

Free Information and Advice

Centre 404 offers regular parent information sessions in the community

To find out more about times and locations and also about Parent Carer Groups and Workshops please contact Centre 404 on

020 7697 1336

Email: family@centre404.org.uk
or use the contact form on our website
<http://www.centre404.org.uk/contact-centre-404>

or look at the "What's going on?" page of the website
www.centre404.org.uk

Find us on Facebook : www.facebook.com/centre404

Follow us on Twitter : [@centre_404](https://twitter.com/centre_404)

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Support for families of children and adults with learning disabilities or autism

FREE Information, Advice and Support



Please look inside to find out more or give this leaflet to anyone who could benefit from the support we provide.



www.centre404.org.uk
404 Camden Road, N7 0SJ

Registered Charity 299889

We can help you with:

Best start in life

We support parent carers from the time of first diagnosis

We offer

- A listening ear
- Support with understanding your child's learning disability
- Information and advice in accessing the right service for your child
- Support in getting the right benefits at the right time. Including form filling



Health & Wellbeing

Working with parent carers to improve health and wellbeing

We offer

- Workshops to develop skills and knowledge
- Opportunities to get involved and meet other parent carers in speaking-up groups
- Information about looking after yourself
- Whole family social events and activities
- Various parent carers support groups

Our service is available to families across North London



Life's Transitions

We help you through the different changes in life

We offer

Help, information and support on the changes families face in health, social care & welfare benefits during:

- Early years: under 5s
- Childhood: under 14
- Moving into adulthood: 14 to 25
- Living as an adult: over 25

Income Maximisation

Money Matters: What you may be entitled to

We offer

- Information and support around welfare benefits including DLA/PIP and other disability related benefits
- Support with Direct Payments & Personal Budgets
- Information on returning to work including volunteering opportunities to develop existing and new skills
- Financial assessments

