

This is a list of groups that offer support to parent carers. We have updated this in August 2022. The details were correct as far as we could tell at this time, however, we cannot take responsibility for any inaccuracies. Please contact any group you may be interested in before setting off.

If you know of a group we haven't listed, please let us know via supportnews@pfba.org.uk

We have a separate document for mental health support, and you can access that [via this link](#) .

Name of Group	Disability	Who for?	What kind of support?	Cost	Web link/Facebook
ADHD Support, West Yorkshire	ADHD	Adults with the condition and parents of children with ADHD	They offer peer support to adults with ADHD and parents of children with suspected or diagnosed ADHD. They have an active Facebook page and hold regular face-to-face and Zoom meetings. We also run weekend and holiday activities for children with ADHD and their siblings.	Contact to find out, admin@wyadhd.co.uk	https://www.nhs.uk/services/service-directory/west-yorkshire-adhd-support-group/N10502175 Facebook - West Yorkshire ADHD Support Group
Aspire	Autism	Parents of children and young people with autism	Occasional meetings, Facebook group	None	Facebook: ASpire supporting the autism community
Aware	Autism	Children and young people with autism (diagnosis not needed) and their parents/carers	Large programme of activities for children and young people and their parents. Has a closed Facebook group especially for members	£15 per year	www.awareuk.org The Facebook group is for members only so contact them to join first.
BIDS (Bradford Inclusive Disability Service)	Any	Parent carers and children	Various, including Friday support meetings and a library of books, toys and equipment that can be borrowed. Also some activities for children including holiday times.	Contact to find out	https://www.bradfordinclusivedisabilityservice.co.uk/ Facebook: BidsBradford

Bradford Deaf Children's Society	Hearing impairments	Children with HI and their parents	Contact for more details	Contact to find out bradford@ndcsgroup.org.uk	ndcs.org.uk Facebook: National Deaf Children's Society
Café Eden	Autism	Parent carers	Cafe Eden is a mutual support group, open to all people who have a family member or care for someone with ASC.	Contact to find out	Facebook: Café Eden
Carers' Hubs	Any	Parent carers	A range of different activities and drop-in sessions, held at Horton Park Health Centre and Lynfield Mount Hospital in Bradford, and Dyneley House in Skipton.	Contact carerhub@bdct.nhs.uk	https://www.bdct.nhs.uk/service-users-carers/support-for-carers/ Facebook: Carers Hub at BDCET
Carers' Resource	Any	All carers including parent carers	They can help a parent carer looking after a child with disabilities by listening and understanding, and with information on what support is available and how to access it. They also run closed Facebook groups for parents and hold occasional meet-ups.	Contact 01274 449660 Carers can complete a self-referral form via the website.	https://www.carersresource.org/young-carers/ (link is also for family services) Facebook: Carers' Resource Group for Bradford Parents here Group for Shipley/Keighley parents here
Down Syndrome Support and Training	Down Syndrome	children and young people with DS and their parents	Large programme of activities and training	No charge for newsletters. Some training courses have a fee. See website for more details.	https://www.downsyndromebradford.com/ Facebook: Down Syndrome Training and Support Service
Equality Together	Any	Parent Carers	They offer advice on disability related issues, plus occasional events and meetings to support carers	Contact 01274 594173	https://equalitytogether.org.uk/ Facebook: Equality Together

FASD Group	Foetal Alcohol Syndrome	Parent carers	See their web page for more information, and how to access their different services.	Contact 07743 380163	http://www.fasdnetwork.org/ Facebook: FASD UK Westyorksfas@gmail.com
Great Minds Together	Any SEN or SEMH	Families	Their Families in Crisis service aims to fix the challenges surrounding children with SEND & SEMH needs who are at crisis point, particularly across education, housing and social care.		https://greatmindstogether.co.uk/about-us Facebook: Great Minds Together
LS29	Any	Parents and children	They organise a wide range of outings and activities throughout the year for families who have children with additional needs.	Membership is £15 per year (£5 for low income)	https://www.ls29group.co.uk/index.php/who-we-are/ Facebook: LS29 Special Needs Support Group
PFBA	Any, in the Bradford district	Parent carers, other carers of disabled/SEN children and young people up to 25	Provide information to parents about disability related issues, organise workshops, represent parents at local authority meetings, issue Max Cards (discounts at attractions).	No charge, except occasionally there may be a charge for workshops	www.pfba.org.uk Facebook: Parents' Forum for Bradford & Airedale
ShIPLEY SEN Parenting Network	Any	Parent carers living in the area who have children with a disability or SEN	Mostly online, a forum that offers mutual support and advice between parents. Occasional informal meet-ups.	None	Closed Facebook group: ShIPLEY SEN Parenting Network
Scope	Cerebral Palsy	Parents and their children	Contact them for more information. A regular newsletter is produced.	Contact 01274 576034	scopeinbradford@gmail.com www.scope.org.uk

Shine	Spina Bifida and Hydrocephalus	Parent carers, and children with the condition	<p>For people who:</p> <ul style="list-style-type: none"> • Have spina bifida or hydrocephalus • Are pregnant and have had a recent diagnosis of spina bifida or anencephaly • Have a child with spina bifida or hydrocephalus • Live with or care for someone with these conditions <p>They also attend clinics at St Luke's Hospital and offer support groups.</p>	Contact to find out more, firstcontact@shinecharity.org.uk	www.shinecharity.org.uk/northern-region/northern-region
Sparkle Support Group	Autism	Parent carers	This group is aimed at parent carers who live in the Skipton and Craven areas but welcome those who may live outside this area but feel the group would be beneficial. They hold regular meetings, daytime and evening, in Skipton.	Contact to find out.	Facebook: Sparkle Support Group
Thinking Big	Any disability/SEN	Parent carers	<p>The Friends And Family Project has three Hubs, in Bradford, Keighley and Menston in West Yorkshire.</p> <p>They run monthly group sessions (currently on Zoom) and have specialist trainers and guest speakers on subjects of interest.</p>	friendsandfamily@thinkingbiguk.org	https://www.thinkingbiguk.org/ Facebook: Thinking Big