

Help while waiting in Kent

A practical next step while you wait for an assessment. Start with the support your child needs today; each NHS service has its own access criteria.

01

Before school: speech or communication

Try a KCHFT **Talking Walk-in** at a Family Hub. No booking is needed; check the current timetable before travelling. If a speech therapist already works with your child, contact that therapist instead.

02

School age: speech or communication

Speak to the **SENCO** (special educational needs coordinator) about **School Link Therapy**. This is the usual KCHFT route. Exceptions apply, including children outside school and some hearing, voice or feeding needs. Check the full referral criteria.

03

Occupational therapy or physiotherapy

East, north and west Kent: ask your child's nursery, school or medical team to complete a referral with you.

South east Kent - Ashford, Folkestone/Hythe and Dover/Deal: parents and carers can refer, subject to current local criteria.

KCHFT means Kent Community Health NHS Foundation Trust. Medway and service boundaries can differ: use the full guide to check the right route.

Make your next school meeting useful

What is hardest, and what does my child want help with?

What will we try, and who will arrange it?

When will we review it, and how will we know it helped?

Current guidance, source links and local context

sendpath.uk/guides/help-while-waiting-kent.html

Free parent resource. Information, not medical or legal advice.