

SCOPE

= Equality for
disabled people



Supporting families
with disabled children
in Leeds

Supporting families to give their disabled children the best start in life

We're here for you from the beginning of your journey as the parent of a disabled child.

We know how isolating it can be, so we are creating supportive communities, locally and online. We provide information, advice and support. Our family services include parenting groups, a programme to help improve sleep and a national mentoring scheme.

Navigate

Support from the start of your journey as a parent of a disabled child. Telephone service available in England and Wales.

Navigate is a mentoring service for parents with disabled children up to 18 years of age. You're put in touch with an advisor who has lived experience of disability. Over a six-week period, you have one-to-one over the phone sessions tailored to your needs. You'll receive emotional and practical support as part of a bespoke programme to help you meet the challenges ahead.

-  scope.org.uk/navigate
-  navigate@scope.org.uk
-  0808 801 0510

Online advice and support

Scope's website has information about:

- Diagnosis
- Education
- Emotional support for parents and carers
- Benefits and money
- Eating difficulties
- Sleep
- Caring for a disabled child

 scope.org.uk/families



You can also join our online community, where people connected by disability can talk, share experiences and ask questions to our expert advisors.

 scope.org.uk/community

Sleep Right

Available in Leeds

If your child is finding it hard to sleep, we imagine you and the rest of the family are too. Sleep Right supports in person, families with disabled children (age two to 18) to improve their sleep. You'll receive support from a sleep practitioner who'll create a tailored sleep plan. You'll attend relaxed group sessions with other families.

-  scope.org.uk/sleep-right
-  sleepright@scope.org.uk



Parents Connect

Available in Leeds

Parents Connect is a six-week group-based programme for the parents or carers of disabled children. You will have the chance to meet people in your local area who are facing similar challenges. You'll be able to share your experiences with people who understand, gain useful information and build up a support network.



scope.org.uk/parents-connect



parentsconnect@scope.org.uk

Activities for All

Available in Leeds

Activities for All helps find and develop short break activities for disabled children to have fun, try new things, gain independence and make friends.



scope.org.uk/activities-for-all



leeds@scope.org.uk

Get in touch

For more information on our services or for support connected to disability:

Call our free helpline on **0808 800 3333**

Email helpline@scope.org.uk

Visit our website scope.org.uk

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