

# PARENT RECOMMENDATIONS

All parent recommendations have been provided by ND parents in Southend.

“Hanging cocoon swings, gym trampoline and ikea spinning egg chair has helped massively with my son and his over hyperactiveness; jumping around furniture has become less frequent. Sensory puzzles and construction toys. I got an ice breaker game that was great for my son who went through a phase of wanting to break things up. I also got a large standing boxing bag and now I am not physically attacked as often as I ask him to punch the punch bag instead of mummy.

“Weighted blankets really help my daughter to sleep and to make her feel more calm when she is anxious.”

“Daisy Chain nursery on Southchurch Road (Southend) was absolutely amazing with my Autistic, PDA and ADHD son! They adapted and supported him completely, and also me while I was adjusting to finding out that my child was SEND. They also helped me to get his EHCP before he started school and were there whenever I was worried or had any questions.” Daisy Chain nursery is based out of the Southend Christian Fellowship; **The Plaza Centre, 600 Southchurch Road, Southend. 01702 461616**

“3 years ago our son was diagnosed with ASD, before this our health visitor was amazing and also finding a nursery who knew about Autism makes a huge difference. I have found being part of the Little Heroes ASD group has been great for advice, meeting other families who are similar to ours.” - **Little Heroes have their own website <https://littleheroesasd.co.uk/> and Facebook page. They also have a drop in centre where they hold activities and different groups, at 409 London Road in Westcliff on Sea.**

“SENDIASS helped me so much with understanding things. I would definitely recommend them!” – **SENDIASS have their own website <https://www.sendiasssouthend.co.uk/> and their own Facebook page. 01702 215499**

“Chris’ Toy Box is a fantastic shop for sensory toys and other great things for SEND kids. I could spend a small fortune in there!” – **Chris’s Toy Box has their own website <https://www.christoybox.co.uk/> and their own Facebook page. The shop is at 859 London Road, Westcliff on Sea**

Tony’s on Southchurch Road (Southend) is a good Barbers, Both of the guys that work there have cut my son’s hair safely and patiently while he is being difficult. He gets freaked out by the clippers so they only use scissors, they are incredible skillful with them! I watch closely and there is never any danger of him being cut. He just moves his head around normally and the Barber reacts to him. I normally have to hold him, they don’t mind. When he gets upset sometimes, they don’t mind.” - **Tony’s Continental Hairstylists can be found at 487 Southchurch Road Southend, 01702 462004**

“Being a member of SSIF (Southend SEND Independent Forum) has been great as they keep everyone updated with what is happening with changes to SEND services, and I have also been part of a couple of focus groups they’ve held where I’ve been able to have my say on what I think services should be like.” – **SSIF have their own website <https://www.southendsendindependentforum.co.uk/> and their own Facebook page.**

“We have a tent bed for my daughter and she loves it! It sits on the bed frame and the mattress goes inside, but it makes her feel safe and secure as it’s closed in and she can even zip up the door if she wants to. Really good for reducing sensory stimulus as well!” He gets upset sometimes, they don’t mind.”

“When my son is really wound up or is starting to get aggressive, we put on either Baby Einstein or Mini Masterminds DVDs on. He’s 6, but he becomes mesmerised - it’s classical music and calming images. They also have things like naming animals, shapes, colours, numbers, etc. which have really helped with his language use.”

“ My daughter hates loud noises and her school said to get some ear defenders for her. I didn’t think she’d wear them, but she actually wears them a lot now and they help her loads with coping with noises.”

“ My son has many sensory needs and so I bought a bubble wall and a light projector for his room so that, when he is feeling worked up or overwhelmed, he spends some time in his room with the bubble wall and light projector on and this calms him down.”

“ I found the Seas course that the Council run for Autism really helpful and put my mind at rest on some things. It was also great to speak to other parents in the same position.”

I would recommend Friends and Places Together – they’re a great charity where my daughter can go and socialise with other SEND teens.” **Friends and Places Together have their own website <https://friendsandplacestogether.org.uk/> and Facebook page. They have a drop in centre on the top floor of Victoria Plaza shopping centre on the High Street in Southend.**

“ We use Family Fund every year and it has been a game changer for us – we couldn’t have afforded a lot of the stuff that my son needs at home without it.” – Learn more about Family Fund and how to apply in the Family Fund section in this Guide.

“ Donna Boygle at Sensitivity OT Services is brilliant. She explained sensory needs to us and the sensory diet and therapy sessions have made life a lot easier.” – **Donna works out of the Therapy Life Centre on Prittlewell Chase, Southend. She also has her own Facebook page called Sensitivity OT Services.**