

## ASD Information & Support

### One Day ASD Awareness Parent Workshop

This runs twice a year at the Kent and Canterbury Hospital. You will receive an invitation for the 1<sup>st</sup> day following your child's diagnosis.

### Cygnets Parent Programme

Cygnets is a longer programme of half-day sessions looking to:

- increase parents' understanding of ASD
- help parents develop their knowledge on how a child on the autism spectrum experiences the world and what drives their behaviour
- guide parents through practical strategies they can use with children
- direct parents to relevant ASD resources
- give parents the opportunity to meet with other parents who have had similar experiences and to gain support and learn from each other

Please complete and send off the referral form in the pack this sheet was in. You can also contact them for further information on 03000 420008 or email [openaccessdover@kent.gov.uk](mailto:openaccessdover@kent.gov.uk)

### The National Autistic Society

- Website: [www.autism.org.uk](http://www.autism.org.uk)
- Autism Seminars for Families  
e-mail: [familyseminars@nas.org.uk](mailto:familyseminars@nas.org.uk)
- Autism Helpline: 0808 800 4104 or via an online enquiry form on the website
- Parent to Parent. Confidential telephone listening service provided by parent volunteers: 0808 800 4106 also accessible by an online enquiry form on the website
- Education Rights Service: 0808 800 4102

NAS helplines are free to landlines and to most mobile networks (3, O2, Orange, T-mobile, Virgin, Vodafone).

### Autism Education Trust

This is an organisation that's 'supporting effective education practice'. There's a great deal of information on their website to include a section that you can click on from the home page entitled 'for parents & carers' [autismeducationtrust.org.uk](http://autismeducationtrust.org.uk)

### The Kent Autistic Trust (KAT)

A very useful source of information and support including support group contacts for areas neighbouring Shepway, including Ashford, Canterbury and Dover and Deal

For those on e-mail, Jo manages a very useful distribution list where people post questions and share information.

Contact: via Jo Blamires, 01634 405168; e-mail [jo@kentakautistic.com](mailto:jo@kentakautistic.com); website [www.kentakautistic.com](http://www.kentakautistic.com)

### Aspen SMILE Centre

A monthly ASD parent support coffee morning runs out of here (on Whitfield, Aspen Primary School site). It's also a great place to find out about a range of support and training opportunities.

For information call 01304 829846, e-mail [aspensmile@whitfield.kent.sch.uk](mailto:aspensmile@whitfield.kent.sch.uk)

### National Autistic Society Local Group

Covering Dover & Deal

Groups, activities and information

Tel: 07717818680 e-mail: [doveranddeal@nas.org.uk](mailto:doveranddeal@nas.org.uk)

### IASK (Information Advice and Support Kent)

This service offers support and advice about special educational needs so children, young people and their parents can make informed decisions about education.

Helpline: 03000413000; e-mail [iask@kent.gov.uk](mailto:iask@kent.gov.uk); find them on Facebook too

### IPSEA (Independent Parental Special Education Advice)

This organisation provides thorough information in relation to special education to include related laws, a handy 'jargon buster' and information about topics to include 'EHC plans', 'Exclusion from school', 'Home to school/college transport' and 'SEND Tribunal'. [www.ipsea.org.uk](http://www.ipsea.org.uk)

### **Includes Us 2**

Includes Us 2 is a charity that seeks to listen to, support and empower disabled children and their families. Its website includes a page on a range of organisations, groups and activities for a range of children with various needs across Ashford, Shepway and Dover. Call 01233 878089, e-mail [info@includesus2.org.uk](mailto:info@includesus2.org.uk), web site [www.includesus2.org.uk](http://www.includesus2.org.uk)

### **Me2**

The Me2 programme is a mentoring programme for children and young people aged 11-19 years with disabilities and additional needs run by Young Kent, a small charity based in Maidstone. You can find information here <http://www.youngkent.co.uk/support-for-young-people/programmes-and-training.html>  
Contact the coordinator on 01622 351150, e-mail [info@youngkent.org.uk](mailto:info@youngkent.org.uk)

### **IMAGO**

This is a social action organisation delivering diverse services and supporting individuals, organisations and communities across Kent and beyond. This includes up-to-date contact information for:

- Kent Young Carers (5-18 year olds)
- Short Breaks

[www.imago.community](http://www.imago.community) is a thorough website with contact and referral information  
Contact Elizabeth on 07718191081  
Find them on Facebook, Imago Community

### **Young Minds**

This is the UK's only national charity committed to improving the mental health and emotional wellbeing of all children and young people. [www.youngminds.org.uk](http://www.youngminds.org.uk)

### **Siblings**

Sometimes, brothers and sisters of a child with ASD can have difficulties adjusting to or understanding the diagnosis. These charities, in addition to the NAS, may help:

Sibs [www.sibs.org.uk](http://www.sibs.org.uk); Kent Young Carers [www.imago.community/kent-young-carers](http://www.imago.community/kent-young-carers); Mencap ([www.mencap.org.uk](http://www.mencap.org.uk))  
have a Family Hub and the story you'll find using this link may be helpful [www.mencap.org.uk/blog/my-brother](http://www.mencap.org.uk/blog/my-brother)

### **Books**

There are a number of books and resources you can access or buy. KAT holds a small library and other organisations and support groups often do too. The NAS has a comprehensive on-line shop. These are a few books that families have found helpful:

- Ellen Notbohn (2005) Ten Things Every Child with Autism Wishes You Knew: Future Horizons, ISBN 1932565302
- Tony Attwood (2006) The Complete Guide to Asperger's Syndrome: Jessica Kingsley Publishers, ISBN 1 84310 495 4
- Luke Jackson (2002) Freaks, Geeks & Aspergers Syndrome: Jessica Kingsley Publishers, ISBN 1 84310 098 3
- Doherty, McNally, Sherrard (2000) I have Autism...What's that?: NAS, ISBN 9781899280797

### **Other Websites**

Through My Eyes - Rosie's Story - YouTube  
[www.youtube.com/watch?v=g89YYiC7P6Y](http://www.youtube.com/watch?v=g89YYiC7P6Y)

<https://carolgraysocialstories.com>  
[www.tonyattwood.com.au](http://www.tonyattwood.com.au)

TED Talk by Rosie as a young adult  
[https://www.ted.com/speakers/rosie\\_king](https://www.ted.com/speakers/rosie_king)

A is for Autism - YouTube  
<https://www.youtube.com/watch?v=cPR2H4Zd8bI>

**Too Much Information and Us** - You Tube: a series of brief conversations between people with ASD on a range of topics, e.g. processing time, sensory overload, meltdowns, unexpected changes