

Bensham Manor School Therapy Resources

Useful Websites	
Website	Description
CookABILITY Videos https://www.unitedresponse.org.uk/resource/cookability-videos/	This website contains accessible, easy-to-follow cooking videos made by and for people with learning disabilities. This can be used to support cooking and following recipes with your child at home.
Making money easier https://www.unitedresponse.org.uk/resource/making-money-easier/	Free finance guides aimed at supporting people with learning disabilities. Topics form opening a bank account to insurance. You can use this to go through with your child.
Mencap Support: Employment https://www.mencap.org.uk/easyread/finding-job-easy-read	Mencap has an advice line as well as guides to support people with learning disabilities to access employment.
Handy Handouts https://www.handyhandouts.com/	This website contains a bank of handouts in the areas of speech language and communication needs. Here you can search common topics in this area and find a brief handout with information in this area.
Mindfulness Library https://www.theottoolbox.com/mindfulness-for-kids/	This website contains lots of links for different types of mindfulness practises you can explore with your children.
Everyday Speech Videos https://www.youtube.com/c/EverydaySpeech	This youtube channel contains lots of different videos about social communication. You can watch these videos and discuss their content and children can use these as a model for them to practise.
Challenging Behaviour Foundation https://www.challengingbehaviour.org.uk/	This website contains a broad range of information and guidance about challenging behaviour and connected issues, including information sheets, FAQs, packs, templates and DVDs. There is also a family support service (contactable via email or phone) run by families to support.
Parent Channel T.V https://www.youtube.com/user/parentchannelvideos/featured	These videos are designed to support and encourage parents and carers of children aged 0-19, addressing day-to-day questions and concerns spanning wellbeing, behaviour and learning.
Family Lives https://www.familylives.org.uk/	Family Lives is a charity that provides a helpline, live chat and email support. They also offer tailored support around issues such as bullying, special educational needs,

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	and support for specific communities.
Contact https://contact.org.uk/	Contact is a charity for families with disabled children.
Kooth https://student.kooth.com/	Kooth is an online space where young people can access counselling for free.
Visual Supports Learning Links and Templates https://ccids.umaine.edu/resources/visual-supports/	This website contains information and resources to make and use visual supports/.
https://www.theotttoolbox.com/	Useful website for OT activities/resources for Therapists, Teachers and parents.

Apps

App Name	Description
Stories Online For Autism (SOFA) (Available in the google play and apple app store) https://www.bath.ac.uk/guides/download-and-get-started-with-the-stories-online-for-autism-sofa-app/	Stories Online For Autism (SOFA) is an app that's been co-developed with the autism community to support writing stories to help autistic children.
Read it App (Available in the Windows App Store) https://www.read-it.co.uk/ https://apps.microsoft.com/store/detail/readit/9P26SR3ZCMDQ?hl=en-us&gl=us	If you find any word hard to read. • Just click on it. • And it will be read aloud.

Social Emotional/Mental Health

Website	Description
https://www.childline.org.uk/	Childline support for young people.
https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/	NSCPCC page for parents is helpful for parents/carers regarding relationships and consent:

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https://www.childline.org.uk/toolbox/calm-zone/	Childline calm box toolkit.
https://www.youngminds.org.uk/	Mental health support for parents/carers and young people.
https://www.nhs.uk/nhs-services/mental-health-services/	NHS mental health services.
https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/	NHS audio support for mental health.
https://www.nhs.uk/live-well/exercise/	NHS exercise guidance.
https://www.nhs.uk/live-well/sleep-and-tiredness/	NHS sleep and tiredness.
https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/	NHS healthy eating and drinking.
https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/	NHS breathing exercises for stress.
https://www.annafreud.org/on-my-mind/self-care/	Anna Freud Centre self care for young people.
https://www.mentalhealth.org.uk/explore-mental-health/articles/looking-after-your-mental-health-guide-young-people	Mental health foundation on looking after your mental health.
https://www.barnardos.org.uk/support-hub/managing-our-mood	Bernados managing mood.
https://www.barnardos.org.uk/blog/improving-your-familys-calmness-and-mindfulness	Bernados managing family calmness and mindfulness.
https://www.barnardos.org.uk/blog/5-things-you-need-know-about-anxiety	Bernados parents supporting anxiety.
https://www.ygam.org/mindful-resilience/	Online gaming support for parents.

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Resources for Grief	
Resource	Description
winstonswish.org	Supporting bereaved children after the death of a sibling or Parent. Includes videos of peoples personal stories (help2makesense), /a helpline and tips
childbereavement.uk.org	Child Bereavement Umbrella organisation signposting to support. Live chat and resources on site.
hopeagain.org.uk	this is the child section of the bereavement CRUSE, which offers Counselling after bereavement. Site features videos of young people telling their own stories of grieving,the message stated on the site “Your story could be someone else’s survival guide”
https://www.youngminds.org.uk/young-person/my-feelings/grief-and-loss	On this page How grieving might make you feel Working through your grief Coping with grief and loss on big occasions Collective grief and trauma Getting help with grief How to help a friend who's going through a loss Get help now
nelsonsjourney.org.uk	is a charity based in Norfolk but it has some useful resources on it’s website including downloadable info sheets on how to make a memory box, a memory book and other activity sheets on ways to remember a loved one who has died.
Books	
Straight Talk About Death for Teenagers – Earl A Grolman, Beacon Press	
Muddles, Puddles and Sunshine-Diana Crosby - Kate Sheppard, published by Winston’s Wish. An activity book for younger teenagers to help work through grief	

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What on Earth Do You Do When Someone Dies? - Trevor Romain. A child friendly approach to questions your child may have about death.