

## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

---

# Physical disabilities resources

## Information, support and useful websites

---

### Local information

#### **APTCOO (A place to call our own)**

Unit 15  
Botany Park  
Botany Avenue  
Mansfield  
Nottinghamshire  
NG18 5NF (Sat Nav use: NG18 5NG)  
Telephone: 01623 629902  
Email: [enquiries@aptcoo.org](mailto:enquiries@aptcoo.org)  
Website: <http://www.aptcoo.co.uk/>

#### **Ask Iris (now part of Ask Us Nottinghamshire)**

An information service for parents of children and young people with disabilities in Nottingham and Nottinghamshire  
Telephone: 0800 121 7772  
Website: <http://www.askiris.org.uk/>

#### **Community Paediatrics website (Sherwood Forest Hospitals)**

Website: <https://cyp.sfh-tr.nhs.uk/community-paediatrics/>

#### **Integrated Children's Disability Service (ICDS)**

This service can provide advice and support around a range of needs including provision of short breaks, equipment and home adaptations, personal care and travel training.

Telephone: 0115 804 1275

Website: <https://www.nottinghamshire.gov.uk/care/childrens-social-care/integrated-children-s-disability-service>

#### **Nottinghamshire Help Yourself**

This website is designed to help you find information about a whole range of services that are available in the county.

Website: <http://www.nottshelpyourself.org.uk>

There are specific resources for children/young people with additional needs and their families. Select the light green box "Local Offer – Special Educational Needs and Disabilities".

## National

### AbilityNet

AbilityNet helps people of any age and with any disability to use technology to achieve their goals at home, at work and in education.

Helpline: 0800 048 7642

Website: <https://www.abilitynet.org.uk/>

### Contact a Family

Provides information about medical conditions including learning disability, there is also advice and support around general difficulties including sleep, education and benefits.

Helpline: 0808 808 3555

Website: <http://www.cafamily.org.uk/>

### Cerebra

Cerebra's aim is to provide research-driven, high-quality health and social care advice and support for the families of children with brain conditions from birth to the age of 16

Website: <https://cerebra.org.uk/>

### Family Fund

Provide grants for essential items to low income families with a severely ill or disabled child.

Website: <http://www.familyfund.org.uk/>

### Family Lives

Provides support help and advice for parents managing children and young people with or without disabilities.

Freephone: 0808 800 2222

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

### Kids

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

Website: <https://www.kids.org.uk/>

### The Information, Advice and Support Services Network (IAS Services)

Offer information, advice and support for disabled children and young people, and those with SEN, and their parents.

Phone: 020 7843 6000

Website: <https://councilfordisabledchildren.org.uk/>

### Scope

Scope is a national charity which provides support and information for families and professionals around disability.

Telephone helpline: 0808 800 3333

Website: <https://www.scope.org.uk/>

## Benefits

### Citizens Advice Bureau

Online advice: <http://www.adviceguide.org.uk/>

### Disability Rights UK

Telephone: 0330 995 0400

Website: <https://www.disabilityrightsuk.org/>

Disability Living Allowance info: <https://www.disabilityrightsuk.org/disability-living-allowance-dla>

## **Personal Independent Payment (replaces Disability Living Allowance for those over 16 years of age)**

Website: <http://www.disabilityrightsuk.org/personal-independence-payment-pip>

### **Government websites**

Department for Work and Pensions: <http://www.dwp.gov.uk/>

Disability Living Allowance (DLA): <https://www.gov.uk/disability-living-allowance-children>

DLA claim form: <https://www.gov.uk/government/publications/disability-living-allowance-for-children-claim-form>

DLA Helpline (you can ask for a form to be posted to you)

Telephone: 0800 121 4600

## **Education**

### **Ask Us Nottinghamshire** (formerly the Parent Partnership Service)

Support for parents to understand the education system, and can provide to improve communication between parents and school.

Telephone: 0800 121 7772

Website: <https://askusnotts.org.uk/>

### **IPSEA** (Independent Parental Special Education)

Advice Line: 0300 222 5899

<https://www.ipsea.org.uk/>

Information regarding supporting children with additional needs in school can also be accessed on the Nottinghamshire Help Yourself website, as listed above in local resources.

## **Websites for children and young people**

### **Health for Under 5s**

Website: [www.healthforunder5s.co.uk](http://www.healthforunder5s.co.uk)

### **Health for Kids**

Website: [www.healthforkids.co.uk](http://www.healthforkids.co.uk)

### **Health for Teens**

Website: [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

### **NottAlone**

Local mental health advice and help for young people in Nottingham and Nottinghamshire

Website: [www.nottalone.org.uk](http://www.nottalone.org.uk)

### **The Information, Advice and Support Services – Children and Young People**

Website: <https://cyp.iasnetwork.org.uk/>

### **The Prince's Trust**

Supporting Young People (11-30) to achieve their full potential. They work with delivery partners across the UK to offer hundreds of free courses, grants and mentoring opportunities to inspire young people to build their confidence and start a career.

Website: <https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/disabilities>

## Information services

### Library & Knowledge Service, King's Mill Hospital

The Library holds a number of books and resources which can support your child and young person's needs. Books are available to be borrowed by professionals and members of the public. Telephone: 01623 622515, extension 4009

Email: [library.sfht@nhs.net](mailto:library.sfht@nhs.net)

Online link to catalogue of books and resources: <https://koha.healthlibrariesmidlands.nhs.uk/> - click on 'All libraries' on the right hand side and select King's Mill Hospital.

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

<p>To be completed by the Communications office Leaflet code: PIL202602-05-PDR Created: March 2018 / Revised: February 2026 / Review Date: February 2028</p>
--