Early Years
Family Toolkit

Useful support and information links for families of children aged 0 to 5, including SEND, disability, health and wellbeing, across Barking & Dagenham, Havering and Redbridge

Family Services | **Ages 0 to 5** | **Rooted in the community**

Welcome

Useful support and information links for families

This toolkit brings together useful local and national services, guidance and resources for children, young people and families, including support around **SEND**, **disability**, **health**, **wellbeing** and **early years**.

Every service has a coloured **Visit website** button and a link you can click. Sections 1 to 5 focus mainly on **Barking & Dagenham**, sections 6 and 7 cover **Redbridge** and **Havering**, and the national organisations can help families wherever they live.

How to use this toolkit

Look through the sections to find the kind of help you need right now.

Click the coloured button or link on each card to go straight to the service's website.

Not sure what some the abbreviations mean? Check out our Acronyms document on our website.

Examples of 'One plan's, 'Now and Next boards' and 'visual timetables' can be found on our website.

If you are not sure where to start, ask your health visitor, Family Hub navigators, your child's nursery, or the Sycamore Trust Family Services team.

What's inside

1 **Early years, SEND and family support**
NELFT 0–5 services, the Local Offer and Family Hubs

2 **Health and wellbeing services**
Specialist dental care for children who need extra support

3 **Benefits, ID cards and practical support**
DLA for children, the Blue Badge and the National Disability Card

4 **Specialist advice and local services**
Potty training, Portage and support for carers

5 **Autism support**
Sycamore Trust UK

6 **Local support in Redbridge**
Health, early years SEND, Children's Centres and more

7 **Local support in Havering**
Health, early years SEND, Children's Centres and more

8 **Helpful national organisations**
Trusted charities for information and advice

1 Early Years, SEND and family support

Help with your child's health, development and family life

0–5 years | NELFT NHS Foundation Trust

NHS • 0–5

NELFT provides integrated community and mental health services across Barking and Dagenham, Havering, Redbridge and Waltham Forest, as well as community health services in parts of southwest Essex. It also provides an Emotional Wellbeing Mental Health Service for children and young people across Essex.

Useful for:

- Early developmental concerns
- Community health services
- Emotional wellbeing support
- Referrals to specialist services

Visit website ›

nelft.nhs.uk/services-barking-0-5
NELFT: 0300 555 1200

Early Years 0–5 | Barking and Dagenham SEND Local Offer

Local Offer • 0–5

The Barking and Dagenham Local Offer provides information, support and activities for children and young people with special educational needs or disabilities, as well as their families.

Useful for:

- Finding local services
- Activities and clubs
- Education support
- Family advice
- Financial support

Visit website ›

localoffer.lbbd.gov.uk/early-years-0-5

Family Hubs | London Borough of Barking and Dagenham

0–19 years

Family Hubs support families with children aged 0 to 19 who may need extra help. **Family Navigators** can offer information, advice and guidance on family routines, children's changing needs, local support and specialist services.

Support includes:

- Parenting advice
- Family routines
- Behaviour support
- Emotional wellbeing
- Signposting to specialist services
- Local activities

Visit website ›

lbbd.gov.uk – Family Hubs

Top tips when you have concerns about your child's development

- Write down what you have noticed, with examples and dates.
- Talk to your health visitor, GP or your child's nursery. You do not need a diagnosis to ask for help.
- Ask the Family Hub or the Local Offer what groups and activities are available near you while you wait for appointments.
- Keep all letters and reports together in one folder.

2 Health and wellbeing services

Care that meets your child's needs

Dagenham

Five Elms Health Centre Dental Department | Dentist in Dagenham

The **Paediatric and Special Care Community Dental Service** at Five Elms Health Centre offers dental services for children and people who may need additional support.

Services include:

- Children's dentistry and emergency dental care
- Sedation dentistry and root canal treatment
- Gum treatment and oral surgery
- Dentures and general dentistry

Visit website ›

Five Elms dental service information

5 Five Elms Road, Dagenham RM9 5TT | 0300 123 9276 (option 2)

Top tips for a calmer dental visit

- Ask for the first appointment of the day so there is less waiting.
- Show your child photos of the dentist or read a simple social story together beforehand.
- Tell the team about your child's needs, what helps them feel safe, and any sensory differences.
- Bring a comfort item, and praise every small step, even just sitting in the chair.

Remember your health visitor

Your health visitor is a good first contact for questions about your child's growth, development, sleep, feeding and wellbeing in the early years. You can find the Barking and Dagenham health visiting service on the NELFT 0–5 page.

NELFT health visiting (0–5)

3 Benefits, ID cards and practical support

Help with extra costs and getting out and about

Disability Living Allowance (DLA) for children claim form

GOV.UK

Disability Living Allowance (DLA) for children may help with the extra costs of looking after a child who:

Your child:

- is under 16
- has difficulty walking or needs much more looking after than a child of the same age who does not have a disability

The child will need to meet the eligibility requirements. The DLA weekly rate depends on the level of help the child needs.

Get the claim form › DLA for children claim form (GOV.UK)

Read the full guidance first:
gov.uk/disability-living-allowance-children

Apply for or renew a Blue Badge

GOV.UK

The Blue Badge Scheme helps people with disabilities park closer to their destination.

You can:

- Apply for a new Blue Badge
- Renew an existing badge
- Replace a lost or stolen badge

Apply online › gov.uk/apply-blue-badge

UK-wide

The National Disability Card UK

The National Disability Card provides recognised proof of disability and may help individuals access:

Access to:

- Concessionary rates
- Accessible venues
- Additional support
- Inclusive activities

There is a fee for the card. Check the website for current prices and eligibility.

Visit website ›

disabilityid.co.uk

Good to know

Some families find it helpful to keep copies of letters, reports and any diagnosis paperwork together in one folder. You will often need them when applying for DLA, a Blue Badge or other support.

Need help with forms? Sycamore Trust's Family Services can help you understand what support is available.

4 Specialist advice and local services

Practical help, learning through play and support for you

Potty training children with additional needs | ERIC

National charity

ERIC provides advice on potty training children with additional needs, including children with delayed development or physical disabilities.

Children may need more time, consistency and support, but the overall process is similar to potty training any child.

Support includes:

- Toilet training
- Delayed continence
- Bedwetting
- Constipation
- Additional needs

Visit website › eric.org.uk/children-additional-needs

Portage and Inclusion Education Service | Barking and Dagenham SEND Local Offer

Ages 0–4

Portage provides specialist home-based support for pre-school children with additional needs and disabilities.

Support may include:

- Home visits
- Play-based learning
- Developmental assessments
- Transition into nursery or school
- Family support

Visit website › Portage on the B&D Local Offer

020 8724 8550 | PortageOffice@lbbd.gov.uk

Support for carers

Barking & Dagenham

Carers | London Borough of Barking and Dagenham

Provides information, advice and practical support for unpaid carers looking after a family member with additional needs.

Support includes:

- Carer's Assessments
- Emotional wellbeing support
- Information and advice
- Support groups
- Signposting to local services
- Links to SENDIASS

Visit website ›

lbbd.gov.uk – Looking after someone

Information and support for carers, including links to SENDIASS and local advice services:

Barking & Dagenham SENDIASS

Free, impartial information, advice and support about SEND for parents and carers.

carerscentre.org.uk/iassinfo
020 8593 4422

Carers of Barking and Dagenham

Advice, support and activities for unpaid carers, including parent carers.

carerscentre.org.uk

Carer's Assessment

Find out how to ask the council for an assessment of your needs as a carer.

lbbd.gov.uk – Carers assessment

Looking after yourself matters too. You cannot pour from an empty cup.

5 Autism support

Local help from people who understand

B&D • Havering • Redbridge

Sycamore Trust UK

Sycamore Trust is a local charity supporting autistic children, young people, adults and their families across **Barking & Dagenham**, **Havering** and **Redbridge**.

Support includes:

- Autism advice and guidance
- Parent and carer support
- Workshops
- Coffee mornings
- One-to-one support
- Benefits and practical advice
- Autism awareness training
- Adult autism services
- Social groups
- Employment support
- Signposting to local services

Visit website ›

Home - Sycamore Trust
020 8517 9317 | 27–29 Woodward Road, Dagenham RM9 4SJ

Redbridge

Local support for families

Early years health, SEND and family support for families living in **Redbridge**.

NHS • 0–5

0–5 years in Redbridge | NELFT NHS Foundation Trust

NELFT provides health services for babies and young children in Redbridge, including health visiting, development reviews, therapies and autism support.

Useful for:

- Health visiting and development reviews
- Speech and language, OT and physiotherapy
- Children's autism support
- Perinatal and infant mental health

Visit website ›

nelft.nhs.uk/services-redbridge-0-5
NELFT: 0300 555 1200

Local Offer • 0–4

Childcare and Early Years | Redbridge SEND Local Offer

Redbridge's Local Offer (FiND) lists childcare, early education, activities and SEND support for children aged 0 to 4 and their families.

Useful for:

- Finding local services
- Childcare and nurseries
- Early years SEND support
- Activities and family advice

Visit website ›

Redbridge Local Offer: Early Years

Early years SEND services in Redbridge

Early years SEND

Redbridge has specialist teams for young children with SEND. The **Pre-school Home Visiting Service** offers home-based learning activities and helps with the move into nursery or school, much like Portage.

Services include:

- SEND Early Years Panel (SEYP): coordinates referrals and assessments
- Pre-school Home Visiting Service (PSHVS)
- Early Years Advisory Service (EYAS)
- Advice for nurseries and settings

Find out more ›

Pre-school Home Visiting Team on FiND
Early years SEND services: 020 8708 4525 / 020 8708 3369

Children's Centres and SEN Hubs | Redbridge

0–4 years

Children's Centres offer activities, courses and one-to-one support for families with children aged 0 to 4 (up to 8 for children with SEN or disabilities). Many have sensory rooms, and three **SEN Hubs** at **Cranbrook**, **Loxford** and **Orchard** have extra resources and specially trained staff.

Support includes:

- Stay and play sessions
- Sensory rooms
- Parenting courses
- Family support
- Health services
- Early education

Visit website ›

Children's Centres (Local SEND Offer)
Call your local centre or SEN Hub to book

More support in Redbridge

Organisation	How they can help	Website and contact
RIASS (Redbridge SENDIASS)	Free, impartial SEND information, advice and support, including a guide to early years and SEND.	redbridgeiass.org.uk – Early Years and SEND 020 8708 8939
Specialist Health Visitor for children with SEND (NELFT)	Support for families of children seen at the Redbridge Child Development Centre: development, sleep, diet, continence and diagnosis. Referral by professionals.	Specialist Health Visitor on FiND 0300 300 1636
Empowering Parents Together (EPT)	Redbridge's parent carer forum. Meet other parents and have your say on local services.	EPT on Redbridge FiND 07486 880799
Redbridge Carers Support Service	Information, advice and support for unpaid carers in Redbridge, including parent carers.	rcss.org.uk

Havering

Local support for families

Early years health, SEND and family support for families living in **Havering**.

0–5 years in Havering | NELFT NHS Foundation Trust

NHS • 0–5

NELFT's health visiting service in Havering follows the Healthy Child Programme, checking and reviewing children's development from birth, with extra support from specialists such as speech and language therapists and occupational therapists when needed.

Useful for:

- Health reviews and development checks
- Specialist therapy support
- Feeding and oral health
- Parent and maternal mental health

Visit website ›

nelft.nhs.uk – Havering 0–5 years
NELFT: 0300 555 1200

Local Offer 0–5 Years | Havering's Family Services Hub

Local Offer • 0–5

Havering's Local Offer brings together early years SEND information across education, health and social care, plus local services and activities for families.

Useful for:

- Finding local services
- Early years SEND support
- Activities and groups
- Family advice

Visit website ›

Havering Local Offer: 0–5 years

SEND Early Years Support Service (SEND EYSS) | Havering

Ages 0–5

A specialist team that promotes early intervention and inclusion for children aged 0 to 5 with additional needs, working with nurseries, pre-schools and childminders. The team includes area SENCos, advisory teachers, key workers and an educational psychologist.

Support includes:

- Advice and strategies for settings
- Area SENCo support
- Early Years SEND Parent Advice Clinic (Mondays and Fridays, 1pm–4pm, book by email)
- Help understanding the SEND process

Visit website ›

SEND EYSS on Havering Directory
01708 434080

Havering Children's Centres

Under 5s

Free services for Havering families with children under 5, at six centres: **St Kilda's** (Romford), **Ingrebourne**, **MyPlace**, **Elm Park**, **Collier Row** and **Rainham**. You need to register first, and staff can help you do this.

Support includes:

- Stay and play sessions
- Parenting workshops
- Baby feeding support
- Perinatal wellbeing groups

Visit website ›

livewellhavering.org.uk – Children's Centres

More support in Havering

Organisation	How they can help	Website and contact
Havering SENDIASS	Free, impartial SEND information, advice and support, including an early years guide for parents.	haveringsendiass.co.uk – Early Years 01708 433885 | sendiass@havering.gov.uk
Havering SEND Family Voice	Havering's parent carer forum for families of children and young people with SEND.	Havering SEND Family Voice | info@haveringsendfamilyvoice.org
Havering Carers Hub	Information, advice and support for unpaid carers living in Havering.	Havering Carers Hub - Carer Services Near Me | Carers Trust Local Carer Centres - Carers Trust
Sycamore Trust UK	Autism advice and parent support groups in Havering, including in Rainham and Harold Hill.	Home - Sycamore Trust 020 8517 9317

8 Helpful national organisations

Parents and carers may also find these organisations useful

These organisations provide trusted information covering **education**, **SEND law**, **disability benefits**, **mental health**, **parenting**, **autism** and **practical support**.

Organisation	How they can help	Website and contact
National Autistic Society	Information and advice about autism for autistic people and their families.	autism.org.uk
Contact	The charity for families with disabled children: benefits, education and a free helpline.	contact.org.uk Helpline: 0808 808 3555
IPSEA	Free, legally based advice on special educational needs and disability (SEND) law.	ipsea.org.uk
ERIC	The children's bowel and bladder charity: potty training, bedwetting and constipation.	eric.org.uk
Scope	Practical information and emotional support for disabled people and their families.	scope.org.uk
Ambitious about Autism	Information, advice and resources for parents and carers of autistic children.	ambitiousaboutautism.org.uk
Cerebra	Help with sleep, legal problems and practical support for families of children with brain conditions.	cerebra.org.uk
YoungMinds	Mental health support for children and young people, with a helpline for parents.	youngminds.org.uk
Mind	Mental health information and support, including for parents and carers.	mind.org.uk
Family Fund	Grants for families on low incomes raising a disabled or seriously ill child.	familyfund.org.uk

Thank you for reading

Sycamore Trust UK is a registered charity supporting autistic children, young people, adults and their families across Barking & Dagenham, Havering and Redbridge.

Call us	Visit us	Find us online
020 8517 9317	27–29 Woodward Road, Dagenham RM9 4SJ	Home - Sycamore Trust

Disclaimer

This toolkit gives **general information only**. It does not replace professional advice from a doctor, health visitor, dentist, nursery or school staff, social worker, solicitor or other qualified adviser, and should not be used to diagnose any condition.

Every child and family is different. If you have concerns about your child's health, development or safety, please speak to your GP, health visitor or nursery. **In an emergency, always call 999.**

Links to external websites and organisations are included to help families find support. Sycamore Trust UK does not control, and is not responsible for, the content, services or availability of external sites or organisations, and including them does not mean we endorse them. Eligibility for benefits, cards and services is decided by the organisations that provide them.

Information, contact details and links were checked in **September 2026** but can change. Please check details directly with each service. While we take care to make sure this toolkit is accurate, Sycamore Trust UK cannot accept responsibility for any loss or harm arising from its use.