

## Resource Booklet

### Contents

|  |    |
|--|----|
| For The Young Person.....                          | 2  |
| ASC Support Group/Befriending Services .....       | 2  |
| General Inclusive Groups .....                     | 3  |
| For the Parent.....                                | 5  |
| Parent Support Groups .....                        | 5  |
| Parent Workshops .....                             | 7  |
| At Home Support.....                               | 8  |
| Respite Care .....                                 | 8  |
| Support Workers/Teams .....                        | 8  |
| For Sibling/s .....                                | 11 |
| Financial advice.....                              | 11 |
| Community Support .....                            | 12 |
| Accessing the Community .....                      | 12 |
| Autism Friendly Environments in the Community..... | 13 |
| School Support .....                               | 17 |
| Other Healthcare Services .....                    | 19 |
| Resources .....                                    | 22 |
| Online .....                                       | 22 |
| Books .....  | 25 |
| Online Videos.....                                 | 25 |

## For The Young Person

| Service  | Overview   | Eligibility, application/referral details | Address and Contact information. Website links   |
|--|--|---|--|
| <b>ASC Support Group/Befriending Services</b>                |  |   |  |
| <b>Autism Confident</b>                                      | Opportunity to learn more about Autism in a small supportive group.  |   | <a href="https://autismwestmidlands.org.uk/events/autism-confident-programmes-for-autistic-adults-and-teenagers-the-black-country/">https://autismwestmidlands.org.uk/events/autism-confident-programmes-for-autistic-adults-and-teenagers-the-black-country/</a>  |
| <b>Autistic Girls Network</b><br><br>(Online Forums/support) | <p>Autistic Girls Network is a registered charity working to support, educate, and bring change.</p> <p>Our mission is two-fold. To campaign for better recognition and diagnosis of autistic girls and to support them in finding their identity and feeling understood.</p> <p>We can sign post you to support networks, organisations and resources and provide a safe space to ask questions, raise concerns and share experiences in our private Facebook group. On the website you will find a resource section with links to useful resources, YouTube videos, books, Apps etc.</p>   |   | <p>Email: <a href="mailto:hello@autisticgirlsnetwork.org">hello@autisticgirlsnetwork.org</a></p> <p>Autism, Girls and keeping it all inside:</p> <p><a href="https://autisticgirlsnetwork.org/wp-content/uploads/2022/03/Keeping-it-all-inside.pdf">https://autisticgirlsnetwork.org/wp-content/uploads/2022/03/Keeping-it-all-inside.pdf</a></p> <p>Facebook group: <a href="https://www.facebook.com/groups/198220980748417/">https://www.facebook.com/groups/198220980748417/</a></p> |
| <b>Autism Inclusivity</b>                                    | 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 comments. Dirty deletes will get you banned from the group – they want all |   | Facebook group <a href="https://www.facebook.com/groups/autisminclusivity/about">https://www.facebook.com/groups/autisminclusivity/about</a>   |

|  |   |  |   |
|--|---|--|---|
|  | comments to remain even if there is negative feedback as it silences voices   |  |   |
| <b>Resources for Autism – Play and Youth clubs</b> | <p>Specialist play and youth clubs</p> <p>One to one support is available and all staff are autism trained.</p> <p>Support can be given to enable young people to make the transition from home to clubs through home visits, social stories, visual supports in fact anything that might help. We do not provide transport to and from clubs but will help negotiate with local social services for help with this where appropriate.</p> <p>Clubs are run at weekends and after school in various venues.</p> <p>They are age and ability specific and once your referral is received your child will be assessed as to which club would best suit their needs.</p> <p>There is likely to be a waiting list for clubs.</p> <p>There is a small charge which is means tested and no one is turned away for financial reasons but everyone pays at least something.</p> | Specialist play and youth clubs for young people aged 8 – 19 in London and Birmingham, 5 – 18 in Walsall, wherever they are on the spectrum. | <a href="https://resourcesforautism.org.uk/play-and-youth-clubs/">https://resourcesforautism.org.uk/play-and-youth-clubs/</a>   |
| <b>Wolverhampton Wanderer's Inclusion delivery</b> | 'Wolverhampton Disability Football Club' have an inclusive football team led by coaches who themselves are neurodivergent in different ways (e.g., ADHD and ASC). Wolves Disability FC run teams at Under-12 and Under-16 and open age levels too.  |  | <a href="https://www.wolves.co.uk/foundation/programmes-projects/inclusion-cohesion/inclusion-delivery/">https://www.wolves.co.uk/foundation/programmes-projects/inclusion-cohesion/inclusion-delivery/</a><br><br>Contact Coach Gavin Jones on (01902) 828366 or at <a href="mailto:gavinjones@wolves.co.uk">gavinjones@wolves.co.uk</a> |
| <b>General Inclusive Groups</b>                    |   |  |   |
| <b>Social prescribing for CYP</b>                  | <p>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.</p> <p>Social prescribing is for:<br/>Young People who may feel isolated &amp; want support to meet other people.</p>  | 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                    | <p>Social Prescribing Team</p> <p><b>Telephone</b><br/>01902 328987</p> <p><b>E-mail</b><br/><a href="mailto:SPInfo@wolverhamptonvsc.org.uk">SPInfo@wolverhamptonvsc.org.uk</a></p> <p><b>Website</b></p>   |

|   |   |  |  |
|---|---|--|--|
|   | <p>Young People who may feel low or a bit anxious and might feel better joining a social group.</p> <p>Young People who may have a long-term chronic health condition which would be helped through community activities</p> <p>Young People who may need help to find support or advice with practical issues such as money or housing</p> <p>Young People who may want help and support with their wellbeing and education.</p> |  | <p><a href="#">Wolverhampton Voluntary &amp; Community Action</a></p>  |
| <b>YMCA – Black Country Girls mentoring programme</b> | <p>Girls Mentoring is a community led mentoring initiative facilitated by YMCA Black Country Group as part of our health and wellbeing offer, throughout the Black Country. The focus of the programme is for Volunteer Mentors to work with girls aged 9 – 14 years to inspire them and to support them to thrive.</p>   |  | <p><a href="https://www.ymcabc.org.uk/our-services/health-wellbeing/y-girls/">https://www.ymcabc.org.uk/our-services/health-wellbeing/y-girls/</a></p>   |
| <b>Way Youth Zone</b>                                 | <p>A youth-led, state of the art space for young people aged 8-18, located centrally in the vibrant and diverse city of Wolverhampton.</p> <p>Open 6 days a week, we provide a huge variety of activities for people aged 8-18 years.</p>   |  | <p><a href="https://www.thewayyouthzone.org/">https://www.thewayyouthzone.org/</a></p>   |
| <b>Wolverhampton Wanderer's Inclusion delivery</b>    | <p>'Wolverhampton Disability Football Club' have an inclusive football team led by coaches who themselves are neurodivergent in different ways (e.g., ADHD and ASC). Wolves Disability FC run teams at Under-12 and Under-16 and open age levels too.</p>   |  | <p><a href="https://www.wolves.co.uk/foundation/programmes-projects/inclusion-cohesion/inclusion-delivery/">https://www.wolves.co.uk/foundation/programmes-projects/inclusion-cohesion/inclusion-delivery/</a></p> <p>Contact Coach Gavin Jones on (01902) 828366 or at <a href="mailto:gavinjones@wolves.co.uk">gavinjones@wolves.co.uk</a></p> |
| <b>Central Youth Theatre</b>                          | <p>Deliver weekly drama sessions for young people with disabilities, and support them to stage productions &amp; short films</p>  |  | <p><b>Website:</b><br/><a href="https://www.facebook.com/centrallyouththeatre/">https://www.facebook.com/centrallyouththeatre/</a></p>   |
| <b>Include me too</b>                                 | <p>Provide a range of services to disabled children, young people and their families including:</p> <ul style="list-style-type: none"> <li>Peer support</li> <li>Befriending services</li> <li>Activities</li> <li>Holiday clubs</li> <li>Outreach</li> <li>Information and advice for families</li> </ul>  |  | <p><a href="http://www.includemetoo.org.uk">http://www.includemetoo.org.uk</a></p> <p>Facebook:<br/><a href="https://www.facebook.com/IMTOO/">https://www.facebook.com/IMTOO/</a></p>  |

|  |   |  |   |
|--|---|--|---|
| <b>Let us Play</b>                                   | 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.<br>After school cycling sessions during term time<br>Fortnightly parents groups, where they meet for crafts, walks, meals, a break   |  | <a href="https://lupwolverhampton.org.uk/index.php/about-us-2/">https://lupwolverhampton.org.uk/index.php/about-us-2/</a>                                     |
| <b>Wings - Wombourne Special Needs Support Group</b> | Wings run a wide variety of evening, weekend and holiday playscheme activities for children. These provide them with a social group and a sense of belonging, as well as stimulus in drama, music, art and physical exercise. We also run regular trips and outings to all sorts of exciting places. Parent support groups.<br><br>Families benefit from the respite from a caring role as WINGS provides trained and volunteer staff for these sessions: most of the children require 1:1 supervision. |  | <a href="https://www.facebook.com/wingssupport/">https://www.facebook.com/wingssupport/</a><br><br>Email:mail@wingssupport.com<br><br>Telephone:01902 892 222 |
| <b>Wolverhampton Wanderers Foundation</b>            | Sports participation, inclusion & cohesion, education & skills, Health & wellbeing  |  | <a href="https://www.wolves.co.uk/foundation/programmes-projects/">https://www.wolves.co.uk/foundation/programmes-projects/</a>                               |

## For the Parent/Guardian

| Service                               | Overview   | Eligibility, application/referral details | Address and Contact information. Website links   |
|---------------------------------------|--|---|--|
| <b>Parent/Guardian Support Groups</b> |  |   |  |
| <b>Embrace Autism</b>                 | Coffee mornings for parents with younger children but has grown to include all age Children and Young People. Group meets at a venue located at the Special Needs Early Years' Service Base at Warstones Primary School. Meetings take place once every half 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. |   | Email Debra Baker, Specialist Teacher, Special Needs Early Years Service:<br><br><a href="mailto:Debra.Baker@wolverhampton.gov.uk">Debra.Baker@wolverhampton.gov.uk</a><br><br>Tel: 01902 558406 |

|   |   |  |  |
|---|---|--|--|
| <p><b>Family action – Helping hands</b></p> | <p>A befriending service for parents of children with additional needs with a focus on Autism/ADHD.</p> <p>Sharing rooms, take place once a month at CAMHS (befriending/signposting) - This is where the families are invited to come along and meet other parents, in a relaxed and calming environment.</p> <p>Parents can learn about other services and support networks that they can access. We have a mindfulness table, with relaxation techniques, colouring sheets and crocheting.</p> <p>Information table that have books and leaflets about AUTISM/ADHD and fidget aids that can support relaxation for adults and children.</p> <p>Virtual “This Is Me” (TIM) programme for parents and carers(also delivered in Walsall)</p> <ul style="list-style-type: none"> <li>• Virtual TIM programme for parents and carers</li> <li>• TIM sessions with children in Primary Schools</li> <li>• Sensory sessions during school holidays</li> <li>• Closed Facebook page for parents to get advice and support</li> </ul> <p>(TIM is 6 virtual workshops over 3 weeks)</p> | <p>Families can self-refer or professions can refer on behalf of a family.</p> <p>Children must have a diagnosis or <b>be on the Autism assessment pathway</b></p> | <p>Email address below for referral form or for any queries</p> <p><a href="mailto:helpinghandsbc@family-action.org.uk">helpinghandsbc@family-action.org.uk</a></p>                                |
| <p><b>Voice4Parents</b></p>                 | <p>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.</p> <p>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).</p> <p>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.</p>  |  | <p><a href="http://www.voice4parents.co.uk/">http://www.voice4parents.co.uk/</a></p> <p>Facebook group:</p> <p><a href="https://www.facebook.com/Voice4P">https://www.facebook.com/Voice4P</a></p> |

|   |  |   |  |
|---|--|---|--|
|   | 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  |   |  |
| <b>Weekly Support Sessions – parent information</b> | 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.   |   | <a href="http://www.wolverhampton.gov.uk/outreach">www.wolverhampton.gov.uk/outreach</a><br><br><a href="https://www.tettenhallwoodschoolorg.org.uk/outreach-and-training">https://www.tettenhallwoodschoolorg.org.uk/outreach-and-training</a><br><br>Contact<br><br><a href="mailto:egriffiths@pennfields.com">egriffiths@pennfields.com</a><br>or<br><a href="mailto:jo.hickson@tettenhallwoodschoolorg.org.uk">jo.hickson@tettenhallwoodschoolorg.org.uk</a> |
| <b>Parent/Guardian Workshops</b>                    |  |   |  |
| <b>Act for Autism</b>                               | Provide inspirational and informative workshops for people involved in the autistic community, including parents. Workshops are delivered by professionals, parents and autistic advocates, all part of the Act for Autism Team. All workshops include the 3 C Pathway (Connect, Calm, Communicate)- a relational approach to supporting children and young people on the autistic spectrum. | Teachers and professionals can attend seminars and coaching (at a cost).<br><br>Parents can access workshops online at no cost – simply call or email to find out more information. | <a href="https://actforautism.co.uk/home-2/">https://actforautism.co.uk/home-2/</a><br><br>Call Tessa on 07973 118586<br><br>Or email <a href="mailto:info@actforautism.co.uk">info@actforautism.co.uk</a>   |

## At Home Support

| Service  | Overview  | Eligibility, application/referral details   | Address and Contact information. Website links  |
|--|---|---|---|
| <b>Respite Care</b>                            |   |   |   |
| <b>Barnardo's</b>                              | 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.  | <ul style="list-style-type: none"> <li>- Parents can self-refer</li> <li>- No assessment needed</li> <li>- No charge</li> </ul> | 01384 411722<br><br><a href="http://www.barnardos.org.uk">Short break care   Barnardo's (barnardos.org.uk)</a>  |
| <b>Cannock Resource Centre – short breaks</b>  | Residential short breaks - Offer overnight stays in the resource centres at weekends or in school holidays, or holidays away.<br>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.<br>Bespoke packages - These can include support in the child's home as well as emergency and assessment overnight provision.   | Referrals are through social worker based at Disabled Children's Team.  | <a href="https://www.staffordshireconnects.info/kb/5/staffordshire/directory/service.page?id=2spOr9_yC10">https://www.staffordshireconnects.info/kb/5/staffordshire/directory/service.page?id=2spOr9_yC10</a> |
| <b>Support Workers/Teams</b>                   |   |   |   |
| <b>Barnardo's – Wolverhampton Star service</b> | Wolverhampton Star are a team of support workers with a wide and varied range of direct work experience with children and their families/carers. They work with "hard to reach" young people and their families with complex needs to prevent relationship or placement breakdowns.<br>A whole system approach is used to address health and well-being, to empower young people and their families to improve and enhance their life chances and help them get back on track with their lives.<br>For Example:<br>Behavioural issues ( verbal, physical, order to build resilience and capacity. criminal) |   | Email:<br><a href="mailto:wolverhamptonSTARservice@barnardos.org">wolverhamptonSTARservice@barnardos.org</a><br><br><b>01902 937312, ext 312</b>  |



|   |  |   |   |
|---|--|---|---|
|   | <p>Abuse ( sexual, neglect, emotional,physical)<br/> Mental health (incl. self-harm)<br/> Physical / Learning disabilities /difficulties<br/> Substance misuse<br/> Domestic Violence</p>  |   |   |
| <b>Carers Support team</b>                      | <p>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 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.</p> | <p>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).</p>   | <p><b>01902 553409</b> or email carer support team: carer.support@wolverhampton.gov.uk</p>  |
| <b>Disabled Children and Young Persons Team</b> | <p>Children with disabilities<br/> 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.<br/> 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.</p>  | <p>All referrals to the Disabled Children and Young People's Team should be made via the MASH Tel: <b>01902 555392</b>, 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</p> | <p><a href="https://win.wolverhampton.gov.uk/kb5/wolverhampton/directory/service.page?id=XV SuLcNr4-Q">https://win.wolverhampton.gov.uk/kb5/wolverhampton/directory/service.page?id=XV SuLcNr4-Q</a><br/> <b>01902 555392</b></p> |

|  |  |   |  |
|--|--|---|--|
|  | <p>The team assesses under relevant legislation and provides services for children/young people with disabilities and their families aged 0-25 where there are:</p> <ul style="list-style-type: none"> <li>• Child protection concerns</li> <li>• Children in need who have complex support needs, relating to their disability</li> <li>• Where the child or young person is in care</li> <li>• Transition planning</li> <li>• Assessment of needs to determine the most appropriate support or services</li> <li>• Care Act assessments for Young people approaching their 18th birthday and through their transition</li> </ul> <p>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.</p> <p><i>Transition to adulthood support</i></p> <p>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.</p> <p>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.</p> <p>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.</p> | <p>subject this to Multi agency screening and analysis determine the most appropriate service/s to support.</p> <p>For Young people ages between 18-25, referrals should be made via the front door via Single point of contact, Customer services.</p> |  |
|--|--|---|--|

| For Sibling/s                 |   |   |   |
|-------------------------------|---|---|---|
| <b>Spurgeons</b>              | <p>Help Young Carers who involved in practical/emotional care of parents or siblings or other family members</p> <p>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.</p>   | <p>Children and parents can refer into the service.</p> <p>If under 18 years old, parental permission is usually required. Other trusted adults (such as teacher, tutor or another adult) can contact the service for advice.</p> | <p>Call: <b>01902 877550</b> or email: <a href="mailto:Wolverhamptonyoungcarers@spurgeons.org">Wolverhamptonyoungcarers@spurgeons.org</a></p> <p><a href="http://www.spurgeons.org">http://www.spurgeons.org</a></p> <p><a href="http://www.spurgeons.org">Wolverhampton   Spurgeons Young Carers (spurgeonsyc.org)</a></p> |
| <b>Sibs</b>                   | <p>Sibs is for people who grow up with a brother or sister with special needs, disability, chronic illness.</p> <p>An online support service specifically for brothers and sisters under 18 of disabled children and young people called YoungSibs <a href="http://www.youngsibs.org.uk">www.youngsibs.org.uk</a></p>   |   | <a href="http://www.sibs.org.uk">http://www.sibs.org.uk</a>   |
| Financial advice              |   |   |   |
| <b>Citizens Advice Bureau</b> | <p>Citizens Advice Bureau provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities.</p>   |   | <p><a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p> <p>Tel <b>08444 111 444</b></p>   |
| <b>Family fund</b>            | <p>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.</p> <p>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.</p> | <p>Can apply online <a href="https://www.familyfund.org.uk/FAQs/how-do-we-apply">https://www.familyfund.org.uk/FAQs/how-do-we-apply</a> or download an application form.</p>  | <p>Website: <a href="https://www.familyfund.org.uk/">https://www.familyfund.org.uk/</a></p>   |
| <b>Max Card</b>               | <p>Discount card for foster families/families of children with additional needs. Show the max card upon entry to venues to obtain free or</p>   |   | <p>Contact forward carers <b>0333 006 9711</b></p>  |

|  |   |  |  |
|--|---|--|--|
|  | <p>discounted entry – includes zoos, castles, bowling and more.</p> <p>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.</p> <p>Website is easy to access, and parents/carers can search offers by location, including updates on new offers.</p> |  | <p><a href="https://mymaxcard.co.uk/">https://mymaxcard.co.uk/</a></p> <p><a href="http://www.Forward-carers.org.uk">www.Forward-carers.org.uk</a></p> |
|--|---|--|--|

## Community Support

| Service                                     | Overview   | Eligibility, application/referral details  | Address and Contact information. Website links                              |
|---|--|--|---|
| <b>Accessing the Community</b>              |  |  |   |
| <b>Blue Badge Team for Disabled Parking</b> | <p>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.</p> | <p>For information about who is eligible:<br/><a href="http://www.dfg.gov.uk/topics/access/blue-badge/">www.dfg.gov.uk/topics/access/blue-badge/</a></p> <p>To apply online:<br/>www.direct.gov.uk/bluebadge or call 01902 551155</p>  | <p>Wolverhampton Blue Badge Team: 01902 551155 for an application form.</p> |
| <b>Radar Key application for Toilets</b>    | <p>The radar key can be used at any accessible WC anywhere in the UK where the radar lock is fitted.</p>   | <p>To request a Radar Key download and complete an application form from<br/><a href="http://www.wolverhampton.gov.uk/win">www.wolverhampton.gov.uk/win</a> or call <b>01902 556144</b> or e mail <a href="mailto:Customer.Services@wolverhampton.gov.uk">Customer.Services@wolverhampton.gov.uk</a> Radar</p> | <p><b>01902 556144</b></p>  |

|  |   |   |  |
|--|---|---|--|
|  |   | keys can also be obtained from <a href="http://www.disabilityrightsuk.org">www.disabilityrightsuk.org</a> for a small cost. |  |
| <b>Autism Friendly Environments in the Community</b> |   |   |  |
| <b>Birmingham Hippodrome</b>                         | Relaxed performances specially designed for audiences with autism and complex disabilities.<br><br>For these special performances, staff and performers work to create an atmosphere where everyone feels safe and able to react to a show as they wish.<br><br>Bright lights and loud noises are reduced, and there are calm spaces nearby, with beanbags, sensory toys and bubble lights. |   | Hurst Street, Southside, Birmingham B5 4TB<br><br><a href="https://www.birminghamhippodrome.com/">https://www.birminghamhippodrome.com/</a>  |
| <b>Brickkiln Community Centre and Sensory Room</b>   | 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  |
| <b>Worcester Snoezelen</b>                           | Offers multi-sensory leisure therapy opportunities to people of all ages who have disabilities and additional needs.<br><br>Includes: sensory rooms, soft play, hydro pool and sensory garden. Also do music & art sessions.<br><br>Children's sessions as well as activity days and clubs  |   | Email: <a href="mailto:enquiries@worcestersnoezelen.org.uk">enquiries@worcestersnoezelen.org.uk</a><br><br><a href="http://www.worcestersnoezelen.org.uk/?fbclid=IwAR2djA0p7yJeJIsfSES2ToITWT6IWakkynRaildMVfNbjNMZoKJ5YSD1oBE">http://www.worcestersnoezelen.org.uk/?fbclid=IwAR2djA0p7yJeJIsfSES2ToITWT6IWakkynRaildMVfNbjNMZoKJ5YSD1oBE</a> |
| <b>Cineworld Wolverhampton</b>                       | Autism-friendly screenings, available on the first Sunday of every month 11am.<br>Lighting is kept on during the screening<br>Reduced volume<br>No adverts/trailers<br>Can bring own food   |   | <b>Website:</b><br><a href="https://www.cineworld.co.uk/cinemas/wolverhampton/8095#/buy-tickets-by-cinema?in-cinema=8095&amp;at=2020-09-29&amp;view-mode=list">https://www.cineworld.co.uk/cinemas/wolverhampton/8095#/buy-tickets-by-cinema?in-cinema=8095&amp;at=2020-09-29&amp;view-mode=list</a>   |
| <b>Huggle Pets</b>                                   | Sensory activity centre, animal assisted interventions/therapy  |   | <a href="https://www.hugglepetsinthecommunity.co.uk/?fbclid=IwAR18xFvI91Mv5D7NXSmyrpi_YHk9eXyjVcp7OsDFPRetAYpGVVynQEDjAs">https://www.hugglepetsinthecommunity.co.uk/?fbclid=IwAR18xFvI91Mv5D7NXSmyrpi_YHk9eXyjVcp7OsDFPRetAYpGVVynQEDjAs</a>  |

|  |   |  |   |
|--|---|--|---|
|  |   |  | Facebook:<br><a href="https://www.facebook.com/HugglePetsCIC">https://www.facebook.com/HugglePetsCIC</a>  |
| <b>Midlands Art Centre (Mac)</b>                     | <p>It hosts autism community cafes every couple of months, which feature chill out spaces, puppet and drama workshops, discussion groups and freedom for people to bring their own food and eat it how and when they like.</p> <p>There's also relaxed screenings of performances across the mac programme, and special exhibitions some of which reflect the untold stories of people with autism and learning difficulties.</p> <p>Best of all, if you get in touch with your specific requirements, mac staff will do all that they can to make it work for you.</p> |  | <a href="http://macbirmingham.co.uk/visit/access">http://macbirmingham.co.uk/visit/access</a>   |
| <b>Nineveh Ridge Care Farm</b>                       | Includes animal care, a day on the farm (farm animals and small animal house), pony work, gardening and horticulture, craft & woodwork, craft, music  |  | <a href="http://www.ninevehridgecarefarm.org.uk/">http://www.ninevehridgecarefarm.org.uk/</a><br><br>Nr. Cleobury Mortimer, Kidderminster, Worcs. DY14 9AL  |
| <b>Perkisound</b>                                    | Musically inspired recreation centre for people with additional needs, their families, friends, and carers.   |  | Email:<br><a href="mailto:perkisound@gmail.com">perkisound@gmail.com</a><br><br><a href="https://www.perkisound.org/?fbclid=IwAR2V6mJ921TNw3H0KgBY5FUnoeDmLHtQrJH3GIXXhTLDD8SnF6F92EMCyQg">https://www.perkisound.org/?fbclid=IwAR2V6mJ921TNw3H0KgBY5FUnoeDmLHtQrJH3GIXXhTLDD8SnF6F92EMCyQg</a> |
| <b>Pirates and princesses adventure zone Telford</b> | Indoor soft play area & sensory room  |  | Email:<br><a href="mailto:piratesandprincesses2015@hotmail.com">piratesandprincesses2015@hotmail.com</a><br><br><a href="https://en-gb.facebook.com/pirateandsandprincess/">https://en-gb.facebook.com/pirateandsandprincess/</a>   |
| <b>Sealife centre -“Quiet at the aquarium”</b>       | <p>On selected dates doors are open an hour early, with limited tickets available, to provide a quieter SEA LIFE experience that aims to provide a more comfortable visit for those with autism and other sensory requirements.</p> <p>The centre music will remain switched off until 10.00am, and televisions will be turned to a minimal volume. These sessions run once a month and tickets have to be pre-booked.</p>  |  | Brindley place, Birmingham  |

|  |   |  |   |
|--|---|--|---|
| <b>Sedgley Adventure Centre</b>                  | Animal farm & mini golf   |  | <p>Email: <a href="mailto:sedgleyadventurecentre@gmail.com">sedgleyadventurecentre@gmail.com</a></p> <p><a href="https://themarkbutlergolfacademy.co.uk/animal-farm?fbclid=IwAR1cUvvdGUVIj_9G4GEW5CJu6WXEC6OwL7dmsZm-2aE-dxUxzh8rhALsg">https://themarkbutlergolfacademy.co.uk/animal-farm?fbclid=IwAR1cUvvdGUVIj_9G4GEW5CJu6WXEC6OwL7dmsZm-2aE-dxUxzh8rhALsg</a></p> |
| <b>SNAP – Special Needs Adventure Playground</b> | <p>Special Needs Adventure Playground. It provides a safe, secure and non-judgemental play area for children and adults with special needs. Siblings without special needs are also welcome.</p> <p>Parents can relax for a while in the knowledge that their children will be safe.</p> <p>At SNAP you will find</p> <ul style="list-style-type: none"> <li>• Indoor soft play area</li> <li>• Outdoor adventure playground with wheelchair equipment</li> <li>• Cycle track with a variety of bikes, trikes and scooters</li> <li>• Activity / craft / computer room /Nintendo Switch/party room</li> <li>• Sensory room</li> <li>• Wide range of toys</li> <li>• Plus the staff provide a wide range of sensory activities/messy play activities outside weather permitting</li> </ul> |  | <p><a href="http://www.cannocksnap.com/">http://www.cannocksnap.com/</a></p> <p>PYE GREEN<br/>ROADCANNOCK<br/>STAFFORDSHIREWS11 5RW</p> <p>01543 579286</p> <p>snappcannock@outlook.com</p>   |
| <b>Spacehoppers</b>                              | Childrens play centre offering SEND Sessions  |  | <p>Email: <a href="mailto:enquiries@spacehoppas.co.uk">enquiries@spacehoppas.co.uk</a></p> <p><a href="https://www.spacehoppas.co.uk/?fbclid=IwAR1ULN9ZBZAaltHWujmYT6-Vxi2I5-z2rTu1nCzNt1_SN1uGj2h-FMb7ng">https://www.spacehoppas.co.uk/?fbclid=IwAR1ULN9ZBZAaltHWujmYT6-Vxi2I5-z2rTu1nCzNt1_SN1uGj2h-FMb7ng</a></p>   |
| <b>Sycamore Adventures - Dudley</b>              | Sycamore adventure is an adventure playground where Playworkers advocate children's right to play.  |  | <p><a href="http://www.sycamoreadventure.co.uk/">http://www.sycamoreadventure.co.uk/</a></p>  |

|  |   |   |  |
|--|---|---|--|
| <b>Think Tank</b>                        | <p>Birmingham's science museum is packed with hands-on exhibits for ages and abilities.</p> <p>People on the autism spectrum can download information to prepare for a visit.</p> <p>Morning Explorer sessions are held before the museum opens to the public for those on the autism spectrum to look around the exhibitions at a quiet time and do craft or other activities on selected days.</p>  |   | <p>Thinktank, Birmingham Millennium Point, Curzon Street, B4 7AP</p>   |
| <b>West Midlands Safari Park</b>         | <p>Parents with autistic children can go to the wristband office on the day of their visit and get a sticker which entitles them to not have to queue for the rides.</p> <p>There's also a sensory playground called Boj Giggly Park</p>  |   | <p>Spring Grove, Bewdley, Worcestershire, DY12 1LF</p>   |
| <b>Wild side Activity Centre</b>         | <p>Boat trips, Natural crafts, Canoeing, Den building, fire lighting, minibeast hunts, Forest School and other environmental activities, Bird watching and bird box making, Cycling</p>   |   | <p><a href="https://www.wildsideac.co.uk/additional-needs/">https://www.wildsideac.co.uk/additional-needs/</a></p> <p>Email: Manni3@hotmail.com</p>  |
| <b>Wolverhampt on theatre- The grand</b> | <p>Relaxed Performances:<br/>A Relaxed Performance takes away some of the stresses of the theatre experience by:</p> <ul style="list-style-type: none"> <li>• keeping the house lights on and operating an open doors policy, allowing free access in and out of the auditorium during the performance.</li> <li>• Sound levels are monitored and kept at a lower level and all special effects, such as smoke and pyrotechnics are removed entirely.</li> <li>• A quiet room and a sensory room are set up within the theatre should anyone need some time away from theatre environment. The performance is streamed onto a screen in the sensory room so those who find the experience in the auditorium too uncomfortable don't have to miss out on the show.</li> <li>• The quiet room does not have any visual or audio streams but is open to anyone who needs to take a few minutes out.</li> <li>• Information packs are also sent out prior to the performance with additional details about the show. This may help you or your group familiarise yourself with our theatre</li> </ul> | <p>Any one is welcome at a Relaxed Performance, but they are specifically adapted to benefit those on the autism spectrum, younger children or those with learning difficulties or additional needs</p> | <p>Relaxed performances can be found on the website: <a href="https://www.grandtheatre.co.uk/access/#accessibleperformances">https://www.grandtheatre.co.uk/access/#accessibleperformances</a></p> <p>Contact the box office on <b>01902 42 92 12</b> and ask to speak with Remy Lloyd (Outreach Manager – Access &amp; Inclusion) or Anthony Wingrove (Head of Customer Services).</p> <p>Email: <a href="mailto:remyl@grandtheatre.co.uk">remyl@grandtheatre.co.uk</a></p> |



|  |   |  |   |
|--|---|--|---|
|  | and the things you may encounter during your visit.   |  |   |
| <b>Albrighton Trust – Moat and Gardens</b> | Educational and recreational activities.<br>Includes: Angling, Gardening, Woodcraft, Culture & creativity |  | Email: <a href="mailto:moat@albrightontrust.org.uk">moat@albrightontrust.org.uk</a><br><br>Website: <a href="https://www.albrightontrust.org.uk/index.php?p=home&amp;fbclid=IwAR0JF2UfGLWXvGfc_iFlyMBwXEeh9_6vQjzAL7-huNIPFxoN06-lmOjYA">https://www.albrightontrust.org.uk/index.php?p=home&amp;fbclid=IwAR0JF2UfGLWXvGfc_iFlyMBwXEeh9_6vQjzAL7-huNIPFxoN06-lmOjYA</a> |
| <b>Kingswood</b>                           | Outdoor education activities  |  | Email: <a href="mailto:kingswood@wolverhampton.gov.uk">kingswood@wolverhampton.gov.uk</a><br><a href="https://discover-kingswood.org.uk/">https://discover-kingswood.org.uk/</a>  |

| <b>School Support</b>   |  |   |   |
|---|--|---|---|
| Service   | Overview   | Eligibility, application/referral details   | Address and Contact information. Website links  |
| <b>City of Wolverhampton Educational Psychologist Service</b> | 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 who are autistic. 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 communication and emotional regulation skills, alongside other professionals within the city. | Referral into the service is available to subscribing schools. Parents can access a half hour telephone consultation with a psychologist to discuss an issue of concern related to their child. | Further details can be found at <a href="http://www.educationalpsychologywolverhampton.co.uk/parents/remot-e-consultation-service.html">http://www.educationalpsychologywolverhampton.co.uk/parents/remot-e-consultation-service.html</a> |
| <b>Inclusion Team</b>   | The Inclusion Team has been developed to support pupils who are at risk of exclusion and working with schools to build capacity and promote inclusive practice, as well as continuing  |   | Send inquiry form – found below:  |

|  |  |  |   |
|--|--|--|---|
|  | to fulfil the council's statutory role regarding exclusion from school.  |  | <a href="https://www.wolverhampton.gov.uk/education-and-schools/inclusion-team/enquiry-form">https://www.wolverhampton.gov.uk/education-and-schools/inclusion-team/enquiry-form</a>   |
| <b>Information, Advice and Support Service: Wolverhampton (IASS)</b> | 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.   |  | <a href="https://www.wolvesias.org/">https://www.wolvesias.org/</a>   |
| <b>Outreach Service</b>  | <p>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.</p> <p>Outreach offer workshops for parents which cover a variety of topics such as Helping your child understand their diagnosis &amp; supporting siblings, puberty, transition, EHCPS, toileting, sleep, sensory difficulties.</p> | <p>Referrals are made by the school (through the SENDCo or class teacher) or by other professionals (such as an EP, SLT or paediatrician).</p> <p>Workshops are open to all parents of autistic children, <b>those awaiting diagnosis</b> and those with other SEND needs.</p> | <p>For further information visit:</p> <p><a href="http://www.wolverhampton.gov.uk/outreach">www.wolverhampton.gov.uk/outreach</a></p> <p>Contact: <a href="mailto:egriffiths@pennfields.com">egriffiths@pennfields.com</a></p> <p><b>Book onto Workshops :</b><br/> <a href="https://www.wolverhampton.gov.uk/education-and-schools/wolverhampton-outreach-service/parent-workshops">https://www.wolverhampton.gov.uk/education-and-schools/wolverhampton-outreach-service/parent-workshops</a></p> |
| <b>School Nursing</b>  | <p>The school nurses provide services including health visiting, school nursing, and the Partnering Families Team (PFT)</p> <p>They follow a public health approach and their main aims are health promotion; health protection; prevention of ill health and accidents; and early intervention.</p>   | <p>Children age 0-19 attending a Wolverhampton School.</p> <p>Referrals are accepted from anyone, including</p>  | <p><a href="https://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/0-19-service/">https://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/0-19-service/</a></p> <p>Call: 01902 441057</p>  |

|   |  |   |   |
|---|--|---|---|
|   | <p>Clinically the services are provided by qualified health visitors, school nurses and midwives. All services are supported by a range of clinical and clerical colleagues.</p> <p>Chathealth is a service also provided by the School Nursing team and is for Children and young people aged between 11 and 19 years. It is a free and confidential texting service that children can use to ask a Nurse for help and advice.</p>  | professionals, children, young people and family members. | <p>Email: <a href="mailto:rwh-tr.0-19service@nhs.net">rwh-tr.0-19service@nhs.net</a></p> <p>Chathealth: 07507 332 631</p> <p><a href="http://www.royalwolverhampton.nhs.uk/chathealth">www.royalwolverhampton.nhs.uk/chathealth</a></p> |
| <b>Resources for Autism - Youth Clubs</b> | <p>We offer specialist holiday play schemes for young people ages 8 – 19 in several boroughs in London and in Birmingham and ages 5 – 18 in Walsall, wherever they are on the spectrum.</p> <p>One to one support is available and all staff are autism trained. Summer schemes tend to offer one week blocks based around a theme with shorter holidays offering one or two days.</p> <p>We can not provide transport to and from clubs. Schemes are run in various venues subject to funding.</p> <p>They are age, ability and sometimes geographically specific and once your referral is received your child will be assessed, usually at a home visit, as to which group would best suit their needs.</p> <p>Schemes are often very over subscribed and it is advisable to request a place early.</p> <p>There is a small charge which is means tested and no one is turned away for financial reasons.</p> |   | <p><a href="https://resourcesforautism.org.uk/holiday-play-schemes/">https://resourcesforautism.org.uk/holiday-play-schemes/</a></p> <p>07817 736096</p>  |

## Other Healthcare Services

| Service | Overview | Eligibility, application/referral details | Address and Contact information. Website links |
|---------|----------|---|--|
|---------|----------|---|--|

|  |  |                            |   |
|--|--|----------------------------|---|
| <b>Sensory needs support</b>               | Provides sensory needs support, but it also has valuable resources on motor activities, Aspergers and autism from an Occupational Therapy perspective.   |                            | <a href="https://www.nhsggc.org.uk/kids/life-skills/joining-in-with-sensory-differences/">https://www.nhsggc.org.uk/kids/life-skills/joining-in-with-sensory-differences/</a>   |
| <b>CAMHS Service</b>                       | <p>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.</p> <p>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.</p> <p>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.</p> |                            | <p>Telephone: 01902 444 021 Fax: 0121 612 3754</p> <p>Email<br/>bchft.wolvescamhsspa@nhs.net</p>  |
| <b>PEACE (eating disorders and autism)</b> | <p>PEACE is a pathway for eating disorders and autism developed from clinical experience. This pathway offers support autistic people suffering with an eating disorder, their loved ones and their clinicians.</p> <p>There is also a Blog that you can access</p>  |                            | <p><a href="https://peacepathway.org/">https://peacepathway.org/</a></p> <p>Blog:<br/><a href="https://peacepathway.org/blog">https://peacepathway.org/blog</a></p>   |
| <b>Restricted diets</b>                    | <p>Specific advice for fussy eating</p> <p>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.</p>  |                            | <p><a href="https://www.nhsggc.org.uk/media/249099/fussy-eaters-information-sheet.pdf">https://www.nhsggc.org.uk/media/249099/fussy-eaters-information-sheet.pdf</a></p> <p><a href="https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating">https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating</a></p> |
| <b>Wolverhampton Special</b>               | The Wolverhampton Special Care Dental Service (WSCDS) is a unique service that provides dental   | Must live in Wolverhampton |   |

|                                    |  |   |   |
|------------------------------------|--|---|---|
| <b>Care Dental Service (WSCDS)</b> | <p>care and treatment for special care patients including vulnerable and hard-to-reach groups in the area.</p>   | <p>or have a Wolverhampton GP.<br/>Patient or carer self-referral, General dental practitioners, GPs and other healthcare professionals.</p> <p>Completion of a referral form sent by e-mail or post<br/>By telephone if the referral is urgent or a self-referral.</p>   | <p><a href="https://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/special-care-dental-service/">https://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/special-care-dental-service/</a><br/><b>Tel:</b> 01902 444182</p> <p><b>Email:</b><br/><a href="mailto:rwh-tr.pennfields-dental-services@nhs.net">rwh-tr.pennfields-dental-services@nhs.net</a></p> |
| <b>Speech and Language Service</b> | <p>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.</p> <p>The service is for children with speech, language, communication and/or eating and drinking difficulties.</p> <p>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.</p> | <p>Open referral system</p> <p>For referral form follow link below</p> <p><a href="https://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/speech-and-language-therapy-children">https://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/speech-and-language-therapy-children</a></p> | <p><a href="https://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/speech-and-language-therapy-children">https://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/speech-and-language-therapy-children</a></p>  |
| <b>Fledglings</b>                  | <p>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</p>   |   | <p><a href="http://www.fledglings.org.uk">www.fledglings.org.uk</a></p> <p><b>Call: 0845 4581124</b></p> <p><b>Email:</b><br/><a href="mailto:enquiries@fledglings.org.uk">enquiries@fledglings.org.uk</a></p>  |

|   |   |  |   |
|---|---|--|---|
|   | practical solutions being available to purchase e.g. bedwetting.  |  |   |
| <b>New life</b>                           | Free helpline where experienced nurses can give condition specific support and info.<br><br>Newlife offers the free loan of specialist toys to families who have disabled and terminally ill children. The Play Therapy Pods are self-contained and are delivered direct to the family's door for 12 weeks. The 'play pods' are for different ages, linked to sensory needs including toys to explore sound, texture, interaction, communication, lights etc. |  | <a href="https://newlifecharity.co.uk/">https://newlifecharity.co.uk/</a><br><br>Helpline: 0800 902 0095<br><br><a href="https://newlifecharity.co.uk/play-therapy-pods/">https://newlifecharity.co.uk/play-therapy-pods/</a> |
| <b>Mental Health 24-hour crisis line</b>  | 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.  |  | <b>Black Country: 0800 008 6516</b><br><br><b>Sandwell: 0121 543 4100</b><br><br>Wolverhampton: <b>01902 444141</b> (9am-5pm weekdays) or <b>07900 226 390</b> (5pm-8pm and weekends).  |
| <b>Active Black Country Complete Kidz</b> | They are a leading Community Interest Company which was founded in 2011, providing a wide range of physical activity, sports coaching and educational services. Improving the health and well-being of children, young people, parents and families in the Sandwell and wider Black Country areas.  |  | <a href="https://www.activeblackcountry.co.uk/clubs/complete-kidz/">https://www.activeblackcountry.co.uk/clubs/complete-kidz/</a>   |

## Resources

| Service                     | Overview   | Information/Where to Find  |
|-----------------------------|--|--|
| <b>Online</b>               |  |  |
| <b>Autism West Midlands</b> | Autism West Midlands Resources /PDFs are really good – may need support to access relevant items | Website<br><a href="https://www.autismwestmidlands.org.uk/">https://www.autismwestmidlands.org.uk/</a><br><br>Contact Numbers: |

|   |  |  |
|---|--|--|
|   |  | Office: 0121 450 7582<br>Helpline: 0121 450 7575   |
| <b>Autism West Midlands Support for Girls</b>                     | A PDF information sheet about autistic women and girls, how autistic girls and boys are different to each other and possible reasons for this<br><br><a href="https://www.autismwestmidlands.org.uk/wp-content/uploads/2020/08/Women_and_Girls_Aug_2020.pdf">https://www.autismwestmidlands.org.uk/wp-content/uploads/2020/08/Women and Girls Aug_2020.pdf</a>   |  |
| <b>Cerebra</b>  | 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.  | Website:<br><a href="https://www.cerebra.org.uk/">https://www.cerebra.org.uk/</a><br><br><a href="https://cerebra.org.uk/get-advice-support/parent-guides/">https://cerebra.org.uk/get-advice-support/parent-guides/</a>             |
| <b>Contact</b>  | General information is available about a range of subjects including finance/family fund/ sleep, feeding, behaviour toileting etc<br>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.<br>Support for families – advice and information, Policy, campaigns & research, Parent carer participation, Training & consultancy, Our programmes | Website:<br><br><a href="https://www.contact.org.uk/advice-and-support/">https://www.contact.org.uk/advice-and-support/</a>  |
| <b>Factsheet about Autism Assessment and Diagnosis in England</b> | Includes the topics:<br>What is autism?<br>Why is a timely diagnosis so important?<br>How do I request and prepare for an autism assessment?<br>My child has been diagnosed with autism- what support are we entitled to?<br>What can I do if I don't agree with the decision?   | Factsheet link:<br><a href="https://cerebra.org.uk/wp-content/uploads/2021/01/Autism-assessments-and-diagnosis-in-England.pdf">https://cerebra.org.uk/wp-content/uploads/2021/01/Autism-assessments-and-diagnosis-in-England.pdf</a> |

|  |   |   |
|--|---|---|
| <p><b>Helping your child to sleep</b></p>          | <p>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</p> <p>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.</p>           | <p>Links:</p> <p><a href="https://contact.org.uk/media/1183103/helping_your_child_sleep.pdf">https://contact.org.uk/media/1183103/helping_your_child_sleep.pdf</a></p> <p><a href="https://cerebra.org.uk/download/sleep-a-guide-for-parents/">https://cerebra.org.uk/download/sleep-a-guide-for-parents/</a></p> |
| <p><b>PDA Society</b></p>                          | <p>The Pathological Demand Avoidance Society provides information, support and training for people living and working with PDA. PDA individuals share characteristics with others on the spectrum and also have a distinct cluster of additional traits.</p>  | <p><a href="https://www.pdasociety.org.uk">https://www.pdasociety.org.uk</a></p>  |
| <p><b>The National Autistic Society (NAS)</b></p>  | <p>Resources /PDFs are very useful – may need support to access relevant items</p> <p>Membership is available for up to date information which also gives discounts for access to the events that NAS run.</p> <p>Cost to become a member is £24 per year. Benefits include a magazine 4 times per year and up to date information on books</p>   | <p><a href="https://www.autism.org.uk/">https://www.autism.org.uk/</a></p>  |
| <p><b>Caudwell Charity</b></p>                     | <p>A charity with an aim to help change the future of disabled and autistic children by providing equipment, services and support to help them lead a full and active life. Practical and emotional support through compassionate and efficient services.</p> <p>Autism sensory packs and workshops. Some services may incur a cost, with the charity contributing to a percentage of this.</p> | <p><a href="https://www.caudwellchildren.com/">https://www.caudwellchildren.com/</a></p> <p>General Enquiries<br/>0345 300 1348</p> <p>charity@caudwellchildren.com</p>   |
| <p><b>Council for Disabled Children</b></p>        | <p>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</p>  | <p><a href="https://councilfordisabledchildren.org.uk/help-resources/resources/supporting-children-learning-disability-asd-coping-covid-19-isolation">https://councilfordisabledchildren.org.uk/help-resources/resources/supporting-children-learning-disability-asd-coping-covid-19-isolation</a></p>            |
| <p><b>Understanding your child's behaviour</b></p> | <p>This guide is for parents who have a child with additional needs and who are worried about their child's behaviour.</p> <p>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.</p>  | <p><a href="https://www.contact.org.uk/media/1555400/understanding_your_childs_behaviour.pdf">https://www.contact.org.uk/media/1555400/understanding_your_childs_behaviour.pdf</a></p>  |



|  |  |   |
|--|--|---|
| <b>Tranzwiki–<br/>Gender<br/>Identity<br/>Research and<br/>Education<br/>Society</b>                                       | 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 | <a href="https://www.tranzwiki.net/">https://www.tranzwiki.net/</a>   |
| <b>Books</b>   |  |   |
| <i><b>Pretending to be Normal: Living with Asperger's Syndrome</b></i><br><i>By Liane Holliday Willey</i>                  |  | 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  |
| <i><b>The Independent Woman's Handbook for Super Safe Living on the Autistic Spectrum</b></i><br><i>By Robyn Steward</i>   |  |   |
| <i><b>The Reason I jump: one boys voice from the silence of autism</b></i><br><i>By Naoki Higashida</i>                    |  |   |
| <i><b>Sensational Kids: Hope and Help for children with sensory processing disorders</b></i><br><i>By Lucy Jane Miller</i> |  |   |
| <i><b>Connecting and Communicating with your Autistic child</b></i><br><i>By Tessa Morton</i>                              |  | The exercises follow the author's simple, person-centred '3C pathway' of connecting, calming and communicating, and enable parents to gain an understanding of the challenges an autistic child may face by 'walking in their shoes', while empowering children to become more self-aware and express themselves in healthy ways. |
| <b>Online Videos</b>   |  |   |
| <b>Animated explanation of Autism :</b>  |  | <a href="https://www.youtube.com/watch?v=6fy7gUIp8Ms">https://www.youtube.com/watch?v=6fy7gUIp8Ms</a>   |
| <b>Facts about Autism:</b>   |  | <a href="https://www.youtube.com/watch?v=CaRdPYvWt48">https://www.youtube.com/watch?v=CaRdPYvWt48</a>   |
| <b>Facts about Autism – for children:</b>  |  | <a href="https://www.youtube.com/watch?v=dUbsyd8Fnyw">https://www.youtube.com/watch?v=dUbsyd8Fnyw</a>   |
| <b>An explanation of Autism:</b>   |  | <a href="https://www.youtube.com/watch?v=y6g8QH WkKZU">https://www.youtube.com/watch?v=y6g8QH WkKZU</a>   |
| <b>Autism is...?:</b>  |  | <a href="https://www.youtube.com/watch?v=l55N8AcvpcA">https://www.youtube.com/watch?v=l55N8AcvpcA</a>   |
| <b>What does it feel like to have Autism?:</b>   |  | <a href="https://www.youtube.com/watch?v=1CNY6BbtgS8">https://www.youtube.com/watch?v=1CNY6BbtgS8</a>   |
| <b>Tricky Friends (video for children/young people about healthy friendships) -</b>  |  | <a href="https://www.youtube.com/watch?v=QGki9V-DScU">https://www.youtube.com/watch?v=QGki9V-DScU</a>   |