

SUPPORT AVAILABLE FOR PARENTS

This support is available for all parents before, during or after their child/young person progresses through the ASD diagnostic pathway, unless otherwise stated under the specific service.

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Services

Barnardo's

Barnardos Wolverhampton Short breaks service is available for young people with a disability and special needs. Barnardos activities in the Black Country is a longstanding local Barnardos project with an experience staff team, which is working in partnership with Wolverhampton City Council to deliver new and exciting activities for young people across the borough with disabilities.

Parents can self-refer; they do not need an assessment and there is no charge.

Call Barnardos directly: **01384 411722**

Blue Badge Team for Disabled Parking

The aim of the blue badge scheme is to help disabled people who have mobility problems to access goods, services, and other facilities by allowing them to park close to their destination.

For information about who is eligible www.dfg.gov.uk/topics/access/blue-badge/

To apply online: www.direct.gov.uk/bluebadge or Wolverhampton Blue Badge Team: **01902 551155** for an application form.

Cannock Resource Centre – short breaks

Residential short breaks - Offer overnight stays in the resource centres at weekends or in school holidays, or holidays away.

Community short breaks - Include support for children and young people to access community activities, after school activities both in and outside of the resource centres.

Bespoke packages - These can include support in the child's home as well as emergency and assessment overnight provision.

Access to the sibling group is on hold currently but referrals are through social worker based at Disabled Children's Team

https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=2spOr9_yC10

Carers Support Team

The carer support worker specialises in supporting parents and carers who look after someone with additional needs who is under the age of 18. The role supports informal carers across the city. Parents/informal carers are entitled to a carers conversation which involves a chat about the caring role and looks to offer information, advice and guidance and explore any services that may be available to

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access for the carer and for the child/young person and their siblings. This can include carer discounts, places to go, specialist activities, access to the short breaks caravan and carers emergency cards. Carers emergency cards are available to any carer that has had a carers conversation and would like one. The scheme has been set up to offer reassurance and a contingency plan if you were involved in an accident or emergency and were unable to say that someone is dependent on you. It also offers carer discounts around the city. The carer support officer can offer benefits advice to ensure that carers and their families are receiving the financial support that they are entitled to.

The service can be accessed directly, and self-referrals are welcome. The role is located within the Wolverhampton Disabled Children and Young People's team (0-25) to try to ensure that carers and their families feel supported and valued and have access to support that may assist them with their caring roles.

If you would like any further information or would like to contact Anne, she can be contacted directly on **01902 555926** or **07469 410520** or email at anne.draisey@wolverhampton.gov.uk

Caudwell Charity

Training offers from Caudwell Children - opportunity for young people with autism to join our Digital Skills ten (10) week programme that is aimed at upskilling and introducing you to the world of work within the digital industry. (18-25)

<https://www.caudwellchildren.com/digital-skills/>

<https://www.caudwellchildren.com/>

Citizens Advice Bureau

Citizens Advice Bureau provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities.

More information is available at

www.citizensadvice.org.uk Tel **08444 111 444**

City of Wolverhampton Educational Psychologist Service

Wolverhampton's Educational Psychology Service offers support to schools and other settings to help them to meet the needs of children and young people in their care, including those on the Autism Spectrum. This may include providing training for staff; undertaking assessments with young people; consulting with staff and using person-centred approaches all with the aim of helping staff to understand the needs of young people better and implement appropriate strategies to support them. Any involvement relating to individuals is only completed with parental and/or young person's consent. Wolverhampton's Educational Psychology Service also promotes the use of The SCERTS Approach to promote inclusion and develop social

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communication and emotional regulation skills, alongside other professionals within the city.

Referral into the service is only available to subscribing schools. Parents should talk to their school about a referral to educational psychology if they feel it is necessary.

Community Paediatrics

ADD INFO

Council for Disabled Children

They are the umbrella body for the disabled children's sector bringing together professionals, practitioners and policy-makers. They provide a resource hub for a collection of information, practice guidance and toolkits. Information pack is also available to support Children with Learning Disability/ ASD: coping with COVID-19 isolation

<https://councilfordisabledchildren.org.uk/help-resources/resources/supporting-children-learning-disability-asd-coping-covid-19-isolation>

Disabled Children and Young Persons Team

Children with disabilities

Wolverhampton Children and Young People Services provide specialist services for disabled children which are delivered by the Disabled Children and Young People's Team (DCYPT) - a social work team that is based under the Children's Social Care.

The Disabled Children and Young Person's team will support children or young people from birth up to 25 years of age who have a diagnosed disability and the primary need of the child or young person relates to their disability. In doing so the team will also consider what support is required to the individual's parents, carers and any other children within the household, taking a whole family approach informed by a social work assessment.

The team assesses under relevant legislation and provides services for children/young people with disabilities and their families aged 0-25 where there are:

- Child protection concerns
- Children in need who have complex support needs, relating to their disability
- Where the child or young person is in care
- Transition planning
- Assessment of needs to determine the most appropriate support or services
- Care Act assessments for Young people approaching their 18th birthday and through their transition

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The team recognises that the children and young people are children first, however the team do have specialist knowledge in working and supporting children and young people with disabilities. We seek to provide a whole family approach and support a smooth transition into adulthood.

How to access DCYPT

All referrals to the Disabled Children and Young People's Team should be made via the MASH Tel: **01902 555392**, this includes requests for short breaks. A number of partner agencies are represented in the MASH and can access a wide spectrum of information and subject this to Multi agency screening and analysis determine the most appropriate service/s to support.

For Young people ages between 18-25, referrals should be made via the front door via Single point of contact, Customer services.

Transition to adulthood support

We know that the transition to adulthood is a time when young people and their families are thinking about their aspirations for the future. If people are likely to have care and support needs when they are 18, they need information and advice so that they can make the necessary plans.

When either a child or a young carer approaches their 18th birthday, they may request an assessment. A parent or carer may also request an assessment as the child they are caring for approaches 18.

As in all assessments, local authorities will need to consider the needs of the person, what needs they are likely to have when they (or the child they care for) turn 18, and the outcomes they want to achieve in life. They should consider what types of adult care and support might be of benefit at that point, and also consider whether other options beyond formal services might help the individual achieve their desired outcomes.

For more information please see

<https://win.wolverhampton.gov.uk/kb5/wolverhampton/directory/service.page?id=XV SuLcNr4-Q>

Enable

Wolverhampton Disability Employment Services offer a wealth of guidance and support to individuals with disabilities that want to gain paid employment. They have a team of trained employment specialists who assist clients in the job searching and application stages of their journey and through to employment, for as long as required. Enable continues to support individuals when they start a job through time unlimited job coaching support.

Can self-refer but young person has to have received some social care involvement in the past 3 years

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A4i, Albert Road, Wolverhampton, WV6 0AF

01902 554040 or e-mail enable@shropshire.gov.uk

Family Fund

Provides grants for families raising disabled or seriously ill children and young people. This can include grants for a wide range of items, such as washing machines, sensory toys, family breaks, bedding, tablets, furniture, outdoor play equipment, clothing and computers.

Eligibility: There is an eligibility criteria which can be found on their website. You must meet all Family Fund eligibility criteria in order to be considered for a grant. Grants can be applied for annually.

Can apply online <https://www.familyfund.org.uk/FAQs/how-do-we-apply> or download an application form. Due to COVID-19, may be a delay in receiving your grant item.

Fledglings

They are a non-profit shop that helps families with disabled children by supplying products and equipment that help with everyday challenges. They provide an easy and trusted environment to find the right solutions and allow families to connect and share their experiences. Helps resolve practical problems – have a helpline and help those with persistent difficulties with practical solutions being available to purchase e.g. bedwetting

www.fledglings.org.uk

Call: **0845 4581124** Email: enquiries@fledglings.org.uk

Max Card

Discount card for foster families/families of children with additional needs. Show the max card upon entry to venues to obtain free or discounted entry – includes zoos, castles, bowling and more.

There is a small admin fee to obtain this and it has to be collected from Walsall, however feedback from Embrace Autism Coffee Morning parents is that this is good value for money as it covers a wide range of venues and activities.

Website is easy to access, and parents/carers can search offers by location, including updates on new offers.

Contact forward carers **0333 006 9711**

www.Forward-carers.org.uk www.Mymaxcard.co.uk

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Mental Health 24-hour crisis line

If your mental or emotional state quickly gets worse or deteriorates, this can be called a 'mental health crisis'. If you need urgent support for your mental health, the mental health helpline will support you to access the help you need.

Black Country: **0800 008 6516**

Sandwell: **0121 543 4100** / Wolverhampton: **01902 444141** (9am-5pm weekdays) or **07900 226 390** (5pm- 8pm and weekends).

Occupational Therapy

ADD INFO

Radar Key application for Toilets

The radar key can be used at any accessible WC anywhere in the UK where the radar lock is fitted.

To request a Radar Key download and complete an application form from www.wolverhampton.gov.uk/win or call **01902 556144** or e mail Customer.Services@wolverhampton.gov.uk Radar keys can also be obtained from www.disabilityrightsuk.org for a small cost.

Sibs

Sibs is for people who grow up with a brother or sister with special needs, disability, chronic illness.

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

An online support service specifically for brothers and sisters under 18 of disabled children and young people called YoungSibs

www.youngsibs.org.uk

Social prescribing for CYP

A non-medical approach to improving your health and wellbeing. It can help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

Social prescribing is for:

Young People who may feel isolated & want support to meet other people.

Young People who may feel low or a bit anxious and might feel better joining a social group.

Young People who may have a long-term chronic health condition which would be helped through community activities

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Young People who may need help to find support or advice with practical issues such as money or housing

Young People who may want help and support with their wellbeing and education.

A referral can be made by a GP on behalf of young people who are aged 13-17 years old, registered with a Wolverhampton GP

Special Needs Early Years Service

ADD INFO

Speech and Language Service

The children's Speech and Language Therapy (SLT) service is available to all children and young people aged 0 to 16 years old, or up to the age of 19 years if they are in full time education at school or college.

The service is for children with speech, language, communication and/or eating and drinking difficulties.

The aim of the Speech and Language Therapist is to help the child or young person to reach their full potential by providing assessment, diagnosis, and intervention through programmes of activities, individual or group therapy and advice and support. We also have a team of Speech and Language Therapy Support Practitioners who work in primary schools throughout Wolverhampton to provide therapy.

Open referral system with referral to be completed -

<https://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/speech-and-language-therapy-children>

Spurgeons

Help Young Carers who involved in practical/emotional care of parents or siblings or other family members

Provide advice and support, weekly youth clubs for 8-10s, 11-14s and 15–18-year-olds. There are extra activities during school holidays, outings, and residential trips, 1:1 support from worker.

Call: **01902 877550** or email: Wolverhamptonyoungcarers@spurgeons.org

Talent Match

They support CYP with ASD through a number of their projects. Through Talent Match and Impact they provide 17–29-year-olds with intensive mentoring support, and access to training, education, social activities, and support into employment, operating as the Wolverhampton Talent Match Hub.

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Referrals Online: <https://comms.bctalentmatch.com/referralform/#bctm>
01902 328973

The Wolverhampton Outreach Service

The Wolverhampton Outreach Service is a team of 17 specialist teachers and HLTAs who are based in four of the City's special schools (Broadmeadow, Penn Fields, Penn Hall and Tettenhall Wood). The purpose of this service is to maintain the mainstream placement of children with additional needs, by transferring skills from special school settings into the mainstream school. This includes training for school staff and practitioner led support. Staff on the team have experience in all four areas of need, including autism and social emotional and mental health needs.

For further information about the services that we offer, please visit www.wolverhampton.gov.uk/outreach or contact egriffiths@pennfields.com

Referrals are made by the school (through the SENDCo or class teacher) or by other professionals (such as an EP, SLT or paediatrician).

If a parent would like the Outreach Service to support a school in understanding and meeting their child's needs, they should ask the school to make a referral or request that another involved professional do so.

Wolverhampton CAMHS Service

Wolverhampton Specialist CAMHS covers a range of services for children, young people and families who are experiencing mental health problems. Each of the specialist services contain a multidisciplinary team that are able to provide a range of therapies and interventions to help service users plan a way forward that is individual to them.

They have a Single Point of Access (SPA) bringing together Wolverhampton CAMHS services and children's learning disability services across the city. This single approach has many benefits to patients and referrers including creating a more streamlined and efficient process and reducing delays in referrals.

Telephone: **01902 444 021** Fax: **0121 612 3754**

Email bchft.wolvescamhsspa@nhs.net

If considering a referral to CAMHS and are unsure whether Specialist CAMHS or other CAMHS services are more appropriate, please contact to discuss it. These contact details will receive all referrals for the Child and Family Service and Inspire in Wolverhampton.

Wolverhampton Local Offer

Local authorities must publish a Local Offer, setting out in one place information about provision they expect to be available across education, health and

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social care for children and young people in their area who have SEN or are disabled, including those who do not have Education, Health and Care (EHC) plans.

<http://win.wolverhampton.gov.uk/kb5/wolverhampton/directory/results.page?qt=autism&term=&localofferchannel=0&sorttype=relevance>

Support Groups, Websites & Advice

A Guide to Understanding Your Autistic Child

Top 5 questions from parents of autistic children, answered by an autistic adult.

<https://autisticscienceperson.com/2021/01/05/a-guide-to-understanding-your-autistic-child/>

After an Autism Diagnosis: 13 Necessary Next Steps for Parents

Advice for parents in the aftermath of their child's diagnosis

<http://www.thinkingautismguide.com/2017/03/after-autism-diagnosis-13-necessary.html>

Autism Education Trust

AET provides videos/info for parents about receiving and understanding a diagnosis.

It also provides a parent's guide, which includes:

- Working together with your child's school – an AET autism standards guide for parents and carers.
- A parents and carers' guide to finding a school for your child with autism.
- Children and families act information.
- AET information for schools.
- Parent survey summary.
- PANTS autism for parents.

<https://www.autismeducationtrust.org.uk/receiving-and-understanding-a-diagnosis/>

<https://www.autismeducationtrust.org.uk>

Autism Inclusivity

Facebook group that offers support to all but it has very specific rules including on dietary or medical advice or natural remedies. It is extremely anti-ABA and appears to be mostly USA based where ABA seems to generally be the only option. It may feel quite biased to some families. No vaccine related posts. No ABA, autism speaks or Martyr Parent Mentality. No images of meltdowns/nudities or injuries. No puzzle pieces please. No fund raising, promotion or spam. No Tone policing. No bringing drama from other groups. Reporting problematic posts and

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comments. Dirty deletes will get you banned from the group – they want all comments to remain even if there is negative feedback as it silences voices

Facebook group <https://www.facebook.com/groups/autisminclusivity/about>

Autism West Midlands

Resources /PDFs are really good – may need support to access relevant items

<https://www.autismwestmidlands.org.uk/>

Office: 0121 450 7582 Helpline: 0121 450 7575

Autism West Midlands Support for Girls

A PDF information sheet about autistic women and girls, how autistic girls and boys are different to each other and possible reasons for this

https://www.autismwestmidlands.org.uk/wp-content/uploads/2020/08/Women_and_Girls_Aug_2020.pdf

Autistic Girls Network Group

Facebook group which shares information/resources

<https://www.facebook.com/groups/198220980748417/>

Behaviour Analysis, The Autistic Way

How to understand autistic children's behaviour.

<http://www.thinkingautismguide.com/2019/05/behaviour-analysis-autistic-way.html>

Cerebra

They provide guides, factsheets and other resources which offer comprehensive and current information on a wide variety of issues – physical, social and legal – that parents and carers of children with brain conditions may be facing. The second link in this section will take parents directly to the parent factsheets.

Services available include a Sleep Advice Service, the Cerebra Innovation Centre, book and toy library and LEaP, an innovative problem-solving project that runs alongside their Legal Advice Service.

<https://www.cerebra.org.uk/>

<https://cerebra.org.uk/get-advice-support/parent-guides/>

Coffee Mornings

These are held between the Tettenhall Wood School and the Outreach Service. Parents of children at TWS attend, but the offer is also made available to other parents through the Outreach Service.

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These are largely informal events held at Tettenhall Wood School for parents or carers of young people receiving a diagnosis of autism. They will invite guest speakers along through the year and it offers an opportunity to establish a better sense of community with other parents/carers with similar experiences. The sensory library is an outreach resource held at Penn Hall School.

The school also has a library of sensory resources/books on autism that can be trialled before purchase. These are currently on hold due to COVID limitations, but it is worth speaking with the school to see what they are running in the meantime

Outreach provision for parents

<https://www.tettenhallwoodschool.org.uk/outreach-and-training/parents-workshops>

Tel: **01902 556519** Email: enquiries@tettenhallwoodschool.org.uk

Contact

General information is available about a range of subjects including finance/family fund/ sleep, feeding, behaviour toileting etc

Contact support families with guidance and information. They bring families together in local groups and online, to support each other by sharing experiences and advice. And they help families to campaign, volunteer, fundraise and shape local services to improve life for themselves and others.

Support for families – advice and information, Policy, campaigns & research, Parent carer participation, Training & consultancy, Our programmes

<https://www.contact.org.uk/advice-and-support/>

Early Bird + - parents of children aged 4 – 9

EarlyBird Plus is for parents whose child is between the ages of four and nine who has received a diagnosis of an autism spectrum disorder. The programme aims to promote a consistent approach across setting e.g. home and school, by encouraging parents/carers to attend the sessions with a professional who is working regularly with their child. We work to build both parents' and professionals' confidence and encourage them to problem solve together.

For further information about the services that we offer, please visit

www.wolverhampton.gov.uk/outreach or contact egriffiths@pennfields.com

Outreach provision for parents – referred following diagnosis. Availability may be limited.

Embrace Autism

Coffee mornings for parents with younger children but has grown to include all age CYP. Group meets at a venue located at the Special Needs Early Years' Service Base at Warstones Primary School. Meetings take place once every half

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term, however due to COVID 19 are currently online and monthly. Visitors from supporting professionals are welcomed to join for a section of most meetings by prior arrangement. Parents /Carers from this group are frequently involved in coproducing information for parents/carers.

Debra Baker, Specialist Teacher, Special Needs Early Years Service

Debra.Baker@wolverhampton.gov.uk Tel: **01902 558406**

Factsheet about Autism Assessment and Diagnosis in England

Factsheet from Cerebra about autism assessments and diagnosis in England includes the topics:

What is autism?

Why is a timely diagnosis so important?

How do I request and prepare for an autism assessment?

My child has been diagnosed with autism- what support are we entitled to?

What can I do if I don't agree with the decision?

<https://cerebra.org.uk/wp-content/uploads/2021/01/Autism-assessments-and-diagnosis-in-England.pdf>

Helping your child sleep

This document provides some standard approaches that can help all children, but these might need to be adapted for some disabled children, such as children with learning disabilities, ADHD and autism

Inspire can support with this area if the young person has a Learning Disability diagnosis. Access to inspire is through a referral from a health professional.

https://contact.org.uk/media/1183103/helping_your_child_sleep.pdf

<https://cerebra.org.uk/download/sleep-a-guide-for-parents/>

Knowledge Repository - Autistic Collaboration

This is a list of resources from the Autistic Collaboration website which is useful for optimising autistic collaboration: .

<https://autcollab.org/knowledge-repository/>

Newlife

Free helpline where experienced nurses can give condition specific support and info

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Free loan of specialist toys for 12 weeks – ‘play pods’ for different ages, linked to sensory needs including toys to explore sound, texture, interaction, communication, lights etc

<https://newlifecharity.co.uk/>

Helpline: **0800 902 0095**

<https://newlifecharity.co.uk/docs/care-services/Play-Therapy-Pods.shtml>

Parent & Carer Support Group – Walsall, Wolverhampton, and surrounding areas

They are a constituted voluntary parent led group, fully insured, and offer the following;

Peer support online meetings, Physical peer support meetings, Weekly webinars, Outreach activities, Lockdown activities, Sensory play activities, Online members area, Peer support online, Befriending service, Food parcel service, Training and Youth Activities

www.walsallwtonpcg.co.uk

<https://www.facebook.com/groups/461418850936504/>

Parents Autism Awareness Training

The aim of the sessions is for Parents/Carers to be able to access Autism Awareness Training as soon as possible after their child has received a diagnosis at the Under 5's Autism Panel. Uptake is high.

Sessions are usually delivered at least every half term and consist of 3 morning sessions taking place at the Special Needs Early Years' Service Base at Warstones Primary School.

In response to the current COVID 19 situation sessions are currently online and parents/Carers can attend 2 sessions.

Debra Baker, Specialist Teacher, Special Needs Early Years Service

Debra.Baker@wolverhampton.gov.uk Tel: **01902 558406**

PDA Society

The Pathological Demand Avoidance Society provides information, support and training for people living and working with PDA. PDA is understood to be a profile on the autism spectrum. PDA individuals share characteristics with others on the spectrum and also have a distinct cluster of additional traits.

<https://www.pdasociety.org.uk>

Restricted diets

Specific advice for fussy eating

Speech and language therapists can support with this area. Please refer to the section regarding Speech and Language therapy for information about how to access this service.

<https://www.nhs.uk/media/249099/fussy-eaters-information-sheet.pdf>

<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating>

Scope

A mentoring service that offers support for parents/carers who support young people recently diagnosed with Autism or whilst going through the pathway.

Online emotional support for parents and carers (one-to-one, up to 6 sessions), Can provide practical support (schooling, specific behaviours, sleep service, apply for family funds etc), Support parents' wellbeing – safe space for them to talk about how they feel, open about challenges and how diagnosis impacts on themselves, Can come back through as many times as they like up to year after received diagnosis.

<https://www.scope.org.uk/family-services/navigate/>

Sensory needs support

Provides sensory needs support, but it also has valuable resources on motor activities, Aspergers and autism from an Occupational Therapy perspective.

<https://www.nhs.uk/kids/life-skills/joining-in-with-sensory-differences/>

Starting Points for Understanding Autism

Fantastic introductory article to autism

<https://oolong.medium.com/starting-points-for-understanding-autism-3573817402f2>

Teen Life – parents of children aged 10 – 16

Teen Life is a six-session programme for parents/carers of young people aged 10 to 16 years on the autism spectrum. Programmes are run for up to six families at a time. The Teen Life programme aims to empower parents and supporting professionals to understand more about how autism is experienced by autistic teenagers.

For further information about the services that we offer, please visit

www.wolverhampton.gov.uk/outreach or contact egriffiths@pennfields.com

Outreach provision for parents – referred following diagnosis. Availability may be limited.

The National Autistic Society

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Resources /PDFs are really good – may need support to access relevant items

Membership is available for up to date information which also gives discounts for access to the events that NAS run.

Cost to become a member is £24 per year. Benefits include a magazine 4 times per year and up to date information on books

<https://www.autism.org.uk/>

Tranzwiki – Gender Identity Research and Education Society

TranzWiki is a comprehensive directory of the groups campaigning for, supporting, or assisting trans and gender non-conforming individuals, including those who are non-binary and non-gender, as well as their families across the UK

<https://www.tranzwiki.net/>

Understanding Autism - free course

Free online course from the University of Kent. One of the few online autism courses that is significantly written by autistic researchers and professionals.

<https://www.futurelearn.com/courses/autism>

Understanding the Spectrum – a comic strip explanation

A colourful and easily-readable visual explanation of the autism spectrum

<https://the-art-of-autism.com/understanding-the-spectrum-a-comic-strip-explanation/>

Understanding your child's behaviour

This guide is for parents who have a child with additional needs and who are worried about their child's behaviour.

Occupational Therapists can support with this area if the behaviour is sensory based. Access to Occupational Therapy is through a referral from a health professional.

https://www.contact.org.uk/media/1555400/understanding_your_childs_behaviour.pdf

Voice4Parents

Voice4Parents is a group of parents and carers whose children have a wide range of special educational needs and disabilities (SEND).

They represent the wider group of parents and carers in Wolverhampton to make positive changes to the local services families receive.

Parent carer forums are a key part of the Children and Families Act 2014 which embraces "co-production" (parents and carers working as equal partners alongside local authorities, education, health and other services).

They run a community group to ensure wide reach with ALL communities and hold monthly coffee mornings for all parents. Focus Groups are held regularly to help inform the strategic work done around Policy but more importantly to influence the change in practice, improving lives for the whole SEND Family.

The facebook group regularly shares local information and opportunities for young people with Special Educational Needs (SEN). There are many other social media pages to access/develop a community of people with similar experiences to learn from one another

<http://www.voice4parents.co.uk/>

Facebook group <https://www.facebook.com/Voice4P>

Weekly Support Sessions – parent information

Parent information sessions are run by Outreach staff based at Tettenhall Wood School on a regular basis. These are informal and cover a range of topics, mostly relating to Autism and Mental Health. This provision will be reviewed based on capacity to deliver.

www.wolverhampton.gov.uk/outreach

<https://www.tettenhallwoodschoo.org.uk/outreach-and-training>

Contact egriffiths@pennfields.com or jo.hickson@tettenhallwoodschoo.org.uk

Wolverhampton Information, Advice and Support Service (IASS)

IASS is a statutory and confidential service working with parents, carers, children, and young people.

It offers free and impartial information, advice and support on matters relating to a child or young person's special educational needs or disability from birth to 25 years.

<https://www.wolvesiass.org/>

Autism Friendly Environments

Active Black Country Complete Kidz

<https://www.activeblackcountry.co.uk/clubs/complete-kidz/>

Albrighton Trust – Moat and Gardens

Educational and recreational activities.

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Includes: Angling, Gardening, Woodcraft, Culture & creativity

Email: moat@albrightontrust.org.uk

https://www.albrightontrust.org.uk/index.php?p=home&fbclid=IwAR0-JF2UfGLWXvGfc_iFlyMBwXEeh9_6vQjzAL7-huNIPFxoN06-lmOJyA

Brickkilin Community Centre and Sensory Room

Sensory room can be hired for small charge. Also has fully accessible ICT suite with adjustable desks, internet access and printing facilities, sensory garden, and outdoor play area

Contact: Sandra Urguhart-Flash **01902 553323**

Central Youth Theatre

Deliver weekly drama sessions for young people with disabilities, and support them to stage productions & short films

<https://www.facebook.com/centralyouththeatre/>

Cineworld Wolverhampton

Autism-friendly screenings, available on the first Sunday of every month 11am.

Lighting is kept on during the screening

Reduced volume

No adverts/trailers

Can bring own food

<https://www.cineworld.co.uk/cinemas/wolverhampton/8095#/buy-tickets-by-cinema?in-cinema=8095&at=2020-09-29&view-mode=list>

Gazebo Theatre

Currently funded until Easter 2021. Gazebo Autism Group operates weekly (currently on Zoom) for adults living with Autism, but they will be delivering weekly remote sessions for CYP living with Autism starting this month – January 2021 (4 sessions each), as part of their See, Hear, Respond project, which runs through until the end of March. Through this project they can also provide therapeutic support, reintegration to education and group support for parents and carers.

For an invitation to join Zoom meetings, email: fran.richards@gazebotheatre.com

Give us a Break

Provides activities during school holidays for children and young people with severe and complex learning difficulties and physical impairments. Siblings can also attend, parents/carers must attend.

No membership fee – ask for donations for activities

Aged 2 – 25.

quabbookings@gmail.com

<http://guab.uk/>

Facebook group: <https://www.facebook.com/groups/GUABWolves/>

Huggle Pets

Sensory activity centre, animal assisted interventions/therapy

https://www.hugglepetsinthecommunity.co.uk/?fbclid=IwAR18xFvI91Mv5D7NXSmyrpi_YHk9eXyjVcp7OsDFPRetAYpGVVynQEDjjAs

Facebook: <https://www.facebook.com/HugglePetsCIC>

Include me too

Provide a range of services to disabled children, young people and their families including:

Peer support

Befriending services

Activities

Holiday clubs

Outreach

Information and advice for families

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

Facebook: <https://www.facebook.com/IMTOO/>

Kingswood

Outdoor education activities

Email: kingswood@wolverhampton.gov.uk

<https://discover-kingswood.org.uk/>

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Let us Play

Provides craft, leisure, and sport activities for children with SEND, aged 5-19. They offer a 4-hour Saturday session 3 times per month and usually provide lunch.

After school cycling sessions during term time

Fortnightly parents groups, where they meet for crafts, walks, meals, a break

<https://lupwolverhampton.org.uk/index.php/about-us-2/>

Nineveh Ridge Care Farm

Includes animal care, a day on the farm (farm animals and small animal house), pony work, gardening and horticulture, craft & woodwork, craft, music

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

Nr. Cleobury Mortimer, Kidderminster, Worcs. DY14 9AL

Perkisound

Musically inspired recreation centre for people with additional needs, their families, friends, and carers.

Email: perkisound@gmail.com

<https://www.perkisound.org/?fbclid=IwAR2V6mJ921TNw3H0KgBY5FUnoeDmLHtQrJH3GIXXhTLDD8SnF6F92EMCyQg>

Pirates and princesses adventure zone

Telford

Indoor soft play area & sensory room

Email: piratesandprincesses2015@hotmail.com

<https://en-gb.facebook.com/piratesandprincess/>

Resources for Autism – Sibling groups, youth clubs and holiday play scheme

Sibling Group

Offers a safe and understanding space for siblings aged 6-18 every month.

This is available for Wolverhampton CYP but the fee currently is £6 per session. Transport is not provided and anyone interested just needs to make contact with the group initially. However this particular group is not running currently due to the venue being unavailable to the group.

<https://resourcesforautism.org.uk/wp-content/uploads/2019/06/Resources-for-Autism-Wednesday-Siblings-Flyer.pdf>

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Email: Jayne@resourcesforautism.org.uk

Call: **07817 736096**

Youth Clubs

<https://resourcesforautism.org.uk/holiday-play-schemes/>

Call: **07817 736096**

Holiday Play Scheme

<https://resourcesforautism.org.uk/play-and-youth-clubs/>

Sedgley Adventure Centre

Animal farm & mini golf

Email: sedgleyadventurecentre@gmail.com

https://themarkbutlergolfacademy.co.uk/animal-farm?fbclid=IwAR1cUvvdGUVIj_9G4GEW5CJu6WXEC6OwL7dmsZm-2aE-dxUxzrhy8rhALsg

SNAP – Special Needs Adventure Playground

Cannock

<http://www.cannocksnap.com/>

Spacehoppers

Offer SEND Sessions

Email: enquiries@spacehoppas.co.uk

https://www.spacehoppas.co.uk/?fbclid=IwAR1ULN9ZBZAaltHWujmYT6_-Vxj2I5-z2rTu1nCzNt1_SN1uGj2h-FMb7ng

Sycamore Adventures

Dudley

<http://www.sycamoreadventure.co.uk/>

Way Youth Zone

<https://www.thewayyouthzone.org/>

Wild side Activity Centre

Boat trips, Natural crafts, Canoeing, Den building, fire lighting, minibeast hunts, Forest School and other environmental activities, Bird watching and bird box making, Cycling

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<https://www.wildsideac.co.uk/additional-needs/>

Email: Manni3@hotmail.com

WINGZ – Wombourne Special Needs Support Group

Wombourne

Wolverhampton Wanderers Foundation

Sports participation, inclusion & cohesion, education & skills, Health & wellbeing

<https://www.wolves.co.uk/foundation/programmes-projects/>

Worcester Snoezelen

Offers multi-sensory leisure therapy opportunities to people of all ages who have disabilities and additional needs.

Includes: sensory rooms, soft play, hydro pool and sensory garden. Also do music & art sessions.

Children's sessions as well as activity days and clubs

Email: enquiries@worcestersnoezelen.org.uk

<http://www.worcestersnoezelen.org.uk/?fbclid=IwAR2djA0p7yJeJlSfSES2ToITWT6lWakkynRaildMVfNbJNMZoKJ5YSD1oBE>

Books

The National Autistic Society have an updated book list on their webpage, and this should be viewed if you are interested in accessing specific or most up to date books and information. Voice4parents also have some suggestions for books with different emphases that may be helpful for parents with specific questions.

Pretending to be Normal: Living with Asperger's Syndrome

By Liane Holliday Willey

The story of a woman who, after years of self-doubt, learned to embrace her Asperger's syndrome traits. Liane Holliday Willey shares the daily struggles and challenges that face those who have Asperger's syndrome. It includes coping strategies and guidance for a range of situations

. The Independent Woman's Handbook for Super Safe Living on the Autistic Spectrum

By Robyn Steward

The Reason I jump: one boys voice from the silence of autism

By Naoki Higashida

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Sensational Kids: Hope and Help for children with sensory processing disorders

By Lucy Jane Miller

For parents about sensory needs and understanding them.

List of blogs by Actually Autistic bloggers

This list contains lots of blogs about different topics from different bloggers. All bloggers are Autistic (or co-blogging with Autistics and marked “includes non-Autistic contributors”)

<https://anautismobserver.wordpress.com/>

TikTok

This is a Tik Tok account where the person is an advocate for Autistic People and girls especially.

<https://princessaspien.com/>

YouTube Videos

Understanding Social Cognition in Autism

<https://youtu.be/xZcLW64hNCs>

Animated explanation of Autism

<https://www.youtube.com/watch?v=6fy7gUIp8Ms>

Facts about Autism

<https://www.youtube.com/watch?v=CaRdPYvWt48>

Facts about Autism – for children

<https://www.youtube.com/watch?v=dUbsyd8Fnyw>

An explanation of Autism

<https://www.youtube.com/watch?v=y6g8QHWkKZU>

Autism is...?

<https://www.youtube.com/watch?v=l55N8AcvpcA>

What does it feel like to have Autism?

<https://www.youtube.com/watch?v=1CNY6BbtgS8>

In My Language

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A video by a non-speaking autistic adult explaining their "native language". The first half of the video shows them moving around and making noises. The second half uses an electronic voice to explain their experience of the world.

<https://www.youtube.com/watch?v=JnylM1hl2jc>

Fast Facts about Autism for Kids (World Autism Awareness Day)

A short video to introduce children to autism

<https://www.youtube.com/watch?v=dUbsyd8Fnyw>

Kenzi's Poetry Campaign.

Classroom worksheet designed to stimulate reflection; part of Kenzi Jupp's Poetry Campaign for kindness and acceptance

<https://youtu.be/0J-tAKKjRMQ>