

## Hampshire SEND Signposting Toolkit for Schools



### Quick guides for parents and carers

These quick guides have been created to help parents and carers understand support available to them.

This toolkit provides simple, easy-to-read guides on key SEND topics.

Use the QR codes to find more detailed information and local services through Hampshire's SEND Local Offer.

**Scan the QR code to visit the Local Offer.**



### What will you find in this pack?

- **EHCPs;** including what is an EHCP, who it is for, what should you expect, what to do next and where to get help.
- **Neurodiversity;** including what it is, what support should you expect, what to do next and who can help.
- **Emotional Wellbeing and Mental Health;** including what it is, what support should you expect, what to do next and who can help.
- **Preparing for Adulthood;** including what it is, what support should you expect, what to do next and who can help.
- **Short Breaks;** including what it is, what support should you expect, what to do next and who can help.
- **Financial Support;** including what help is out there, what support should you expect and who can help.

## **EHCPs (Education, Health and Care Plans)**

### **✔ What is this?**

An EHCP is a legal document describing a child's needs and the support they must receive.

### **Who is it for?**

- Children and young people (0–25)
- Those needing more support than schools can usually provide

### **What support should I expect?**

- Support in school before an EHCP is considered
- Regular review of needs and progress
- Coordinated support across education, health and care

### **What can I do next?**

- Speak to your child's school or SENCo
- Ask what support is already in place
- Request an EHC needs assessment (you can do this yourself)

### **Who can help?**

- School SENCo
- [Hampshire SENDIASS](#)

 [Find out more](#)

 **Hampshire SEND Local Offer – EHCPs**



## **Neurodiversity (Autism, ADHD and more)**

### **What is this?**

Neurodiversity describes differences in how people think, learn and process information.

### **Who is it for?**

- Children with autism
- ADHD
- Dyslexia or other differences

### **What support should I expect?**

- Reasonable adjustments in school
- Support based on need (not diagnosis)
- Staff who try to understand your child's strengths and needs

### **What can I do next?**

- Talk to school about your concerns
- Ask what support is already in place
- Access support without waiting for diagnosis

### **Who can help?**

- School SENCo
- GP or health professionals
- Hampshire Neurodiversity and Wellbeing Multi-Disciplinary Team

 [Find out more](#)

 **Hampshire SEND Local Offer – Neurodiversity**



## **Emotional Wellbeing and Mental Health**

### **What is this?**

Emotional wellbeing includes feelings, behaviour and mental health.

### **Who is it for?**

- Any child or young person
- Those feeling anxious, low or overwhelmed

### **What support should I expect?**

- Support in school
- Access to early help
- Specialist services if needed

### **What can I do next?**

- Speak to school staff
- Contact your GP
- Scan the QR code to find local services

### **Who can help?**

- School pastoral teams
- CAMHS
- Services like No Limits or Kooth

### [Find out more](#)

### **Hampshire SEND Local Offer – Emotional wellbeing**



## Preparing for Adulthood

### What is this?

Support to help young people get ready for adult life.

### Who is it for?

- Young people aged 14+

### What support should I expect?

- Careers advice
- Transition planning
- Support to build independence

### What can I do next?

- Ask about transition planning at school
- [Explore college or training options](#)
- Discuss future goals

### Who can help?

- School or college
- Careers services
- Local authority if the child has an EHCP

 [Find out more](#)

 **Hampshire SEND Local Offer – Preparing for adulthood**



## **Short Breaks**

### **What is this?**

Short breaks are activities or care that support children and give families a break.

### **Who is it for?**

- Disabled children and young people who have a Gateway Plus Card

### **What support should I expect?**

- Activities and clubs
- Opportunities to socialise
- Support to build independence

### **What can I do next?**

- Check eligibility through the Local Offer
- Apply for a Gateway Plus Card if your child doesn't have one
- Search the directory to find Short break providers near you

### **Who can help?**

- Community groups

 [Find out more](#)

 **Hampshire SEND Local Offer – Short Breaks**



## Financial Support

### What is this?

Financial help is available for families of children with additional needs.

### Who is it for?

- Parents and carers of children with SEND

### What support should I expect?

- Benefits advice
- Help with applications
- Access to grants

### What can I do next?

- Check eligibility for benefits
- Explore local support

### Who can help?

- [Citizens Advice](#)

### [Find out more](#)

 Hampshire SEND Local Offer – Financial support

