



# INCLUDES US TOO

IU2 - Empowering families of children with disabilities

## Who Are We?

We are a small charity that supports families with children and young people with any type of disability or Special Educational Need (SEND), from ages 0–25, within the Ashford, Folkestone, and Dover Districts.

Unlike other agencies that may only support the child, siblings, or parents, we support the whole family. Our team of employers, volunteers, and trustees have lived experience and understand the joys and challenges of raising a child with additional needs.

We get it – we understand the frustrations, isolation, and highs of being a parent.

## What Do We Need From You?

- We don't ask for evidence of your child/young person's additional needs.
- You can be anywhere on the diagnosis/SEND journey.
- By completing our [Membership Form](#), you are agreeing that your child/young person genuinely has SEND.
- Membership is completely free!

## GDPR Notice

We collect information about your child/young person's needs, age, gender, etc and store it securely. We only share this information with our funders, but you can opt out of this if you prefer.

## What Do We Offer?

### Our Universal Offer for All Members:

- Free Membership to allow you access to our services and let you know when they are running.
- SEND Support Sessions :
  - Safe spaces to share experiences with other parents.
  - Information from guest speakers and family support workers.
- Workshops and Resources:
  - Training on various topics such as EHCP process, managing challenging behaviour and completing DLA forms.
- Subsidised Family Days Out:
  - Cinema trips, soft play centres, swimming, forest school, zoo visits, Santa's grotto, and more.

- We aim to provide inclusive days out without financial or judgment barriers.
- **WhatsApp Groups:**
  - Peer support in a safe place with groups for information, area-specific topics, and wellbeing.
- **Wellness walks:** Promoting a healthy body and mind for all abilities these walks are led by our family support team.

## Support for More Complex Needs

- **1:1 Family Support (12 weeks):**
  - Provided without judgment for families going through a difficult time who may be in need of extra support due to a parent/carer having additional support needs.
  - support includes but not limited to further signposting, support with referrals or forms support to access ours or other services, and emotional support.
  - Available via [Referral Form](#) (self-referral or with professional help)
- Referrals will be assessed on a case by case basis due to level of need and support already been offered.
- Please note we are unable to provide home visits.

## Access Group

- Weekly groups for children/young people without suitable school placements or those on part-time tables due to their disability.
- Some activities may have a small cost, with prior notification.
- Aims to build skills, confidence, and support, helping towards a future return to education.
- To register interest, email [info@includesus2.org.uk](mailto:info@includesus2.org.uk)

## Youth Club

- Currently running in Ashford for ages 14-25
- To register an interest, email [info@includesus2.org.uk](mailto:info@includesus2.org.uk)

## How Can We Achieve All This?

We are a small charity with a big heart. We rely on funding from bids and small contributions from parents and carers for family days out. This funding supports everything from staff salaries to training, resources, and our broadband.

We receive no automatic support from national or local government.

## What Should You Do Now?

1. Complete the membership form.
2. Tell us about your families situation to help us assess your needs.
3. Remember, we are a part-time charity, so responses may take a few days.

## Listen, Support, and Empower

