

WHAT CAN I ASK FOR?

Checklist (2025)



Sometimes it is difficult to know what is available and where to get more information about it. Knowing if and when you need a service will allow the professionals work to out how best to help you (if they can). We have put together a quick guide to help you discover what is available and where you could get further information.

	SUPPORT, ADVICE, & BENEFITS	CONTACT DETAILS
	Harrow's LOCAL OFFER Local website with all the SEN related services, e.g. Education, Health, Care services etc	www.harrowlocaloffer.co.uk
	Disability Living Allowance (DLA)/ Personal Independent Payments (PIP for 16+) (Benefits for children, young people and adults with a disability)	www.gov.uk/browse/disabilities
	Carer's Allowance (Additional Benefits for anyone who is carer)	www.gov.uk/browse/disabilities
	Harrow Social Care Needs Assessment (for the child) (assessment to find out if the council can provide more support for families with children with complex needs)	Children and Young Adults with Disabilities Service (CYAD) Tel: 0208 901 2690 www.harrow.gov.uk/localoffer/services/social-care
	Short Breaks Core Offer (Support from the council for SEN holiday playschemes, afterschool clubs etc, pay for childcare) Watch the video training for the Core Offer: https://youtu.be/knP8ldB06NA	Harrow Council Tel: 0208 901 2690
	Barbara Bus Fund (Free local bus rental service for those with physical disabilities, donation required)	www.barbarabus.com 0208 4160733
	Disabled Parking Badges (Blue Badge)	www.harrow.gov.uk
	Free Nappies If your child has is still struggling to be potty trained then you may ask for free nappies. (from age 4years old)	Referral needed from GP or Health Professional or school nurse
	Family Fund Grant (money for SEN equipment & family holidays)	www.familyfund.org.uk
	Motability Car Scheme (Lease a car for 3years+ only with DLA high rate mobility)	www.motability.co.uk
	Dental Care for Disabled Children (specialist dental service)	Dental Dept at Alexandra Avenue Clinic www.harrow.gov.uk/localoffer/services/health
	Harrow SEN and Disability Advice Information and Support Service (Harrow SENDIAS Service) (Local organisation set up to provide legal advice on SEN education)	Tel: 0208 428 6487
	Harrow Families Information Service & Resource Directory (Harrow FIS) (General information and childcare providers)	www.harrow.gov.uk/childcare Tel: 0208 9012690 (option 1)
	Independent Special Provider of Education Advice (IPSEA) (National charity that gives free legal advice on SEN and Disability education)	www.ipsea.org

Centre for ADHD & Autism (CAAS) (Local Parent Support Group and Charity that offers support, coffee morning and training for families with children and young people with ADHD & Autism)	www.adhadandautism.org Tel: 0208 4291552
Special Needs Community (Local Parent Support Group that offers support, information, coffee mornings and training, for all families with any child or young person with any disability.)	www.specialneedscommunity.org.uk info@spcialneedscommunity.org.uk 07359030510
The Max Card (from Special Needs Community) National discount card accepted by lots of venues like Chessington, Thorpoe Park, Legoland etc. (Only £3 plus postage and packing)	www.specialneedscommunity.org.uk/max-card/ info@spcialneedscommunity.org.uk 07359030510
My S.E.N.D File (from Special Needs Community) A special filing system for all your important paperwork to help you stay on top of meetings with professionals throughout the life of your child/young person.	www.specialneedscommunity.org.uk/my-send-file/ info@spcialneedscommunity.org.uk 07359030510
Harrow Parent Carer Forum (HPF) (Local Parent Carer Forum that represents voices of all parents on SEN services. They also provide information and training on local and national SEN & Disability law.)	www.harrowparentsforum.org 0792877689
Kids Can Achieve (KCA) Local organisation that provides short breaks and a range of support services for children and families. KCA also provides help to fill in forms like DLA and benefits forms. Ask for an appointment with one their Family Support Workers.	www.kidscanachieve.co.uk 0208 4202300
Harrow Carers Local organisation for all carers in Harrow. They provide lots of training, therapy sessions, information and opportunities to meet other carers.	www.harrowcarers.org 0208 868 5224
The Carer Card (from Harrow Carers) Get discounts from lots of local organisations and business signed up to programme. Show the card also to them if you need additional help with your child/young person.	Email: admin@harrowcarers.org Call 0208 868 5224
Information for Carers (Allie Brice) Contact Allie for anything to do with what is available for carers in living Harrow	Email: carers@harrow.gov.uk
Harrow Mencap & Community Solutions Local organisation that lobbies for the rights of disabled people, provides short breaks for a range of age groups and other training services in the community.	www.harrowmencap.org.uk 0208 869 8484
Harrow Association of Disabled People (HAD) (Local Charity that supports children and adults with a disability. They provide support to help you fill in benefits forms etc)	www.had.org Tel: 0208 861 9920
North West London Down Syndrome Families & North West London SEN Families 2 Parent support groups for Harrow and surrounding areas run by an experienced parent for other parents	Please email: Charlotte Woodbridge Cw.send@woodbridge.F9.co.uk
Contact (formerly Contact A Family) (National Charity that supports families with SEN & Disability related issues. They provide a helpline and lots of information that covers any area in the UK.)	www.contact.org.uk Tel: 0808 808 3555
Fledglings A charity started by parents selling specialist SEN, sensory equipment, and toys for children and young people with SEND. (Fledglings is also now a part of Contact- above)	www.fledglings.org.uk