Inclusive Gym Session - Palmer Park Stadium

This SEND gym session is for anyone aged between 9 years old and 18+ to come and workout in our quieter, programmable gym, on the first floor. The gym contains all the ess cardio, resistance and strength machines.

Click on the following link - **Reading Directory | Inclusive Gym Session - Palmer Park Stadium (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.pag**

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Reading Rockets

Junior Wheelchair Basketball Sessions for ages 11-17

Click on the following link - Reading Directory | Reading Rockets - Wheelchair Basketball Club (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?i

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SEND Swimming With Better Leisure

Swimming Lessons for Disabled Adults & Children

At Better, we believe that swimming is for everyone, no matter what your support and access needs are.

That's why we offer a range of SEND (https://www.swimming.org/learntoswim/disability-and-swimming-lessons) and SEN swimming lessons at many of our pools and leisure

Click on the following link - Disabled Swimming Near Me For Adults and Children | Better UK (https://www.better.org.uk/what-we-offer/lessons-and-courses/swimming/d

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South Street , Youth Theatre

Join Reading's most dynamic Youth Theatre hosted at the professionally run South Street. The Youth Theatre offers young people the opportunity to develop drama skills in a r

Click the following link - **Reading Directory | South Street , Youth Theatre (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=l30iVQrZp6U)**

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Dance Planet Studios

Dance classes for all ages and levels

It all starts with one step.....

At Dance Planet Studio, we believe in more than just movement—we believe in the power of expression, connection, and confidence through dance. Located in the heart of Rea levels, including ballroom, latin, ballet, and more.

Click on the following link - **Reading Directory | Dance Planet Studios - dance classes for all ages and levels (https://servicesguide.reading.gov.uk/kb5/reading/directory**

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InteraKt Community!

Welcome to the InteraKt Community!

InteraKt is a local charity based in Newbury, West Berkshire. We support young people and adults with learning, physical and sensory challenges by providing a whole host of

Our participants thrive in the safe, friendly and professional environment we provide, with regular access to creative classes enabling them to develop skills and maintain a str

Click on the following link - Reading Directory | InteraKt Community! (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=g7pxztglQtg&familychar

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Buttons and Bubbles, Representation through Imagination & Play



Welcome to Buttons & Bubbles CIC

We are a Community Interest Company for children, families and organisations with disability and illness. Creating resources and services dedicated too bringing; Awareness: I

Find out how Buttons & Bubbles began Reading Directory | Buttons and Bubbles, Representation through Imagination & Play (https://servicesguide.reading.gov.uk/kb

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The Hub - Weekly Social Drop in at Starting Point

Drop-in Social Club

U18's Weekly Social Drop-in

Play games, do some art, go on the Wii or just sit and chat.

A space to have some fun, spend time with others and chat to the Starting Point Team.

Click on the following link - Reading Directory | The Hub - Weekly Social Drop in at Starting Point (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.pag

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Me2 Club

Me2 is our core service of matching children with volunteers at mainstream activity clubs. Once parents have an activity planned they can register with us by completing the fo
(https://me2club.org.uk/one-to-one-support/) (https://me2club.org.uk/family-advice-and-support/)

Further information can be found here Reading Directory | Me2 Club (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=E0hgCZUGA4I)

Reading Directory | Include Me2 - A Club for Young People with Additional Needs (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ktICg

Reading Directory | Special United - Youth Area (Young People's Forum) (https://servicesguide.reading.gov.uk/kb5/reading/directory/localoffer.page?familychannel=3

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Me2 TeenW&RD Short Break Club

For teenagers with additional needs

Me2 Club have launched a new club for teenagers with additional needs in Reading and Wokingham.

The club is for teenagers aged 13 – 19 with any additional need. A diagnosis is not required.

Further information can be found here Reading Directory | Me2 TeenW&RD Short Break Club - for teenagers with additional needs (https://servicesguide.reading.gov.uk/

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Include Me2

A Club for Young People with Additional Needs

NEW Opportunity for Young People with Additional Needs aged 10 - 25 years

Do you want to make a difference to Mental Health support in Wokingham & Reading?

Further information about Include Me2 Club can be found here Reading Directory | Include Me2 - New Club for Young People with Additional Needs (https://servicesgui
id=ktICg0LrCSQ&familychannel=3)

To find out more or book, email ramona@me2club.org.uk (mailto:ramona@me2club.org.uk)

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Grassrootz Youth Clubs

Grassrootz have drop in Youth Clubs in the Reading area:

Click on the following link - **Reading Directory | Grassrootz - Coley Park Youth Club (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=cpHbl**

Click on the following link - **Reading Directory | Grassrootz - Girls Group @ Dee Space (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=zfB**

Click on the following link - **Reading Directory | Grassrootz - Friday Nights Under the Lights @ Prospect Park (https://servicesguide.reading.gov.uk/kb5/reading/director**

Click on the following link - **Reading Directory | Grassrootz Youth Club - Hexham Road Community Centre (https://servicesguide.reading.gov.uk/kb5/reading/directory/**

Click on the following link - **Follow their Instagram to find out more! (https://www.instagram.com/grassrootz.ltd/)**

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Relaxed Screenings

Click on the following link for autism friendly cinema screenings -

https://accessiblescreeningsuk.co.uk/autism-friendly-screenings/ (https://accessiblescreeningsuk.co.uk/autism-friendly-screenings/)

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Reading Biscuit Factory

Access Screenings for further information can be found here **Reading Directory | Access Screenings at Reading Biscuit Factory (https://servicesguide.reading.gov.uk/kb5/**

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OXYGEN READING ACTIVITY PARK -SEN Sessions

It will be running regular SEN Peaceful Play sessions for children with additional needs, with trampolining and other fun activities available.
Click on the following link - Reading Directory | Oxygen Activeplay, Reading - SEN Sessions (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=C

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SEND Soft Play - Loddon Valley Leisure Centre

A 3-storey soft play area for children up to 12 years old with additional needs, based at Loddon Valley Leisure Centre.

0118 931 2066 E: loddonvalley@pfpleisure.org

Further information can be found here Wokingham Directory | SEND Soft Play - Loddon Valley Leisure Centre (https://directory.wokingham.gov.uk/kb5/wokingham/direct

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Reading - Better Sport & Leisure Centre's

SEND Soft Play across Reading!

Click on the following link - **Reading Directory | SEND soft play sessions (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=4NiQR9NEwac&f**

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Arborfield Green Leisure Centre

SEND sessions, every Friday afternoon.

Click the link for more details and to book online, or call the leisure centre on 0118 976 2288 **SEND Sessions | Arborfield Green Leisure Centre** (https://www.placesleisure.o

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Camp Mohawk

Camp Mohawk is a day centre for children with special needs and their families, set in 5 acres of beautiful countryside, just outside Wargrave, Berkshire. Our facilities include a sensory rooms, art / craft room, music room, play lounge and, in the summer months, an outdoor, heated play pool. All this is set in approximately 5 acres of natural woodland.

Click on the following link - **Wokingham Directory | Camp Mohawk: Day activity / play centre for children with special needs (https://directory.wokingham.gov.uk/kb5/w**

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Building for the Future - Saturday Club - Our House

11am – 1pm Children with Physical disabilities/Downs Syndrome

3pm–5pm Children with ASD () and associated conditions

Put the dates in your diaries and we look forward to seeing you all soon.

Click on the following link - Reading Directory | Building for the Future - Saturday Club (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ABxe\

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The Engine Shed

A SPECIAL INTEREST GROUP FOR AUTISTIC CHILDREN and YOUNG PEOPLE

The clubs enable those with an interest in trains to come together with their peers to observe, play, talk and enjoy their hobby in a welcoming, safe and relaxing environment – supportive atmosphere.

For further details please click here Reading Directory | The Engine Shed (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=AYPZQaNBGj0&fam

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The RAFT Club (Reading Autism Families Together)

Eligibility criteria: ASD children aged between 5 and 12 who are verbal, toilet-trained and do not need 1:1 level of care and would benefit from a play setting to encourage thei

Further details can be found here Reading Directory | The RAFT Club (Reading Autism Families Together) (https://servicesguide.reading.gov.uk/kb5/reading/directory/serv

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Ranger Station at Prospect Park in Reading

The Ranger Station is a destination for activities, entertainment and learning for families and children from across Reading and beyond – offering exciting new activities. Visit **R (https://www.reading.gov.uk/leisure/active-reading/ranger-station-at-prospect-park/)** for more information.

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Swings & Smiles

Support, friendship and play for children with special needs and their families. Swings & Smiles is a place to play for children with special needs and their families. It offers a u can spend quality time together. Our services include play sessions, sibling support and outreach.

Click on the following link - **Reading Directory | Swings & Smiles - For families who have children 0-19 with SEND (https://servicesguide.reading.gov.uk/kb5/reading/di**

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Fairytale Farm

A Sensory Wonderland

Fairytale Farm is the first family farm attraction where everything is designed around the needs of children with sensory, learning and physical disabilities, but which can be enj

Click on the following link - Reading Directory | Fairytale Farm (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=UlraFSL1hbc)

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Museums My Way

Reading Museum & Museum of English Rural Life (MERL)

Museums My Way - Themed sessions for neurodiverse visitors of all ages

Free sessions, developed with Autism Berkshire

Click on the following links - **Reading Directory | Reading Museum: 'Museums, My Way' collaboration with The MERL (https://servicesguide.reading.gov.uk/kb5/reading/**

It's all about Easter 2026!

Our House, Stay and Play Holiday Club



Join us for a Fun and Friendly SEND Stay & Play session during the holidays.

Easter Stay and Play:

Monday 30th March, 10am-12pm
Wednesday 8th April, 10am-12pm

Stay & Play Holiday Clubs | Building for the Future 'Our House' (https://www.bftf.org.uk/stay-and-play)

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Easter at Thomley!

28th March - Disability Family Day

Disability Family Day - Thomley (https://thomley.org.uk/events/disability-family-day-266/)

Theme: Fables and Fiction: Jacks magic beans, Sports club – paint splash track, Art: Make your own Little Mermaid's tail, colouring and fairytales sensory tray

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29th March - Disability Quiet Day

Disability Quiet Day - Thomley (https://thomley.org.uk/events/disability-quiet-day-46/)

Theme: Fables and Fiction: Little Pig pancakes, Beanstalk jenga, Art: Hansel and Gretel houses, colouring and fairytales sensory tray

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30th March - Open For All

Open For All - Thomley (https://thomley.org.uk/events/open-for-all-382/)

Theme: Fables and Fiction: Goldilocks porridge oat snack, Poison apple parachute, Art: Three Little Pigs houses craft, colouring and fairytales sensory tray

Woodworking workshop all day

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31st March - Disability Family Day

Disability Family Day - Thomley (https://thomley.org.uk/events/disability-family-day-267/)

Theme: Fables and Fiction: Fairy Godmothers cheesy wands, Pin the tail on Donkey, Vortex howlers, Art: Little Red Riding hood, colouring and fairytales sensory tray

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1st April - Disability for all

Disability For All - Thomley (https://thomley.org.uk/events/disability-for-all-63/)

Theme: Outer Space: Workshops/Physical, Rocket Sandwiches, Alien Archery, Earth Gardening Club, Art: Space Explorer Helmets, Astronaut Colouring, Moon Sand

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2nd April - 13+

13+ Day - Thomley (https://thomley.org.uk/events/13-day-450/)

Theme: Outer Space: Workshops/Physical, Moon shortbread, Moon rock toss, Art: Astronaut Reflections, Beatboxing out of this world with School of Beatbox

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3rd April - Open For All

Open For All - Thomley (https://thomley.org.uk/events/open-for-all-383/)

Theme: Outer Space: Workshops/Physical, Cosmic cookies, Rocket launch, Earth animals – meet the chickens and ducks, Art: Nasa Puppets, Astronaut Colouring, Moon Sand

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4th April - Disability Family Day

Disability Family Day - Thomley (https://thomley.org.uk/events/disability-family-day-268/)

Theme: Outer Space: Workshops/Physical, Fruit rockets, Sport club – Basketball coaching, **Easter egg hunt**, Art – Laika Space Dog, Astronaut Colouring, Moon

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5th April - Disabilty Quiet Day

Disability Quiet Day - Thomley (https://thomley.org.uk/events/disability-quiet-day-47/)

Theme: Outer Space: Workshops/Physical, **Easter egg hunt**, Moon rock toss, Giant bubbles, Art: Space Jet Pack, Astronaut Colouring, Moon Sand

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6th April - Open for All

Open For All - Thomley (https://thomley.org.uk/events/open-for-all-384/)

Theme: Outer Space: Workshops/Physical, Planet cake pops, Alien archery, Alien laser tag, Art: Planet Project – The Sun, Planet Colouring, Playdough Planets

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7th April - Disability Family Day

Disability Family Day - Thomley (https://thomley.org.uk/events/disability-family-day-269/)

Theme: Outer Space: Workshops/Physical, Exotic animals, Vegetable spaceships, Space invaders, Art – Planet Project – Mercury, Planet Colouring, Playdough Planets, Bubble workshop

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8th April - Disability for All

Disability For All - Thomley (https://thomley.org.uk/events/disability-for-all-64/)

Theme: Outer Space, Workshops/Physical, Planet fruit kebobs, Space-chute games, Alien slime, Art: Planet Project – Venus, Planet Colouring, Playdough Planets

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9th April - 13+ Day

13+ Day - Thomley (https://thomley.org.uk/events/13-day-451/)

Theme: Outer Space: Workshops/Physical, Edible moon rocks, Rocket skittles, Alien beauty, Art: Planet Project – Earth, Planet Colouring, Playdough Planets

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10th April - Open for All

Open For All - Thomley (https://thomley.org.uk/events/open-for-all-385/)

Theme: Outer Space: Workshops/Physical, Astronaut snack plate, Accessible football coaching, Build a rocket, Art: Planet Project – Mars, Planet Colouring, Playdough Planets

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11th April - Disability Family Day

Disability Family Day - Thomley (https://thomley.org.uk/events/disability-family-day-270/)

Theme: Outer Space: Workshops/Physical, The Paint Patch – messy painting session, Galaxy lemonade, Sports club – Space Jam basketball, Art – Planet Project – Jupiter, Planet Colouring, Playdough Planets

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12th April - Disability Quiet Day

Disability Quiet Day - Thomley (https://thomley.org.uk/events/disability-quiet-day-48/)

Theme: Outer Space: Workshops/Physical, Glitter tattoos, Astronaut training, Alien landing parachute games, Art: Planet Project – Saturn, Planet Colouring, Playdough Planets

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Easter at Fairytale Farm!



Eggs-traordinary Easter Adventure

Eggs-traordinary Easter Adventure : Fairytale Farm (https://www.fairytalefarm.co.uk/events/eggs-traordinary-easter-adventure/)

28th Mar 2026 - 12th Apr 2026

Join us for an eggs-traordinary adventure this Easter School Holidays at Fairytale Farm!

- **NEW attractions**

Discover new attractions for Easter 2026 — even more Fairytale Farm fun to explore during your visit.

- **Interactive Easter Display**

Pop into our enchanting Easter display where Mother Goose and her crafty friends have made egg-cellent baskets for carrying their Easter treats.

- **Crafts Corner with Creation Station**

Let your creativity bloom with egg-citing chick ‘n’ bunny themed crafts.

- **Easter Garden Games**

Hop, skip and jump through our Easter Garden Games featuring Bunny Hop sacks, Bean Bag Tossing, and Egg & Spoon racing.

- **Riddle Hunt Adventure**

Follow the Easter Bunny’s trail of riddle clues to find where she has hidden the treats — a fun trail challenge for the whole family!

- **Mouse Town Easter Riddle**

Explore Mouse Town and find the Easter riddle challenge our mice have left you — can you crack it?

- **Easter Face Painting**

Add a splash of colour to your look or be transformed into an Easter character!

- **Petting Sessions**

Get ready for an ‘egg-stra’ special encounter with our cute ‘n’ cuddly animals.

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Good Friday 3rd – Monday 6th April 2026: Easter Bunny Burrow Visit

Buy Admission Tickets Tickets online - Fairytale Farm (https://fairytalefarm.digitickets.co.uk/event-tickets/27111?catID=26500&)

Join the **Easter Bunny** in **Bunny Hollow** within the **Giant Rabbit Burrow** to hear an enchanting Easter tale — and every child receives a full-size Easter egg.

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3rd – 6th April 2026 | 8:30am – 9:30am | Only 48 places per day: Breakfast with the Easter Bunny

Buy Breakfast with Easter Bunny Tickets online - Fairytale Farm (https://fairytalefarm.digitickets.co.uk/event-tickets/40172?catID=40081&navItem=1171460)

Start your day with a **magical breakfast** alongside the Easter Bunny. Includes cooked breakfast, **a story and meet & greet**, a full-size Easter egg for every child, and full-day admission to Fairytale Farm.

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Thames Valley Adventure Playground Camp Fire Family Event, 11th April



Home | Thames Valley Adventure Playground (https://www.tvap.co.uk/)

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Relaxed Screenings at Norden Farm

Norden Farm Centre for the Arts (https://norden.farm/events/goat-pg)

"Goat" - An action-comedy set in an all-animal world. The story follows Will, a small goat with big dreams.

31st March, 1st April, 2nd April at 11:30am.

Norden Farm Centre for the Arts (https://norden.farm/events/hoppers-u)

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"Hoppers" - The adventure introduces Mabel, an animal lover who seizes an opportunity to use the technology, uncovering mysteries within the animal world that are beyond anything she could have imagined.

3rd April at 5:00pm, 8th April at 4:30pm

Relaxed - everyone is welcome to join us for this friendly format. The lights are kept on low and the audience are free to move around, make noise or come in and out of the theatre as needed.

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MUSEUMS, MY WAY CRAFT SESSION

MONDAY 30 MARCH,
10am & 11.15am - Reading Museum

Special craft sessions based on our Easter events aimed at neurodivergent visitors and their families.

Suggestion donation £4
Booking Essential

https://www.readingmuseum.org.uk/museums-my-way-craft-sessions-1 (https://www.readingmuseum.org.uk/museums-my-way-craft-sessions-1)

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Little Dragon Easter Egg Hunts

From Saturday 28 March

Venue: Reading Museum

Price: £1.50 per trail

https://www.readingmuseum.org.uk/whats-on/little-dragon-easter-egg-hunt (https://www.readingmuseum.org.uk/whats-on/little-dragon-easter-egg-hunt)

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Reading Easter Egg Hunt



Reading Easter Trail | What's On Reading (https://whatsonreading.com/venues/reading-business-improvement-district-bid/activities-classes/reading-easter-trail)

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Binfield Easter Egg Hunt

The Hunt is back from Mon 30th to Mon 6th April 2026.

With coffee shops, playgrounds and a fantastic pub on the route, come & have a great day out.

Binfield Easter Egg Hunt, Berkshire (https://www.binfieldevents.com/eastereggbunt)

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SEN Bounce, 31st March & 7th April, 10am

Our SEN () sessions are perfect for bouncers with additional needs. Session numbers are reduced with a lower noise volume.
Our Carer ticket will allow carers to provide bouncers with extra support

The Bounce Park Reading online tickets - GENERIC.ROUTES.PRODUCTPAGE (https://ecom.roller.app/thebounceparkreading/booknow/en/product/1133908?date=2026-03-31)

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Easter Holiday Garden Explorers with Thrive!

31st March & 7th April, 10.30am - 2.30pm

Come and join in with:

- Fun gardening activities
- Growing flowers, fruit and vegetables
- Nature walks and bug hunts
- Garden games and crafts

Plus:

- Learn new skills
- Have fun and socialise with others
- Spend time in beautiful gardens

£10 booking fee per session.

Garden Explorers - (https://www.thrive.org.uk/how-we-help/regional-centres-and-programmes/reading/garden-explorers?fbclid=IwY2xjawQcyZZleHRuA2FlbQIxMABicmlkETBaSVJ3WU1wc2tuc29mRnRjc3J0YwZhcHBfaWQQMjIyMDM5MTc4ODIwMDg5MgABHpQSCZgJPZ-RIrO-71j69DB6Yczidu6Jro2K_--iNWoKxh1EPRN7nICiuKSg_aem_0qUkSVb1d5RmhLUZd2OeVA)SEND () Holiday Club - Thrive

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HOP INTO A MAGICAL EASTER AT BROAD STREET MALL!

Broad Street Mall is thrilled to announce their upcoming Easter event, as they invite families to ‘hop into a magical Easter’ at the centre.

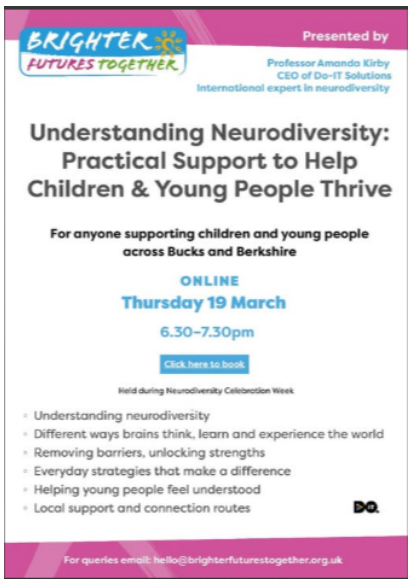
On Saturday 28th March, from 11am to 4pm, you can enjoy a whole host of Easter-themed entertainment.

HOP INTO A MAGICAL EASTER AT BROAD STREET MALL! - Broad Street Mall (https://www.broadstreetmall.com/whats_on/hop-into-a-magical-easter-at-broad-street-mall/)

What’s on events and workshops

Brighter Futures Together, Understanding Neurodiversity: Supporting Children & Young People with Professor Amanda Kirby

Brighter Futures Together is pleased to host Professor Amanda Kirby — medical doctor, former GP () and internationally recognised expert in neurodiversity, for a practical and accessible introduction to understanding neurodiversity.



Webinar Registration - Zoom (https://zoom.us/webinar/register/WN_dw0eIs5JQyGoItIaPUMJWw?fbclid=IwZXh0bgNhZW0CMTAAYnJpZBEwSHRWb2JHQzdEc3BZS0dhWnNydGMGYXBwX2lkEDIyMjAzOTE3ODgyMDA4OTIAAR7Z3qSovSFDtWbZnYEUs-N0LWG4E_hd9ne7jjAJOZoJmkH6Yq4d87PteiCwnw_aem_0c8x3tE4QCIXN2uw4Mo71A#/registration)

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FREE online parenting neurodivergent children course.

Raising a neurodiverse child can be joyful, but also complex and overwhelming. This course is designed to support you with compassionate, practical strategies that meet your and your child's unique needs.



Reading Directory | Family Lives (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=XTzNMsp35-U)

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Reading Parenting Service

Reading Borough Council provide a Parenting Service.

- **Teen PPP – Positive Parenting Programme**
- **Group PPP – Positive Parenting Programme**

Further information including posters can be found here **Reading Directory | Reading Parenting Service (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=8Tr2_GQzaGY&familychannel=0)**

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Network Rail, Our autism friendly guide to travelling by train.

This guide has been designed to show and tell you about some of the things you can expect to see while you're using the railway. It will include information, pictures, sounds and links for further information. If you're only looking for information about part of your journey you can use the contents page to skip to the section that is most relevant to you.

Click on the following link - Reading Directory | Network Rail, Our autism friendly guide to travelling by train. (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=okhcac14Fpo&familychannel=3)
(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=okhcac14Fpo&familychannel=3)

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Berkshire West Autism & ADHD () Support Service

Dates for the Berkshire West Autism & ADHD Support Service's free online autism advice workshops for parents and carers during the autumn are now available on the Autism Berkshire website.

Click on the following link - **Reading Directory | Berkshire West Autism & ADHD Support Service (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=4kKoLTo8vzI)**

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Parenting Special Children

Upcoming Events:

All of our events can be viewed and booked via our website here: **https://parentingspecialchildren.co.uk/events/ (https://parentingspecialchildren.co.uk/events/)**

For Children

- The A Team: A monthly face-to-face group for autistic/ADHD girls (age 8-18) living in Berkshire.
- Let's Get Creative for Adopted Children: A monthly face-to-face group for adopted children.
- Social Confidence Course (six-week social course running termly which aims to give neurodivergent young people positive social experiences in a safe environment)
- Mosaic Minds Group, social group for Autistic/ADHD children/young people with bi-weekly sessions running during term time..

Support Groups for Parents and Carers

- Adopter Support Group: A monthly face-to-face group which runs alongside our Let's Get Creative session.
- Community Support Group Reading/Whitley: A monthly face-to-face group.
- Dads and Male Carers Support Group: A monthly face-to-face group.
- Ethnically Diverse Communities Support Group: A monthly face-to-face group for families living in the Reading Borough Council area.
- Neurodivergent Parents/Carers Support Group: A monthly online group for parents and carers who are neurodivergent, either diagnosed or self-identified, living in the Reading Borough Council area.
- Post-Separation Parenting Support Group for mums following domestic abuse
- Kinship Carers Support Group

Courses and Workshops for Parents and Carers:

- Dual Diagnosis (Autism & ADHD) Workshop
- Transition to Adulthood Workshops
- Trauma Informed Workshops for Birth parents, Adopters, Foster Carers & Kinship/Connected carers
- Attachment Focused Parenting/Caregiving Courses
- Sensory Processing & Interoception Workshops

Upcoming Events, Workshops, Courses & Support Groups | Parenting Special Children (https://parentingspecialchildren.co.uk/events/)

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Centre for Autism Wellbeing Hub Activities Parent Meet ups

Monthly themed informal gatherings for parents and carers of autistic children. These sessions are a warm and welcoming space to meet others with similar experiences and share insights, challenges and solutions.

Reading Directory | Centre for Autism Wellbeing Hub Activities Parent Meet ups (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=JXEi7iKskHY)

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Reading IASS () for SEND () - Training & Support

SEND Support in School and Beyond Online Training Spring 2026 -

For parent/carers who live in Reading Borough via MS Teams

Reading Directory | Reading IASS for (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=jdBjeDAJSto&familychannel=3-5-3)SEND () - Training & Support

SEND - Family Support

Sessions for Home Educated Children

Reading Museum
Monday 16 March, 1pm - 2.45pm

An 'in Museum' formal learning session for home educated children about our famous full-size facsimile Bayeux Tapestry.

For more information please email (mailto:museum.education@reading.gov.uk) us.

£6.50 per child. Booking essential.

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The Autism Group, Parent support, Workshops, Clubs for Children, young people & Adults with Autism

Welcome to The Autism Group, a Maidenhead based charity committed to supporting and enhancing the lives of young people on the spectrum, their parents and carers.

We offer a warm, well informed response to the needs of young people on the autistic spectrum, their parents, carers and wider community through our special interest clubs (https://www.theautismgroup.org.uk/clubs), workshops (https://www.theautismgroup.org.uk/workshops/) and parent support services (https://www.theautismgroup.org.uk/parent-support) .

Reading Directory | The Autism Group - Clubs for Children, young people & Adults with Autism (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=bLwUpx5YgAw&familychannel=3-12)

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Autism Berkshire - Berkshire Adult Autism Support Service

Autism Berkshire provides the Berkshire Adult Autism Support Service to help adults aged 18+ in the county who have an autism diagnosis, or who are waiting for assessment.

The aim of the service, which is funded by the NHS, is to provide advice and support to autistic adults who do not meet the criteria for help from specialist NHS-funded services, such as mental health and learning disability teams.

Reading Directory | Autism Berkshire - Berkshire Adult Autism Support Service (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=13xfY8MqKcI&familychannel=3-12)

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British Dyslexia Association

Provides support and advice for parents with children who are dyslexic. Helpline available.

Reading Directory | British Dyslexia Association (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=V8ewUj2wZj0&familychannel=3-12)

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Calibre Audio: free audiobooks for children and young people with SEND

Calibre Audio is a national charity which provides free audiobooks for children and young adults with SEND (0-25 years). Our service makes books and stories accessible to children who find reading print difficult because of a special educational need, long term health condition or disability.

Reading Directory | Calibre Audio: free audiobooks for children and young people with SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=KGlCJp2-ObU&familychannel=3-12)

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NCA -CEOP (National Crime Agency ~ Child Exploitation & Online Protection) Safety Centre

For information on how to protect yourself or a child from sexual exploitation visit the NCA CEOP Education from the National Crime Agency (https://www.ceopeducation.co.uk/) education website. Information available for young people by age group, for parent/carers and for children's workforce professionals.

Reading Directory | NCA -CEOP (National Crime Agency ~ Child Exploitation & Online Protection) Safety Centre (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=t_EzIxUp4VQ)

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Continence Advisory Service

Berkshire Healthcare NHS Trust Continence Advisory Service

- We offer clinics across Berkshire, school & home visits
- Self referral as well as professional ie GP
- We offer assessment, administer prescription service and home delivery (Pads)
- We are available to support parents with education

Click on the following link - Reading Directory | Continence Advisory Service (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=4I6vTmVqL-I&familychannel=3)

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The Cinema Exhibitors Association Card

This is a national card scheme that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema.

Reading Directory | The Cinema Exhibitors Association Card (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=cHY_OKp2u3c&familychannel=3-12)

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Community Monthly Drop ins - Coley, Hexham, Lyndhurst Road and Whitley Wood Community Centres

There are monthly drop-ins at Coley, Hexham, Lyndhurst Road and Whitley Wood Community Centres where residents can discuss housing and tenancy issues, ask about support for heating and dealing with damp and mould and also report any anti-social behaviour issues.

Reading Directory | Community Monthly Drop ins - Coley, Hexham, Lyndhurst Road and Whitley Wood Community Centres (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=7PKRs2YpZ5o&familychannel=3-12)

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Creative Support

Creative Support is a not-for-profit organisation with 20 years experience of offering person centred support to people with learning disabilities, mental health and other support needs.

Reading Directory | Creative Support (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=1fdVtfLnmjY&familychannel=3-12)

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Get Online Reading

Get Online drop-in sessions are available at various venues around Reading.

Reading Directory | Get Online Reading (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ZjlDIK7Mx2Q&familychannel=3-12)

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Greenshoots (part of The Ways & Means Trust)

We provide a safe environment where adults who have learning or physical disabilities, or poor mental health, may learn social and practical skills for independent living and take part in training in the form of horticultural therapy.

Reading Directory | Greenshoots (part of The Ways & Means Trust) (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ouMHsHG_8F4&familychannel=3-12)

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Autism Berkshire & Graft Reading Survival Guide



New Survival Guide programme aims to help autistic adults move into employment

Autism Berkshire is working with the Reading-based charity Graft Thames Valley (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=49f3cac083&e=345402290b) on a new service to help autistic adults who want to find a job.

The free Survival Guide Skills for Employment course draws on Graft's expertise in helping to eradicate barriers to employment for disabled people in the region.

Click on the following link - Reading Directory | Autism Berkshire & Graft Reading Survival Guide (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=AN4ZlR5sFk4&familychannel=3-12-1)

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toothPASTE, Autism Toothcare.

toothPASTE is a website that supports parents and carers in looking after their child's teeth. It offers simple advice tailored for children with special educational needs and disabilities (SEND), with a particular focus on autistic children. The website was co-designed by parents, early-years professionals, and researchers from the Universities of Leeds, Manchester, and Sheffield**.**

Reading Directory | toothPASTE, Autism Toothcare. (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Ued6VQSjGxg)

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Berkshire Deaf Children's Society

Berkshire Deaf Children's Society was formed in July 2018 following the merger of South East Berkshire Deaf Children's Society and Reading Deaf Children's Society. We are a registered charity run by parents of deaf children and our main aim is to give help and support to deaf and hearing impaired infants, children and their families.

Click on the following link - Reading Directory | Berkshire Deaf Children's Society (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=EKnav9WK__c&familychannel=3-12-1)

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Depression Xpression

Depression Xpression is a peer support group for people with depression and other mental health issues in the Reading and Wokingham area. Our meetings are completely free of charge and everyone is welcome without the need for referral. We aim to provide a safe and confidential environment where everyone is listened to and treated with respect.

Click on the following link - Reading Directory | Depression Xpression (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=1nf3e7QKhwY&familychannel=3-12-1)

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Parent Talk

Parent Talk is our online advice hub. Browse expert articles on common parenting questions - from potty training to emotional wellbeing. Or use our live chat to connect directly to a qualified parenting coach. It's all free, and no topic is too big, small, or embarrassing.

Click on the following link - Reading Directory | Action for Children - Parent Hub (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=vLVA9nK1JfE&familychannel=3-12)

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Aurora Family

Aurora Family CIC is an education support provision and community enterprise consisting of an outdoor learning space, a community coffee shop and in indoor multi function media learning suite. We provide mentoring services, support for young people with additional needs and a community space which can be hired.

Click on the following link - Reading Directory | Aurora Family CIC (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=xvOCLcJCoDo&familychannel=3-12)

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Fab4All

Is a welcoming activity centre where individuals of all abilities can enjoy fulfilling days in a safe, friendly environment. We support people with physical and learning disabilities, mental health conditions, and older adults, offering a diverse range of engaging activities from Monday to Friday. Whether you're looking to enhance your skills, explore new crafts, or gain confidence with computers, Fab4All is the perfect place to learn, grow, and connect—among friends!

Click on the following link - Reading Directory | Fab4All - Day Service for people with SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=R7hRmMS9Ajg&familychannel=3-12-1)

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Autism Berkshire

Set up in 1990 by parents of autistic children and challenging behaviours.

We have 250 members, including individuals, families and professionals.

The main aims of the charity are to provide a comprehensive advice and information service for autistic adults, parents & carers and professionals.

Click on the following link - Reading Directory | Autism Berkshire (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=JPKWibWDMVQ&familychannel=3-12)

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Autism Berkshire's Helpline service is available by telephone and email.

The free and confidential service is available from Monday to Friday (except bank holidays).

Click on the following link - Reading Directory | Autism Berkshire Helpline (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=yehhp1NVbtk&familychannel=3)

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Berkshire West Autism & ADHD Support Service

Autism Berkshire (https://www.autismberkshire.org.uk/) and **Parenting Special Children** (https://www.parentingspecialchildren.co.uk/), delivering services on behalf of the Buckinghamshire, Oxfordshire & Berkshire West NHS Integrated Care Board, which serves the Reading, Wokingham and West Berkshire council areas. Please note that you must be registered with a Berkshire West GP surgery to get support from this service.

Click on the following link - Reading Directory | Berkshire West Autism & ADHD Support Service (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=4kKoLTo8vzI&familychannel=3-12-1)

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Thames Valley Autism Alert Card

The aim of the Thames Valley Autism Alert Card scheme is to provide a simple way for autistic children, young people and adults, or a parent or carer, to quickly and easily explain their condition to others, giving cardholders more confidence to go out and about.

Click on the following link - Reading Directory | Thames Valley Autism Alert Card (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=6ynr_FyqNnQ&familychannel=3-12)

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Parenting Special Children Community Support Groups

Parenting Special Children has several established local community support groups for families of children and young people with additional needs.

Click on the following link - Reading Directory | Reading Family Information Service (https://servicesguide.reading.gov.uk/kb5/reading/directory/family.page?familychannel=0)

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Parenting Special Children - Neurodivergent Parent/ Carer support group

A supportive, non judgmental space offering connection and shared understanding of navigating family life, balancing our own unique strengths and challenges.

Click on the following link - Reading Directory | Neurodivergent Parent/Carer support group for Reading based families. (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=2vzVDeYjuZk&familychannel=3)

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University of Reading Centre for Autism Wellbeing Hub

The Wellbeing Hub is a new initiative, funded by University of Reading Alumni/ launched in November 2023.

The aim of the Hub is to bring together autistic children and young people, their families, practitioners and researchers to co-produce and deliver neurodiversity-affirming activities that support autistic young people and their families to lead their best lives.

Click on the following link - Reading Directory | University of Reading Centre for Autism Wellbeing Hub (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=hLO97peG8QM&familychannel=3-12)

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Berkshire Opportunities, SEND Moving On, Career Pathway Support

SEND- Moving On

Explore a range of resources to support you with career pathway options for your young person with SEND.



Young people face many challenges in reaching their aspirations as they move on into adulthood and it can be both exciting and scary for them. They are exposed to unfamiliar surroundings, people and experiences. It's vital that we make this exciting but difficult move work for them.

Click on the following link - Reading Directory | Berkshire Opportunities, SEND Moving On, Career Pathway Support (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Falh-KJgP1M&familychannel=3-12)

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Communicare

We provide information, advice and support to anyone in need. We deal with a huge range of issues including helping with benefits checking, welfare rights, form filling and housing advice, information on living with disabilities, help for carers and much more.

Click on the following link - Reading Directory | CommuniCare (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=OT9CsOfWR6Y&familychannel=3)

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Stepping Forward

A Full Life for Disabled People and Carers Bespoke Benefits Advice and Practical Support for Disabled People & Carers Stepping Forward works to facilitate access to essential services, information, resources and life opportunities so that disabled people and carers can live a full life.

Click on the following link - Reading Directory | Stepping Forward - A full life for everyone affected by disability (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=LtmGyGQ7Dgs&familychannel=3)

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Reading Mencap

Reading Mencap is the charity in Reading supporting people with learning disabilities and their families throughout their lives by providing information, advice and practical support to help them lead happy, safe and fulfilling lives.

Click on the following link - Reading Directory | Reading Mencap (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=9Cun3yyYZ0M&familychannel=3)

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Reading Families' Forum

Reading Families' Forum are the local parent carer forum. Our board of trustees and steering group are all volunteers and have children and young people with special educational needs and/or disabilities ourselves. We understand what it is like to care for a child with additional needs and to fight for the services are children and their siblings need.

Click on the following link - Reading Directory | Reading Families' Forum (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=PZvYS96zEyE&familychannel=0)

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The ACRE Family Support Team (formerly Alafia)

Supporting black and minority ethnic families with a child (0-25) with additional needs or disabilities.

Alafia works in partnership with local statutory, voluntary and community organisations to facilitate access to services by BME families in Reading.

Click on the following link - Reading Directory | ACRE Family Support Team (Alafia) (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=tgHL8hTvLzw&familychannel=3-12)

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Service for unpaid carers

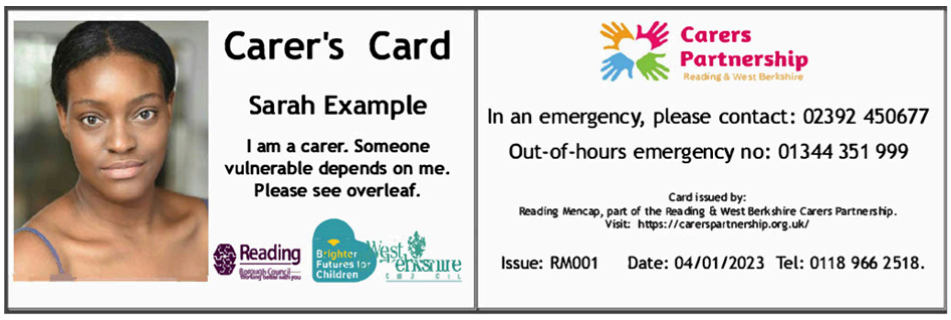
Information, advice and support services for family carers in Reading and West Berkshire provided by the Reading & West Berkshire Carers Partnership. The partnership members - **Age UK Berkshire**, **Age UK Reading**, **CommuniCare** and **Reading Mencap** - all have a successful track record of working with carers.

Click on the following link - Reading Directory | Reading & West Berkshire Carers Partnership
(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ORVKhnG6BaQ&familychannel=3)
(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ORVKhnG6BaQ&familychannel=3)

Make an emergency plan

As a carer you need to know that if an emergency happens, replacement care will get sorted out speedily and efficiently.

Click on the following link - Reading Directory | Emergency Plan and Reading Carers Card
(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=oqM5ao1kZmE&familychannel=3)



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NHS
Berkshire Healthcare
NHS Foundation Trust

CAMHS Learning Disability Team - BHFT

The CAMHS Learning Disability Team is specialist mental health services to children and young people who have a moderate or severe learning disability and a significant or suspected mental health need.

Click on the following link - Reading Directory | CAMHS Learning Disability Team - BHFT
(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=dZiifwroKlY&familychannel=3)

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Reading Information, Advice & Support Service for SEND

Reading Information, Advice & Support Service for SEND (Reading IASS) offers free confidential and impartial information, advice and support about education, health and social care to Reading parents and carers who have children (up to the age of 25) with special educational needs or disability. We also support children and young people in their own right.

Click on the following link - Reading Directory | Reading Information, Advice & Support Service for SEND
(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=VqahHpIA19A&familychannel=3-12)

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ABC to Read - Supporting Children Who Struggle with Reading

ABC to read is a Berkshire-based reading charity working in over 100 schools across the county. While we ordinarily do not provide specialist SEND support—because children with SEND generally benefit from support within their school—we are increasingly supporting children who are waiting for assessments or additional help.

Our trained volunteers provide one-to-one reading sessions for children who struggle to read, lack confidence, or have low self-esteem. Many of the children we currently support are neurodivergent or awaiting a diagnosis. By working closely with schools, we help these children make progress, build confidence, and develop a love of reading.

We are recruiting more volunteers to support more schools and reach more children across the county. If your school would like to find out how we can help, please get in touch. **info@abctoread.org.uk** (mailto:info@abctoread.org.uk)

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Launchpad Reading - DO YOU NEED HELP WITH A HOUSING ISSUE?

Visit Launchpad's free drop-in service for information and support. Every Monday, Wednesday, Friday 10am–2pm

Whatever your housing situation – whether you're rough sleeping, worried about paying your rent or concerned about your landlord's actions – our drop-in service is here to help.

Simply visit Launchpad's offices during the opening times – or contact us via telephone or email – and speak to one of our friendly, trained advisors.

Launchpad Reading, The Stables, 1A Merchants Place, Reading RG1 1DT

Email: **support@launchpadreading.org.uk** or call**: 0118 929 1111**

Reading Directory | Launchpad Reading (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=DT3V3-czi6g)

16-25 Preparation for Adulthood

ELEVATE supports young people aged 16–18 not in education, employment or training (up to 25 for those with SEND () or care experience) to make informed choices about their future. As part of the Family Hubs offer we aim to reach out to young people who are in education and need additional careers advice and guidance. We can help young people with exploring career ideas and understanding career pathways so they can make well informed choices specifically through post-16 transitions, challenges, and opportunities with tailored, impartial guidance.

- We will offer 1:1 appointments (Thursday afternoons) on a rotating basis at each family hub location and an opportunity for walk in sessions.
- We want to help every young person to be well informed and have skills and confidence to explore and pursue meaningful career paths.

Timetable March – June 2026:

	Venue	Timing
1st Thursday of the month	Southcote	1-4pm
2nd Thursday of the month	Whitley	1-4pm
3rd Thursday of the month	Ranikhet	1-4pm
4th Thursday of the month	Sun Street	1-4pm

Appointments are also available at:

- Reading College (Mondays and Tuesday)
- Reed Employment Agency (St Mary's Butts, Tuesday and Thursday)
- Katesgrove Community Centre (Wednesdays)
- Civic (Thursdays)

Reading Directory | Elevate ~ Helping you towards a Brighter Future (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=WdxbMp7ensY&familychannel=0)

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Walk in, FREE Health Checks at the Weller Centre



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Berkshire Opportunities, SEND () Moving On, Career Pathway Support

Explore a range of resources to support you with career pathway options for your young person with SEND.

Young people face many challenges in reaching their aspirations as they move on into adulthood and it can be both exciting and scary for them. They are exposed to unfamiliar surroundings, people and experiences. It's vital that we make this exciting but difficult move work for them.

The CEC and Berkshire Careers Hub have collated some key resources to help you support your young person with student transitions and preparing for adulthood.

Reading Directory | Berkshire Opportunities, SEND Moving On, Career Pathway Support (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Falh-KJgP1M)

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Learning Disability Transition Videos

BOB ICB commissioned Reading charity, Starting Point and Realtime Film Company, to co-produce the films with more than 20 young people across Buckinghamshire, Oxfordshire and Berkshire West who are neurodivergent including autistic Young People and those with a Learning Disability and all keen to learn and manage the storyboarding, filming and editing process. Throughout the project, participants led the topics covered and were responsible with what was finally produced. The overall aim of these films is to help other health, social care and education professionals and the general public better understand transitioning to adulthood for these young people.

Click on the following link - Reading Directory | Learning Disability Transition Videos (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=MBgW_DCtfao)

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SIBS - Support group for adult siblings of autistic people



Click on the following link - Reading Directory | Support group for adult siblings of autistic people, SIBS (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=XelJT0G73nI&familychannel=3)

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The Hub - Weekly Social Drop in at Starting Point

2 Drop-in Clubs: Under 18s, Over 18s - Weekly Social Drop-in

Play games, do some art, go on the Wii or just sit and chat.

A space to have some fun, spend time with others and chat to the Starting Point Team.

Click on the following link - Reading Directory | The Hub - Weekly Social Drop in at Starting Point (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=NYWYG14ZAZU)

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The Engine Shed - New Group, Ramble and Rail

The Engine Shed is launching a new group, called Ramble and Rail, for young autistic adults aged 18 to 25. It will provide opportunities to get out and enjoy the countryside, taking guided walks from railway stations in nearby parts of Oxfordshire, Surrey and Hampshire that can be reached by train from Reading. For more information, email Sarah: mail@theengineshed.org.uk (mailto:mail@theengineshed.org.uk)

Reading Directory | The Engine Shed, 'Ramble and Rail' group for young autistic adults aged 18 to 25 years old (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=EousznLgTtw)

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Building for the future plus (18 to 25)

Helping young disabled people build a successful working and social life after school and college.

Further information can be found here: Reading Directory | Building For The Future Plus (18 to 25) (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=B3E7GM2mTq0)

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Swings & Smiles 17+ sessions

Weekly sessions are designed especially for young people aged 17 and over — a space to relax, connect and have fun together.

Games, activities & social play, opportunities to build independence and a supportive community where friendships grow.

Reading Directory | Swings & Smiles 17+ sessions (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=UwyeAWa_2GY)

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Berkshire Adult Autism Support Service

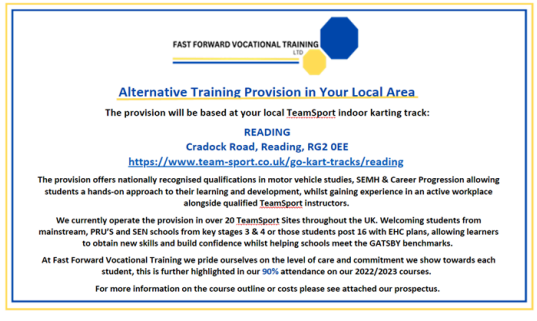
Autism Berkshire provides the Berkshire Adult Autism Support Service to help adults aged 18+ in the county who have an autism diagnosis, or who are waiting for assessment.

The aim of the service, which is funded by the NHS (), is to provide advice and support to autistic adults who do not meet the criteria for help from specialist NHS-funded services, such as mental health and learning disability teams.

Further information can be found here Reading Directory | Autism Berkshire - Berkshire Adult Autism Support Service (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=13xfY8MqKcI&familychannel=3)

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Fast Forward Vocational Training



Further information can be found here Reading Directory | Motor Vehicle Alternative Provision (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=5nWfvg5Lj7Q&familychannel=3)

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The Butterfly Community Cafe CIC

Work-life skills for a better future

A new enterprise to train young people with severe learning disabilities/difficulties

Further information can be found here Reading Directory | The Butterfly Community Cafe CIC (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=LRiYctlySuc&familychannel=3)

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Transition to Adulthood

Transition to adulthood is a whole new world to navigate!

Parenting Special Children

Click on the following link - **Reading Directory | Parenting Special Children - Transition to Adulthood Workshops (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=M7psEpq44hs)**

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Finance Decisions: Government Website

Making finance decisions for young people: parent and carer toolkit (https://www.gov.uk/government/publications/making-finance-decisions-for-young-people-parent-and-carer-toolkit?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=00413530-e4b6-46e2-a32f-faced10d7601&utm_content=daily)

This toolkit provides a guide for parents and carers to make financial decisions for a young person who lacks mental capacity.

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Branching Up

Branching Up is a Day Service providing work experience placements for adults with learning disabilities.

Further information can be found here Reading Directory | Branching Up (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=tZ9Xb2nwnIM&familychannel=3-10)

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Supported Internship Reading - Shaw Trust

shaw trust

The program is co-ordinated by Shaw Trust in partnership with Reading Local Authority - Brighter Futures for Children

A fantastic opportunity on our Supported Internship programme, now available in Reading, for 16 to 24 year-olds who have an Education, Health, and Care Plan (EHCP).

Further information incuding how to access the programme can be found here: Reading Directory | Supported Internship Reading, Shaw Trust (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=zFUfiHMAxCQ)

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Route to Recruit - Supported Internships

RoutetoRecruit
Supporting the Journey to Employment

Further information can be found here Reading Directory | Route to Recruit - Supported Internships (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=kXGHzvid2u8&familychannel=3)

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FEDCAP Employment

Supported Employment and Training Services in Reading

Supports Reading residents with autism and/or learning disabilities into the right work placement that support and improves their health and wellbeing.

Click on the following link - Reading Directory | Fedcap Employment, Inspiring Futures. (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=zXN70FDZVNk)

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Gateway Club for adults with a learning disability

Reading mencap
The local voice of learning disability

Gateway Club is a friendly, lively social club for adults with a learning disability. It meets on a Tuesday evening and gives members the chance to try new activities in a friendly, supportive environment.

Further information can be found here Reading Mencap - The Local Voice of Learning Disability (https://www.readingmencap.org.uk/)

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AskSARA: Advice and support to help with daily living

AskSARA is an online self-assessment tool that helps to make daily living easier. By answering a few questions, AskSARA will provide personalised advice about equipment for health, assistive technology and daily living ideas.

Click on the following link - Reading Directory | AskSARA: Advice and support to help with daily living (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Cehp3GPQH4Y)

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Transition 16-25 - Preparing for Adulthood

Reading Directory | Transition 16-25 (https://servicesguide.reading.gov.uk/kb5/reading/directory/localoffer.page?familychannel=3-10)

- Becoming an adult in Reading - Your guide to the process of leaving children's services and entering adult services - preparing for adulthood - December 2024 (https://search3.openobjects.com/mediamanager/reading/enterprise/files/becoming_an_adult_guide_for_young_people_updated_3_october_2024_-_december_2024.pdf)
- Preparing for Adulthood - Easy Read Guide - December 2024 (https://search3.openobjects.com/mediamanager/reading/enterprise/files/preparing_for_adulthood_easy_read_guide_-_december_2024.pdf)
- Preparing for Adulthood An information guide for parents and carers - December 2024 (https://search3.openobjects.com/mediamanager/reading/enterprise/files/preparing_for_adulthood_guide_for_parent_carers-final_small-december_2024.pdf)

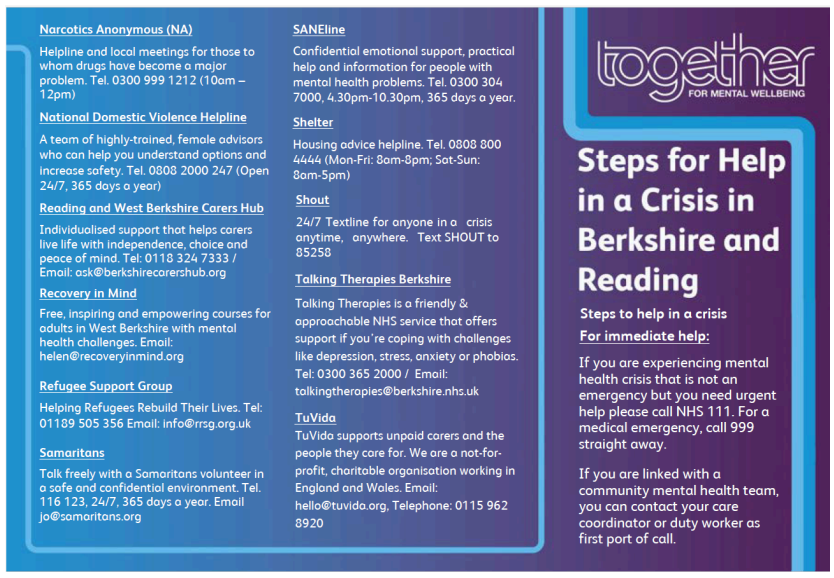
Counselling – Mental health support

Family Information Service has a dedicated page with information on local and national support click the following link to view - Young People & Mental Health (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=NjGDR1IGovc) - Me2, have created a great video which can be view on the young people mental health page.

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Together for Mental Wellbeing





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Together, Berkshire West, Breathing Space Service

The Berkshire West Breathing Space service is a safe, welcoming and supportive space for anybody aged over 18 experiencing emotional distress and struggling to cope. Whatever the reason for you feeling distressed or in crisis – we're here to help you.

Click on the following link - Reading Directory | Together - Berkshire West - Breathing Space Service (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=NEBDs8bvpC0&familychannel=0)

(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=NEBDs8bvpC0&familychannel=0)*

Together for Mental Wellbeing

The Reading Community Outreach Service provides mental health support in the community within Reading to improve the wellbeing of people and help build resilience and independence to help combat issues that directly impact people's mental wellbeing such as experiences of poverty and inequality. Reading Community Outreach Service provide: Community support, Outreach and Peer support.

Click on the following link - Reading Directory | Together for Mental Wellbeing (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=by5VdwdlJEo)

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No5 Young People and Young People's Mental Health Helpline

No5 Young People's Mental Health Helpline

Text TALK followed by your first name and postcode to 07786 202430 to request a phone call from one of our trained counsellors.

Looking for direction? Signposting service:

Click on the following link - **Home Page - No5 Reading Signposting | No5 Reading Signposting (https://signposting.no5.org.uk/)**

Click on the following link - **Reading Directory | No5 Young People – Young People's Mental Health Support (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=kbrCVhuUcrk)**

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tellmi

New Digital Mental Health Service Launches for Young People Across Berkshire West.

The Tellmi app will be made available to all 11-17 year olds (up to their 18th birthday) living and studying in Reading, West Berkshire And Wokingham. Providing 365 day access to an age-banded, anonymous space to discuss feelings and seek support.

Click on the following link - Reading Directory | tellmi (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=6WHCY_y3HMA&familychannel=3)

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MindJam

Mentoring MindJam offers emotional support and guidance for children and adolescents through gaming and game design. At MindJam, our aim is to support children who suffer anxiety, stress, social issues and other emotional needs and their parents.

Click on the following link - **Reading Directory | MindJam (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ZeJi2z9w1YI)**

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Young Minds

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

If you're a young person and need urgent support with your #MentalHealth, text YM to 85258. 0808 802 5544 (parent helpline)

Click on the following link - YoungMinds | Mental Health Charity For Children And Young People | YoungMinds (https://www.youngminds.org.uk/)

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National Development Team for Inclusion (NDTi)

The National Development Team for Inclusion (NDTi) is a not for profit organisation working to enable people at risk of exclusion, due to age or disability, to live the life they choose. We inspire and support policymakers, services and communities to make change happen - change that leads to better lives.

Click on the following link - Reading Directory | National Development Team for Inclusion (NDTi) (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=186azsTyPPE)

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SHaRON

The Support Hope and Recovery Online Network (SHaRON) is a secure and confidential online platform, moderated by clinical staff, to enable parents, carers and young people to support each other and get expert advice.

Click on the following link - Reading Directory | SHaRON online advice platform – (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=qXUwAr3r3so)BHFT ()

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Place2Be Improving children's mental health

Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools. We provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research.

Click on the following link - **Reading Directory | Place2Be – Improving Children's Mental Health (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Wc1R26Cb9UY)**

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Anxiety UK

The charity offers support, advice and information on a range of anxiety, stress and anxiety-based depression conditions. Helpline/text service/web-chat offers information on anxiety and self-help resources.

Click on the following link - **Reading Directory | Anxiety UK (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=9ig3d9D0djA)**

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Mental Health Support Team (MHST)

The Mental Health Support Teams (MHSTs) covering West Berkshire, Reading, and Wokingham is now delivered by Berkshire Healthcare NHS () Foundation Trust (BHFT).

Contact Information

If you need to get in touch with the MHST (), please use the following details:

Email: CAMHSWestMHSTs@berkshire.nhs.uk (mailto:CAMHSWestMHSTs@berkshire.nhs.uk)

Phone: 0300 2473002

For more information use the following link - **Mental Health Support Team (https://brighterfuturesforchildren.org/for-parents-carers/mental-health-support-team/)**

National Organisation Supporting SEND

British Deaf Association

BDA is the largest organisation in the UK that is run by deaf people for deaf people, includes British sign language (BSL).

Click on the following link - **Reading Directory | British Deaf Association (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=xmsPgLHaGJM&familychannel=3-12-2)**

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British Dyslexia Assosciation

Provides support and advice for parents with children who are dyslexic. Helpline available.

Click on the following link - **Reading Directory | British Dyslexia Association (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=V8ewUj2wZj0&familychannel=3-12-2)**

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Calibre Audio

Calibre Audio is a national charity which provides free audiobooks for children and young adults with SEND () (0-25 years). Our service makes books and stories accessible to children who find reading print difficult because of a special educational need, long term health condition or disability.

Click on the following link - **Reading Directory | Calibre Audio: free audiobooks for children and young people with (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=KGlCJp2-ObU&familychannel=3-12-2)SEND ()**

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The Children's Trust

The Children's Trust gives children and young people with brain injury and neurodisability the opportunity to live the best life possible by providing specialist rehabilitation, education and community services across the UK.

Click on the following link - **Reading Directory | The Children's Trust (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=6rGznYoCQ5k&familychannel=3-12-2)**

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Frank (Talk To Frank)

FRANK is a national information campaign providing information for young people and their parents and carers about substance misuse.

Click on the following link - **Reading Directory | Frank (Talk To Frank) (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=l8EMbTOQlvk&familychannel=3-12-2)**

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Ambtitious About Austism

The national charity for children and young people with autism

We provide services, raise awareness and understanding, and campaign for change. Through TreeHouse School (http://www.treehouseschool.org.uk/), The Rise School (http://www.theriseschool.com/) and Ambitious College (http://www.ambitiouscollege.org.uk/) we offer specialist education and support.

Our ambition is to make the ordinary possible for more children and young people with autism.

Click on the following link - **Reading Directory | Ambitious about Autism (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=PqqSfGRhutY)**

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Sibs - For Brothers & Sisters of disabled children & adults

Sibs exists to support people who grow up with or have grown up with a disabled brother or sister. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings.

Click on the following link - **Reading Directory | Sibs - For Brothers & Sisters of disabled children & adults (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=pPAkhdjwxrQ&familychannel=3-12-2)**

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Cerebra

Set up to help improve the lives of children with brain related conditions through research, education and directly supporting the children and their carers, Cerebra helps children up to 16 years with neurodevelopment disorders and conditions, their parents, carers and professional practitioners.

Click on the following link - **Reading Directory | Cerebra (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=JJq2uDiwtyM&familychannel=3)**

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Council for Disabled Children

The umbrella body for the disabled children's sector bringing together professionals, practitioners and policy-makers.

Click on the following link - **Council for Disabled Children (https://councilfordisabledchildren.org.uk/)**

Click on the following link - The Information, Advice and Support Services Network (https://councilfordisabledchildren.org.uk/about-us-0/networks/information-advice-and-support-services-network)

Information, advice and support services for young people aged 25 old or younger and need extra help with learning and have a disability. There are lots of different ways to talk to a friendly advisor.

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The Communication Trust

The Communication Trust is a coalition of more than 50 not-for-profit organisations working together to support everyone who works with children and young people in England to support their speech, language and communication.

Click on the following link - **Reading Directory | The Communication Trust (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=u-H9Yyhb2aA&familychannel=3)**

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Contact - For Families with Disabled Children

FREE workshops and 1:1 support for families with disabled children from Contact.

Click on the following link - **Reading Directory | Contact - For Families with Disabled Children (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=pNEdmuhpMeE&familychannel=3)**

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Family Fund

We support families living across the UK who are raising a disabled or seriously ill child or young person up to the age of 17. Our support is focused on those on low incomes. We believe that all families should have the same choices, quality of life, opportunities and aspirations.

Click on the following link - **Reading Directory | Family Fund (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=W-JqwwyF5Sc&familychannel=3)**

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Anxiety UK

Anxiety UK is a national charity, helping to support people living with anxiety, stress and anxiety-based depression.

Click on the following link - **https://www.anxietyuk.org.uk/ (https://www.anxietyuk.org.uk/)**

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Epilepsy Action

There are many ways Epilepsy Action can help support you and your loved ones.

Our trained advisors can give you an idea of our services or provide the answers and resources you need.

Click on the following link - **Epilepsy Action (https://www.epilepsy.org.uk/)**

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Scope - Navigate (Emotional Support for Parents/Carers)

We're Scope, the disability equality charity in England and Wales. We provide practical information and emotional support when it's most needed, and campaign to create a fairer society.

Click on the following link - **Home | Disability charity Scope UK (https://www.scope.org.uk/)**

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KIDS

KIDS is a national charity, founded in 1970, that provides a wide range of services to disabled children, young people and their families in England.

Click on the following link - **KIDS (https://www.kids.org.uk/)**

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IPSEA

The Independent Provider of Special Education Advice (IPSEA) offers free and independent legally based education advice to parents of children with SEND. They also provide training on the SEND legal framework to parents and carers.

Click on the following link - **(IPSEA) Independent Provider of Special Education Advice (https://www.ipsea.org.uk/)**

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Click on the following link - Down's Syndrome Association (https://www.downs-syndrome.org.uk/):

The Down's Syndrome Association have specialist advisers who can provide you with information and support on issues such as health, social care, benefits and education for people with Down's syndrome.

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AccessAble

AccessAble is here to take the chance out of going out. To give you the detailed information you need to work out if a place is going to be accessible to you. Their Detailed Access Guides tell you all about a venue's access. They are 100% facts, figures and photographs.

Click on the following link - **Home | AccessAble (https://www.accessable.co.uk/)**

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National Autistic Society

The UK's leading autism charity. Their goal is to help transform lives, change attitudes and create a society that works for autistic people.

Click on the following link - **National Autistic Society (autism.org.uk) (https://www.autism.org.uk/)**

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National Autistic Society, Resources for Autistic Teenagers, The know Yourself Series

The Know Yourself series offers free resources (videos, PDFs, worksheets) to support autistic teenagers in understanding what being autistic means to them.

Click on the following link - **Reading Directory | National Autistic Society, Resources for Autistic Teenagers, The know Yourself Series (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=6sJfpC510L8)**

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National Deaf Children's Society

The National Deaf Children's Society is the leading charity for deaf children and their families.

Click on the following link - **National Deaf Children's Society | Supporting deaf children (ndcs.org.uk) (https://www.ndcs.org.uk/)**

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Sense Active - for Children & Young People

Activity videos to enjoy in the house or garden, new live yoga session specifically for children and young people, more quick challenges for pairs or groups. If you need any support accessing any of the activities please contact us on Sense.Active@sense.org.uk (mailto:Sense.Active@sense.org.uk)

Click on the following link - **Reading Directory | Sense Active - for Children & Young People (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Oe6rmVerq-k&familychannel=3)**

Sense gives legal advice and assistance to deafblind individuals or their family members and supporters.

Click on the following link - **Sense | For people with complex disabilities (https://www.sense.org.uk/)**

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The Autism Central vision is a world where parents and carers of autistic children and adults are knowledgeable about autism, confident in navigating services and empowered to maintain both their own wellbeing and the wellbeing of the autistic person they support.

Click on the following link - **Reading Directory | Autism Central for Parents and Carers (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Rwf9033dojs)**

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Unpaid Carers

If you help look after someone, either for a friend or family member, who could not manage without your support due to illness, disability, or a mental health problem, the UCR team may be able to support and help keep the person at home in a crisis.

Click on the following link - Reading Directory | Urgent Community Response for Unpaid Carers
(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=REB5YH6n0XM&familychannel=3)

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Click on the following link - Reading Directory | Hidden Disabilities Sunflower
(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=voFYFETAvn0&familychannel=3)

Reading Reading SEND Local Offer - Add to mailing list – Keeping families updated

Reading SEND () Local Offer would like to keep families up to date on services, support, activities, short breaks and much more, so that families, children, and young people can access local services.

We have many families who receive regular weekly updates, however many more don't receive this information. Therefore, if you are currently not on our mailing list and would like to be added, please complete the form below. If at any time you want to be removed, just email us at localoffer@reading.gov.uk (mailto:localoffer@reading.gov.uk)

Legal disclaimer - https://servicesguide.reading.gov.uk/kb5/reading/directory/disclaimer.page (https://servicesguide.reading.gov.uk/kb5/reading/directory/disclaimer.page)
Privacy Notice - https://brighterfuturesforchildren.org/privacy-notice (https://brighterfuturesforchildren.org/privacy-notice)

Complete the online form to be added to the parent carer mailing list - Reading (https://forms.office.com/e/w8njUzYU6Y)SEND () Local Offer - add to mailing list – Fill in form

Best Start in Life - Supporting families every step of the way

Best Start in Life – supporting families every step of the way

Calling all parents and carers -Best Start in Life is here to help you and your child thrive, from pregnancy through to starting school.

Being a parent brings incredible moments of joy alongside natural worries and questions. Whether you're expecting your first baby, understanding your child's early health, navigating their first day in childcare, or preparing for school, the Best Start in Life website brings together a range of trusted information and support in one easy-to-access place.

How to access support:

- Explore the **Best Start in Life** website for resources and information
- Sign up for **Best Start in Life emails** and **newsletter** for regular updates and guidance
- Check **a breakfast clubs map** to see if your child's school offers free breakfast club
- Find out how you can save money on early education and childcare with **the online childcare checker**
- Follow **@DfE** and **@DHSCgovuk** on social media for news and tips

Don't Miss Out!
Visit **beststartinlife.gov.uk** today! We're here to support you every step of the way.