

# Thinking about reaching out?

If you are becoming worried about your child's needs, here's where you can go for free, information advice and guidance

## SEND and YOU

Independent advice and support service for special educational needs and disabilities

0117 989 7725

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

[support@sendandyou.org.uk](mailto:support@sendandyou.org.uk)



## Bristol's Local Offer

website: a single place of information about services and support for children and young people from birth to 25 years old who have Special Educational Needs or Disabilities, and for their families and carers.



**Sign up to the mailing list**



## FLORA

Families Local Offer  
Resources and Advice:  
A free helpline for early support with your child's additional needs

0117 352 6020

[flora@bristol.gov.uk](mailto:flora@bristol.gov.uk)



**Parent Carer and SEND Community groups who may be able to offer you further support**



# SEND and Community Support Groups

Autism Independence



Bristol Autism Support



National Autistic Society

Bristol Branch



Bristol Parent Carers



Bristol Black Carers



Barton Hill Activity Club



Extraordinary Links



Incredible Kids



Khaas



Murmuration



Neon Daisy



Nothing Special



Somali Resource  
Centre



Family Centre,  
Deaf Children



Ups and Downs



[For more information about SEND groups and activities see Bristol's Local Offer Website and Facebook page](#)