



10G

Support for families with children

Information for people with or affected by motor neurone disease or Kennedy's disease

If you are living with or affected by MND, you may also be the parent or guardian of school age children or young people. In this situation, you may be able to get help or financial support. There may be support also available for grandchildren, nieces, nephews and other young relatives.

This information sheet explains the different types of support that may be available, and is split into the following sections:

1. **How do we get our family needs assessed?**
2. **Can I get free meals or milk for my child?**
3. **Is there help with school uniform costs?**
4. **Can I get help to transport my child to school and back?**
5. **What other support is there at school?**
6. **What other benefits can I claim?**
7. **How can I find out more?**



This symbol is used to highlight our other publications. To find out how to access these, see *Further information* at the end of this sheet.



This symbol is used to highlight quotes from other people with or affected by MND.

This information has been evidenced, user tested and reviewed by experts.

What do the words mean?

When reading this information, you may come across the following terms:

Bursary:	a type of grant awarded to someone to enable them to study, for example at university or college.
Development milestones:	behaviours or skills that develop at certain ages in infants and children as they grow.
Discretionary:	the decision maker can choose how to apply rules to an assessment or award, based on a person's situation or needs.
Emotional strength or resilience:	a person's internal coping abilities to adapt to stressful situations and bounce back.
Grant:	an amount of money given by an organisation to support the purchase of a particular item or activity. Grants do not always need to be paid back.
Means tested:	this is where your income and savings are taken into account to work out the level of benefit you may receive. This only applies to some claims.
Scheme:	a plan or arrangement that schools can get involved in. This can be by choice or in some cases schools may be required by Government to take part.
Working tax credit 4-week run on:	the payment you may receive for a further four weeks after you stop qualifying for working tax credit.



For details about financial support, see:
Information sheet 10A – *Benefits and entitlements*

Can I get any advice on benefits or support for children and young people?

Our Benefits Advice Service, in partnership with Citizens Advice, provides free, confidential and impartial advice on welfare benefits by phone and email for people with MND or Kennedy's disease, their families and carers, when living in England, Wales and Northern Ireland. There is also a live web chat function for people in England and Wales.

Find current contact details for England, Wales and Northern Ireland at:
www.mndassociation.org/benefitsadvice

or contact our MND Connect helpline for guidance: **0808 802 6262**

For more family guidance, contact our Children and Young People Service, **cyp@mndassociation.org**. See *Further information* at the end of this sheet for details about the service. See also our web pages for children, young people, parents and guardians at: **www.mndassociation.org/cyp**

1: How do we get our family needs assessed?

If someone in your family is living with MND or Kennedy's disease, adult social care services can assess your needs.

You can ask for two types of assessment that could help support the younger members of your family: an early help assessment and a young carer's needs assessment. We will cover these in the next section.

If you are a disabled parent and feel you need some help providing care for your children, adult social care services have a duty to support you too.

There are two other assessments that may help you as an individual. If you have MND or Kennedy's disease and need help with daily living tasks, ask for a needs assessment. (or in Northern Ireland, a community care assessment). If you provide support to someone with MND or Kennedy's disease, ask for a carer's assessment.



For information about all types of needs assessment and your rights to support, see: Information sheet 10B - *What is social care?*



For more information about individual benefits that may be available to you, see: Information sheet 10A *Benefits and entitlements*.

Early help assessment

What is it?

An early help assessment is a way of gathering information to identify current and future needs. It can help families think about the sort of support they may find helpful now and later on as MND progresses. It gives social care services a chance to discuss financial or practical support with you, that may be available for your family.

The assessment is for the needs of the whole family and for each child or young person in the family unit. It may help you and your family access the right support when you need it. Young people in the family may want to discuss their needs separately with a social worker and provide their own information.

Assessment may lead to support that helps a child or young person to:

- reach their development milestones
- build emotional strength
- better cope with existing and future challenges.

Assessment should also identify:

- children and young people who may become a carer for an adult or a brother or sister
- disabled parents who may need support to care for their child now or in the future.

Do I qualify?

If you have children living at home and need help due to additional needs within the family, you have the right to request an early help assessment.

How do I apply?

To arrange an assessment, ask your local authority in England or Wales, or your local health and social care trust in Northern Ireland.

Young carer's needs assessment

What is it?

An assessment for children or young people who provide care or support an adult or another child in their family. It may provide early access to support and services to help your child.

It may include support from:

- a young carer's organisation for respite breaks or to attend a young carer's group
- a school nurse or pastoral support for health and wellbeing
- pupil premium for support to access help with learning (see section 5: *What other support is there in school*)
- talking or counselling services.

It may help you plan for emergencies and what to do if:

- your child becomes unwell and you cannot collect them from school
- you become unwell and need support to pick your child up from school.

Does my child qualify?

Your child may qualify if they help you or someone else with:

- practical jobs like cooking, shopping or housework
- personal care like washing or dressing
- physical care like helping a person walk or move around
- emotional support like talking to a person if they are upset
- giving medicine or collecting prescriptions
- communication if a person has no speech or needs help with translation
- caring for brothers and sisters.



"I'd go in and help with his catheter or anything else I could do, like helping him to eat or take medicines."

How do I apply?

To arrange an assessment, ask your local authority in England or Wales, or your local health and social care trust in Northern Ireland. You can ask for support to apply for a young carer's needs assessment or more information from your local young carer's group.

Find details about local support groups for young carers at:

<https://carers.org> or www.carersuk.org

For more information of what support is available in Scotland visit:

www.careinfoscotland.scot/topics/young-carers-and-young-adult-carers/

2: Can I get free meals or milk for my child?

If your family is on a low income and you receive certain benefits, you may be able to get support through schemes that provide:

- Healthy Start scheme
- free school meals
- school milk.

Healthy Start Scheme

What is it?

Healthy Start is a government funded digital card scheme available in England, Wales and Northern Ireland. You can apply if you are pregnant or have children under 4 years old and have a low family income.

You will be sent a Healthy Start card with money on it that can be used for fresh, frozen and tinned fruit and vegetables, fresh, dried and tinned pulses, fresh milk or infant formula milk. It is means tested.

The Healthy Start cards are sent by post and can be used in certain shops. You will be sent information about which shops accept the cards. The prepaid card payments will vary depending on which level you qualify – for example you may receive more if your child is under one year old.

You can also use the card to collect vitamins to support you if are pregnant or breastfeeding as well as vitamin drops for children from birth to four years old.

Do I qualify?

You need to be at least 10 weeks pregnant or have children under four and receive one of the following benefits:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit and your income is £16,190 or less
- Universal Credit if your family earns £408 a month or less from employment
- Working Tax Credit, but only if your family is receiving the 4 week 'run-on'.

You will also be eligible if you are pregnant and under 18, even if you don't receive any benefits.

How do I apply?

Healthy Start vouchers are a means tested benefit. Contact **0300 330 7010** to request an application form or apply online at: **www.healthystart.nhs.uk**

Your midwife, health visitor, doctor or nurse will need to sign your application form before you return it.

What help is available if I am living in Scotland?

You can find information about the Better Start Grant and Better Start Food scheme and how to apply at: **www.mygov.scot/best-start-grant-best-start-foods**

Free school meals

What are they?

If you are on a low family income, your child may be entitled to free meals at school. This entitlement is means tested.

Do I qualify?

England: if your child is in reception, year one or year two, they should automatically get free school meals. This is regardless of your income.

England and Wales: your child's school may provide a free midday meal if you receive certain benefits:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under part VI of the Immigration and Asylum Act 1999
- the guarantee part of Pension Credit
- Child Tax Credit, if you do not get Working Tax Credit and with an income of £16,190 or less
- Working Tax Credit 'run-on' – paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit, and are not earning more than £7,400 a year after tax

Northern Ireland: your child's school may provide a free midday meal but how you qualify may change soon.

Check at: **www.nidirect.gov.uk/articles/nutrition-and-school-lunches**

At time of going to print, you qualify if you receive certain benefits:

- you receive Universal Credit and are not earning more than £15,000 a year after tax
- you receive Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- you get support under the Immigration and Asylum Act 1999
- you get Child Tax Credit or Working Tax Credit, with annual taxable income of £16,190 or less
- you get Working Tax Credit "run-on"
- you receive the Guarantee element of State Pension Credit
- your child has a statement of special educational needs and is designated to require a special diet for example blended food or gluten free
- your child is a boarder at a special school.

Scotland: all children in primary 1 to 5 or a special school run by their local council or funded by the Scottish government can get free school lunches during term-time. This is regardless of your income. After primary 5, your child may still be able to get free school meals if you are on low income.

How do I apply?

Contact your local education authority or child's school for help applying for free school meals.

England and Wales – You can search for your local authority including links to apply online at: **www.gov.uk/apply-free-school-meals**

Northern Ireland - You can find more details and apply online at: **www.eani.org.uk/financial-help/free-school-meals-uniform-grants**

Scotland – You can search for your local council including links to apply online at: **www.mygov.scot/primary-school-meals**

Let the school or college know if your child qualifies for free school meals. The school or college may benefit by being able to claim pupil premium to support your child and other children's learning. See section 5: *What other support is there at school?*

Free school meals in further education

What is it?

Your child may be able to claim free school meals during further education. This entitlement is means tested.

Do I qualify?

The child needs to be:

- 16-19 years old
- in full time education
- not entitled to means tested benefit of their own.

How do I apply?

Contact your child's school or college to find out how to apply for free school meals.

The school or college may benefit by being able to claim pupil premium to support your child and other children's learning.

See section 5: *What other support is there at school?*

School milk

What is it?

Your child's nursery or school may provide 250ml of milk for each child per day if they take part in this scheme.

Do I qualify?

England, Scotland and Wales: children are eligible for subsidised milk if they regularly attend an Ofsted-registered preschool, nursery, primary school or secondary school. If your child gets means tested free school meals, then milk should also be free.

All pre-school children who are under five years old and in day care are eligible for free milk under the Nursery Milk scheme.

In Wales, Key Stage 1 children are also eligible for free milk funded by the Welsh Government.

In Scotland, the Scottish Milk and Healthy Snack scheme fund a daily portion of milk or non-dairy alternative along with a healthy snack for children who spend two or more hours in the care of a regulated day care provider and/or child minder that has registered for the scheme.

Northern Ireland: At time of going to print, the education authority has to provide free school milk for children:

- attending special schools
- in schools where school meals are not provided

- with a medical certificate stating that milk is a necessary part of their diet, for example a child who may need extra milk to help with a restricted diet.

How do I apply?

Ask if your child's school or nursery takes part in the scheme and how to apply. You can apply for school milk up to two months before your child starts school.

Northern Ireland: contact the education authority in your region.

3: Is there help with school uniform costs?

You may be entitled to support with school uniform costs if you are on a low income.

School uniform subsidy

What is it?

You may be able to get help to buy part of your child's school uniform, school shoes or sports kit. Help and arrangements can vary depending on where you live. This is means tested and may include:

- full support with uniform, non-uniform clothes, shoes and sports kit
- school uniform only
- a one-off grant when the child starts school
- regular grants as the child grows
- vouchers to swap for items of uniform
- free second-hand clothing
- a school shop selling second-hand uniform
- discretionary funding from the school's governing body or parents' association.

Do I qualify?

England and Wales: if you have a low family income you may be able to get help to pay towards school uniform if your child goes to school, a college for further education or sixth form.

Northern Ireland: if you are on a low income and your child goes to primary, post primary or a special school, a grant may be available as part of a clothing allowance scheme. One grant is offered for each child per year.

Scotland: you can apply through your local council for a school clothing grant. One grant is offered for each child per year.

How do I apply?

England or Wales: contact your child's school or your local council for help applying.

Northern Ireland: contact the education authority in your region for help applying.

Scotland: Find more information and details how to apply at:
www.mygov.scot/clothing-grants

4: Can I get help to transport my child to school and back?

You may be entitled to support with getting your child to and from school.

Free school transport

What is it?

Your local authority, or in Northern Ireland the education authority can decide to provide free transport to school if your child qualifies.

If transport is necessary, it should be available:

- free of charge
- for the whole journey
- when there is no safe walking route to school.

The types of transport provided include:

- local authority transport, or education authority transport in Northern Ireland
- hire coaches
- free bus or train passes for use on public transport
- a travelling allowance, for example a cycle allowance
- a car allowance paid to an agreed drop off and pick up point.

Do I qualify?

You may get help if your child is aged 4 to 16 years old and:

- is under eight years old (under 11 in Northern Ireland) and you live more than two miles from school
- is eight years old or over (11 or over in Northern Ireland) and you live more than three miles from school
- they cannot walk there due to special needs, disabilities or mobility problems

- there is no safe walking route between home and school
- receives free school meals, although this may vary

Your health and social care team may be asked to provide extra information to help the local authority or in Northern Ireland the education authority to make a decision.

If you don't qualify, your child may be allowed to travel on spare seats on school buses. A charge may be made for this.

How do I apply?

England or Wales: contact your local authority to apply. You can also ask for information about any other schemes that help with travel costs if your child attends sixth form or college. Find more information at: **www.gov.uk/free-school-transport**

Northern Ireland: contact your education authority. Find more information at: **www.eani.org.uk/financial-help/home-to-school-transport**

Scotland: Find your local council details and how to apply at: **www.mygov.scot/free-school-transport**

5: What other support is there at school?

There are different types of support available at school, depending on the age of your child. They include:

- free childcare places
- pupil premium
- school grants
- financial support for young people continuing in education
- emergency and hardship funds.

Free childcare places

What is it?

If your child is aged three or four you may be eligible for free education or childcare for them as part of an early education government scheme. Places may be in a:

- nursery
- nursery class or reception class in a school
- playgroup
- children's centres
- afterschool providers

- or provided by a childminder in an approved network.

England: if your child is three or four you could get 30 hours of free childcare a week for 38 weeks of the year (school term time). If you use less than 30 hours a week you may be able to spread the hours over 52 weeks.

For more information and to check if you're eligible visit:

www.gov.uk/check-eligible-free-childcare-if-youre-working

Wales: if your child is aged three or four you could get up to 30 hours a week free early education or childcare. A minimum of 10 hours must be used for early education and a maximum of 20 hours can be used for childcare.

You will need to check with your local authority how many hours of early education they can provide your child. Any claim could affect other benefits you get.

For more information and to check if you're eligible visit:

www.gov.wales/get-30-hours-childcare-3-and-4-year-olds

Northern Ireland: government funded pre-school education is available to every child, but is not compulsory, and you need to apply. It is not regarded as a childcare scheme. Northern Ireland do not offer free childcare hours. The Pre-School Education Programme is funded by the government and parents do not have to pay.

For more information on how to apply visit:

www.nidirect.gov.uk/articles/pre-school-education-places

Northern Ireland do offer help paying for tax free childcare delivered by 'approved' providers. For more information on how to access this scheme visit:

www.nidirect.gov.uk/articles/help-paying-approved-childcare

Scotland: if your child is three or four you could get around 30 hours free childcare during term time (a total of 1,140 hours in total).

Find more information and what help is available from each council at:

www.mygov.scot/childcare-costs-help/funded-early-learning-and-childcare

Pupil premium

What is it?

Pupil premium is extra money that schools can apply for. This money is paid as a grant to the school. It can be used to support one child or a whole school. It should directly benefit a child by helping them achieve their best in school.

Schools may decide to use the grants to pay for:

- one-to-one or small group support for children

- employing an extra teaching assistant to work in class
- extra homework clubs for key subjects like maths and English
- starting a school breakfast club to improve attendance
- enrichment activities such as music lessons for children whose families cannot afford this
- school trips and visits
- buying equipment to help children's learning, such as laptops or tablets
- emotional or wellbeing support
- speech and language therapy.

Does my child qualify?

The school will be able to apply for this extra funding to support your child if they:

- receive free school meals
- are in care or have left care
- have a parent in the armed forces
- have a parent who receives an armed forces service pension.

The school may decide to apply for and use pupil premium funds to support your child's emotional wellbeing. They may also apply if your child is a young carer.

How do I apply?

Ask your child's school if your child qualifies. They will tell you what to do to register your child for pupil premium. You can apply once a year, but your child needs to qualify each time.

School grants

What is it?

If you have a low family income you may be entitled to a grant to help your child get involved in other activities offered at school. This is means tested. The amount of money available is likely to be limited.

Grants may be given for:

- activities or items which are not part of the school curriculum
- the cost of items for enrichment activities, such as a musical instrument or football boots
- travel costs to attend an interview for continued education or a job interview.

Do I qualify?

Ask your school if your child qualifies and what help is available.

How do I apply?

Ask your child's school for help applying.

Financial support for young people continuing in education

What is it?

If your child is continuing their education at sixth form, college or university they may be entitled to a range of:

- grants
- bursaries
- discretionary bursaries.

Some of these may be means tested.

Money can be used to help pay for:

- sixth form or college expenses
- tuition
- course fees
- room and board
- travel costs
- books
- anything else students may need money for.

Do I qualify?

Ask your child's sixth form, college or university if they qualify.

England and Wales: Students in low- income families and in further education can apply for support.

For more information visit: www.gov.uk/student-finance (England) or www.studentfinancewales.co.uk (Wales)

Northern Ireland: students may be eligible for various types of support grants. For more information visit: www.nidirect.gov.uk/articles/further-education

Scotland: various support grants are available for students continuing in further education. For more information visit:

www.studentinformation.gov.scot/students/further-education

How do I apply?

Your child's sixth form, college or university can tell you what type of financial support they offer and how to apply. They can also give you details of how this is paid.

Emergencies and hardship funds

What is it?

Your child's school, college or university may have a separate hardship fund. You may be able to get extra help if circumstances change, or your child has an emergency. This is means tested.

Some charities give grants to parents to help with the costs of education. Grants may be available to help with school items, school uniform or school trips. You may need to meet certain criteria to qualify for a grant. If the grant is discretionary, the amount of money may be limited.

Do I qualify?

Ask your college for advice. They can also tell you about other grants that may be available.

How do I apply?

You can apply for any grant if you think you may qualify. Apply early in the academic year if possible. If you have been unsuccessful before you can reapply if your circumstances change.

6: What other benefits can I claim?

There are also certain benefits that you may be entitled to if you are responsible for a child or children.

Child Benefit

What is it?

Child Benefit is a payment to help with the cost of caring for a child. You do not have to be the child's parent to claim, as you can claim Child Benefit for every child you are responsible for.

Do I qualify?

You can claim for each child:

- under 16 years old
- under 20 years old if they are in approved full-time education or training.

Payments will stop on 31 August on or after your child's 16th birthday if your child:

- starts paid work of more than 24 hours a week
- leaves approved full time education or training
- starts an apprenticeship
- starts getting certain benefits such as Employment and Support Allowance or Universal Credit.

How do I apply?

To claim Child Benefit, complete form CH2 online or download and print it off to send to the Child Benefit Office. Find more information at: www.gov.uk/child-benefit or contact HMRC:

Telephone: 0300 200 3100

Textphone: 0300 200 3103

Child Tax Credit

What is it?

Child Tax Credit is a payment to help people on a low income with the cost of bringing up children. This is a means tested benefit, however Child Tax Credit doesn't affect your Child Benefit.

Do I qualify?

You need to be over 16 years of age to apply and have either:

- a child under 16 years old
- a child under 20 years old and in full-time education or training.

The amount you get also depends on:

- when your children were born
- your income
- if your child has a disability
- the number of children you have living with you.

When you apply for Child Tax Credit, you will be told if you qualify for Working Tax Credit too. You can't claim Child Tax Credit if you receive Universal Credit.

How do I apply?

To find out if you can claim Child Tax Credit, search for *Child Tax Credit* at: www.gov.uk/child-tax-credit or contact the Tax Credit Office for a claim form:

Telephone: 0345 300 3900

Textphone: 0345 300 3909



For details about Universal Credit and Working Tax Credit, see: Information sheet 10A – *Benefits and entitlements*

Guardian's Allowance

What is it?

Guardian's Allowance is paid to a person bringing up a child who is not theirs. This includes children who are related to the person or adopted children. It is tax free and paid for each child on top of child benefit.

Do I qualify?

You can claim Guardian's Allowance if:

- you're bringing up someone else's child
- both of the child's parents have died (or meet the conditions of one surviving parent)
- you already claim Child Benefit for the child
- one of the child's parents was born in the UK (or lived in the UK since they were 16 for 52 weeks in a two-year period).

How do I apply?

Find more information at: www.gov.uk/guardians-allowance to download a claim form or contact:

Telephone: 0300 200 3101

Welsh language: 0300 200 1900

Textphone: 0300 200 3103

7: How can I find out more?

Organisations that could help

Your local family or children's information service can give advice about any other local support or services that may help. Contact your local authority or in Northern Ireland your health and social care trust for details. Local services may include:

- childcare providers
- holiday schemes
- local activities or events for children and families
- adult social care services for support for disabled parents.

Useful organisations

We do not necessarily endorse any of the following organisations, but have included them to help you begin your search for further information. The contact details are correct at the time of print, but may change between revisions.

If you need help to find an organisation or have any questions, contact our MND Connect helpline (see *Further information* at the end of this sheet for details).

Advice NI

Provides free advice on welfare changes and benefits for people in Northern Ireland.

Address: Forestview, Purdy's lane, Newtownbreda Belfast, BT8 7AR

Telephone: **0800 915 4604**

Email: advice@adviceni.net

Website: **www.adviceni.net**

Citizens Advice

Free, confidential, and independent advice on legal and money problems.

Telephone: 0800 144 8848 (Adviceline England)

0800 702 2020 (Advicelink Cymru)

Website: **www.citizensadvice.org.uk**

www.citizensadvice.org.uk/about-us/information/advicelink-cymru/ (Wales)

Education Authority

Online help about local education authorities in Northern Ireland.

Website: **www.eani.org.uk**

Family Action

A charity providing welfare grants, educational grants and information for families.

Address: Family Action Head Office, 34 Wharf Road, London, N1 7GR

Telephone: 020 7254 6251

Email: info@family-action.org.uk

Website: [**www.family-action.org.uk**](http://www.family-action.org.uk)

Family Holiday Charity

A charity providing British seaside breaks and day trips for families living with challenging circumstances.

Address: 7-14 Great Dover Street, London SE1 4YR

Telephone: 020 3117 0650

Email: hello@familyholidaycharity.org.uk

Website: [**https://familyholidaycharity.org.uk**](https://familyholidaycharity.org.uk)

Glasspool

Professionals supporting families can apply for small hardship grants.

Address: Mainyard Studios, 102 Rookery Court, Ruckholt Road, London E10 5FA

Email: grants@glasspool.org.uk

Website: [**www.glasspool.org.uk**](http://www.glasspool.org.uk)

Go Beyond (formerly Chicks)

A charity providing free, week long respite breaks for bereaved children, young carers and children living in low-income families in the UK.

Address: Room 12, Partridge House, Kennford, Exeter, EX6 7TW

Telephone: 01822 811020

Email: info@gobeyond.org.uk or through the website contact page

Website: [**www.gobeyond.org.uk**](http://www.gobeyond.org.uk)

GOV.UK

Online government guidance for benefits and entitlements in England and Wales.

Website: [**www.gov.uk**](http://www.gov.uk)

Healthy Start helpline

Information about the Healthy Start scheme, and how to apply for vouchers.

Address: NHS Healthy Start, Bridge House, 152 Pilgrim Street,
Newcastle upon Tyne NE1 6SN

Telephone: 0300 330 7010

Website: [**www.healthystart.nhs.uk**](http://www.healthystart.nhs.uk)

MyGov.Scot

Online government information about benefits and entitlements in Scotland.

Website: [**www.mygov.scot**](http://www.mygov.scot)

NIDirect

Online government information about benefits and entitlements in Northern Ireland.

Website: **www.nidirect.gov.uk**

The St Vincent de Paul Society (SVP)

An organisation that may be able to offer some financial assistance.

Address: St Vincent de Paul Society, Romero House,
55 Westminster Bridge Road, London SE1 7JB

Telephone: 020 7703 3030

Email: info@svp.org.uk

Website: **<https://svp.org.uk/>**

Turn2us

A national charity that helps people in financial hardship access welfare benefits, charitable grants and support services.

Address: Turn2us, Hythe House, 200 Shepherds Bush Road, London W6 7NL

Website: **www.turn2us.org.uk**

References

References used to support this document are available on request from:

Email: **infofeedback@mndassociation.org**

Or write to:

Information feedback, MND Association, Francis Crick House, 6 Summerhouse Rd,
Moulton Park Industrial Estate, Moulton Park, Northampton NN3 6BJ

Acknowledgements

We would like to thank the following and their colleagues for their kind support and guidance with this information:

Patrick Buckingham, Education Adviser, Action for Carers, Surrey

Marie Gilmore, Welfare Reform Team Leader, Advice NI, Northern Ireland

Zoe Gerrard, Team Leader, Citizens Advice Cardiff & Vale

Further information

You may find the following information sheets from the MND Association helpful:

10A – *Benefits and entitlements*

10B – *What is social care?*

We also provide the following publications:

So what is MND anyway? – Our guide for young people and young carers.

This is also available as a web app at: <https://cypapp.mndassociation.org/>

Supporting children and young people close to someone with motor neurone disease (MND) – for any professional working with children and young people who have a parent, guardian or relative with MND.

Telling people about MND – Our guide about how to open difficult conversations about your diagnosis with family, children, friends, colleagues and health or social care professionals.

When someone close has MND – Activity workbook to help children understand about the disease and develop ways to cope, with guidance from a trusted adult.

MND Buddies - Our online activity hub for children aged 4-10. Friendly animal characters gently introduce MND facts through games, stories and activities, www.mndbuddies.org

Children and young people web hub – Provides information about MND, support options and news for child, young people, parents and guardians: www.mndassociation.org/cyp

Why are things changing? - Our storybook, featuring three family-based stories to help young children identify with the characters and begin to adjust to the changes that MND can bring to family life. This is available to listen to on the MND Buddies website or you can order a print version from MND Connect, see details below.

Treasure and memory boxes - Our boxes can help children and young people build connections and memories. Contact cyp@mndassociation.org for a parental consent form prior to sending the box.

You can download most of our publications from our website at:

www.mndassociation.org/publications or order in print from the MND Connect helpline, who can provide further information and support.

MND Connect can also help locate external services and providers, and introduce you to our services as available, including your local branch, group, Association visitor or regional MND Association staff.

Benefits Advice Service

The MND Association Benefits Advice Service can help you identify available benefits and how to claim them. Find details at: www.mndassociation.org/benefitsadvice for England, Wales and Northern Ireland, or contact our MND Connect helpline for guidance.

MND Connect

Telephone: 0808 802 6262

Email: mndconnect@mndassociation.org

MND Association, Francis Crick House, 6 Summerhouse Rd,
Moulton Park, Northampton NN3 6BJ

MND Association website and online forum

Website: **www.mndassociation.org**

Online forum: **<https://forum.mndassociation.org>** or through the website

Children and young people's service (CYP)

Support and family events for anyone aged 4 to 25 years of age who have a loved one with MND. This includes help to link into our own or external services, including our CYP volunteers, and guidance about support in schools or colleges. The CYP service can also advise about our partnership with Barnardo's, who provide virtual therapeutic counselling for 4 to 25 year olds affected by MND. Contact the team to find out more.

Email: cyp@mndassociation.org

Young person support grants

We offer a grant of up to £250 a year for young people aged 18 or under. Grants can be used towards anything that improves the life of a child or young person, such as a day out or money towards an item like a laptop or mobile phone.

Telephone: 0808 802 6262

Email: support.services@mndassociation.org

We welcome your views

We'd love to know what you think we're doing well and where we can improve our information for people with or affected by MND, or Kennedy's disease. Your anonymous comments may also be used to help raise awareness and influence within our resources, campaigns and applications for funding.

To feedback on any of our information sheets, access our online form at:

www.smartsurvey.co.uk/s/infosheets_1-25

You can request a paper version of the form or provide direct feedback by email:

infofeedback@mndassociation.org

Or write to: Information feedback, MND Association, Francis Crick House,
6 Summerhouse Rd, Moulton Park, Northampton NN3 6BJ

Created: August 2024

Next review: August 2027

Version: 1

Registered Charity No. 294354

Company Limited by Guarantee No. 2007023

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