

# Black Country CAMHS Autism Resource Guide

For Children, Young People and Families  
January 2025

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Welcome to the Black Country Healthcare NHS Foundation Trusts Autism Support Guide for CAMHS.

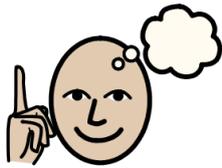
We acknowledge that it can sometimes seem confusing where to access support and advice with regards to Autism. There are organisations locally, and nationally, offering specific support for children and young people on the ASC (Autistic Spectrum Conditions) Pathway. Many of these services are accessible without a formal diagnosis.

Whilst you are waiting on the ASC Waiting List, you might find some of these resources useful for your young person, yourself and your family network.

Please note, having access to this resource does not mean your child has received a diagnosis. This document has been created to offer a directory of supportive services and helpful information whilst waiting for an assessment.

We have included resources for different topics, please read through and look at any resources you feel would be beneficial for your young person and family.

Details of services and resources were correct at the time of this guide being published.



## Understanding Autism

Resource	Information	Access
<a href="#">National Autistic Society</a>	Resources /PDFs are very useful. Membership is available for up to date information which also gives discounts for access to events.	<b>Website:</b> <a href="http://www.autism.org.uk">www.autism.org.uk</a>
<a href="#">Autism West Midlands</a>	Autism West Midlands Resources /PDFs are really good – may need support to access relevant items	<b>Email:</b> <a href="mailto:info@autismwestmidlands.org.uk">info@autismwestmidlands.org.uk</a> <b>Telephone:</b> 0121 450 7575 <b>Website:</b> <a href="http://www.autismwestmidlands.org.uk">www.autismwestmidlands.org.uk</a>
<a href="#">Ambitious About Autism</a>	Ambitious About Autism has lots of written advice, support and videos to help others understand Autism	<b>Email:</b> <a href="mailto:info@ambitiousaboutautism.org.uk">info@ambitiousaboutautism.org.uk</a> <b>Telephone:</b> 020 8815 5444 <b>Website:</b> <a href="http://www.ambitiousaboutautism.org.uk/">www.ambitiousaboutautism.org.uk/</a>
<a href="#">Autism Central</a>	NHS England has created an Autism Central web page for parents and carers who are looking for support, but are unsure where to start.	<b>Email:</b> <a href="mailto:AutismHubMidlands@contact.org.uk">AutismHubMidlands@contact.org.uk</a> <b>Website:</b> <a href="http://www.autismcentral.org.uk/">www.autismcentral.org.uk/</a>
<a href="#">Autistica</a>	Autistica is a UK research and campaigning charity. They aim to help improve the lives and experiences of Autistic people of all ages	<b>Website:</b> <a href="http://www.autistica.org.uk/what-is-autism/what-is-autism">www.autistica.org.uk/what-is-autism/what-is-autism</a>
<a href="#">The Girl with the Curly Hair Project:</a>	The Girl with the Curly Hair is an organisation helping people on the Autistic Spectrum and those round them. Resources include animated videos, comic strips and diagrams.	<b>Email:</b> <a href="mailto:info@thegirlwiththecurlyhair.co.uk">info@thegirlwiththecurlyhair.co.uk</a> <b>Website:</b> <a href="http://www.thegirlwiththecurlyhair.co.uk">www.thegirlwiththecurlyhair.co.uk</a>



## For Young People

Resource	Information	Access
<a href="#">YoungMinds</a>	Information on Autism, created by young people to help explain what Autism is, and show to perspectives from other young people	<b>Website:</b> <a href="http://www.youngminds.org.uk/">www.youngminds.org.uk/</a>
<a href="#">Resources for Autistic Teenagers</a>	The National Autistic Society has published a 'Know Yourself' guide for teenagers. The guide includes videos and downloadable resources.	<b>Website:</b> <a href="http://www.autism.org.uk/advice-and-guidance/topics/resources-for-autistic-teenagers">www.autism.org.uk/advice-and-guidance/topics/resources-for-autistic-teenagers</a>
<a href="#">Autism Confident</a>	Opportunity to learn more about Autism in a small supportive group.	<b>Email:</b> <a href="mailto:info@autismwestmidlands.org.uk">info@autismwestmidlands.org.uk</a> <b>Website:</b> <a href="http://www.autismwestmidlands.org.uk/events/autism-confident-programmes-for-autistic-adults-and-teenagers-the-black-country/">www.autismwestmidlands.org.uk/events/autism-confident-programmes-for-autistic-adults-and-teenagers-the-black-country/</a>
<a href="#">Autistic Girls Network</a>	Autistic Girls Network is a registered charity working to support, educate, and bring change. Their 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.	<b>Email:</b> <a href="mailto:hello@autisticgirlsnetwork.org">hello@autisticgirlsnetwork.org</a> <b>Website:</b> Autism, Girls and keeping it all inside: <a href="http://www.autisticgirlsnetwork.org/wp-content/uploads/2022/03/Keepin-g-it-all-inside.pdf">www.autisticgirlsnetwork.org/wp-content/uploads/2022/03/Keepin-g-it-all-inside.pdf</a> Facebook group: <a href="https://www.facebook.com/groups/198220980748417/">www.facebook.com/groups/198220980748417/</a>
<a href="#">Tranzwiki</a>	TranzWiki is a comprehensive directory of non-commercial groups and organisations supporting or assisting trans and gender diverse individuals, their families and friends across the UK.	<b>Website:</b> <a href="http://www.tranzwiki.net/">www.tranzwiki.net/</a>



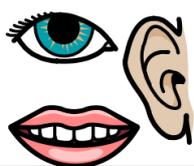
## For Parents

Resource	Information	Access
Talking About Autism	The following resources might be helpful when talking to your child about Autism (these resources might be helpful if and when your child/young person receives a diagnosis of Autism).	<b>Website:</b> <a href="http://www.autismwestmidlands.org.uk/wp-content/uploads/2020/07/Talking-About-Autism-With-Your-Child-July-2020.pdf">www.autismwestmidlands.org.uk/wp-content/uploads/2020/07/Talking-About-Autism-With-Your-Child-July-2020.pdf</a>
Act for Autism	Provides inspirational and informative workshops for people involved in the autistic community, including parents. Workshops are delivered by professionals, parents and autistic advocates	<b>Email:</b> <a href="mailto:info@actforautism.co.uk">info@actforautism.co.uk</a> <b>Telephone:</b> 07973 118586 <b>Website:</b> <a href="http://www.actforautism.co.uk/home-2/">www.actforautism.co.uk/home-2/</a>
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.	<b>Website:</b> Facebook group <a href="http://www.facebook.com/groups/autisminclusivity/about">www.facebook.com/groups/autisminclusivity/about</a>
Carers UK	Carers UK offers helpful support and advice to adults in a caring role.	<b>Email:</b> <a href="mailto:advice@carersuk.org">advice@carersuk.org</a> <b>Telephone:</b> 0808 808 7777 <b>Website:</b> <a href="http://www.carersuk.org">www.carersuk.org</a>
Caudwell Charity	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.	<b>Email:</b> <a href="mailto:charity@caudwellchildren.com">charity@caudwellchildren.com</a> <b>Telephone:</b> 0345 300 1348 <b>Website:</b> <a href="http://www.caudwellchildren.com/">www.caudwellchildren.com/</a>
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.	<b>Email:</b> <a href="mailto:enquiries@cerebra.org.uk">enquiries@cerebra.org.uk</a> <b>Telephone:</b> 0800 328 1159 <b>Website:</b> <a href="http://www.cerebra.org.uk/get-advice-support/parent-guides/">www.cerebra.org.uk/get-advice-support/parent-guides/</a>

Resource	Information	Access
<p><a href="#">Contact</a></p>	<p>General information is available about a range of subjects including finance/family fund/ sleep, feeding, behaviour toileting etc</p> <p>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.</p>	<p><b>Email:</b> <a href="mailto:helpline@contact.org.uk">helpline@contact.org.uk</a>  <b>Telephone:</b> 0808 808 3555  <b>Website:</b>  <a href="http://www.contact.org.uk/help-for-families/workshops-and-events/autism-support-in-the-midlands/">www.contact.org.uk/help-for-families/workshops-and-events/autism-support-in-the-midlands/</a></p>
<p><a href="#">Council for Disabled Children</a></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.</p>	<p><b>Website:</b>  <a href="http://www.councilfordisabledchildren.org.uk/">www.councilfordisabledchildren.org.uk/</a></p>
<p><a href="#">Dudley Parent Carer Forum</a></p>	<p>Dudley Parent Carer Forum is a group of parent carers of children and young people (0-25 years) with disabilities and additional needs. The Forum provides a safe environment for parent carers to have their voice heard, to share their thoughts/ concerns, and to influence change.</p>	<p><b>Email:</b>  <a href="mailto:info@dudleyparentcarerforum.co.uk">info@dudleyparentcarerforum.co.uk</a>  <b>Website:</b>  <a href="http://www.dudleyci.co.uk/services/dudley-parent-carer-forum">www.dudleyci.co.uk/services/dudley-parent-carer-forum</a></p>
<p><a href="#">Embrace Autism WV</a></p>	<p>Wolverhampton's Embrace Autism offers parents and carers of children and young people with additional needs a safe environment to chat to other parents and carers, share experiences and find support/advice.</p>	<p><b>Email:</b>  <a href="mailto:Debra.Baker@wolverhampton.gov.uk">Debra.Baker@wolverhampton.gov.uk</a>  <b>Telephone:</b> 01902 558406</p>
<p><a href="#">NATP</a></p>	<p>The National Association for Therapeutic Parents (NATP)</p>	<p><b>Website:</b>  <a href="http://www.naotp.com/">www.naotp.com/</a></p>
<p><a href="#">PDA Society</a></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><b>Website:</b>  <a href="http://www.pdasociety.org.uk">www.pdasociety.org.uk</a></p>

Resource	Information	Access
Sandwell Carers Team	The Carers Service is for the carers of BCHFT patients who are in receipt of CAMHS, Learning disabilities services or adult mental health services in the Sandwell area (a carer can be a relative or friend of the patient).	<b>Telephone:</b> 0121 612 6000 <b>Address:</b> Bristnall Hall Road, Oldbury, B68 9TX <b>Website:</b> <a href="http://www.blackcountryhealthcare.nhs.uk/our-services/carers-service">www.blackcountryhealthcare.nhs.uk/our-services/carers-service</a>
Sandwell Talking Therapies	Sandwell Talking Therapies offers brief psychological therapy for people experiencing common mental health problems such as low mood, anxiety and stress. Eligibility: Aged over 16 years living in Sandwell or registered with a Sandwell GP practice.	<b>Email:</b> <a href="mailto:bchft.sandwelltalkingtherapies@nhs.net">bchft.sandwelltalkingtherapies@nhs.net</a> <b>Telephone:</b> 0121 612 6650 <b>Address:</b> Whiteheath Medical Centre, Badsey Road, Oldbury B69 1EJ
Sandwell Parents for Disabled Children	Provide leisure, play and social opportunities for disabled children and their families around Sandwell. Weekly Sports Activities are offered throughout term-time with activities/trips taking place in the school holidays.	<b>Email:</b> <a href="mailto:Info@sp-dc.org">Info@sp-dc.org</a> <b>Telephone:</b> 0121 565 2410
Sandwell Children with Disabilities Team	They are a social care team that supports children and young people with severe and profound disabilities up to the age of 18, and their families.	<b>Telephone:</b> 0121 569 5616 <b>Address:</b> The Wellman Building, Dudley Road, Oldbury B69 3DL <b>Website:</b> <a href="http://www.sandwellchildrenstrust.org">www.sandwellchildrenstrust.org</a>
Scope	Scope offers emotional support, advice and guidance for parents and carers of children with additional needs	<b>Email:</b> <a href="mailto:helpline@scope.org.uk">helpline@scope.org.uk</a> <b>Telephone:</b> 0808 800 3333 <b>Website:</b> <a href="http://www.scope.org.uk/family-services/navigate/">www.scope.org.uk/family-services/navigate/</a>
Self Care for Parents and Carers	Helpful tips and guidance from Anna Freud on taking time for self care.	<b>Website:</b> <a href="http://www.annafreud.org/resources/family-wellbeing/self-care-for-parents-and-carers/">www.annafreud.org/resources/family-wellbeing/self-care-for-parents-and-carers/</a>
Sensory Activities at Home	Practical advice and guidance for sensory activities at home for children and young people	<b>Website:</b> <a href="http://www.nhsggc.org.uk/media/1626/making-sense-of-sensory-behaviour_falkirk-booklet.pdf">www.nhsggc.org.uk/media/1626/making-sense-of-sensory-behaviour_falkirk-booklet.pdf</a>
Tranzwiki	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	<b>Website:</b> <a href="http://www.tranzwiki.net/">www.tranzwiki.net/</a>

Resource	Information	Access
Walsall Parent Carer Group	Walsall Parent Carer Group is a supportive network for parents and carers across Walsall, Wolverhampton and surrounding areas	<b>Website:</b> <a href="http://www.walsallwtonpcg.co.uk/">www.walsallwtonpcg.co.uk/</a>
Wolverhampton Outreach	Wolverhampton Outreach Team offers support to schools, and to parents and carers. Parents and Carers can join the Outreach Team at coffee mornings to discuss challenges and to seek advice/support	<b>Email:</b> <a href="mailto:jo.hickson@tettenhallwoodschoo.org.uk">jo.hickson@tettenhallwoodschoo.org.uk</a> <a href="mailto:egriffiths@pennfields.com">egriffiths@pennfields.com</a> <b>Website:</b> <a href="http://www.wolverhampton.gov.uk/outreach">www.wolverhampton.gov.uk/outreach</a> <a href="https://www.tettenhallwoodschoo.org.uk/outreach-and-training">https://www.tettenhallwoodschoo.org.uk/outreach-and-training</a>
Wolverhampton Voice 4 Parents	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.	<b>Website:</b> <a href="http://www.voice4parents.co.uk">www.voice4parents.co.uk</a>
We Love Carers	We Love Carers is a charity run by carers, for carers. The charity aims to empower carers to be fully informed of the support available for their family	<b>Email:</b> <a href="mailto:hello@welovecarers.org">hello@welovecarers.org</a> <b>Telephone:</b> 01384 396626 <b>Website:</b> <a href="http://www.welovecarers.org">www.welovecarers.org</a>
YoungMinds	YoungMinds have a section dedicated to parents and carers on their website:	<b>Telephone:</b> 0808 802 5544 <b>Website:</b> <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>



## Communication

Resource	Information	Access
Autism Toolbox Communication	The Autism Toolbox offers resources for communication, the four different types of communication and strategies to support communication for children and young people with additional needs.	<b>Website:</b> <a href="http://www.autismtoolbox.co.uk/understanding-autism/communication/">www.autismtoolbox.co.uk/understanding-autism/communication/</a>
The Makaton Foundation	The Makaton Foundation is a charity, offering some free to use resources for Makaton signs and symbols. There are options for paid membership to gain access to additional resources, and training available (at a cost)	<b>Email:</b> <a href="mailto:help@makaton.org">help@makaton.org</a> <b>Telephone:</b> 01276 606760 <b>Website:</b> <a href="http://www.makaton.org/">www.makaton.org/</a>
National Autistic Society – Understanding and Developing Communication	The National Autistic Society has a guide to help understand the stages of communication, and helpful strategies for developing communication.	<b>Website:</b> <a href="http://www.autism.org.uk/advice-and-guidance/topics/communication/understanding-and-developing-communication">www.autism.org.uk/advice-and-guidance/topics/communication/understanding-and-developing-communication</a>
National Autistic Society Communication Tips	The National Autistic Society has published quick tips for improving communication.	<b>Website:</b> <a href="http://www.autism.org.uk/advice-and-guidance/topics/communication/tips">www.autism.org.uk/advice-and-guidance/topics/communication/tips</a>
National Autistic Society Developing Social Stories and Comic Strips	The National Autistic Society has collated information on the use of social stories and comic strips to support communication.	<b>Website:</b> <a href="http://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations">www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations</a>
Understanding Social Stories	There are lots of helpful tips for developing and using social stories.	<b>Website:</b> <a href="http://www.carolgraysocialstories.com/">www.carolgraysocialstories.com/</a>



Resource	Information	Access
Cerebra	Cerebra has lots of helpful information and free resources for families online	<b>Website:</b> <a href="http://www.cerebra.org.uk">www.cerebra.org.uk</a>
The Sleep Charity	The Sleep Charity aims to provide high quality guidance and advice for people of all ages	<b>Telephone:</b> 03303 530 541 <b>Website:</b> <a href="http://www.sleepcharity.org.uk">www.sleepcharity.org.uk</a>
The Sleep Foundation	The Sleep Foundation provides guidance and tips on how to improve sleep and sleep quality	<b>Website:</b> <a href="http://www.sleepfoundation.org/physical-health/autism-and-sleep">www.sleepfoundation.org/physical-health/autism-and-sleep</a>



Resource	Information	Access
National Autistic Society Advice	The National Autistic Society has published guidance to help with eating problems	<b>Website:</b> <a href="http://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating">www.autism.org.uk/advice-and-guidance/topics/behaviour/eating</a>
BEAT Eating Disorders and Autism Information	Guidance from BEAT aims to help inform and empower people about eating difficulties and Autism	<b>Email:</b> <a href="mailto:help@beateatingdisorders.org.uk">help@beateatingdisorders.org.uk</a> <b>Telephone:</b> 0808 801 0677 <b>Website:</b> <a href="http://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/eating-disorders-and-autism/">www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/eating-disorders-and-autism/</a>
Berkshire Healthcare Fussy Eating Booklet	The below booklet helps to understand Neophobia – the fear of trying new or different foods. There are helpful tips for children and young people trying new foods and how to make it a fun, positive experience	<b>Website:</b> <a href="http://www.cypf.berkshirehealthcare.nhs.uk/media/109514148/fussy-eating-booklet.pdf">www.cypf.berkshirehealthcare.nhs.uk/media/109514148/fussy-eating-booklet.pdf</a>
NHS Information Sheet	Useful information on sensory strategies at mealtimes	<b>Website:</b> <a href="http://www.nhsggc.org.uk/media/249099/fussy-eaters-information-sheet.pdf">www.nhsggc.org.uk/media/249099/fussy-eaters-information-sheet.pdf</a>
PEACE Pathway	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.	<b>Website:</b> <a href="https://peacepathway.org/">https://peacepathway.org/</a> There is also a Blog that you can access <b>Blog:</b> <a href="http://www.peacepathway.org/blog">www.peacepathway.org/blog</a>
Sensory Direct - Advice for Mealtimes	Helpful advice for managing mealtimes with sensory differences and hyperactivity	<b>Website:</b> <a href="http://www.sensorydirect.com/blog/managing-mealtime-hyperactivity/?utm_source=bing&amp;utm_medium=cpc&amp;utm_campaign=MOF_Traffic_BlogContent_03%2F24&amp;utm_content=Sensory_Help_UpperMiddleFunnel&amp;utm_term=autism%20help%20for%20parents&amp;msclkid=6c8547e509211657fb6221de4f50efd4">www.sensorydirect.com/blog/managing-mealtime-hyperactivity/?utm_source=bing&amp;utm_medium=cpc&amp;utm_campaign=MOF_Traffic_BlogContent_03%2F24&amp;utm_content=Sensory_Help_UpperMiddleFunnel&amp;utm_term=autism%20help%20for%20parents&amp;msclkid=6c8547e509211657fb6221de4f50efd4</a>



## Continence

Resource	Information	Access
Bladder & Bowel UK	Bladder and Bowl UK offers advice and guidance for continence difficulties	<b>Email:</b> <a href="mailto:bbuk@disabledliving.co.uk">bbuk@disabledliving.co.uk</a> <b>Telephone:</b> 0161 214 4591 <b>Website:</b> <a href="http://www.bbuk.org.uk/">www.bbuk.org.uk/</a>
ERIC	ERIC offers free support for parents and carers of children with continence difficulties. Parents and carers can access an advice line, watch webinars and access information in different languages	<b>Email:</b> <a href="mailto:helpline@eric.org.uk">helpline@eric.org.uk</a> <b>Telephone:</b> 0808 801 0343 <b>Website:</b> <a href="http://www.eric.org.uk/">www.eric.org.uk/</a>



## Sensory Resources

Resource	Information	Access
<a href="#">NHS Sensory Differences</a>	NHS Guidance for parents and carers of children and young people with sensory differences	<b>Website:</b> <a href="http://www.nhsggc.org.uk/kids/life-skills/joining-in-with-sensory-differences/">www.nhsggc.org.uk/kids/life-skills/joining-in-with-sensory-differences/</a>
<a href="#">National Autistic Society Sensory Differences</a>	The National Autistic Society offers practical guidance and tips for managing sensory needs	<b>Website:</b> <a href="http://www.autism.org.uk/advice-and-guidance/topics/sensory-differences/sensory-differences">www.autism.org.uk/advice-and-guidance/topics/sensory-differences/sensory-differences</a>
<a href="#">SensoryWise Online Store</a>	Online store for sensory equipment, trusted by the NHS and Education Services	<b>Telephone:</b> 01384 686700 <b>Website:</b> <a href="http://www.sensorywise.co.uk">www.sensorywise.co.uk</a>
<a href="#">Fledglings Online Store</a>	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.	<b>Email:</b> <a href="mailto:fledglings@contact.org.uk">fledglings@contact.org.uk</a> <b>Telephone:</b> 0203 319 9772 <b>Website:</b> <a href="http://www.fledglings.org.uk">www.fledglings.org.uk</a>



## Challenging Behaviour

Resource	Information	Access
Positive Behaviour Support	BILD offers guidance on Positive Behaviour Support for challenging behaviour	<b>Email:</b> <a href="mailto:enquiries@bild.org.uk">enquiries@bild.org.uk</a> <b>Telephone:</b> 0121 415 6960 <b>Website:</b> <a href="http://www.bild.org.uk/bild-and-pbs/">www.bild.org.uk/bild-and-pbs/</a>
Understanding your Childs Behaviour	Contact has published a guide for behaviour that challenges	<b>Website:</b> <a href="http://www.contact.org.uk/help-for-families/information-advice-services/health-medical-information/common-concerns/behaviour-that-challenges/">www.contact.org.uk/help-for-families/information-advice-services/health-medical-information/common-concerns/behaviour-that-challenges/</a>
Demand Avoidance	The PDA Society has lots of helpful resources for demand avoidant traits in Autism	<b>Website:</b> <a href="http://www.pdasociety.org.uk">www.pdasociety.org.uk</a>
Challenging Behaviour	Information and support for parents regarding challenging behaviour. Offer peer support workshops across the UK aimed to reduce challenging behaviour.	<b>Email:</b> <a href="mailto:support@thecbf.org.uk">support@thecbf.org.uk</a> <b>Telephone:</b> General Queries: 01634 838739 Family Support Line: 0300 6660126 <b>Website:</b> <a href="http://www.challengingbehaviour.org.uk">www.challengingbehaviour.org.uk</a>



## Soft Play/Adventure

Resource	Information	Access
Brickkilin Community Centre and Sensory Room	The Brickkilin Community Centre has been designed with help from Voice4Parents to create a relaxing sensory space for children, young people and families with additional needs to access.	<b>Telephone:</b> Sandra Urguhart-Flash 01902 553323 <b>Address:</b> Brickkilin Community Centre, Cherry Street, Pennfields, Wolverhampton, WV3 0QW
Hugglepets	Sensory activity centre, animal assisted interventions/therapy	<b>Telephone:</b> 01902 494860 <b>Address:</b> Cooper St, Wolverhampton WV2 2JL . <b>Website:</b> <a href="http://www.hugglepetsinthecommunity.co.uk/">www.hugglepetsinthecommunity.co.uk/</a> <b>Facebook:</b> <a href="http://www.facebook.com/HugglePetsCIC">www.facebook.com/HugglePetsCIC</a>
Perkisound	Musically inspired recreation centre for people with additional needs, their families, friends, and carers.	<b>Telephone:</b> 01675 481304 <b>Email:</b> <a href="mailto:perkisound@gmail.com">perkisound@gmail.com</a> <b>Address:</b> Perkisound, Maple Cottage, Nuneaton Road, Coleshill B46 2NR <b>Website:</b> <a href="http://www.perkisound.org/">www.perkisound.org/</a>
Pirates and Princess (Telford)	Indoor soft play area & sensory room	<b>Website:</b> <a href="http://www.facebook.com/piratesandprincess/">www.facebook.com/piratesandprincess/</a>
Sedgley Adventure Centre	Animal farm & mini golf	<b>Email:</b> <a href="mailto:sedgleyadventurecentre@gmail.com">sedgleyadventurecentre@gmail.com</a> <b>Address:</b> The Mark Butler Golf Academy, Sandyfields Road, Sedgley, Dudley, DY3 3DL <b>Website:</b> <a href="http://www.themarkbutlergolfacademy.co.uk/animal-farm">www.themarkbutlergolfacademy.co.uk/animal-farm</a>
Sycamore Adventure (Dudley)	Sycamore adventure is an adventure playground where Playworkers advocate children's right to play.	<b>Email:</b> <a href="mailto:play@sycamoreadventure.co.uk">play@sycamoreadventure.co.uk</a> <b>Telephone:</b> 01384 813755 <b>Address:</b> Old Park Farm Estate, Dudley DY1 3QE <b>Website:</b> <a href="http://www.sycamoreadventure.co.uk">www.sycamoreadventure.co.uk</a>

Resource	Information	Access
Spacehoppas (West Bromwich)	Childrens play centre offering free SEND Sessions	<b>Email:</b> <a href="mailto:enquiries@spacehoppas.co.uk">enquiries@spacehoppas.co.uk</a> <b>Telephone:</b> 0121 580 4914 <b>Address:</b> Church Lane Industrial Estate, Church Lane, West Bromwich, B71 1AR <b>Website:</b> <a href="http://www.spacehoppas.co.uk/">www.spacehoppas.co.uk/</a>
SNAP (Cannock)	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.	<b>Email:</b> <a href="mailto:snapcannock@outlook.com">snapcannock@outlook.com</a> <b>Telephone:</b> 01543 579286 <b>Address:</b> Pye Gree Road , Cannock, WS 11 5RW <b>Website:</b> <a href="http://www.cannocksnap.com">www.cannocksnap.com</a>
Worcester Snoezelen	Worcester Snoezelen is a sensory centre, offering a range of person centred multisensory activities to empower children and young people with additional needs	<b>Email:</b> <a href="mailto:enquiries@worcestersnoezelen.org.uk">enquiries@worcestersnoezelen.org.uk</a> <b>Telephone:</b> 01905 748229 <b>Address:</b> 3 Turnpike Close, Worcester WR2 6AB <b>Website:</b> <a href="http://www.worcestersnoezelen.org.uk/">www.worcestersnoezelen.org.uk/</a>



## Inclusive Clubs and Activities

Resource	Information	Access
Go Play Sandwell Events	Go Play Sandwell is committed to providing valuable, quality free experiences for the children and young people of Sandwell, operating from a variety of venues across the borough providing inclusive services.	<b>Email:</b> <a href="mailto:hello@goplaysandwell.co.uk">hello@goplaysandwell.co.uk</a> <b>Telephone:</b> 0121 569 6994 <b>Address:</b> Go Play Sandwell Corbett Street Smethwick B66 3PX <b>Website:</b> <a href="http://www.goplaysandwell.co.uk">www.goplaysandwell.co.uk</a>
The Way Youth Zone	The Way Youth Zone is based in Wolverhampton and is available for young people aged 8 to 25 with additional needs to use	<b>Telephone:</b> 01902 328290 <b>Address:</b> School Street, Wolverhampton WV3 0NR <b>Website:</b> <a href="http://www.thewayyouthzone.org">www.thewayyouthzone.org</a>
Nineveh Ridge Care Farm	Nineveh Ridge Care Farm is a non-profit social enterprise based in Worcestershire. They aim to provide a variety of opportunities in an inclusive environment	<b>Email:</b> <a href="mailto:ninevehridge@gmail.com">ninevehridge@gmail.com</a> <b>Telephone:</b> 01299 832864 <b>Address:</b> Nineveh Ridge Care Farm, Cleobury Mortimer, DY14 9AL <b>Website:</b> <a href="http://www.ninevehridgecarefarm.org.uk">www.ninevehridgecarefarm.org.uk</a>
Complete Kids	They are a leading Community Interest Company, 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 Black Country	<b>Email:</b> <a href="mailto:jakwoolley@completekidz.co.uk">jakwoolley@completekidz.co.uk</a> <b>Telephone:</b> 0121 552 2006 <b>Address:</b> Galton Valley Childrens Centre, Great Arthur St, Smethwick B66 1DH <b>Website:</b> <a href="http://www.activeblackcountry.co.uk/clubs/complete-kidz">www.activeblackcountry.co.uk/clubs/complete-kidz</a>
Kingswood Trust	Outdoor education activities	<b>Email:</b> <a href="mailto:Kingswood@wolverhampton.gov.uk">Kingswood@wolverhampton.gov.uk</a> <b>Telephone:</b> 01902 558132 <b>Address:</b> Holyhead Road, Wolverhampton, WV7 3AP <b>Website:</b> <a href="http://www.discover-kingswood.org.uk">www.discover-kingswood.org.uk</a>
The Albrighton Trust	Educational and recreational activities. Includes: Angling, Gardening, Woodcraft, Culture & creativity	<b>Email:</b> <a href="mailto:moat@albrightontrust.org.uk">moat@albrightontrust.org.uk</a> <b>Telephone:</b> 01902 372441 <b>Address:</b> The Albrighton Trust, Blue House Lane, Albrighton,, Nr Wolverhampton WV7 3FL <b>Website:</b> <a href="http://www.albrightontrust.org.uk">www.albrightontrust.org.uk</a>

Resource	Information	Access
Resources for Autism – Play & Youth Clubs	Specialist play and youth clubs. One to one support is available and all staff are autism trained. 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.	<b>Telephone:</b> 020 8458 3259 <b>Website:</b> <a href="http://www.resourcesforautism.org.uk/play-and-youth-clubs/">www.resourcesforautism.org.uk/play-and-youth-clubs/</a>
Wolverhampton Wanderers Inclusion Delivery	'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.	<b>Email:</b> <a href="mailto:gavinjones@wolves.co.uk">gavinjones@wolves.co.uk</a> <b>Telephone:</b> Contact Coach Gavin Jones on (01902) 828366 <b>Website:</b> <a href="http://www.wolves.co.uk/foundation/programmes-projects/inclusion-cohesion/inclusion-delivery/">www.wolves.co.uk/foundation/programmes-projects/inclusion-cohesion/inclusion-delivery/</a>
West Bromwich Albion Inclusion Delivery	Provides sports activities for all children	<b>Email:</b> <a href="mailto:ajay.gill@albionfoundation.co.uk">ajay.gill@albionfoundation.co.uk</a> <b>Address:</b> The Albion Foundation, Ford Street, Smethwick, B67 7QY <b>Website:</b> <a href="http://www.wba.co.uk/foundation/">www.wba.co.uk/foundation/</a>
Portway Centre	Leisure centre with adapted facilities and groups/activities/sports clubs for children with disabilities are often available.	<b>Telephone:</b> 0300 012 0121 <b>Website:</b> <a href="http://www.slt-leisure.co.uk/our-centres/portway-lifestyle-centre/">www.slt-leisure.co.uk/our-centres/portway-lifestyle-centre/</a>
Social Prescribing (Wolverhampton)	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.	<b>E-mail</b> <a href="mailto:SPInfo@wolverhamptonvsc.org.uk">SPInfo@wolverhamptonvsc.org.uk</a> <b>Telephone</b> 01902 328987 <b>Website</b> <a href="http://www.wvca.org.uk/social-prescribing/">www.wvca.org.uk/social-prescribing/</a>
Central Youth Theatre	Deliver weekly drama sessions for young people with disabilities, and support them to stage productions & short films	<b>Email:</b> <a href="mailto:holly@centrallyouththeatre.org">holly@centrallyouththeatre.org</a> <b>Telephone:</b> 07922 848007 <b>Address:</b> Newhampton Arts Centre, Dunkley Street, Wolverhampton, Wolverhampton <b>Website;</b> <a href="http://www.facebook.com/centrallyouththeatre/">www.facebook.com/centrallyouththeatre/</a>
Wings Wombourne	Wings run a wide variety of evening, weekend and holiday playscheme activities for children. Families benefit from the respite from a caring role as WINGS provides trained and volunteer staff for these sessions	<b>Email:</b> <a href="mailto:mail@wingssupport.com">mail@wingssupport.com</a> <b>Telephone:</b> 01902 892 222 <b>Website:</b> <a href="http://www.facebook.com/wingssensupport/">www.facebook.com/wingssensupport/</a>

Resource	Information	Access
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	<b>Email:</b> <a href="mailto:Clair@lupwolverhampton.org.uk">Clair@lupwolverhampton.org.uk</a> <b>Telephone:</b> 01902 546258 <b>Address:</b> 7 Shaw Park Business Village, Shaw Road, Wolverhampton, WV10 9LE. <b>Website:</b> <a href="http://www.lupwolverhampton.org.uk/index.php/about-us-2/">www.lupwolverhampton.org.uk/index.php/about-us-2/</a>
Midlands Art Centre	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.	<b>Email:</b> <a href="mailto:info@macbirmingham.co.uk">info@macbirmingham.co.uk</a> <b>Telephone:</b> 0121 446 3232 <b>Address:</b> Cannon Hill Park, Birmingham B12 9QH <b>Website:</b> <a href="http://www.macbirmingham.co.uk/visit/access">www.macbirmingham.co.uk/visit/access</a>
Sealife Centre	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.	<b>Telephone:</b> 0121 634 2610 <b>Address:</b> The Waters Edge, 3 Brindley Place, Birmingham B1 2HL <b>Website:</b> <a href="http://www.visitsealife.com/">www.visitsealife.com/</a>
Think Tank Birmingham	Birmingham's science museum is packed with hands-on exhibits for ages and abilities. People on the autism spectrum can download information to prepare for a visit. 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.	<b>Email:</b> <a href="mailto:hello@birminghammuseums.org.uk">hello@birminghammuseums.org.uk</a> <b>Telephone:</b> 0121 348 8000 <b>Address:</b> Millennium Point, Curzon Street, B4 7AP <b>Website:</b> <a href="http://www.birminghammuseums.org.uk/thinktank">www.birminghammuseums.org.uk/thinktank</a>
West Midlands Safari Park	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. There's also a sensory playground called Boj Giggly Park	<b>Email:</b> <a href="mailto:info@wmssp.co.uk">info@wmssp.co.uk</a> <b>Telephone:</b> 01299 402114 <b>Address:</b> Spring Grove, Bewdley, DY12 1LF <b>Website:</b> <a href="http://www.wmssp.co.uk/">www.wmssp.co.uk/</a>
Wildside 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	<b>Email:</b> <a href="mailto:Manni3@hotmail.com">Manni3@hotmail.com</a> <b>Telephone:</b> 01902 754612 <b>Address:</b> Hordern Rd, Wolverhampton WV6 0HA <b>Website:</b> <a href="http://www.wildsideac.co.uk/additional-needs/">www.wildsideac.co.uk/additional-needs/</a>



## Cinemas and Theatres

Resource	Information	Access
Accessible Cinema Sessions	Visit the website to find your nearest accessible cinema session	<b>Website:</b> <a href="http://www.accessiblescreeningsuk.co.uk/">www.accessiblescreeningsuk.co.uk/</a>
Birmingham Hippodrome	Relaxed performances specially designed for audiences with autism and complex disabilities. 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. Bright lights and loud noises are reduced, and there are calm spaces nearby, with beanbags, sensory toys and bubble lights.	<b>Telephone:</b> 0844 338 5000 <b>Address:</b> Hurst Street, Southside, Birmingham B5 4TB <b>Website:</b> <a href="http://www.birminghamhippodrome.com">www.birminghamhippodrome.com</a>
Wolverhampton Grand Theatre	Relaxed Performances, sensory spaces and equipment available at The Wolverhampton Grand Theatre.	<b>Email:</b> <a href="mailto:remyl@grandtheatre.co.uk">remyl@grandtheatre.co.uk</a> <b>Telephone:</b> 01902 42 92 12 <b>Website:</b> Relaxed performances can be found on the website: <a href="http://www.grandtheatre.co.uk/access/#accessibleperformances">www.grandtheatre.co.uk/access/#accessibleperformances</a>



## Accessible Shopping Hours

Many large stores has designated 'quiet hours' each week, enabling families with sensory differences to have a more positive experience. In many cases the lights will be dimmed, scanning beepers turned off and less overall noise. Below are just a few stores offering 'Quiet Hours'.

<b>Resource</b>	<b>Information</b>	<b>Access</b>
<a href="#">Asda</a>	Quiet Hours at Asda are generally held between 2pm – 3pm Monday through to Thursday.	<b>Telephone:</b> 0800 952 0101
<a href="#">Morrisons</a>	Quiet Hours at Morrisons are held between 2pm – 3pm Monday through to Thursday, as well as 9am – 10am Saturday, and the first hour of trade on Sundays.	<b>Telephone:</b> 0345 611 5000
<a href="#">Tesco</a>	Quiet Hours at Tesco are held between 9am – 10am Wednesdays and Saturdays	<b>Telephone:</b> 0800 505 555



## Speech and Language

Resource	Information	Access
Dudley Childrens Speech and Language Therapy Service	This service can be accessed via a referral from a parent/carer or professional.	<b>Email:</b> <a href="mailto:bchft.paediatricslt@nhs.net">bchft.paediatricslt@nhs.net</a> <b>Telephone:</b> 01384 324 675 <b>Address:</b> Brierley Hill Health & Social Care Centre, Venture Way, Brierley Hill, DY5 1RU <b>Website:</b> <a href="http://www.blackcountryhealthcare.nhs.uk/our-services/childrens-speech-and-language-therapy-service-dudley">www.blackcountryhealthcare.nhs.uk/our-services/childrens-speech-and-language-therapy-service-dudley</a>
Sandwell FASTA	FASTA is the referral service to make an appointment for a child to see an Occupational Therapist, Physiotherapist or Speech and Language Therapist.	<b>Email:</b> <a href="mailto:Childrens.therapies@nhs.net">Childrens.therapies@nhs.net</a> <b>Telephone:</b> 0121 612 2010 <b>Website:</b> <a href="http://www.swbh.nhs.uk/services/childrens-community-therapies/">www.swbh.nhs.uk/services/childrens-community-therapies/</a>
Walsall Childrens Speech and Language Therapy Services	Walsall Paediatric Speech and Language Therapy can be accessed via a referral from a parent/carer or professional.	<b>Telephone:</b> 01922 605400 (option 3) <b>Address:</b> Speech & Language Therapy Service First Floor Blakenall Village Centre Thames Road Walsall WS3 1LZ <b>Website:</b> <a href="http://www.walsallhealthcare.nhs.uk/our-services/speech-and-language-therapy/">www.walsallhealthcare.nhs.uk/our-services/speech-and-language-therapy/</a>
Wolverhampton Childrens Speech and Language Therapy Services	Wolverhampton Childrens Speech and Language Therapy can be accessed via a referral from a parent/carer or professional.	<b>Telephone:</b> 01902 444363 <b>Address:</b> The Gem Centre, Neachells Lane, Wednesfield, Wolverhampton, WV11 3PG <b>Website:</b> <a href="http://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/speech-and-language-therapy-children">www.royalwolverhampton.nhs.uk/services/service-directory-a-z/speech-and-language-therapy-children</a>



## Occupational Therapy

Resource	Information	Access
Dudley Childrens Occupational Therapy Services	Referrals can be made by any healthcare professional, including health visitors, school nurses, GP's, consultants and other therapists.	<b>Email:</b> <a href="mailto:bchft.childrensot@nhs.net">bchft.childrensot@nhs.net</a> <b>Telephone:</b> 01384 361369 <b>Address:</b> Children's Occupational Therapy , The Sunflower Centre, John Corbett Drive, Stourbridge DY8 4HZ <b>Website:</b> <a href="http://www.blackcountryhealthcare.nhs.uk/our-services/dudley-childrens-occupational-therapy">www.blackcountryhealthcare.nhs.uk/our-services/dudley-childrens-occupational-therapy</a>
Sandwell FASTA	FASTA is the referral service to make an appointment for a child to see an Occupational Therapist, Physiotherapist or Speech and Language Therapist.	<b>Email:</b> <a href="mailto:Childrens.therapies@nhs.net">Childrens.therapies@nhs.net</a> <b>Telephone:</b> 0121 612 2010 <b>Website:</b> <a href="http://www.swbh.nhs.uk/services/childrens-community-therapies/">www.swbh.nhs.uk/services/childrens-community-therapies/</a>
Walsall Childrens Occupational Therapy Services	All children can be referred via either a paediatrician, GP, a trained school SENCo, Team Around the Child (TAC) service, or a variety of other health professionals	<b>Telephone:</b> 01922 605820 <b>Address:</b> The Child Development Centre, Coalheath Lane, Shelfied, Walsall, WS4 1PL <b>Website:</b> <a href="http://www.walsallhealthcare.nhs.uk/our-services/paediatric-occupational-therapy/">www.walsallhealthcare.nhs.uk/our-services/paediatric-occupational-therapy/</a>
Wolverhampton Childrens Occupational Therapy	Wolverhampton Childrens Occupational Therapy accept referrals from health professionals such as your Health Visitor or GP. The Gem Centre receives and allocates referrals into this service.	<b>Email:</b> <a href="mailto:rwh-tr.childrenstherapyservices@nhs.net">rwh-tr.childrenstherapyservices@nhs.net</a> <b>Telephone:</b> 01902 446290 <b>Address:</b> The Gem Centre Neachells Lane, Wednesfield Wolverhampton, WV11 3PG <b>Website:</b> <a href="http://www.win.wolverhampton.gov.uk/kb5/wolverhampton/directory/service.page?id=5aAmaHDZrTk">www.win.wolverhampton.gov.uk/kb5/wolverhampton/directory/service.page?id=5aAmaHDZrTk</a>



## Education

Resource	Information	Access
<a href="#">Special Needs UK</a>	Special Needs UK offers parents, carers and professionals advice and guidance on Education for children and young people with additional needs	<b>Website:</b> <a href="http://www.specialneedsuk.org">www.specialneedsuk.org</a>
<a href="#">Information about EHCPs (Education, Healthcare Plans)</a>	Autism West Midlands provides guidance on applying for an EHCP (Education Healthcare Plan)	<b>Website:</b> <a href="http://www.autismwestmidlands.org.uk/wp-content/uploads/2019/09/EHCPs_Aug_2019.pdf">www.autismwestmidlands.org.uk/wp-content/uploads/2019/09/EHCPs_Aug_2019.pdf</a>
<a href="#">Helpful Information on Choosing a School</a>	Autism West Midlands provides guidance on selecting a school	<b>Website:</b> <a href="http://www.autismwestmidlands.org.uk/wp-content/uploads/2018/10/Choosing_A_School_October_2018.pdf">www.autismwestmidlands.org.uk/wp-content/uploads/2018/10/Choosing_A_School_October_2018.pdf</a>
<a href="#">Dudley SENDIASS</a>	Dudley SENDIASS offers free, confidential and impartial support to children and young people aged 0-25 years old with SEND and their parents and carers.	<b>Email:</b> <a href="mailto:dudley.sendiass@dudley.gov.uk">dudley.sendiass@dudley.gov.uk</a> <b>Telephone:</b> 07900 161363 <b>Website:</b> <a href="http://www.dudley.gov.uk/resident/learning-school/parental-support/dudleysendiass/">www.dudley.gov.uk/resident/learning-school/parental-support/dudleysendiass/</a>
<a href="#">Dudley Autism Outreach</a>	Autism Outreach is a service supporting schools and families where a child/young person attends a mainstream school, and has a diagnosis of Autism	<b>Website:</b> <a href="http://www.dudley.gov.uk/resident/learning-school/parental-support/specialistinclusionsservices/autism-outreach/">www.dudley.gov.uk/resident/learning-school/parental-support/specialistinclusionsservices/autism-outreach/</a>
<a href="#">Sandwell SENDIASS</a>	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.	<b>Telephone:</b> 0121 289 2566 <b>Address:</b> West Bromwich North Family Hub, Connor Road, West Bromwich, B71 3DJ <b>Website:</b> <a href="http://www.sandwellsendiass.co.uk/">www.sandwellsendiass.co.uk/</a>
<a href="#">Sandwell Autism Outreach</a>	Autism Outreach for Sandwell is provided by Autism West Midlands and offers monthly coffee mornings, one to one outreach support, telephone consultations and live webinars/events.	<b>Email:</b> <a href="mailto:donnab@autismwestmildands.org.uk">donnab@autismwestmildands.org.uk</a> <b>Telephone:</b> 07881109525 <b>Website:</b> <a href="http://www.fis.sandwell.gov.uk/kb5/sandwell/directory/service.page?id=Q-RwUADz6Mc&amp;familychannel=0">www.fis.sandwell.gov.uk/kb5/sandwell/directory/service.page?id=Q-RwUADz6Mc&amp;familychannel=0</a>

Resource	Information	Access
<a href="#">Sandwell Inclusion Support</a>	Inclusion support works across Sandwell to improve the education, learning, development and mental health and wellbeing of all children and young people	<b>Email:</b> <a href="mailto:inclusion_support@sandwell.gov.uk">inclusion_support@sandwell.gov.uk</a> <b>Telephone:</b> 0121 569 2777 <b>Address:</b> Connor Road, West Bromwich, B71 3DJ <b>Website:</b> <a href="http://www.fis.sandwell.gov.uk/kb5/sandwell/directory/service.page?id=m9EQ-bpK_jA">www.fis.sandwell.gov.uk/kb5/sandwell/directory/service.page?id=m9EQ-bpK_jA</a>
<a href="#">Walsall IASS</a>	Formerly the Walsall Parent Partnership, the Walsall Information, Advice and Support Service aims to provide a menu of flexible support services for parents and carers of children and young people with additional needs	<b>Website:</b> <a href="http://www.autism.org.uk/autism-services-directory/w/walsall-information-advice-and-support-service">www.autism.org.uk/autism-services-directory/w/walsall-information-advice-and-support-service</a>
<a href="#">Walsall SENDIASS</a>	Walsall SENDIASS is provided by Family Action. The service provides advice and support to children and young people aged under 25 via a range of mediums including, telephone support, email, website, social media and face to face contact	<b>Email:</b> <a href="mailto:Walsallsendiass@family-action.org.uk">Walsallsendiass@family-action.org.uk</a> <b>Telephone:</b> 01922 612008 <b>Website:</b> <a href="http://www.family-action.org.uk/what-we-do/children-families/walsall-sendiass/">www.family-action.org.uk/what-we-do/children-families/walsall-sendiass/</a>
<a href="#">Wolverhampton IASS</a>	Wolverhampton IASS provides impartial information, advice and support on matters relating to a child or young person's special educational needs or disability 0-25 years	<b>Email:</b> <a href="mailto:ias.service@wolverhampton.gov.uk">ias.service@wolverhampton.gov.uk</a> <b>Telephone:</b> 01902 556945 <b>Website:</b> <a href="http://www.wolvesiass.org/">www.wolvesiass.org/</a>



## Specialist Dental Services

Resource	Information	Access
<a href="#">Birmingham Paediatric Specialist Dental Service</a>	Specialist Dental Services provided by Birmingham Community Healthcare for children with additional needs living in Birmingham, Dudley, Sandwell and Walsall	<b>Email:</b> <a href="mailto:bchc.paedsdentalref@nhs.net">bchc.paedsdentalref@nhs.net</a> <b>Telephone:</b> 0121 466 5555 <b>Website:</b> <a href="http://www.bhamcommunity.nhs.uk/paediatric-dental-service">www.bhamcommunity.nhs.uk/paediatric-dental-service</a>
<a href="#">Wolverhampton Childrens Special Care Dental Service</a>	<p>The Wolverhampton Special Care Dental Service (WSCDS) is a unique service that provides dental care and treatment for special care patients including vulnerable and hard-to-reach groups in the area.</p> <p>We provide comprehensive NHS dental care for individuals living in Wolverhampton or who have a Wolverhampton GP, who may have difficulty obtaining such care in general dental services.</p>	<b>Email:</b> <a href="mailto:rwh-tr.Pennfields-Dental-services@nhs.net">rwh-tr.Pennfields-Dental-services@nhs.net</a> <b>Telephone:</b> 01902 444182 <b>Address:</b> Pennfields Medical Centre, Upper Zoar Street, Pennfields Wolverhampton, WV3 0JH <b>Website:</b> <a href="http://www.win.wolverhampton.gov.uk/kb5/wolverhampton/directory/service.page?id=DOKHtN5eKF0&amp;localofferchannel=6">www.win.wolverhampton.gov.uk/kb5/wolverhampton/directory/service.page?id=DOKHtN5eKF0&amp;localofferchannel=6</a>



## Advocacy

Resource	Information	Access
Dudley Advocacy (Barnardos)	One-to-one support for looked-after children and young people and other vulnerable young people e.g. those on a child protection plan focused on their right to be heard and involved in decisions about them, explaining their wishes, arguing their case. Activities and training for families and professionals.	<b>Telephone:</b> 0800 157 7913 <b>Address:</b> Brooklands, Great Cornbow, HALESOWEN B63 3AB <b>Website:</b> <a href="http://www.barnardos.org.uk/get-support/services/dudley-advocacy-service">www.barnardos.org.uk/get-support/services/dudley-advocacy-service</a>
Sandwell Advocacy	Sandwell Advocacy works throughout the Borough of Sandwell. They offer free and confidential advocacy support to those in the community who are socially excluded and who find it hard to express their wishes and concerns.	<b>Email:</b> <a href="mailto:sandwelladvocacy@btconnect.com">sandwelladvocacy@btconnect.com</a> <b>Telephone:</b> 0121 520 8070 <b>Website:</b> <a href="http://www.autism.org.uk/autism-services-directory/s/sandwell-advocacy">www.autism.org.uk/autism-services-directory/s/sandwell-advocacy</a>
Walsall – Advocacy Matters	Advocacy Matters provide independent advocacy in Birmingham and Walsall to support vulnerable adults to deal with crisis issues. This includes working with young people (14-18 years old) and adults 18 years and over, who are on the autism spectrum.	<b>Email:</b> <a href="mailto:info@advocacymatters.co.uk">info@advocacymatters.co.uk</a> <b>Telephone:</b> 0121 321 2377 <b>Website:</b> <a href="http://www.autism.org.uk/autism-services-directory/a/advocacy-matters-birmingham">www.autism.org.uk/autism-services-directory/a/advocacy-matters-birmingham</a>
Wolverhampton IASS	Wolverhampton IASS provides 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.	<b>Email:</b> <a href="mailto:ias.service@wolverhampton.gov.uk">ias.service@wolverhampton.gov.uk</a> <b>Telephone:</b> 01902 556945 <b>Website:</b> <a href="http://www.wolvesiass.org/">www.wolvesiass.org/</a>



## Family Hubs

Resource	Information	Access
<p><a href="#">Dudley Family Hubs</a></p>	<p>The local family hubs aim to provide expectant parents and families with children up to the age of 18 (25 with additional needs and/or physical or learning disabilities) with advice, practical support and information, as well as support from other parents.</p> <p>They offer help to ensure babies, children and young people get the best start for life and meet their full potential and that parents and carers receive any help they need to raise their families.</p>	<p><b>Stourbridge</b> - Forge Rd, Stourbridge, DY8 1XF, 01384 818780</p> <p><b>Lye</b> - Lye By-Pass, Stourbridge, DY9 8HT, 01384 813954</p> <p><b>Brierley Hill</b> - 18 Parkes Street, Brierley Hill, DY5 3DY, 01384 813322</p> <p><b>Coseley</b> - Bayer Street, Bilston, WV14 9DS, 01384 813096</p> <p><b>Dudley</b> - Selbourne Road, Dudley DY2 8LJ, 01384 812440</p> <p><b>Website:</b>  <a href="http://www.dudley.gov.uk/residents/early-years-and-childcare/family-centres/">www.dudley.gov.uk/residents/early-years-and-childcare/family-centres/</a></p>
<p><a href="#">Sandwell Family Hubs</a></p>	<p>Family Hubs in all areas of Sandwell – Tipton, Wednesbury, West Bromwich, Oldbury, Smethwick.</p> <p>Family Hubs will help by offering services and support for all families in Sandwell with children aged 0 – 19 (or 25 with SEND).</p>	<p><b>Email:</b>  <a href="mailto:Family_HubsTeam@sandwell.gov.uk">Family_HubsTeam@sandwell.gov.uk</a></p> <p><b>Address:</b> Sandwell Family Hubs, Sandwell Council            PO Box 2374, Oldbury B69 3DE</p> <p><b>Website:</b>  <a href="http://www.sandwellfamilyhubs.com/">www.sandwellfamilyhubs.com/</a></p>
<p><a href="#">Walsall Family Hubs</a></p>	<p>Walsall Family Hubs provide a place where children, young people and their families, aged 0-19 and up to 25 for young people with additional needs, can go to get advice and support when they need it.</p>	<p><b>North Family Hub:</b>            Telephone: 01922 654589</p> <p><b>West Family Hub:</b>            Telephone: 01922 652959</p> <p><b>South and Central Family Hub:</b>            Telephone: 01922 654545</p> <p><b>East Family Hub:</b>            Telephone: 01922 658300</p> <p><b>Website:</b>  <a href="http://www.walsallfamilyhubs.co.uk/">www.walsallfamilyhubs.co.uk/</a></p>

Resource	Information	Access
<p>Wolverhampton Family Hubs</p>		<p><b>Bingley Family Hub:</b>  <b>Tel:</b> 01902 551979</p> <p><b>Childrens Village Family Hub:</b> <b>Tel:</b> 01902 556455</p> <p><b>Dove Family Hub:</b> <b>Tel:</b> 01902 550887</p> <p><b>Eastfield Family Hub:</b> <b>Tel:</b> 01902 558331</p> <p><b>Graisley Family Hub:</b> <b>Tel:</b> 01902 550670</p> <p><b>Low Hill Family Hub:</b> <b>Tel:</b> 01902 553285</p> <p><b>Rocket Pool Family Hub:</b>  <b>Tel:</b> 01902 556416</p> <p><b>Whitmore Reans Family Hub:</b> <b>Tel:</b> 01902 556585</p> <p><b>Website:</b>  <a href="http://www.wolverhampton.gov.uk/health-and-social-care/">www.wolverhampton.gov.uk/health-and-social-care/</a></p>



## Local Offer

Resource	Information	Access
<a href="#">Dudley Local Offer</a>	Dudley's Local Offer is a one stop resource of information and services available to children and young people (aged 0-25) with Special Educational Needs and/or Disabilities (SEND), their parents, carers and families.	<b>Email:</b> <a href="mailto:Fis.CS@dudley.gov.uk">Fis.CS@dudley.gov.uk</a> <b>Website:</b> <a href="http://www.dudleyci.co.uk/send-local-offer">www.dudleyci.co.uk/send-local-offer</a>
<a href="#">Sandwell Local Offer</a>	Sandwell's Local Offer details the support, information and services available for children and young people (aged 0-25) with Special Needs and/or Disabilities (SEND), their parents, carers and families.	<b>Email:</b> <a href="mailto:SEND_LocalOffer@sandwell.gov.uk">SEND_LocalOffer@sandwell.gov.uk</a> <b>Website:</b> <a href="http://www.fis.sandwell.gov.uk/kb5/sandwell/directory/localoffer.page">www.fis.sandwell.gov.uk/kb5/sandwell/directory/localoffer.page</a>
<a href="#">Walsall Local Offer</a>	Walsall's Local Offer details the support, information and services available for children and young people (aged 0-25) with Special Needs and/or Disabilities (SEND), their parents, carers and families.	<b>Email:</b> <a href="mailto:LocalOffer@walsall.gov.uk">LocalOffer@walsall.gov.uk</a> <b>Website:</b> <a href="http://www.send.walsall.gov.uk/">www.send.walsall.gov.uk/</a>
<a href="#">Wolverhampton Local Offer</a>	Wolverhampton's Local Offer details the support, information and services available for children and young people (aged 0-25) with Special Needs and/or Disabilities (SEND), their parents, carers and families.	<b>Website:</b> <a href="http://www.win.wolverhampton.gov.uk/kb5/wolverhampton/directory/localoffer.page?localofferchannel=0">www.win.wolverhampton.gov.uk/kb5/wolverhampton/directory/localoffer.page?localofferchannel=0</a>



## Training

Resource	Information	Access
Autism West Midlands	Autism West Midlands host online training sessions (may be for specific locations) and events for parents and carers	<b>Website:</b> <a href="http://www.autismwestmidlands.org.uk/events/">www.autismwestmidlands.org.uk/events/</a>
Dudley Solihull Approach	Access to The Solihull Approach is free in certain areas, for example Dudley. You can check your eligibility here: <a href="http://Online Learning (heiapply.com)">Online Learning (heiapply.com)</a>	<b>Website:</b> <i>The Solihull Approach:</i> <a href="http://www.dudleyparents.co.uk/solihull-approach">www.dudleyparents.co.uk/solihull-approach</a>
Girl with the Curly Hair Project	Training courses available (fees apply) from the creators of the Girl with the Curly Hair	<b>Website:</b> <a href="http://www.thegirlwiththecurlyhair.co.uk/training/webinars/?chp_date=MjAyNC0wNg%3D%3D">www.thegirlwiththecurlyhair.co.uk/training/webinars/?chp_date=MjAyNC0wNg%3D%3D</a>
Helping Hands	Helping Hands runs various programmes (online and face to face) including 'Sharing Rooms' a befriending and signposting service, and 'This is Me' a virtual training programme, 6 workshops over 3 weeks for parents and carers of autistic children and young people	<b>Email:</b> <a href="mailto:helpinghandsbc@family-action.org.uk">helpinghandsbc@family-action.org.uk</a> <b>Website:</b> <a href="http://www.dudleyci.co.uk/helping-hands-black-country-service">www.dudleyci.co.uk/helping-hands-black-country-service</a>
Makaton	The Makaton Charity offers training by registered tutors (fees apply)	<b>Website:</b> <a href="http://www.makaton.org/TMC/TMC/Learn_Makaton/Core_Vocab/Level_1.aspx">www.makaton.org/TMC/TMC/Learn_Makaton/Core_Vocab/Level_1.aspx</a>
National Autistic Society:	The National Autistic Society has a selection of online training modules for parents/carers. The training videos have been written and designed by autistic people	<b>Website:</b> <a href="http://www.autism.org.uk/what-we-do/autism-training-and-best-practice/training/e-learning">www.autism.org.uk/what-we-do/autism-training-and-best-practice/training/e-learning</a>

Resource	Information	Access
Social Thinking	Free training webinars based on Michelle Garcia-Winners 'Social Thinking' methodology	<b>Website:</b> <a href="http://www.socialthinking.com/online-training/free-webinars">www.socialthinking.com/online-training/free-webinars</a>
Witherslack Group	The Witherslack Group offer a variety of free to access webinars on their website. You might find these useful for your family	<b>Website:</b> <a href="http://www.witherslackgroup.co.uk/how-can-we-help/sen-professionals-and-local-authorities/our-support-for-you/webinars">www.witherslackgroup.co.uk/how-can-we-help/sen-professionals-and-local-authorities/our-support-for-you/webinars</a>



## Short Breaks and Holiday Schemes

Resource	Information	Access
<p><a href="#">Barnardo Short Breaks</a></p>	<p>Short break care (previously called respite care) gives young people an opportunity to have fun, share experiences and socialise outside of their home life. It also gives their parents or carers time to recharge their batteries.</p> <p>Short break support includes: overnight care for children in approved carers' homes, holiday leisure and activity programmes, after-school and Saturday clubs outreach workers</p>	<p><b>Email:</b>  <a href="mailto:CE.AdminHalesowen@barnardos.org.uk">CE.AdminHalesowen@barnardos.org.uk</a>  <b>Telephone:</b> 0121 5505 271  <b>Address:</b> Brooklands, Great Cornbow, Halesowen, West Midlands, B63 3AB  <b>Website:</b>  <a href="http://www.barnardos.org.uk/get-support/support-for-parents-and-carers/short-break-care">www.barnardos.org.uk/get-support/support-for-parents-and-carers/short-break-care</a></p>
<p><a href="#">Caudwell Children</a></p>	<p>Caudwell Children's Short Breaks give children and young people with Special Educational Needs and disabilities living in Staffordshire and Cheshire East the opportunity to discover new interests, try out different activities and make new friends in a safe and welcoming environment.</p>	<p><b>Email:</b>  <a href="mailto:charity@caudwellchildren.com">charity@caudwellchildren.com</a>  <b>Telephone:</b> 0345 300 1348  <b>Address:</b> Caudwell International Children's Centre, Innovation Way, Keele Science &amp; Innovation Park, Newcastle-under-Lyme, ST5 5NT  <b>Website:</b>  <a href="http://www.caudwellchildren.com">www.caudwellchildren.com</a></p>
<p><a href="#">Include Me Too</a></p>	<p>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</p>	<p><b>Telephone:</b> 01902 399 888  <b>Address:</b> Include Me TOO, Newhampton Arts Centre, Dunkley Street, Wolverhampton, WV1 4AN  <b>Website:</b>  <a href="http://www.includemetoo.org.uk">www.includemetoo.org.uk</a>  <a href="https://www.facebook.com/IMTOO">www.facebook.com/IMTOO</a></p>

Resource	Information	Access
<a href="#">Holiday Play Schemes</a>	<p>Resources for Autism is a registered charity. Providing practical services for children and adults with a diagnosis of autism and for those who love and care for them.</p> <p>They have a team of trained, enthusiastic and kind staff and volunteers offering a wide range of support.</p>	<p><b>Email:</b>  <a href="mailto:wmadmin@resourcesforautism.org.uk">wmadmin@resourcesforautism.org.uk</a></p> <p><b>Telephone:</b> 07817736096</p> <p><b>Address:</b> BAYC  581 Pershore Road,  Birmingham, B29 7EL</p> <p><b>Website:</b>  <a href="http://www.resourcesforautism.org.uk/holiday-play-schemes">www.resourcesforautism.org.uk/holiday-play-schemes</a></p>
<a href="#">Sandwell Short Breaks Support</a>	<p>Matched Personal Assistants to support children and young people to access activities in the community. A maximum of 104 hours per child/young person per annum. To be taken 2 hours per week or 4 hours per fortnight.</p> <p>Sandwell Short Breaks Offer is a list of specially commissioned short breaks for children and young people with a disability or SEN. If you have a social worker from the Children with Disabilities team, talk to them about short breaks.</p>	<p><b>Email:</b>  <a href="mailto:family_information@sandwell.gov.uk">family_information@sandwell.gov.uk</a></p> <p><b>Website:</b>  <a href="http://www.fis.sandwell.gov.uk/kb5/sandwell/directory/family.page?familychannel=2">www.fis.sandwell.gov.uk/kb5/sandwell/directory/family.page?familychannel=2</a></p>



## Finance, Benefits and Rights

Resource	Information	Access
Blue Badge Scheme:	You can check your eligibility for a Blue Badge, apply, or renew an existing Blue Badge.	<b>Website:</b> <a href="http://www.gov.uk/apply-blue-badge">www.gov.uk/apply-blue-badge</a>
CEA Card	The UK Cinema Associations CEA card allows a disabled cinema guest to receive a complementary ticket for someone to accompany them.	<b>Website:</b> <a href="http://www.ceacard.co.uk">www.ceacard.co.uk</a>
Citizens Advice	Citizens Advice Bureau provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities.	<b>Telephone:</b> 0800 144 8848 <b>Website:</b> <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>
Council for Disabled Children	The Council for Disabled Children helps makes positive change for polices and guidance, ensuring children with disabilities are at the heart of what they do	<b>Website:</b> <a href="http://www.councilfordisabledchildren.org.uk">www.councilfordisabledchildren.org.uk</a>
Disability Rights	Disability Rights UK is the UK's leading charity led by, run by and working for disabled people.	<b>Telephone:</b> 0330 995 0400 <b>Website:</b> <a href="http://www.disabilityrightsuk.org">www.disabilityrightsuk.org</a>
Family Action	Family Action works to tackle some of the most complex and difficult issues facing families today – including financial hardship, mental health problems, social isolation, learning disabilities, domestic abuse, or substance misuse and alcohol problems.	<b>Email:</b> <a href="mailto:familyline@family-action.org.uk">familyline@family-action.org.uk</a> <b>Telephone:</b> 0808 802 6666 <b>Website:</b> <a href="http://www.family-action.org.uk/">www.family-action.org.uk/</a>
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 applies)	<b>Telephone:</b> 01904 550055 <b>Address:</b> 4 Alpha Court, Monks Cross Drive, York, YO32 9WN <b>Website:</b> <a href="http://www.familyfund.org.uk">www.familyfund.org.uk</a>

Resource	Information	Access
Newlife Charity	Free helpline where experienced nurses can give condition specific support and info. Newlife offers the free loan of specialist toys to families who have disabled and terminally ill children.	<b>Telephone:</b> 0800 902 0095 <b>Website:</b> <a href="http://www.newlifecharity.co.uk/play-therapy-pods/">www.newlifecharity.co.uk/play-therapy-pods/</a>  <a href="http://www.newlifecharity.co.uk/">www.newlifecharity.co.uk/</a>
My 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.	<b>Email:</b> <a href="mailto:info@mymaxcard.co.uk">info@mymaxcard.co.uk</a>  <b>Telephone:</b> 01133 947951  <b>Website:</b> <a href="http://www.mymaxcard.co.uk">www.mymaxcard.co.uk</a>
Sandwell Welfare Rights	Their aim is to improve income for Sandwell citizens and in doing so this provides a better quality of life. They give free independent and impartial advice and support on all welfare benefits.	<b>Telephone:</b> 0121 569 3158  <b>Website:</b> <a href="http://www.sandwell.gov.uk/welfare-rights">www.sandwell.gov.uk/welfare-rights</a>
Radar Key	The radar key can be used at any accessible WC anywhere in the UK where the radar lock is fitted.	<b>Telephone:</b> 0121 569 3413/4630 <b>Website:</b> <a href="http://www.disabilityrightsuk.org">www.disabilityrightsuk.org</a>
Disability Living Allowance for Children	Disability Living Allowance (DLA) for children may help with the extra costs of looking after a child who: is under 16, has difficulties walking or needs much more looking after than a child of the same age who does not have a disability. They will need to meet all the eligibility requirements.	<b>Website:</b> <a href="http://www.gov.uk/disability-living-allowance-children">www.gov.uk/disability-living-allowance-children</a>
Other Benefits (UK Gov)	The UK Government website has a section dedicated to the financial benefits and support available (eligibility requirements apply)	<b>Website:</b> <a href="http://www.gov.uk/browse/childcare-parenting/financial-help-children">www.gov.uk/browse/childcare-parenting/financial-help-children</a>



## Girls

Resource	Information	Access
<a href="#">Autistic Girls Network</a>	Helpful information from the Autistic Girls Network	<b>Website:</b> <a href="http://www.autisticgirlsnetwork.org/wp-content/uploads/2022/03/keeping-it-all-inside.pdf">www.autisticgirlsnetwork.org/wp-content/uploads/2022/03/keeping-it-all-inside.pdf</a>
<a href="#">Health and Wellbeing for Girls</a>	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.	<b>Website:</b> <a href="http://www.ymcabc.org.uk/our-services/health-wellbeing/y-girls">www.ymcabc.org.uk/our-services/health-wellbeing/y-girls</a>
<a href="#">National Autistic Society Guidance for Women and Girls</a>	The National Autistic Society has lots of helpful information on Autism for Women and Girls, included recommended reading lists, downloadable resources and signposting to relevant online training	<b>Website:</b> <a href="http://www.autism.org.uk/advice-and-guidance/what-is-autism/autistic-women-and-girls">www.autism.org.uk/advice-and-guidance/what-is-autism/autistic-women-and-girls</a>
<a href="#">National Autistic Society Resources for Teenagers</a>	The 'Know Yourself' Series from the National Autistic Society is a set of online resources providing guidance and support for Autistic Teenagers	<b>Website:</b> <a href="http://www.autism.org.uk/advice-and-guidance/topics/resources-for-autistic-teenagers">www.autism.org.uk/advice-and-guidance/topics/resources-for-autistic-teenagers</a>



## Boys

Resource	Information	Access
<a href="#">National Autistic Society Resources for Teenagers</a>	The 'Know Yourself' Series from the National Autistic Society is a set of online resources providing guidance and support for Autistic Teenagers	<b>Website:</b> <a href="http://www.autism.org.uk/advice-and-guidance/topics/resources-for-autistic-teenagers">www.autism.org.uk/advice-and-guidance/topics/resources-for-autistic-teenagers</a>



## Sibling Support

Resource	Information	Access
<a href="#">Sandwell Young Carers</a>	Sandwell Young Carers provides guidance and support to children and young people (aged 5-18) whose health, education and social lives have been affected as a result of caring for a dependent family member.	<p><b>Email:</b> <a href="mailto:contact@sandwellyc.org.uk">contact@sandwellyc.org.uk</a></p> <p><b>Telephone:</b> <b>0121 525 7667 /</b> <b>0121 525 8002</b></p> <p><b>Website:</b> <a href="https://sandwellyc.com/">https://sandwellyc.com/</a></p>
<a href="#">SIBS</a>	Sibs is for people who grow up with a brother or sister with special needs, disability, chronic illness. An online support service specifically for brothers and sisters under 18 of disabled children and young people called YoungSibs	<p><b>Online Contact Form:</b> <a href="http://www.sibs.beaconforms.com/form/75f0e136">www.sibs.beaconforms.com/form/75f0e136</a></p> <p><b>Website:</b> <a href="http://www.youngsibs.org.uk">www.youngsibs.org.uk</a> <a href="http://www.sibs.org.uk">www.sibs.org.uk</a></p>
<a href="#">Spurgeons Young Carers</a>	Spurgeons delivers a range of support services for families children and young people through our children's centres, family hubs, counselling and prison outreach projects.	<p><b>Email:</b> <a href="mailto:info@spurgeons.org">info@spurgeons.org</a></p> <p><b>Telephone:</b> 01933 412412</p> <p><b>Website:</b> <a href="http://www.spurgeons.org">www.spurgeons.org</a></p>

 Online Videos

Resource	Information	Access
Animated explanation of Autism:	A short video about differences – in people, in perceptions and how no to brains are the same! Created by the Amazing Things Project. This video is an uplifting and insightful explanation of Autism.	<a href="http://www.youtube.com/watch?v=Ezv85LMFx2E">www.youtube.com/watch?v=Ezv85LMFx2E</a>
Facts about Autism:	Fast facts about Autism aims to explain what Autism is, how this can affect people, and myth busts some of the common misconceptions of the Autism Spectrum. Created by Autism from the Inside.	<a href="http://www.youtube.com/watch?v=CaRdPYvWt48">www.youtube.com/watch?v=CaRdPYvWt48</a>
Facts about Autism - for Children:	Fast facts about Autism for children. This video explains Autism from the perspective of Autistic children and young people. Created by Autism Explained.	<a href="http://www.youtube.com/watch?v=dUbsyd8Fnyw">www.youtube.com/watch?v=dUbsyd8Fnyw</a>
An explanation of Autism:	This video is based on the book 'A Different Kind of Brilliant'. The video explains Autism in an uplifting and child friendly way. Created by A Different Kind of Brilliant	<a href="http://www.youtube.com/watch?v=y6g8QHWkKZU">www.youtube.com/watch?v=y6g8QHWkKZU</a>
Autism is:	Footprints Behavioural Interventions reads the book 'Autism is...' to help explain Autism and how this can affect children and young people.	<a href="http://www.youtube.com/watch?v=l55N8AcvpcA">www.youtube.com/watch?v=l55N8AcvpcA</a>
What does it feel like to have Autism?:	Dr Chris and Dr Xand from Operation Ouch! Explain what it feels like to be Autistic, the challenges of daily life and sensory perceptions. Created by Nugget – STEM for Kids.	<a href="http://www.youtube.com/watch?v=1CNY6BbtgS8">www.youtube.com/watch?v=1CNY6BbtgS8</a>
Tricky Friends:	This video focuses on friendships – getting advice on friendships and the importance of talking about friendship worries. Created by CC Animation Studio for Sandwell, this video helps to explain what a good friendship should look like.	<a href="http://www.youtube.com/watch?v=QGkl9V-DScU">www.youtube.com/watch?v=QGkl9V-DScU</a>
Understanding the Impact of Sensory Needs	Alex talks about going to hospital, the sensory challenges of different environments and how this can feel for someone with Autism. Created by	<a href="http://www.youtube.com/watch?v=B72m7i6a3Oo">www.youtube.com/watch?v=B72m7i6a3Oo</a>



## Reading List

There are many books available to help children, young people and families understand Autism – some written by professionals, and some written on the experiences of children, young people and adults themselves.

We have found the following books, articles and journals helpful. You may find copies available at your local library.

<b>Title</b>	<b>Author</b>	<b>A bit about the book</b>
Pretending To Be Normal: Living With Aspergers Syndrome	Liane Holiday Willey	Pretending to be Normal tells the story of Lianne, who, after years of self-doubt and self-denial, learned to embrace her Asperger's syndrome traits with thanksgiving and joy. Her book describes the daily struggles and challenges, and invites readers to welcome the Asperger community with open acceptance.
The Independent Womens Handbook for Super Safe Living on The Autism Spectrum	Robyn Steward	Robyn shares guidance and tips for staying safe, about relationships, womanhood, employment and much more. She shares guidance from her own experiences and experiences of women interviewed and surveyed.
The Reason I Jump: One Boys Voice From The Silence of Autism	Naoki Higashinda	Written by Naoki when he was 13 years old, The Reason I Jump allows readers to gain more insight into Autism.
Sensational Kids: Hope & Help For Children With Sensory Processing Disorders	Lucy Jane Miller	Dr. Lucy Jane Miller, brings together a lifetime of study to teach readers the signs and symptoms of Sensory Processing Disorders, including helpful strategies for sensory differences
Connecting & Communicating With Your Autistic Child	Tessa Morton	Connecting and Communicating with Your Autistic Child shares the 3 C's principal as created by Act for Autism. This book helps promote activities to encourage emotional regulation and social development
Social Thinking and Me	Michelle Garcia – Winner	Designed for Parents & Professionals to Help Students Become Stronger Social Problem Solvers

Title	Author	A bit about the book
All About Me: A Step-By-Step Guide to Telling Children and Young People on the Autism Spectrum about Their Diagnosis	Miller, A	Based on direct work with over 250 individual children, Andrew Miller wrote this book in order to provide parents and professionals with information, tools and guidance to help introduce children to autism in the absence of specialist support. This in-depth guide describes the practicalities of disclosure, including when to tell, who should do it and what they need to know beforehand with strategies to tailor your approach as every child's experience will be different. Step-by-step instructions detail how to deliver the programme and produce with a child a personalised booklet containing information about their personal attributes and their autism.
Girls Growing Up On The Autism Spectrum	Nicholas et al	Providing professional perspectives alongside personal experiences from mothers, daughters and educators, this is a unique and indispensable guide for families and their daughters with ASDs, as well as the teachers and professionals who work with them.
The Spectrum Girls Survival Guide: How To Grow Up Awesome and Autistic	Castellon, S	<p>"Never be ashamed of being different: it is this difference that makes you extraordinary and unique."</p> <p>This essential go-to guide gives you all the advice and tools you'll need to help you flourish and achieve what you want in life. From the answers to everyday questions such as 'Am I using appropriate body language?' and 'Did I say the wrong thing?', through to discussing the importance of understanding your emotions, looking after your physical and mental health and coping with anxiety and sensory overloads, award-winning neurodiversity campaigner Siena Castellon uses her own experiences to provide you with the skills to overcome any challenge.</p>

Title	Author	A bit about the book
Aspergers and Girls	Tony Attwood and Temple Grandin	Asperger's and Girls describes the unique challenges of females on the autism spectrum. In it, you'll follow the lives of women with autism through childhood, the social and academic challenges of the education system, and into the career and dating worlds. You'll also hear from top experts on crucial and often under-discussed subjects, including: Diagnosing girls with ASD, Navigating the neurotypical social world, Puberty, sexual health, and personal safety, Independence, relationships, and marriage, The importance of the right career, And so much more.
Women and Girls With Autism Spectrum Disorder	Sara Hendrickx	Outlining how autism presents differently and can hide itself in females and what the likely impact will be for them throughout their lifespan, the book looks at how females with ASD experience diagnosis, childhood, education, adolescence, friendships, sexuality, employment, pregnancy and parenting, and aging. It will provide invaluable guidance for the professionals who support these girls and women and it will offer women with autism a guiding light in interpreting and understanding their own life experiences through the experiences of others.
Aspergirls: Empowering Females with Asperger Syndrome	Rudy Simone	<p>Girls with Asperger's Syndrome are less frequently diagnosed than boys, and even once symptoms have been recognised, help is often not readily available. The image of coping well presented by AS females of any age can often mask difficulties, deficits, challenges, and loneliness.</p> <p>This is a must-have handbook written by an Aspergirl for Aspergirls, young and old. Rudy Simone guides you through every aspect of both personal and professional life, from early recollections of blame, guilt, and savant skills, to friendships, romance and marriage. Employment, career, rituals and routines are also covered, along with depression, meltdowns and being misunderstood.</p>

Title	Author	A bit about the book
M is for Autism:	Limsfield Grange School	Written by the students of Limsfield Grange, a school for girls with Autism Spectrum Disorder with communication and interaction difficulties, M is for Autism draws on real life experiences to create a heartfelt and humorous novel that captures the highs and lows of being different in a world of normal.
Nerdy, Shy and Socially Inappropriate	Cynthia Kim	Well known in the autism community and beyond for her popular blog, Musings of an Aspie, Cynthia Kim's book is rich with personal anecdotes and useful advice. This intelligent insider guide will help adults with ASDs and their partners, family members, friends, and colleagues, but it also provides a fresh and witty window onto a different worldview.
Carly's Voice: Breaking Through Autism	Carly Fleischmann/Arthur Fleischmann	In this international bestseller, father and advocate for Autism awareness Arthur Fleischmann blends his daughter Carly's own words with his story of getting to know his remarkable daughter—after years of believing that she was unable to understand or communicate with him.
The Girl With The Curly Hair	Alis Rowe	I hope this book will build the bridge between people with Asperger's Syndrome and the rest of the world. Most people with Asperger's Syndrome are able and willing to work and live a "normal" life, with the right support and adjustment. The main problem is that most people are just unaware of how they can help. So, let us begin our journey into the wearing but wonderful world that is Asperger's Syndrome.
Can I Tell You About Aspergers Syndrome	Jude Welton	An illustrated book telling the story of Adam and Aspergers Syndrome. Jude Welton originally trained as a child psychologist specialising in autism. She is a freelance writer and the author of several popular, child-friendly books published by Jessica Kingsley Publishers. Jude lives in Moray, Scotland.

Title	Author	A bit about the book
I Am Utterly Unique	Elaine Marie Larson	This book celebrates the extraordinary gifts and unique perspectives that children with ASD possess. Each page of this playful alphabet book presents one of the children's many talents and abilities. The kid-friendly illustrations and clever text create a positive portrayal of children with ASD.
Everybody is Different	Fiona Bleach	This book gives answers to the many questions brothers and sisters of young people on the autism spectrum have about their siblings. In addition to explaining in basic terms the characteristics of autism, this little book is full of helpful suggestions for making family life more comfortable for everyone.
Autism: Talking About A Diagnosis	Rachel Pite	This book offers a wealth of advice and guidance. Aimed primarily at parents and carers of younger children, it includes helpful information also for schools and for people working with adults with autism.
My Autism Book: A Child's Guide	Tamar Levi	Written by a doctor and a children's author, the book is tailored precisely to the needs and experiences of the child with ASD aged 5-9. It explains what an autism diagnosis means and encourages an exploration of the child's likely strengths and differences using clear language that speaks directly to the child. The colourful pictures throughout show how the world looks from the child's perspective and the book ends with a summary checklist to encourage the child to record and discuss how autism affects them.
From Anxiety to Meltdown	Deborah Lipsky	Anxiety is the root cause of many of the difficulties experienced by people on the autism spectrum, and is often caused by things such as a change in routine, or sensory overload. Deborah Lipsky takes a practical look at what happens when things spiral out of control, exploring what leads to meltdowns and tantrums, and what can be done to help.

Title	Author	A bit about the book
Thinking in Pictures	Temple Grandin	The idea that some people think differently, though no less humanly, is explored in this inspiring book. Temple Grandin is a gifted and successful animal scientist, and she is autistic. Here she tells us what it was like to grow up perceiving the world in an entirely concrete and visual way - somewhat akin to how animals think, she believes - and how it feels now. Through her finely observed understanding of the workings of her mind, she gives us an invaluable insight into autism and its challenges.
All Cats Have Aspergers Syndrome	Kathy Hoopmann	<p>All Cats Have Aspergers take a playful look at the world of autism, and these fun feline friends will strike a chord with all those who are familiar with typical autistic traits, bringing to life common characteristics such as sensory sensitivities, social issues and communication difficulties.</p> <p>Touching, humorous and insightful, this book evokes all the joys and challenges of being on the autism spectrum, leaving the reader with a sense of the dignity, individuality and the potential of autistic people.</p>
The Survival Guide for Kids With Autism Spectrum Disorders (and their parents)	Verdick and Reeve	This positive, straightforward book offers kids with autism spectrum disorder (ASD) their own comprehensive resource for both understanding their condition and finding tools to cope with the challenges they face every day.
Food Refusal and Avoidant Eating in Children including those with Autism Spectrum Conditions, A Practical Guide for Parents and Professionals	Gillian Harris and Elizabeth Shea	A practical guide for parents and professionals to help understand some of the challenges Autistic children and young people face at meal times. Include tips and guidance for supporting mealtimes.

<b>Title</b>	<b>Author</b>	<b>A bit about the book</b>
Learning About Friendship, Stories to support social skills training in children with Asperger Syndrome and High Functioning Autism	K.I Al-Ghani	Making friends can be a challenge for all children, but those with autistic spectrum disorder (ASD) can struggle more than most. This collection of ten fully-illustrated stories explores friendship issues encountered by children with ASD aged four to eight and looks at how they can be overcome successfully.
Brotherly Feelings, Me, My Emotions and my Brother with Aspergers Syndrome	Sam Frender and Robin Schiffmiller	In this book, sibling relationships are explored.
Through The Eyes of Me	Jon Roberts	Utilising colourful text and illustration and inspired by his experiences of raising his own daughter with the condition, it is an ideal tool for encouraging an understanding of Autism for both children and their families.
The Abilities in Me, Autism	Gemma Kier	A child friendly, easy read book for helping children and young people to understand what Autism means
I am an Aspie Girl	Danuta Bulhak-Paterson	A book for young girls with Autism Spectrum Conditions.
Raising Martians From Crash Landing to Leaving Home	Joshua Muggleton	A book covering the key topics of children and young people on the Autism Spectrum.
Parenting a child with Asperger Syndrome – 200 tips and strategies	Brenda Boyd	This book allows the reader insight into the differences faced by children and young people with Autism Spectrum Conditions. There are lots of helpful tips with examples and scenarios.