

North West London Contact – NDT Family Support Project



Family Support from Contact for families on the waiting list for CAMHS Neurodevelopmental Teams in Ealing, Hounslow and Hammersmith & Fulham

Contact is a national charity that provides support to all families of children with additional needs, whoever they are and whatever their child's condition. Contact Ealing is a local branch and has been offering support to families in Ealing and beyond for almost 40 years.

www.contact.org.uk

<https://www.facebook.com/Contact-Ealing>

Support for families of children on the CAMHS NDT Waiting Lists in Ealing, Hounslow and Hammersmith & Fulham

We're delighted to be partnering with North West London CCG to enable us to offer families support tailored to their individual needs and led by the families. The service will provide confidential, individual 1:1 support and advice as well as participation in a support group covering all aspects of living with a child with an additional need.

Support Group meetings

The group sessions will be small virtual group events with no more than 15 attendees where you can ask questions, meet other parents, share ideas and gain information. Individual topics for the sessions will be agreed with the group in the first meeting and can include topics such as

- **Encouraging positive behaviour**
- **Support for your child in school or college**
- **Wellbeing for parent carers**
- **Coping with anxiety**
- **Financial support available to the family**
- **Understanding and supporting sensory needs**

Each family will be informed about the start date of their group when they are first contacted by the Contact Ealing team.

Individual 1:1 support will be offered to each parent and can be related to those topics or others resulting from your child's needs and the impact on you and your family.

If you would like to join in this project, please complete the form below and send it to:

Email: nwlcontactfsp@contact.org.uk

Alternatively, you can ring us on **07519 416382**.

Following receipt of your email and completed form, we will ring you to find out your individual situation and what support we can offer to you during the waiting time for an appointment with the CAMHS ND team. Parents contacting us will be offered the chance to participate in a support group lasting 6 weeks of weekly sessions, which will initially be delivered online via Zoom or MS Teams but include, when safe within Covid 19 regulations, one outdoor group meeting.

Participation in this project will in no way influence your child's place on the waiting list, i.e. the waiting time will neither be longer nor shorter.

Our support to you will be confidential. We will tell the CAMHS ND Teams that you have joined the project, but will share no other information about you with CAMHS. Contact will look after your details according to our data protection policy <https://contact.org.uk/privacy>.

We look forward to hearing from you!
The Contact Ealing Team



Please let us know if you could like to be offered the support of the NW London Contact NDT Family Support Project. Please give us your:

Name and Surname:

Address:

Child's name

Home language:

Telephone number:

Email:

Child's Date of Birth:

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