



Youth Information

Social

Dyspraxia Foundation Youth Facebook Group, for 13-25 year olds

www.facebook.com/groups/DyspraxiaFoundationYouth

A forum set up by teenagers with dyspraxia. A great resource for young people to access, join and share stories and experiences.

www.dyspraxicteens.org.uk/forum/

Dyspraxic Adults, offers help, information, support and advice for Dyspraxic people aged 16 or over. Also covers issues re: university, the work place, coping with relationships etc.

<http://www.dyspraxicadults.org.uk/>

Dyspraxic Fantastic, blog set up by a young man with Dyspraxia who wants to spread the word, full of interesting stories experiences and advice and you can contact him through his Facebook page too!

www.dyspraxicfantastic.com

Some really informative you tube videos offering real life stories and advice:

youtube.com/krystalxforever

Blogger Rosie Edmondson writes about her experiences of living and surviving life with Dyspraxia

thinkoutsideofthecardboardbox.blogspot.co.uk/

Education

Key for learning offers Consultancy service: working in partnership with organisations to support individuals and incorporate support strategies into existing policies. Courses: educational training sessions for employers, schools, colleges, trade unions and individuals. Products: support materials for businesses, public sector organisations, schools and individuals.

www.key4learning.com email: enquiries@key4learning.com

Diverse Learners Support includes strategies and techniques for:

Good study habits – when, how and where you study
Study skills – essay planning, revision strategies, researching and referencing
Time management – meeting deadlines, work/life balance
Organisational Skills – file management, breaking down tasks
Placement – reflection, professional practice, prioritising
Personal development – managing stress and anxiety, motivation, confidence-
building, improving self-esteem
I.T. Software training
www.diverse-learners.co.uk/

Rights

Disability Rights Produce high quality information, products and services developed by and for disabled people. We partner with the private and public sector, with the aim of improving business practices
disabilityrightsuk.org/

Employment

Breakthrough UK Supports individuals re: employment; employers re: best practice. Offers employment/training service; volunteering & peer mentoring; employment advocacy; training & consultancy services.
Tel: 0161 234 3950 email: admin@breakthrough-uk.co.uk
www.breakthrough-uk.com

Shaw Trust Offers the following services: Support to individuals who may be in danger of losing their job; finding a job or personal development; gaining new skills/training. We enable individuals to work effectively by identifying their needs and providing the necessary support tailored to their individual needs and providing the necessary support tailored to their individual requirements.
Tel: 0800 085 1001/01225 716300
www.shaw-trust.org.uk
Email: stir@shaw-trust.org.uk

Job Centre Offers advice re: seeking employment; employment assessment; Access to Work (AtW). They also have Jobcentre Personal Advisers; AtW Advisers and Disability Employment Advisers covering all issues re disability or health issues and employment
www.jobcentreguide.co.uk/
www.gov.uk/browse/disabilities

Remploy Is the leading provider of jobs for disabled people and is committed to promoting the independence of disabled people through their full inclusion in the workplace. We use specialist recruitment services to maximise the number of people in mainstream employment.

Tel: 0800 138 7656 (Freephone- UK only)
Email: info@remploy.co.uk
www.remploy.co.uk

The Princes Trust Programmes to give young people the practical and financial support they need to stabilise their lives. We help develop key skills, confidence and motivation, enabling young people to move into work, education or training.
www.princes-trust.org.uk/need_help/courses.aspx

Vinspired The nation's leading youth volunteering charity.
<https://www.vinspired.com/>

Mental well being

Mind provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding

www.mind.org.uk

www.mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we campaign, research and influence policy and practice
www.youngminds.org.uk/for_children_young_people/better_mental_health
www.youngminds.org.uk/for_children_young_people/better_mental_health/organisations_that_could_help

Mental Health and Growing Up Factsheets
<http://www.rcpsych.ac.uk/expertadvice/youthinfo/mhgpfactsheetsindex.aspx>

NHS support resource Find Mental health support for young people services
<http://www.nhs.uk/Service-Search/Mental-health-support-for-young-people/LocationSearch/1430>

Support line Offer confidential emotional support to children, young adults and adults by telephone, email and post. We work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self-esteem to encourage healing, recovery and moving forward with life. They also keep details of counsellors, agencies and support groups throughout the UK.
www.supportline.org.uk/

ChildLine is a private and confidential service for children and young people up to the age of 19. You can contact a Child Line counsellor about anything -no problem is too big or too small. Call free on 0800 1111, have a 1-2-1 chat online or send an email.

www.childline.org.uk

Bullying

Advice on all types of bullying and a forum to share and chat with others

www.bullying.co.uk/

NHS resource on Cyberbullying that offers help and advice

www.nhs.uk/Livewell/Bullying/Pages/Cyberbullying.aspx

Housing

Shelter

england.shelter.org

www.sheltercymru.org.uk/.uk/

YMCA

www.ymca.org.uk/

www.cardiffymcaha.co.uk/Contact.asp

Get Connected Free confidential advice and links to other organisations

www.getconnected.org.uk/get_help/housing_and_homelessness?gclid=CJHQoaLOnCUCFUoCwwod1KAAGA

National membership charity for organisations working directly with people who become homeless in England

<http://www.homeless.org.uk/facts/help-if-you-are-facing-homelessness>

General Support/Advice

TheSite.org is the online guide to life for 16-25 year-olds in the UK. We provide non-judgmental support and information on everything from sex and exam stress to debt and drugs.

www.thesite.org/

Youth Access is the national membership organisation for young people's information, advice, counselling and support services (YIACS).

www.youthaccess.org.uk/

Fixers are young people using their past to fix the future. They are motivated by personal experience to make change for themselves and those around them
www.fixers.org.uk/

Get Connected is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn.
www.getconnected.org.uk/

Young NCB (National Children's Bureau) is a group of young people who speak out about the things that are important to them.

Young NCB membership is open to all children and young people up to the age of 18 who live in England or Northern Ireland (or up to 24 to join our Alumni group). Being a member of Young NCB provides opportunities to get involved and take action on issues that are important to you such as campaigning for personal finance education, speaking out about transport services, taking part in events and lobbying Government (as well as loads more!).

www.youngncb.org.uk/home.aspx

NYAS (National Youth Advocacy service) is a UK charity providing socio-legal services. They offer information, advice, advocacy and legal representation to children, young people and vulnerable adults through a network of dedicated paid workers and volunteers throughout England and Wales.

www.nyas.net/

Scottish support

Scottish advice service for additional support for learning

Enquire: www.enquire.org.uk

Education Scotland A collection of resources to help teachers, students and parents prepare for exams

www.educationscotland.gov.uk/nationalqualifications/exampreparation/

Young Scot Scottish youth information for 11 to 26 year olds

www.youngscot.org

LGBT Support

bgiok is about practical advice and information about homosexuality, and cutting through the stereotypes and negativity around it. bgiok aims to help young people feel better about their sexuality and about the person they are beyond that.

www.bgiok.org.uk/

The Albert Kennedy Trust supports lesbian, gay, bisexual and trans homeless young people in crisis.
www.akt.org.uk/

PACE services are designed to meet the mental health and wellbeing needs of the LGBT community.
www.pacehealth.org.uk

In Scotland: www.lgbtyouth.org.uk/pro-supporting-young-people

Ethnic minorities support services

www.itsgoodtotalk.org.uk/useful-links/categories/ethnic-minorities

Ex offender support

Princes Trust

www.princes-trust.org.uk/need_help/next_steps/your_next_steps_in_the_uk/ex-offender_support_services.aspx

Recommended Reading

Caged in Chaos – by Victoria Biggs ISBN 1-84310-347-8 A dyspraxic guide to breaking free: a practical guide written by a teenager with dyspraxia. Packed with down to earth advice on a wide range of issues including body language, puberty, health and hygiene, family life and social skills.

The adolescent with developmental co-ordination disorder (DCD) – by Amanda Kirby ISBN 1-84310-178-5

A common sense approach this book gives a series of practical ideas on how individuals can tackle these difficulties. An essential resource for the adolescence and parents, teachers and therapists.

All the above books are also available from our website's online shop
www.dyspraxiafoundation.org.uk

**Further information available from:
Dyspraxia Foundation, 8 West Alley, Hitchin, Herts SG5 1EG
Tel: 01462 454986 (Helpline) / 01462 455016 (Administration)
Fax: 01462 455052 Email: dyspraxia@dyspraxiafoundation.org.uk
Website: www.dyspraxiafoundation.org.uk
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