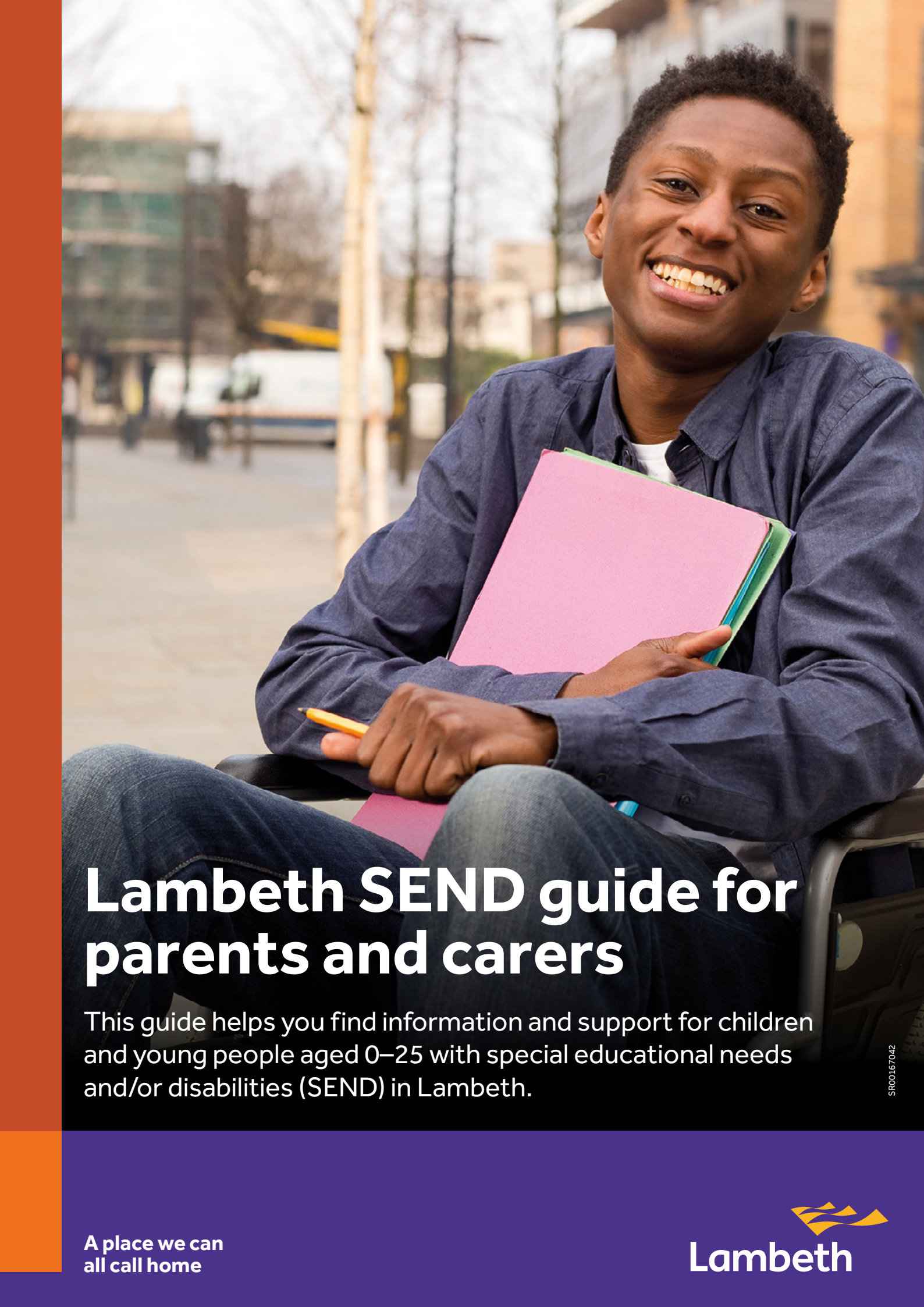




Lambeth SEND guide for parents and carers

This guide helps you find information and support for children and young people aged 0–25 with special educational needs and/or disabilities (SEND) in Lambeth.

SR00167042

A place we can
all call home



Lambeth

This information is correct as of August 2026.

Under government proposals in the SEND Reforms there are expected to be changes to some of the areas outlined in the document.

Scan the QR Code to find out what changes the government is proposing to the SEND system, and how Lambeth is responding.



New sign up form

We have a new sign up form for people to sign up to SEND updates via email.

Scan the QR Code to sign up to receive general email updates about SEND and what is happening locally.



How to use this guide

This guide has been split into the following sections to help you easily find the information that's most relevant to you and your family:

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Introduction

Welcome!

If you care for a child or young person aged 0–25 with special educational needs in Lambeth, this guide is here to help. It provides clear information, resources and support so you can make the best decisions for your child.

You might already have a diagnosis for your child, be in the process of seeking one, or simply feel they may need extra support. No matter where you are in this journey, Lambeth has a wide range of services to support families like yours.

You can also find more information about all the topics covered in this guide on the **Lambeth SEND Local Offer** website at www.lambeth.gov.uk/SEND.



What is Special Educational Needs and/or Disability (SEND)?

Every child learns in their own way and at their own pace. Some children and young people have learning difficulties or disabilities that make learning harder than it is for others of the same age.

What are Special Educational Needs (SEN)?

A child has **special educational needs (SEN)** if both of the following apply:

- they have a learning difficulty or disability that makes learning much harder than for others of the same age
- they need extra educational support to help them learn.

What is a disability?

The Equality Act 2010 defines a disability as:



A physical or mental impairment that has a long-term and significant effect on a person's ability to carry out daily activities."

Not all children with a disability have SEN, but sometimes the two overlap.

Types of SEND

The **SEND Code of Practice: 0–25 Years** identifies four main areas of special educational needs and disabilities:

- 1. communication and interaction** – difficulty with speech, language, or social skills.
- 2. cognition and learning** – challenges with thinking, learning, or memory.
- 3. social, emotional, and mental health** – struggles with emotions, behaviour or relationships.
- 4. sensory and physical needs** – issues related to vision, hearing, or physical disabilities.

How do I know if my child needs extra support?

You may notice your child has difficulties in one or more of the following areas:

Communication and interaction

Your child may:

- struggle to talk or express themselves
- find it hard to understand what others are saying
- have difficulty with conversations or playing with other children.

Cognition and learning

Your child may:

- learn at a slower pace than others
- find school work challenging
- have trouble with organisation and memory
- struggle with reading, writing, or numbers.

Social, emotional, and mental health

Your child may:

- find it hard to build relationships
- appear withdrawn or anxious
- show behaviour that disrupts their learning, like being restless or upset.

Sensory and physical needs

Your child may have:

- a visual impairment (VI)
- a hearing impairment (HI)
- a physical disability.

How do I know if my child needs extra support?



You are not alone

If you are concerned about your child, support is available. This guide will explain how to access the right help in Lambeth, whether your child is in early years, school, or preparing for adulthood.

Information, Help and Support

Where can I find information and support in Lambeth?

Families in Lambeth have access to many support services. Here's how to find help and which professionals you can contact.

The Lambeth SEND Local Offer

The Local Offer helps you find information about local services, support and events for children and young people aged 0–25 years who have SEND in Lambeth.

Web: www.lambeth.gov.uk/SEND

Email: localoffer@lambeth.gov.uk

Tel: 020 7926 9558

Lambeth SEND team (for children and young people aged 0–25)

The Lambeth SEND team is here to support children and young people with learning difficulties or disabilities through their education. The team works to make sure every child or young person with SEND in Lambeth gets the help they need to reach their full potential.

Email: sendsupport@lambeth.gov.uk

Tel: 020 7926 9460 (weekdays from 9.30am - 3.30pm)

Lambeth Families Information Service

The Families Information Service provides free, reliable and impartial information and assistance to parents, carers, professionals and young people about local services and activities available for children aged 0–19 years and 25 years if the young person has a special educational need or disability.

Web: www.lambeth.gov.uk/fis

Email: fis@lambeth.gov.uk

Tel: 020 7926 9558

Lambeth Better Start Children's Centres

Our Better Start Children's Centres aim to provide children and their families with the best start in life. Children's Centre staff are available to provide support to families of young children aged 0–4 in Lambeth. They will make referrals on your behalf to other agencies if needed.

Web: www.lambeth.gov.uk/ChildrensCentres

Lambeth Disability Register and Liberty Card

The Lambeth Disability Register is a voluntary list for Lambeth children and young people age 0–18 with disabilities or special needs. Registering gets you a Lambeth Liberty Card, a useful ID for situations where disabilities aren't obvious, reducing the need for explanations. The card also offers discounts locally and across the UK.

Email: liberty@lambeth.gov.uk

Find out more

Scan the QR code to read more about the Lambeth Disability Register and apply for your child's free [Liberty card](#)



Lambeth Digital Family Hub

Find local activities, organisations and services using our directory of services for children and young people, including all Ofsted registered childcare available in Lambeth.

Web: www.lambeth.gov.uk/family-hub

Email: familyhub@lambeth.gov.uk

Lambeth Community Early Help team

Lambeth Early Help aims to ensure that children, young people, and families receive support at the earliest opportunity to prevent difficulties, and take immediate action when difficulties are identified to prevent them from getting worse.

You can refer yourself or your family for early years or child protection help or support.

Web: www.lambeth.gov.uk/children-young-people-families/early-help-services

Email: helpandprotection@lambeth.gov.uk

Tel: 0207 926 3100 (Monday to Friday, 9am to 5pm)

Tel: 0207 926 5555 (Monday to Friday, 5pm to 9am, weekends and public holidays)

Lambeth Early Years SEN Service (for children aged 0-5)

The Early Years Special Educational Needs (SEN) Team in Lambeth provides support and advice to families and professionals for children under five with complex needs or autism.

Email: earlyyearssen@lambeth.gov.uk

The Lambeth Autism Advisory Service (LAAS)

The Lambeth Autism Advisory Service gives advice, support and training to schools and families to help them meet the needs of autistic children and young people. LAAS works with any child already diagnosed with autism or on an assessment waiting list.

Email: LAAS@lambeth.gov.uk

Tel: [07845 665 435](tel:07845665435)

Adult social care (for young people over 18 years)

Access care and support services for adults and carers, and find information on getting out and about with a disability.

Web: www.lambeth.gov.uk/adult-social-care-health

Tel: [020 7926 5555](tel:02079265555)

Lambeth Parent Forum

The Lambeth Parent Forum is a group of parents and carers of children and young people with

additional needs and disabilities aged 0–25 in Lambeth. The Lambeth Parent Forum works with Lambeth Council and other providers to ensure that local services meet the needs of disabled children and their families.

Web: www.lambethparentforum.com

Email: info@lambethparentforum.com

Tel: 07903 248077

Contact Lambeth

If you live in Lambeth and have a disabled child, a child with a health condition or additional needs, please get in touch. Contact provides information on a wide range of issues affecting families as well as where to go locally for support.

Web: www.contact.org.uk/

Email: lambeth@contact.org.uk

Tel: 0203 751 3279

Carers Hub Lambeth

The Carers Hub Lambeth provides support, advice and information for unpaid carers in Lambeth. They work with carers of all ages, and offer tailored support, peer support groups, social and wellbeing services and more.

Web: www.carershub.org.uk

Email: connect@carershub.org.uk

Tel: 020 7501 8970

Lambeth Information Advice and Support Service (LIASS)

The Lambeth Information Advice and Support Service provides free, impartial and confidential information about education, health and social care for children, young people, and their parents relating to special educational needs and disabilities.

Web: www.lambethiass.org.uk

Email: lambethiass@lambeth.gov.uk

Tel: 020 7926 1831

Support for Children Age 0–5

If you think your child aged 0–5 may need extra support, are seeking a diagnosis, or already have one, Lambeth offers many resources to help. You are not alone in this journey – support is available.

Where can I get help?

If you think your child has special educational needs and/or disabilities (SEND) in Lambeth, or if they have already been diagnosed, here's where you can find support:

- talk to your **Health visitor or GP** about any concerns you may have about your child's development
- talk to the **SENDCO** at your child's nursery or childcare setting, if they attend one. They support children with SEND. There is more information about SENDCOs and their role on page 12
- visit a **Better Start Children's Centre** for free activities and support for you and your child. You can find out more about children's centres in the box opposite
- contact the **Early Years SEN team** for guidance. Their contact details are on page 7
- check the **Lambeth SEND Local Offer** at www.lambeth.gov.uk/SEND for information about services and activities
- reach out to the **Lambeth SEND team**, their contact details are on page 12
- join the **Lambeth Parent Forum** to connect with other families with children and young people with SEND in Lambeth. Their contact details are on page 7
- get advice from **Contact Lambeth**, a support service for families of children with SEND. Their contact details are on page 7
- visit the Evelina London website to find out about the health services they offer.



Lambeth's Better Start Children's Centres

Better Start Children's Centres help families get the best start in life. Our Family Hub network of children's centres offer a range of free activities and support for young children and families including:

- support from **speech and language therapists** to help early communication
- additional help for children with special needs or disabilities
- **stay-and-play sessions** for babies, toddlers, and young children.

Find out more

Scan the QR code to find out about free activities and support in [children centres](#) near you.



Register your family to use better start services and you can also ask for help as part of the [registration process](#).

Health Visiting Service

Health visitors provide community health visiting services to all families who have children under the age of five.

Health visitors offer a range of services both at home and in child health clinics. They provide health promotion advice on immunisation, breastfeeding, healthy weight gain, introducing solid foods, parenting skills, vitamin D supplements, safe sleeping, parental health and wellbeing, home safety and accident prevention.

The Complex Needs Health Visiting Service

The complex needs health visitors provide a specialist service supporting children under the age of five years with complex health and developmental needs.

The team support families who have children with complex health needs through the process of diagnosis, in implementing therapy programmes, developing strong relationships with children with disabilities and discussing developmental concerns.

The team will provide specific support for these families around:

- sleep routines
- feeding and nutrition
- behaviour management
- delivering training/advice for professionals/colleagues and multi-disciplinary team.

Find out more

Scan the QR code to learn more about [Health visiting and school nursing](#)



Lambeth Early Years Special Educational Needs (SEN) Service

This service supports families with children under five who have complex needs, autism, or are awaiting a diagnosis.

Most referrals go through the **Mary Sheridan Centre** after a paediatrician assesses your child. There are two referral pathways: one for complex needs and one for autism.

If a child has been seen by a community paediatrician and additional needs have been identified they will send a statutory notification to Lambeth Council to inform them and a Disability Team Around the Child (DTAC) meeting will be held.

If you are new to Lambeth and have a child with complex needs or autism, you can:

- speak to your local Better Start Children's Centre about available support
- contact the Early Years SEN team at earlyyearssen@lambeth.gov.uk

Find out more

Scan the QR code to learn more about the [Early Years SEN Service](#)



Talk to your Health visitor or GP about any concerns you may have about your child's development



Finding childcare for your child with additional needs

High-quality childcare can support both you and your child. Some settings offer specialist services for children with disabilities, and all providers should be inclusive.

The Lambeth Families Information Service (FIS) can help you find childcare that meets your child's needs. Visit the website at www.lambeth.gov.uk/fis and search the Lambeth's Digital Family Hub for registered childcare, email fis@lambeth.gov.uk or call the team on 020 7926 9558.

Free education and childcare for 2 year olds if you get extra support

If your two year old has an education, health and care (EHC) plan, also known as an EHCP and/or your child gets Disability Living Allowance (DLA) then they can get 15 hours of free childcare for 38 weeks of the year. You may be able to get free childcare for more than 38 weeks a year if you take fewer hours over more weeks. The childcare must be provided by a registered provider, such as a registered nursery, playscheme or school.

Email the Lambeth Business and Workforce Development team at earlyyears pupilpremium@lambeth.gov.uk for a code to access the free childcare.

Getting help at nursery or with a childminder

Preschools, nurseries, and childminders should identify and support children with SEND.

From age two, childcare settings should check children's progress and share reports with you. If extra support is needed, they should create a support plan and may seek professional help.

Many nurseries and preschools have a SENDCO, who you can speak to about concerns. There is more information about SENDCOs on page 12.

Lambeth Early Years Inclusion Fund

This fund helps early years providers support children with emerging or lower-level SEND support needs. It's for children aged nine months to four years who:

- qualify for free early learning
- are at least six months behind their expected development in two or more areas

The funding goes directly to your child's nursery or preschool to provide extra support. Speak to your childcare provider if you'd like them to apply for this funding.

To find out more, search '**Early Years Inclusion Fund**' on the Lambeth SEND Local Offer at www.lambeth.gov.uk/SEND.

Support for Children and Young People at School

Some children need extra help to get the most out of school. Most children who need additional help go to mainstream schools, where a range of support can be put in place to assist them.

If your child needs more help than the school can offer, then the school can work with you and other professionals to look into what support might be needed.

For children with complex needs, a **special school** may be the best option. These schools have specialist teachers, therapists, and equipment to help children thrive.

How can I get help for my child at school?

If your child is struggling at school, they should get extra help. Many children need support at times. Teachers can change lessons to help or ask the school's SENDCO for advice. The SENDCO might also ask a specialist for more support. There is more information about SENDCOs and their role on page 12.

School SEND information reports

Every school must have a **SEND information report** (sometimes called the **SEND Offer**) on its website. This report explains how the school supports children with SEND, including:

- what support is available for children with SEND
- how the school helps children transition in and out of school
- what training teachers have to support SEND students.

Levels of support in schools

1. Quality First Teaching

Teachers regularly check how well students are learning. If a child is struggling, teachers will:

- identify the challenges
- try different teaching methods
- assess whether the extra support is working.

This is called **Quality First Teaching**, where teachers adjust lessons to meet different learning needs. Teachers receive SEND training and are supported by a SENDCO and other experts.

2. SEND Support

If a child needs more help than Quality First Teaching provides, they may need **SEND Support**. Schools must get your permission before adding your child to the SEND Register.

Schools will talk to you about:

- the type and amount of support your child will receive
- how this support will be delivered.

Every school has extra funding for SEND support. The **SEND information report** explains how the school uses this funding.

You can ask your child's school to arrange a meeting with the SENDCO.

How schools support children with SEND

Schools in Lambeth use **Graduated Response Tables** to decide what help a child needs. These tables outline different support strategies for children and young people with:

- speech and language difficulties
- Autism
- visual impairments
- emotional and mental health needs
- learning difficulties.

This support, called **Ordinarily Available Provision**, may include:

- teachers adjusting lessons
- extra help from a teaching assistant or specialist
- small group work or one-on-one support.

You can ask your child's school what help is in place for your child and how they use the Graduated Response Tables to decide on support.

SEND Funding

All schools receive money to help children with SEND. Schools can use this funding to:

- train teachers on SEND
- pay for specialist services (e.g. speech therapy, counselling, teaching assistant support).

The **Graduated Response Tables** help schools decide how to spend this funding effectively.

Education, Health, and Care Plans (EHC plans)

Some children with long-term needs may require an Education, Health, and Care Plan (EHC plan). EHC plans support children from 0 to 25 years old who need more help than a mainstream school can usually provide through their Ordinarily Available Provision.

You can request an EHC assessment if your child:

- needs significant support beyond what is ordinarily available, or
- needs a specialist school placement.

A professional can also request one on your behalf if you agree. If your child has a social worker, they would support in contributing toward the EHC assessment.

The first step is to talk to the SENDCO at your child's school or nursery. They can help with the request.

Find out more

Scan the QR code to [find out more](#) about EHC plans and the assessment process or contact the SEND team on send@lambeth.gov.uk.



Who is a SENDCO?

A SENDCO (Special Educational Needs and/or Disabilities Coordinator) is a teacher trained to support children with SEND. In colleges, this role may be called Additional Learning Support Manager or Student Support Manager.

Every school has a SENDCO who:

- identifies and assesses children's needs
- plans the right support
- works with teachers and families.

You can ask your child's school to arrange a meeting with the SENDCO.



Help with school transport and costs

Children with an EHCP may be eligible for help with school transport costs.

To check if your child is eligible, search 'Help with travel to school or college' at www.lambeth.gov.uk/SEND, email transport@lambeth.gov.uk or call 020 7926 6839.

For young people over 19 years old, contact Lambeth Adult Social Care on 020 7926 3250 or ALDduty@lambeth.gov.uk



Getting support if you have recently moved to Lambeth

If your child has SEND and was diagnosed outside Lambeth, contact the Lambeth SEND team to set up support at send@lambeth.gov.uk.

Choosing and moving schools with an EHC plan

When choosing a school, it's useful to know what each school can offer. All maintained and academy schools say how they support pupils with SEND in their SEND information report.

Most children and young people with special educational needs or a disability (SEND) will attend a mainstream school. A small number of children may need a more specialist setting. This might be a specialist resource base in a mainstream school, or a special school. Only children with an EHC plan can go to specialist settings.

Parents can tell us which school they'd like their child to go to when we create an Education, Health and Care (EHC) plan. We will take this school into consideration when deciding on what the right school for your child is.

Find out more

Scan the QR code to learn more about [choosing and moving schools with an EHCP](#) and the types of schools available in Lambeth on the local offer.



Support for Children and Young People at Home and in Daily Life

Some children and young people with disabilities need extra support at home and in the community.

Social care services can help with personal care, equipment, home adaptations, and short breaks. There are also **health services** for children and young people with physical disabilities, mental health needs, and long-term conditions. Getting the right support early can make a big difference in your child's development.

If your child has additional needs, here are ways to access support with daily activities in Lambeth.

Health services for children with SEND

Lambeth offers health services for children and young people with physical disabilities, mental health needs, and long-term conditions. These services are provided by:

- GPs and schools
- Evelina London Children's Healthcare
- Lambeth Child and Adolescent Mental Health Services (CAMHS).

For children with complex needs, services like occupational therapy, speech therapy, physiotherapy, and community paediatrics are available. A GP, school, health visitor, or social worker usually needs to refer your child for these services.

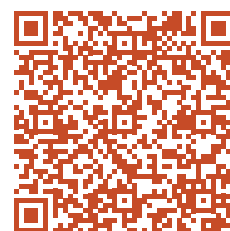
Supporting children with medical conditions in schools

The Children and Families Act (2014) requires maintained schools, academies, and pupil referral units to make arrangements for supporting pupils at the school with medical conditions. Every school must have a policy on supporting children with medical conditions.

Children with medical needs should have individual healthcare plans and the school's policy should cover the role of individual healthcare plans and who is responsible for their development.

Find out more

Scan the QR code to learn more about local health services in Lambeth and [how to access them](#).



Emotional wellbeing and mental health support

If your child is struggling emotionally, start by talking to their nursery, school, or college. If your child is not in a childcare setting, you can contact the Early Years SEN team for support (contact details on page 9).

Child and Adolescent Mental Health Services (CAMHS)

CAMHS is a free NHS service for children and young people up to 18 years old who need mental health support. The CAMHS team includes psychiatrists, psychologists, therapists, nurses, and social workers.

You can access CAMHS through referrals from:

- social workers
- school professionals
- GPs
- educational psychologists.

Find out more

Find out more about CAMHS in Lambeth at www.slam.nhs.uk/lambeth-camhs



The Lambeth CAMHS Child Wellbeing Practitioner Team

This team provides a mental health service to young people who may not meet the threshold for Lambeth Child and Adolescent Mental Health Service (CAMHS).

The team provides short-term, low intensity, evidence-based, guided self-help interventions for children, young people and their parents or carers for treatment of mild to moderate anxiety, low mood, or mild behavioural difficulties.

Mental Health Support Teams in Lambeth

Lambeth Mental Health Support Team (MHST) is an early intervention service for children and young people in Lambeth aged 5 to 18 years old who are experiencing mild to moderate mental health issues. It can help with issues such as exam stress, behaviours that challenge, low mood, anxiety, and friendship issues. It can also help those with more severe needs to access the right support.

Lambeth MHST has three main roles:

- One to one guided self-help
- Whole School Approach
- Signposting to other services.



Lambeth Community Early Help

Lambeth Community Early Help is a team that works together to support children, young people, and families as early as possible. Their goal is to help before problems get worse and take quick action when needed.

There are four Community Early Help teams in Lambeth. They assess and support families directly and work with other community services to give families even more help. The Early Help team contact details are on pages 6–7.

0–25 Disabilities Service

This service helps children and young people aged 0–25 in Lambeth with **severe and permanent disabilities**, including multiple disabilities, sensory impairments, or complex health needs.

Support includes:

- care arrangements
- short breaks
- respite care
- personal budgets
- activities.

You can self-refer by calling the 0–25 Disabilities Service on 020 7926 5555 to discuss your child's needs and get advice on services and assessments.

Occupational Therapy

Occupational therapy (OT) helps children and young people improve their health and wellbeing. This might be helping them with eating, washing, using the toilet, doing their school work or playing with friends, and hobbies.

This service can support with specialist equipment at home and adaptations to properties when needed.

Short Breaks service

Short breaks give families time to rest while children and young people with SEND take part in fun, supportive activities. Lambeth offers short breaks via a referral for different levels of need, ensuring every child gets the right support.

Find out more

Scan the QR code to find out about the [0–25 Disabilities Service, the assessment process and Short Breaks service](#)



Financial help for families with children with SEND

Caring for a child with SEND can come with extra costs. You may be able to claim financial support to help.

Disability Living Allowance (DLA)

For children under 16 years old, DLA helps cover extra costs related to disabilities.

Personal Independence Payment (PIP)

For young people over 16 years old, PIP helps with daily activities or mobility support.

Carer's Allowance (CA)

If your child receives DLA or PIP, you may be eligible for Carer's Allowance.

Contact Lambeth family support

Contact Lambeth's **family support workers** help families with children and young people with SEND by offering:

- advice on SEND support
- help applying for DLA, PIP and Blue Badges
- information on grants and benefits
- guidance on referrals and accessing services

To request one-on-one support from a Contact family worker, please register with Contact Lambeth by emailing lambeth@contact.org.uk

You can also find financial support information in the 'I'm a young person' section of the SEND Local Offer at www.lambeth.gov.uk/SEND by searching 'benefits and financial help for disabled young people'.

Can my child get a Blue Badge?

Children with disabilities may be eligible for a Blue Badge, which allows parking in disabled spaces. You can check eligibility and apply at www.lambeth.gov.uk/parking/disabled-parking-badges-bays

The Teenage Years and Preparing for Adulthood

The teenage years are a time of big changes as your child grows into adulthood. During this time, they may:

- gain new rights and responsibilities
- become more independent
- explore education, work and friendships.

Planning ahead will make the transition smoother. It's important to involve your child, family members and anyone who supports them.

Young people can find helpful information in the 'I'm a young person' section of the Lambeth SEND Local Offer at www.lambeth.gov.uk/SEND

When should we start planning for adulthood?

Education and training

All young people should have access to education and training that helps them achieve their goals. Colleges, post-16 providers, and universities offer support for students with SEND.

If your child receives support from school, health, or social services, planning for adulthood should start at ages 13-14 (Year 9). You should be actively involved in this process.

Learn more about education after 16 at www.lambeth.gov.uk/lambeths-send-local-offer/im-young-person/post-16-school-college-university

All young people should have access to education and training that helps them achieve their goals.

Moving to adult social care services

At 18 years old, young people move from children's social care to adult social care services. This process is called **transition**.

Planning starts at 13-14 years old (Year 9) and is reviewed annually. You and your child should discuss what support will be needed as your child becomes an adult.

If your child already receives children's social care support, their social worker will handle the transition. If not, a referral may be needed.

Find out more by searching 'Transition to adult social care services' on the Lambeth SEND Local Offer at www.lambeth.gov.uk/SEND

Moving to adult health services

At 18 years old, health care moves from children's services to adult services. Support will depend on your child's health needs.

Learn more by searching 'Transition to adult health services' on the Lambeth SEND Local Offer at www.lambeth.gov.uk/SEND

Training, work and volunteering for young people with SEND

There are many ways for young people with SEND to gain skills, get work experience, and find jobs:

- **supported internships** – learning on the job with extra support
- **apprenticeships** – paid job training while learning
- **volunteering** – work experience while helping the community.

Support from BeLambeth

If your child or young person with SEND is looking for job opportunities, training, or career advice, BeLambeth can help.

BeLambeth offers:

- a supported employment programme to connect young people with jobs and employers
- help with finding training, apprenticeships, and volunteering
- career advice and support.

Find out more by visiting www.be.lambeth.gov.uk or emailing inclusiveemployment@lambeth.gov.uk

Find out more

Scan the QR code to visit the [‘I’m a Young Person’](#) section of the [Lambeth Local Offer](#).

Find information on preparing for adulthood, education after 16, training, jobs, volunteering, transitioning to adult services, and getting involved in the community.



Support for Parents and Carers

What support is available to me as a parent or carer?

It is important for you to know that there is support in Lambeth for parents of children and young people with SEND, including the following services:

Lambeth Parent Forum

The Lambeth Parent Forum is a group of parents and carers of children and young people with SEND who work together with professionals to improve local services.

It is free to join and is a great way to meet other parents and make a difference for other families in Lambeth. All parents and carers of children and young people with SEND aged 0–25 in Lambeth are welcome to come along to monthly coffee mornings and virtual meetups for parents to get together, connect and learn more about available services.

Find out more

Scan the QR code to learn more about the [Lambeth Parent Forum](#), join for free and find out about upcoming events



Contact Lambeth

If you live in Lambeth and have a child with a disability, a child with a health condition or additional needs, Contact Lambeth is here to support you. Contact provides information on a wide range of issues affecting families as well as information about where to go locally for support.

You can get in touch with the friendly team by calling 0203 751 3279, emailing lambeth@contact.org.uk or visiting the website at www.contact.org.uk

Carers Hub Lambeth

The Carers Hub Lambeth provides support, advice and information for unpaid carers in Lambeth. They offer tailored support, peer support groups, social and wellbeing services and more.

Find out more by calling 020 7501 8970, emailing connect@carershub.org.uk or visiting the website at www.carershub.org.uk

Lambeth Parenting Support Service

The Lambeth Parenting Support Service offers a range of free group based or online parenting courses for families living in Lambeth. Courses are an opportunity to get reassurance and advice, meet other parents, grow your parenting skills and explore your unique experiences of parenting.

Courses include 'Being a Parent ADHD', 'Being a Parent Autism', 'EarlyBird Plus' (for parents/carers of children aged 4–9 years old with an Autism diagnosis).

Find out about all available courses and sign up for free at www.lambeth.gov.uk/parenting

NHS Lambeth Talking Therapies

The local NHS provider offering free and confidential talking therapies and specialist support to help you feel better lambethtalkingtherapies.nhs.uk/

You can refer yourself online or by calling 020 3228 6747. If you are unable to refer yourself online or on the phone, you can ask your GP to make a referral for you. Find out more at www.lambethtalkingtherapies.nhs.uk

GP support

Consider asking your GP to record that you are a carer – you will then be offered an annual health check and a flu jab, plus more convenient appointments.

We hope that this information in this guide has been useful. There is a lot more information about all the topics covered on the Lambeth SEND Local Offer.

Visit the Local Offer at www.lambeth.gov.uk/SEND
email us at localoffer@lambeth.gov.uk or
scan the QR code

