

# Autism Resource Pack

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## Services



### **GRASPS - Asperger ASD Support Group**

Greater Resources for Asperger's Supporting Parents and Siblings

An Aylesbury Vale based High Functioning ASD, support group. Offering a platform for information exchange and a foundation for support, via:

Our private Facebook forum is also a valuable location for regular, daily support, knowledge sharing and sign posting to local educational, health, welfare and specialist agencies.

'GRASPS' was launched in Spring 2013 by two Mothers with wonderful, gifted sons with Asperger Syndrome. Contact us and please do come along and be supported by some amazing GRASPS parents who above all, understand and share their experiences!

Clare Samways and Shoshana Willetts, Founder GRASPS Members

077834 34623 or, 07828 162267    077834 34623 or, 07828 162267

[contactgrasp@gmail.com](mailto:contactgrasp@gmail.com)



### **Chiltern Music Therapy**

Chiltern Music Therapy offers a variety of services for adults, young adults and children with Autism. We see people across the spectrum of the condition, including those who have recently been diagnosed, to those with Asperger's Syndrome and anyone with a diagnosis of Pathological Demand Avoidance (PDA). Our approach is tailored to each individual person or group, supporting them to make changes in any areas of life where they feel they have difficulties. The main objective of our work is to firstly assess and see whether Music Therapy could be of benefit to the client and then look at how best we can transfer benefits and abilities we see in the Music Therapy Sessions, into everyday life.

For children, we focus on improving understanding of social situations and interactions as well as looking at cognitive and learning skills and any emotional or behavioural issues.

For Post 16: Chiltern Music Therapy are also able to offer sessions as part of the transitions services within post 16 Buckinghamshire SEN provisions. Please do get in touch with us to find out more about this service.

For adults, we focus on assisting with learning and life skills, including difficulties with communication or social interaction to help clients take up employment, education, or volunteering opportunities, as well as providing psychological support at times of particular need. Where: we can offer one to one or group sessions at home, in the community, in supported living, or at schools and colleges.

Just join in! Our let's sing group takes place in High Wycombe at the Arts4Every1 Centre on a Wednesday evening, between 6pm and 7pm.

You can self-refer or be referred by a parent, carer, GP, or other healthcare or education professional.

Simply call us on 01442 780541 or e-mail [info@chilternmusictherapy.co.uk](mailto:info@chilternmusictherapy.co.uk)

[www.chilternmusictherapy.co.uk](http://www.chilternmusictherapy.co.uk)



### **Bag Books**

Bag Books are used to deliver multi-sensory story times to groups for those who cannot benefit from mainstream books, the stories are told interactively, through actions and emotions rather than words and pictures. Not all libraries have staff with the necessary training to offer this service so please contact individual libraries to find out if this service is available. The contact details for Buckinghamshire Library Service are as follows: – email [library@buckinghamshire.gov.uk](mailto:library@buckinghamshire.gov.uk) or telephone 01296 382415.



### **Puzzle Centre delivers Early Years Autism Training across South East via AET Training Hub**

Puzzle Centre delivers Early Years Autism Training across South East via AET Training Hub. The Puzzle Centre in partnership with the Buckinghamshire Learning Trust and Oxfordshire County Council has been awarded the contract by the Autism Education Trust to be the South East Region Early Years Training Hub.

The Puzzle Centre in Buckinghamshire offer a specialist pre-school provision for children with Autism and similar communication disorders.

The training hub is now delivering a 3-tier programme for Early Years practitioners across the whole of the South East region of England.

The three tiers of training available are:

Tier 1. Making sense of autism – for all early years practitioners

Tier 2. Good autism practice – for practitioners working directly with children with autism.

Tier 3. Leading good autism practice – for leaders and managers

For further information go to <http://www.puzzlecentre.org.uk/> or <https://autismearlysupport.org.uk/>

You can contact us on 01296 711547 or email [outreach@puzzlecentre.org.uk](mailto:outreach@puzzlecentre.org.uk)

For information about courses please visit <https://autismearlysupport.org.uk/courses-and-workshops/#view-courses><https://autismearlysupport.org.uk/courses/582/> or download our leaflet

<http://www.puzzlecentre.org.uk/wp-content/uploads/2015/11/PASSLEAFLET.pdf>



### **Parenting Special Children**

Parenting Special Children run workshops These workshops are open to all parents/carers who live, or whose child attends a school, in Berkshire and who:

These workshops are open to all parents/carers who live in the Berkshire, who:

- Have a child who is on the waiting list to be assessed for ADHD *or*
- Have a child who has just been diagnosed as having ADHD *and*
- Have NOT previously attended a Time Out from ADHD course with Parenting Special Children (PSC)

Parents/carers must attend the Introduction to ADHD workshop first, and it is recommended that parents attend both workshops in the series.

Topics covered include: Introduction to ADHD, Anxiety and ADHD, Managing ADHD Behaviours

Please note these workshops are run in Berkshire but are available to parents outside the county at a charge of £15 per workshop. If you child is in school in Berkshire this charge is not applicable.

To contact Parenting Special Children, please call 0118 986 3532 or email [admin@parentingspecialchildren.co.uk](mailto:admin@parentingspecialchildren.co.uk) or visit their website:

<https://www.parentingspecialchildren.co.uk/contact-us/>

<http://www.parentingspecialchildren.co.uk/courses/pre-and-post-assessment-workshops-autism/>



### **Autism Berkshire, Reading**

**(Please note service are only available for family who are currently living within the Berkshire area or borders.)**

Borrow books from Autism Berkshire Library offering advice on topics that those caring for children and young people with autism spectrum conditions, including education and access to employment. Contact number 0118 959 4594 to speak to them or visit their website <http://www.autismberkshire.org.uk/>



**Slough Family Information Service** offers support to parents to enable them to implement different strategies in an attempt to change their child's behaviour. Please see their website for more details or call 01753 476589

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/home.page>



**West Berkshire Council:** For information, help and resources available please visit their website:

<https://directory.westberks.gov.uk/kb5/westberkshire/directory/service.page?id=z t0O-ZruEnA>



### **Bucks Family Network**

offer Family and Parenting Support, Child & Adolescent Psychotherapy, Play Therapy, Child and Young People Counselling and Workshops. Further information can be found via the following link: <http://www.bucksfamilynetwork.co.uk/> or by calling 07948 247958 or emailing [hello@bucksfamilynetwork.com](mailto:hello@bucksfamilynetwork.com)



### **Early Bird Programmes (ASD)**

EarlyBird Programme - Bucks Family Information Service

[www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/service.page?id=5FWljdB](http://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/service.page?id=5FWljdB)

EarlyBird and Teen Life - National Autistic Society

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

EarlyBird Plus

The National Autistic Society (NAS) EarlyBird Programme is a support programme for parents and carers, offering advice and guidance on strategies and approaches for

dealing with young autistic children (ages 4-9). The programme work on understanding autism, building confidence to encourage interaction and communication, and understanding and supporting behaviour.

The National Autistic Society (NAS) EarlyBird Programme is a programme for parents/carers of young children (aged up to 5) with Autism Spectrum Disorder (ASD). A pre-school or school practitioner, who is currently involved with the child, may also attend with the parents/carers.

All our EarlyBird trainers are qualified and experienced in the field of early years SEND. They have undertaken training delivered by the National Autistic Society in order to become licensed trainers.

The programme is run as part of the services offered by Buckinghamshire Learning Trust. The EarlyBird trainers have all received training and are licensed, to deliver the programme by the National Autistic Society.

The Programme works in partnership with parents/carers to help them to:

- Understand their child's autism spectrum disorder
- Develop their child's communication
- Apply practical strategies to support their child's behaviour

The course can be accessed by Parents/carers of children who have or are likely to have a diagnosis of Autism

For further details about EarlyBird in Buckinghamshire see details below:

Parents can self-refer. Places on the EarlyBird programme are allocated following completion of an application form. For further details about EarlyBird in Buckinghamshire please contact: the Early Years Service on 01296 387111 or [earlyyears-send@buckscc.gov.uk](mailto:earlyyears-send@buckscc.gov.uk)

**Website:** <https://extranet.buckscc.gov.uk/early-years/send-and-inclusion/autism-information-training/>

<https://earlyyears.buckscc.gov.uk/send-and-inclusion/autism-information-and-training/>



### **Family Support Service**

The Family Support Service is part of the Early Help offered to families in Bucks. It works together with families to make positive changes to their lives to prevent or reduce the need for services like children's Social Care. It works in partnership with other services so that the focus is on the whole family and aims to work with families before their problems become too

difficult to manage. The service is based on the family wanting to work with them so it is important that the family are fully aware of and are in agreement with the referral.

A professional can refer to the Family Support Service by completing a multi-agency referral form (MARF) preferably in consultation with the family and any agencies that may have more detailed information on the family's current circumstances. The referral form can be found on the Buckinghamshire Safeguarding Children Board website using the link [www.bucksfamilyinfo.org](http://www.bucksfamilyinfo.org)



### **Buckinghamshire Family Information Service Parenting Groups**

The Family Support Service run evidence-based parenting groups and programmes that help parents apply positive parenting strategies to deal with problem behaviours and to support their children's emotional well-being.

Information on these free parenting courses, can be found on the Buckinghamshire Family Information Service Website:

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page>

Please note that a family can self-refer to the parenting groups.

In addition, Family Information Service has a range of local resources and services which may offer you some additional support. You can find out more information by visiting

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/localoffer.page>

Alternatively you can contact them to discuss further on 01296 383065



### **Buckinghamshire School Nursing Service**

We work in schools and the local community to support all children and young people with medical, emotional or educational needs.

Our aim is to support each person we care for to achieve their potential for physical, emotional and social well-being so that they can get the most from life and education and become responsible for their own health.

We work in partnership with children and young people, their families and other health and education professionals in a range of locations, including schools, clinics and family homes. We also work with colleagues in health, care and education services across Buckinghamshire to help shape children's services.

Our service is part of the Healthy Child Programme 0 to 19 which is a national framework, based on best evidence, to promote and protect the health of children as they grow.

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/service.page?id=9Z-8bQNvA0E>



### **Parent to Parent (P2P)**

Parent to Parent (P2P) is an NAS confidential telephone support service for parents and carers of an adult or child on the autism spectrum. The service is provided by trained parent volunteers across the UK who are all parents themselves of a child or adult on the autism spectrum. They all know what life can be like for families affected by autism and want to do something to support others in similar situations. They can also direct you to other sources of information and support.

Contact Tel: 0808 800 4106 (free from landlines and most mobiles)

Or complete our enquiry form on <https://www.autism.org.uk/services/helplines/parent-to-parent.aspx>



### **Youth Space (previously Buckinghamshire Youth)**

Buckinghamshire Youth is a service for young people aged 11 - 19 years or up to 25 for young people with Special Educational Needs and/ or a Disability.

Types of Support

- One to One Support: a safe space for young people to explore and work on a range of issues to improve their emotional well-being and increase their resilience to common life problems.
- Group Work: ongoing programmes for groups that encourage young people to develop new skills, to learn from each other to find solutions and overcome challenges.
- Street Based Youth Work: providing support and activities for young people in the community; for example in the streets, parks and other outside spaces where they are.
- Mentor Support: helping young people to overcome less intensive or single issues, for example support with confidence or work around motivation for those at risk of disengaging.
- Access to Youth Clubs and other universal opportunities: where possible supporting young people to access activities and opportunities within the local community.

You can find more information about the referral criteria and how to make a referral through the Youth Space Referrals page.



<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/advice.page?id= AKCzSZdXn8>

Or contact them by phone - 01296 382583 or email - [Youthspacebucks@buckscc.gov.uk](mailto:Youthspacebucks@buckscc.gov.uk)



### **Contact a Family**

Contact a Family is a UK-wide charity providing advice, information and support to the parents of disabled children – no matter what their health condition. The service also enables parents to get in contact with other families, both on a local and a national basis.

Call their free helpline on 0808 808 3555 or visit their website

<https://contact.org.uk/advice-and-support/health-medical-information/conditions/a/autism-spectrum-disorders-including-asperger-syndrome/??page=8&f=A>



### **Buckinghamshire Special Educational Needs and Disabilities Information, Advice, and Support Service (SEND IASS)**

All local authorities, by law, have to provide children and young people with SEN or disabilities, and their parents, with information and advice. Buckinghamshire SEND IAS Service is the information, advice and support service here. The SEN Team carries out work in relation to children and young people with SEND who already have a Statement or EHC Plan or are referred for an EHC Needs Assessment. Contact them using the online contact form or call on 01296 382269. Their service is confidential and at arm's length from Buckinghamshire County Council.

Open: Monday to Friday 9am to 4pm (Term time only)

Address: Annex A, Walton Street, Aylesbury, Buckinghamshire, HP20 1UX

Telephone: 01296 383 754 (Answerphone available)

Email: [sendias@buckscc.gov.uk](mailto:sendias@buckscc.gov.uk)

<http://www.buckscc.gov.uk/education/bucks-send-ias>

**Local Offer:** for Children who have SEND- for children and young people aged 0-25 years with Special Educational Needs and Disabilities (SEND), including those who do not have an Education, Health and Care Plan, and how to access those services.

The SEND Local Offer has two key purposes:

- To provide clear, comprehensive and accessible information about services available
- To ensure local services involve and listen to children and young people in Buckinghamshire with Special Educational Needs and Disabilities and their parents and carers when they develop and review their services.

The SEND Local Offer has been developed in conjunction with children and young people, parents, carers and local services.

For further information on the SEND Local Offer visit [www.bucksfamilyinfo.org/localoffer](http://www.bucksfamilyinfo.org/localoffer)

**EHCP:** Education setting, parent/ carer or young person themselves can refer and make a request for an EHC plan. Six weeks process of reviewing the request:

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/advice.page?id=RFWXeAjTJgA>

**PRU - Pupil referral unit:** Alternative Provision outside of the mainstream setting in Buckinghamshire is provided by a Pupil Referral Unit (PRU). A PRU is an establishment specifically organised to provide education for children who are excluded, sick, or otherwise unable to attend a mainstream or special maintained school or academy. It should provide education on a par with that of mainstream provision, including appropriate support to meet the needs of children and young people with SEN.

Very often pupils are described as displaying SEMH - Social, Emotional and Mental Health difficulties or EBD - Emotional and Behavioural Difficulties. Children are normally referred by their mainstream school for support to help the mainstream school to meet the child or young person's needs and to avoid them being excluded.

In the case of children and young people with significant health needs that mean attendance at school is not possible, the referral must be supported with information from the Consultant.

There are seven PRU's in Bucks.

**Kite Ridge School** -Specialist SLD Boarding School. Verney Avenue, High Wycombe, Buckinghamshire, HP12 3NE

### **The Wycombe Grange Pupil Referral Unit (Secondary)**

The Wycombe Grange and Chiltern Skills & Enterprise Centre provide 'outstanding' alternative educational provision and support for secondary age students. Students attend full or part-time and are referred to us by schools and the Local Authority. 56, Amersham Hill, High Wycombe, Buckinghamshire, HP13 6PQ

### **Blueprint -Aylesbury Vale Blueprint (Pupil Referral Unit - Secondary)**

Blueprint is a Pupil Referral Unit providing educational support for students and mainstream schools in North Buckinghamshire. Blueprint offers access to a range of courses allowing students to gain recognised accreditation for their achievements. Blueprint Home Tuition and Blueprint Hospital Teaching Services provide educational provision

Coventon Road, Aylesbury, Buckinghamshire, HP19 9JL

### **Woodlands Primary PRU Logo (High Wycombe)**

Woodlands is a primary pupil referral unit providing support for children experiencing significant social, emotional or behavioural difficulties in their mainstream primary school. Children may be supported by outreach or by attendance at Woodlands. Cressex Link, High Wycombe, Buckinghamshire, HP12 4BF

### **Pathways (Aylesbury)**

Pathways is a primary pupil referral unit providing support for children experiencing significant social, emotional or behavioural difficulties in their mainstream primary school. Children may be supported by outreach or by attendance at Pathways. We take children from maintained primary schools in the Aylesbury Vale district but occasionally...

Unit 1-2, Abbey Centre, Weedon Road, Aylesbury, Buckinghamshire, HP19 9NS

**The Oaks (Amersham):** The Oaks is a primary pupil referral unit providing support for children experiencing significant social, emotional or behavioural difficulties in their mainstream primary school. Children may be supported by outreach or by attendance at The Oaks. Woodside Avenue, Amersham, Buckinghamshire, HP6 6EG

**Animal Antiks (Aylesbury)** -Animal Antiks was founded by Sarah Kettleby and Katrina Greig-Young, to provide a facility for young people with learning difficulties, special needs, and emotional or behavioural issues. Risborough Road, Stoke Mandeville, Aylesbury, Buckinghamshire, HP22 5UT



**Cerebra**

Cerebra is a national charity that strives to improve the lives of children with neurological conditions (which includes ASD/Autism), through research, information and direct, on-going support.

Support services:

- information and advice on a number of topics, over the phone or via the website
- face to face support through a network of Regional Officers who can help with form filling and letters, completion of the Disability Living Allowance form, meetings, specific local information and activities
- a sleep service to give advice and support to families on a wide range of sleep issues
- grants of up to 80% of the cost of equipment and services to make life easier and more enjoyable
- a free postal lending library for books and sensory equipment
- a free telephone counselling service
- a holiday home
- a Wills and Trusts scheme

- 'Personal Portfolios' to help introduce children to new people they meet
- an innovation centre who design bespoke equipment to meet family's needs
- a monthly e-newsletter full of informative articles and stories
- regional family support forums

Tel: 01267 244200 [enquiries@cerebra.org.uk](mailto:enquiries@cerebra.org.uk)



## **The National Autistic Society (NAS)**

The National Autistic Society provides information, advice and specialist services for people with Autism/ASD, their parents and carers and professionals/organisations.

NAS Information Centre: The National Autistic Society, 393 City Road, London EC1V 1NG, UK

**Email:** [info@nas.org.uk](mailto:info@nas.org.uk)

**Autism Helpline:** 0808 800 4104, open 10am-3pm Monday to Friday (excluding Bank Holidays) or complete an enquiry form at

<https://www.autism.org.uk/services/helplines/main/form.aspx>

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



## **NICE | The National Institute for Health and Care Excellence**

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

London:

National Institute for Health and Care Excellence

10 Spring Gardens

London

SW1A 2BU

Telephone: [+44 \(0\)300 323 0140](tel:+44(0)3003230140)

Manchester:

National Institute for Health and Care Excellence

Level 1A, City Tower

Piccadilly Plaza

Manchester

M1 4BT

Telephone: [+44 \(0\)300 323 0140](tel:+44(0)3003230140)

**Email:** [nice@nice.org.uk](mailto:nice@nice.org.uk)



### **Autism Family Support**

#### **Oxfordshire (AFSO).**

Autism Family Support Oxfordshire is a charity that provides support to children and young people aged 0-25 years

**Contact : Ms Gita Lobo**, Project Co-ordinator, Autism Family Support

Thomley Hall Centre Menmarsh Road , Worminghall Buckinghamshire

HP18 9JZ Tel: 01844 338696/07929 379125

[gita@afso.org.uk](mailto:gita@afso.org.uk)



### **The Autumn Group**

[www.theautumngroup.co.uk](http://www.theautumngroup.co.uk)

**Contact : Ms Sue Saville**, Education Autism Advisory Teacher, Oxford, Tel: 01865 726956



### **Care Pathway for Bucks Adult Autism Diagnosis Service April 2020**

Please visit this website:

<https://www.oxfordhealth.nhs.uk/wp-content/uploads/2014/10/AM-005.14-Bucks-Autism-Diagnostic-Service1.pdf>

## **Groups and clubs**



### **ACE Autism Youth club (Autism Community Experience)**

The ACE Club & Social Hub is an autism-friendly facility run by AVNAS (NAS Aylesbury Vale Branch). ACE aims to provide a safe & quiet understanding environment for autistic people of all genders and ages 10-25 years age ranges, and families, but we are keen to support all ages where we can. We aim to promote INCLUSION, SOCIAL INTERACTION & POSITIVE MENTAL HEALTH.

- *Games Console Room (with Xbox 360, Wii & PS3 consoles) & games for all ages*
- *Laptop Computer Room with 9 x internet-linked laptops*
- *Large Chill-Out Room with Lego Corner & Widescreen TV*
- *Table-Tennis Table & 2 x Pool Tables*
- *Sensory Quiet Room & sensory tents with beanbags*

- *Outdoor Grass Play Area & Seating Areas (weather permitting)*
- *Tuck Shop & Cafe where snacks, drinks & beverages can be purchased.*
- *Information stand & books for autism support (we promote all other autism groups)*
- *Building has disability-access, with a lift, ramps & designated toilet facilities*
- *Open every Saturday 11am to 2pm throughout the year (including School Holidays)*

There is a nominal entry fee of £3 per person, per week. (Parents/carers FREE)

A diagnosis of autism is not required, if you feel traits & self-identifying are applicable. Friends/siblings are welcome, if they are understanding of autistic needs, pay the entry fee(s) & follow ACE rules. We are volunteers, not Professionals. We do need a responsible adult(s) to stay with minors and/or vulnerable adults to satisfy our Liability Insurance. Support & activities are available for those who need to stay under these circumstances. If this is a possible issue, please contact us in confidence, via the options below.

Phone: 07920 150424: (answerphone available)

Email: [aylesburyvale@nas.org.uk](mailto:aylesburyvale@nas.org.uk)

Facebook: (open-access page): NAS AYLESBURY VALE BRANCH (AVNAS)

Facebook: (closed group forum): NAS AYLESBURY VALE FORUM and ask to join

Website: [www.nasbranch.org.uk/aylesburyvale](http://www.nasbranch.org.uk/aylesburyvale)



### **Rainbow Club (NAS South Buckinghamshire Branch)**

Rainbow club is a club that aims to enhance social interaction and wellbeing for primary school age children with autism. Siblings are welcome. Meets at Westfield School, Bourne End on Monday evenings 5.00—6.45pm, term time only. Suitable for children on the autism spectrum and their siblings; up to the age of 11. We pride ourselves on offering a friendly environment for children and their families. We aim to offer a wide variety of activities to promote positive interactions, self-esteem and well-being. Activities include board games, arts & crafts, toys including trains sets, PE equipment in hall and many more things. An opportunity to meet other parents and have a coffee. Suggested voluntary donation of £4.00 per family includes a drink and a snack. *For more information or to come along to the club please contact: [heather.wildsmith@nas.org.uk](mailto:heather.wildsmith@nas.org.uk)*



### **Space Support, Chesham**

SPACE Support (Chesham) is a South Bucks support group for parents and carers of children with ADHD, Autistic Spectrum Disorder & Challenging Behaviour. SPACE is a parent-led group that meets monthly for a friendly coffee morning with speakers & discussions and informal evening meetings

Call us on our Voicemail Helpline - 07960 066632 - leaving your name, number & the best time to phone you back, or email at [spacechesham@aol.com](mailto:spacechesham@aol.com)



## **SPACE by Alison Nixon**

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

Space is a Hertfordshire based charity supporting parent/carers of children and young people on the Autistic Spectrum, with Attention Deficit Hyperactivity Disorder (ADHD) or a related condition.

Our group has been running since 2007 and we became a registered charity in 2017. We meet up several times a month in term time and have either a speaker or a coffee & chat session.

Our meetings are held in Bishops Stortford, Cheshunt, Hatfield, Hertford, Hoddesdon, St Albans, Stevenage, Ware and Welwyn.

We also organise and host workshops run by various organisations and arrange social events.

For more information please email: [spaceherts@gmail.com](mailto:spaceherts@gmail.com)

Clare Brillus on 07776 181 749 (Bishops Stortford, Cheshunt & Stevenage) Nicky Chaperlin on 07814 946624 (Hertford, Hoddesdon & Ware)

Karen Spencer on 07989 472865 (Hatfield, St Albans & Welwyn)



## **Thames Valley Adventure Playground- Taplow**

For adults over the age of 16. Every Friday from 10am – 5pm. Use of equipment and crafts. Woodwork sessions available on request. Contribution – £8 per user. Sensory room available for additional £5 per half hour.

Contact: 01628 628599. <http://www.tvap.co.uk/index.php?page=home>



## **Chesham Moor End Play Area (Chesham)**

The play area on Moor Road was totally refurbished in 2010 and is specifically designed to have equipment accessible for children with disabilities.

Moor Road, Chesham, Buckinghamshire HP5 1SD

Website [Chiltern District Council](#)





## **Taplow Tadpoles at Thames Valley Adventure Playground**

An integrated fun group for toddlers aged 5 and under, with or without a special need. A great opportunity to enjoy the facilities of the Adventure Playground, including Soft Play and Sound Room, crafts, toys, games and outdoor play in a supported, friendly and relaxed environment.

Bath Road, Taplow, Maidenhead, Buckinghamshire SL6 0PR

Wednesdays: 9:30am to 11am

Contact: 01628 628599. <http://www.tvap.co.uk/index.php?page=home>



## **Soundabout**

Soundabout (Registered charity number 1103002) is a charity that uses music to empower and unlock the potential of people with severe and profound learning disabilities. Our multi-sensory music-making techniques help to stimulate communication, learning and self-expression, enabling people who may be unable to hold an instrument or speak to make their own unique contribution.

- *Sound and music is the starting point*
- *Our practise is based on intensive interaction*
- *We model and teach a culture of musical communication*
- *We use resonance boards, Soundbeams, musical instruments, sound, silence, voice, music and storytelling*
- *We facilitate playfulness in order to release inhibition around music-making*
- *We look at what is the most effective way of working and use a range of approaches, suitable for children, young people adults, parents and teachers*
- *We exemplify developing relationships – what unfolds, what opens up, what changes from this interaction*

**Physical contact** Many of the people we work with have profound and multiple learning disabilities and/or sensory issues, which is why we often take a multi-sensory approach to our music-making sessions. As such, our highly qualified practitioners may include non-invasive touch e.g. shaking hands to say hello, or rhythmic patting on an arm in the course of the session. **If the child, young person or adult you are caring for prefers not to be touched, please let the Soundabout Practitioner know at the beginning of the session.**

Opening Times: Monday to Friday 10am to 5.00pm **Phone number:** [01235 797474](tel:01235797474)

**Email:** [info@soundabout.org.uk](mailto:info@soundabout.org.uk) Address: Soundabout, 25 Station Road, Didcot, Oxfordshire, OX11 7NE **Website:** <https://www.soundabout.org.uk/>





## **Odeon, Cineworld, Vue, Showcase, Picturehouse and Everyman cinemas show Autism Friendly Screenings**

<http://www.dimensions-uk.org/support-services/autism-care/autism-friendly-screenings/>



## **Horses Helping People**

Therapeutic horsemanship benefits a wide range of adults and children, including those with behavioural issues, mental health problems and learning difficulties. It helps to improve mental and physical wellbeing and social skills.

It is also beneficial for anyone looking for a new way to improve confidence and self-awareness, or for a relaxing break from routine.

At Horses Helping People the focus is on building a trusting partnership between horse and human. It's not all about riding, although some clients may ride as part of their activities.

Horses Helping People is located near Mentmore on the Bucks/Beds borders.

01525 377688 or 078155 47668 or 07710 465818 or [info@horseshelpingpeople.co.uk](mailto:info@horseshelpingpeople.co.uk)

<http://horseshelpingpeople.co.uk/>



## **Group with no name- social group**

Social Evenings for adults over 16 with ASD. Meeting once a month from 7.30 - 9.30pm. The evenings for the adults social group continue to be really successful. While the group are meeting in one room there is a chance for parents of adults to meet in another room for coffee and a chat. (You do not have to bring an adult along for you to be able to join this group).

If there is a subject which you feel you would like to know more about, please let us know and we can see about asking someone along to talk about it.

If you would like more information, please or would like to come along please email in the first instance. [southbucks@nas.org.uk](mailto:southbucks@nas.org.uk)



## **Clearly Speaking, Buckingham**

Clearly Speaking is an approachable, professional, caring support service for families and front-line professionals for help and specialist support for free, with services and intervention

for those families living with special needs Autistic Spectrum Disorders (ASD), Asperger's Syndrome and all other associated difficulties like D.A.M.P, ADHD, global development disorder, specific learning issues like Dyslexia as well as Tourette's syndrome, EDS, Fibromyalgia to name a few. Janet Nicks, the project director, can also offer additional specialist help such as autism (ASD) diagnosis, customised therapy and CBT (individual support sessions and small group meetings to provide Cognitive Behavioural Therapy based intervention adapted to suit the needs of individuals who are attending, with fantastic success) along with SALT, disability benefit applications/appeals and advice in accessing local agencies to support your further need where you might be struggling to contact.

They run many activity groups throughout the year, including weekends and after school. Our current activity groups to name a few include: Cookery Group, a Gardening Club (March to October), a Girls Support group (8 to 18 years), Dungeons and Dragons, Youth Clubs, volunteering opportunities, holiday activities and a special needs/disability Young People's Forum, board game cafe, Knit and Chat for parents and carers, Adult social groups for those over 18+ on the Autism spectrum. All these facilities and services can be applied for via our website.

Janet Nicks also personally does a variety of regular support services including: the National Arts Award, curriculum based training and support sessions, work experience training, specialist support sessions and courses, support at meetings with schools, agencies and when appropriate SEN tribunals, individualise support and resources for children, young people and their families and a "One Stop Shop".

They work with children and young people who struggle with a wide range of difficult to manage issues such as: self-harm, low self-esteem, eating disorders, difficulties remaining on any task, even when self-imposed, difficulties feeling positive or accepted, associated challenging behaviours, bi-polar disorder, psychosis and sensory integration difficulties.

Key-worker role to families, they also provide nurseries and schools with specialist advice and support regarding children and young people who have hidden special needs and disability, particularly those on the autistic spectrum, have ADHD, Specific Learning Difficulties such as Dyslexia and Dyspraxia and associated mental health difficulties. Support and take lead on ECHP applications and SEND process.

### **Who to contact**

Contact Name: Janet Nicks or her senior volunteers

Telephone: 01280 824871

E-mail: [info@clearlyspeaking.org.uk](mailto:info@clearlyspeaking.org.uk)

Website: [www.clearlyspeaking.org.uk](http://www.clearlyspeaking.org.uk)

<https://www.clearlyspeaking.org.uk/about-us>

Address: Clearly Speaking, London Rd, Buckingham, MK18 1AS

## Venue Notes

Situated between Buckingham Ssecondary School and Swan Pool Leisure Centre. Buses to and from Aylesbury, Milton Keynes, Oxford and Bicester stop directly opposite the centre.

## Cost Description

We charge a small amount per activity group to pay for art and craft materials or tuck shop. We encourage everyone who uses diagnosis or tribunal services to donate towards costs of paper, ink, Janet's time, travel costs or volunteer if you are financially struggling. We will not ever directly ask for money towards any services except for our activity groups where discounts are available to those on benefit, retired or have more than one child attending.

## Age Ranges

Junior Activities From Birth to 12 years

Senior Activities From 13 years to 16 years

Adult groups from 16 years and over

## Referral Yes

## Referral Details

You can be referred by local services and your GP if you prefer. We encourage everyone however to self-refer by either completing our online form located on our website [www.clearlyspeaking.org.uk](http://www.clearlyspeaking.org.uk) or emailing us directly with your enquiry to [info@clearlyspeaking.org.uk](mailto:info@clearlyspeaking.org.uk)

## Social Media Links

Facebook: <https://www.facebook.com/clearlyspeakingssupport?fref=ts>

Twitter: <https://mobile.twitter.com/ClearlyCoolClub>

## Useful links and Online resources



<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/results.page?qt=autism&term=&sorttype=relevance>



### **Autism toolbox**

The autism toolbox is an online resource within the local offer that provides a range of resources and services available related to autism. The information can be relevant for

anyone with or without a diagnosis that may need a bit of support and can be used as a self-help tool.

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/results.page?qt=toolbox&term=&sorttype=relevance>



## **Self Help**

Information around creating social stories to develop children with ASD's social understanding <https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>



**This is me assessment profile** PDF to support young person to discuss the changes they want as part of their education plan.

<https://network.autism.org.uk/sites/default/files/ckfinder/files/This%20is%20me.pdf>

## **Understanding diagnosis:**



**My Autism and Me** - a Newsround special presented by Rosie a young person with ASD <http://www.bbc.co.uk/newsround/15655232>



**Coping: A Survival Guide for People with Asperger Syndrome** – a free to download document written by Marc Segar, an adult with ASD.

<https://www-users.cs.york.ac.uk/alistair/survival/survival.pdf>



Tony Attwood – this website is a guide for parents, professionals and people with Asperger's Syndrome and their partners with many resources <http://www.tonyattwood.com.au/>

## **Challenging behaviors:**



Overview of Positive Behaviour support approach - <https://www.youtube.com/watch?v=epjud2Of610>



Overview pack from The Challenging Behavior Foundation

<http://www.challengingbehaviour.org.uk/learning-disability-files/03---Positive-Behaviour-Support-Planning-Part-3-web-2014.pdf>




Information related to understanding behaviours for children with autism


<https://www.autism.org.uk/about/behaviour.aspx>



Guidance to understanding challenging behaviours with autism


<https://www.autism.org.uk/about/behaviour/challenging-behaviour.aspx>


 ABC behavior recording sheets (please see documents within folder). These can be used to help understand triggers and what things help when behaviours happen.


 Space Support, Chesham is support group for parents with child with ASD and ADHD and challenging behaviour (please see the groups section above for more information)


## Books:


### ***Understanding ASD diagnosis***


 [The superhero brain: Explaining autism to empower kids.](#) by Christel Land. Christel Land has also published other books about autism


 [How Joshua Learned – Making sense of the world with Autism](#) by Joshua Love. This book is aimed for children 3-7 years with ASD to support them to understand their needs in a visual way including strategies. Published by National Autistic Society 2007


 [My Autism Book: A child's guide to their Autism Spectrum](#) by Gloria Dura-Vila and Tamar Levi. Published by Jessica Kingsley Publishers 2013


 [My Autism Book: A Child's Guide to their Autism Spectrum Diagnosis Hardcover](#) – 21 Dec 2013 by [Tamar Levi](#)


 [The Complete Guide to Asperger's Syndrome](#) By Tony Attwood, Jessica Kingsley Publishers, 2007, ISBN 978 1 84310 669 2


 [A Parents Guide to Asperger's Syndrome and High Functioning Autism. How to meet the challenges and help your child thrive](#) by Sally Ozonoff, James McPartland and Geraldine Dawson; 2<sup>nd</sup> Edition 2014 Guildford Press, ISBN-13: 978-1462517473

 ['Children with Autism and Aspergers Syndrome: A guide for parents and carers'](#) by Patricia Howlin, published by John Wiley & Sons (2009)

 ['Martian in the Playground: Understanding the schoolchild with Asperger's Syndrome'](#) by Clare Sainsbury; (Lucky Duck Books) Sage Publications Ltd, ISBN 10:1-849200009 - 2<sup>nd</sup> Edition 2009

 [Parenting a Child with Asperger syndrome: 200 tips and strategies](#)  
By Brenda Boyd, Jessica Kingsley Publishers, 2003 ISBN13: 978-1843101376

 [Inside Asperger's Looking Out](#), Kathy Hoopmann, 2012, published by Jessica Kingsley Publishers, ISBN-13: 978 184905 334 1

 [Freaks, Geeks and Asperger's Syndrome: A User Guide to Adolescence](#) by Luke Jackson, 2002, published by Jessica Kingsley Publishers, ISBN-13: 978-1-84310-0980



[Asperger's...What Does It Mean To Me?: Structured Teaching Ideas for Home and School](#) by Catherine Faherty, Foreword by Gary B. Mesibov 2000 Published by Future Horizons, ISBN-13: 978-1885477590



[I Am Aspiengirl: The Unique Characteristics, Traits and Gifts of Females on the Autism Spectrum](#) by Tania A. Marshall, 2014. Published by Aspiengirl® ISBN-13: 978-09923660900



[The ASD Workbook Understanding Your Autism Spectrum Disorder](#) by Penny Kershaw 2011. Published by Jessica Kingsley Publishers, ISBN-13: 978-1849051958



[BSL for Kids I Can Calm Myself Down Full Colour Interactive Workbook - Visual Aid Resource \(AAD / ASD / SEN / Autism\)](#) by BSL for Kids



Link for list of books on NAS website also:

<https://www.autism.org.uk/shop/books.aspx>

## Emotional regulation



[Can Calm Myself Down Full Colour Interactive Workbook - Visual Aid Resource \(AAD / ASD / SEN / Autism\)](#)



Link for list of books on NAS website also: <http://www.autism.org.uk/products/core-nas-publications/autism-supporting-your-teenager.aspx>

## Sex Education:



[What's happening to Tom-](#) by Kate E. Reynolds. Published by Jessica Kingsley Publishers 2014



[What's happening to Ellie-](#) by Kate E. Reynolds. Published by Jessica Kingsley Publishers 2015



[Things Ellie likes: A book about sexuality and Masturbation for Girls](#) by Kate E. Reynolds. Published by Jessica Kingsley Publishers 2015



[Things Tom likes: A book about sexuality and Masturbation for Boys](#) by Kate E. Reynolds. Published by Jessica Kingsley Publishers 2014

## Book about bereavement and death:



[I have a question about Death](#) by Arlen Grad Gaines and Meredith Englander Polsky. Published by Jessica Kingsley Publishers 2017



[When Dad died/ When Mum died](#) by Sheila Hollins and Lester Sireling (more designed for LD needs). Published by Gaskell. 3rd revised edition 2004



[Finding your own way to Grieve-](#) by Karla Helbert. Published by Jessica Kingsley Publishers 2012

### Apps:



[SAM \(iPhone and Android\)](#) Self-help for Anxiety Management – a self-help app to learn to manage anxiety.



[For Me \(iPhone\)](#) Wherever you are and whatever life throws at you, Childline is now easier to access than ever before. 'For me' is the brand-new way to get advice and support on loads of topics – from issues that can play a big part in everyone's life, like school and exam stress, through to extremely personal issues, such as self-harm and mental health.

- Get access to self-help advice and support on a huge range of issues
- Watch videos to help you feel better
- Create your own mood tracker and have your own private locker space that's just for you
- Chat to other young people about whatever you want on our lively and supportive message boards
- Call, or email a Childline counsellor



[What's up? \(Android\)](#) What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more!



[Headspace \(iPhone and Android\)](#) Meditation made simple. Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress.



[Optimism \(iPhone and Android\)](#) A mood charting apps for managing depression, bipolar and anxiety disorders to keep a journal and chart recovery progress.



[Relax Melodies \(iPhone and Android\)](#) Select sounds and melodies to help you sleep.



[Mindshift CBT \(iPhone and Android\)](#) An app to help teens cope with everyday anxieties, it teaches relaxation, suggests activities to help you shift and face it.





[Moodtrack Diary \(iPhone and Android\)](#) Monitor and track your emotional health. The app records a range of emotions for anxiety, depression, stress, posttraumatic stress and your general well-being.




[Grief: Support for Young People \(iPhone and Android\)](#) This app has been created by leading bereavement charity Child Bereavement UK and the bereaved young people we work with. It is for 11-25 year olds who have been bereaved of someone important to them. It can also be used by friends, teachers, parents and professionals who would like to know how to support bereaved young people.


 [CALM \(iPhone and Android\)](#) Relax with Calm, a simple mindfulness meditation app

 [Mandala \(iPhone and Android\)](#) Colour app that allows practise of mindfulness by focussing on colouring but can allow you to make changes and correct mistakes.

 [This for That: Visual schedules \(iPhone and Android\)](#) Apps for develop visual structures and timetables

 [Autism Learning Games - Camp Discovery \(iPhone\)](#) Autism learning games

 [ABA Flash Card and Games – Emotions \(iPhone\)](#) Able to develop flash cards specific to young person e.g. personalised visuals for different emotions.

 [Kids in Story Book Maker \(iPhone\)](#) Create and share customized picture storybooks with photos of your child or others as the main character

## **Other ASD Resources and signposts**

### **Lucy Willetts**

- Can I tell you about ADHD
- Can I tell you about Autism
- Can I tell you About Asperger Syndrome?

### **Francis Musgrave – The Asperger Children’s Toolkit**

These likeable characters guide children with AS through some of the trickiest, stickiest conundrums known to humankind: from anxiety and negative thinking, to sensory overload, emotions, friendship and trust and social situations.

### **For parents:**

The Autism Discussion Page on the core challenges of autism: A Toolbox for helping children with autism feel safe, accepted and competent – Bill Nason