

ASD Parents Information Sheet

For Parents by Parents

Whatever stage of your autism journey you may be on here are some places you can turn to for help and support from groups, other families and friends in Lanarkshire who are sharing a similar journey. We have only provided the website links or Facebook pages to search for as its intended to make you aware of what's out there and know where to start. This helps prevent info overload and out of date information. Check out further for yourself the parts that interest you most.

Clubs & Support Groups

(Please see individual web/Facebook pages for more detailed info on events, venues, times etc)

Reach Lanarkshire: www.reachautism.org.uk

(North & South) on Facebook (FB) once you join

Little Stars: Little STARS Lanarkshire

(Wishaw) on Facebook

HOPE for Autism: www.hopeforautism.org.uk

(Airdrie) also on FB once you join

PALS: www.playandlearningsupport.co.uk

(Cumbernauld) also on FB once you join

PALS: Parent Support Pals Lanarkshire

(Bellshill) on Facebook

HAFC: Hamilton Accies Community Trust ASN

Programme (Hamilton) on Facebook

SAIL Autism at the ARCH hub:

www.sailautism.org.uk/arch

(South Lanarkshire Only) on FB once you join

Playpeace: ASN Activity group by parents from Clydeview School, Motherwell

The groups above all offer a variety of activities exclusively for children and teens on the spectrum. Eg. Lego, soft play, swimming, sports, social clubs, trampolining and dance. Some require membership before accessing but info can be found on their own pages.

Also some offer support groups for parents, training courses on autism and related subjects, advice, help with forms and seasonal trips and summer holiday trips. The first step is joining.....and no one understands better than other autism parents. No judgement – just fun!!

Online Help & Support

Scottish Autism: www.scottishautism.org

National Autistic Society: www.nas.org.uk

The Girl With the Curly Hair:

www.thegirlwiththecurlyhair.co.uk

Education Support:

Enquire: www.enquire.org.uk

Mindroom: www.mindroom.org

Govan Law: www.govanlawcentre.org

Autism Toolbox: www.autismtoolbox.co.uk

Family Support:

All have their own websites or FB pages and offer things from respite, befriending, discounts, advice or support in home

Partners in Play (Wishaw) www.partnersinplay.org.uk

Barnardos (Motherwell) 01698 262443

Contact A Family www.contactafamily.org.uk

The Princess Royal Trust for Carers

Airdrie 01236 755550/Hamilton 01698 428090 www.prtlcc.org.uk

Caring Together (Motherwell) 01698 404055

www.carerstogether.org

PDA Support (Forgewood) contact Pauline Anderson or Hope on FB for meeting info

Sense Scotland (Glasgow) www.sensescotland.org.uk

Facebook Support Groups/Info Pages

ASD Warrior Parents

Autism Triage Scotland

Lanarkshire ASD & ADHD Parents Support Group

Lanarkshire ASD Info Group

Autism Take 5

Love Autism

PACT for Autism

PDA Scotland

ASN Parents Together

These pages are a great place to start to ask for advice or see what local parents are talking about.

ASN Activities & Special Sessions

Soft Plays – various days and time see websites

Trampoline Parks – EK, Glasgow, Newhouse

Shining Stars Drama School: on FB Shining Stars ASN Theatre School

Indepen-dance dance classes: on FB and

www.indepen-dance.org.uk

Sensory Rooms: (Motherwell) oneeyeddog.co.uk 01698 276444

Swimming clubs/Lessons – Wishaw Beavers, Hope, Reach and Council run lessons-call for info on ASN packages

Badminton Centre and Bouncy Castle Carnival

– ASN sessions Sat night, on FB or 01236 732773

Horse Riding/Therapy – on FB - Ponies Help Children, Equitots, Hooves and Paws

<p>Benefits You May Be Eligible For <i>Diagnosis not always necessary to be able to apply. Speak to your local welfare rights officer</i></p> <p>DLA (Disability Living Allowance) Carers (Carers Allowance) Bus Pass (aged over 5s) Warm Home Discount Blue Badge (Parking) SDS - Self Directed Support</p>	<p>Local Discounts</p> <p>Soft Play ASN Exclusive sessions at most Swimming – SL & NL residents discounted entry Cinema Card – Pay for child, carer in free Carers Card – access many leisure activities at reduced price or free with paying child Pamper treatments – reduced price for treatments</p>
<p>Professional Intervention</p> <p>Many families have intervention from these teams on a regular basis. Ask about these services with your paediatrician or GP.</p> <p>Speech and Language Therapists (SALT) Occupational Therapy (Paeds ASD Specific) CAMHS (Mental health support for children) Dietician Audiology Learning Support Teachers(ELCAT) School/home Specialist Dentist Physical Therapist Social Worker or Self Directed Support</p>	<p>Courses That May Help</p> <p>Hanen – More Than Words, Talkability – via your speech and language team Earlybird – contact NAS on 0141 2218090 Scottish Autism Right Click – www.scottishautism.org Sleep Scotland on FB & www.sleepscotland.org Relax Kids on FB & www.relaxkids.com Makaton – info@carolinemakatontutor.co.uk Or you can tel: 07778 951143 Carer Training by PRTLCC – www.prtlcc.org.uk Various subjects like ASD, Stress, Behaviour. Check page for dates</p>
<p>Financial/Resource Support</p> <p>You can apply for a small grant to enable you to get a short break, essential household item, ipad, trampoline etc for your child – see websites for further info Family Fund – www.familyfund.org Take A Break Scotland – www.takeabreakscotland.org.uk Caudwell Children – www.caudwellchildren.com</p>	<p>Resource Websites</p> <p>PECS on FB Pecs User Support or www.pecs-unitedkingdom.com Visuals - on FB ASD Bright Ideas, Visuals & Charts by Gillz Sensory Toys – Amazon or www.sensorydirect.com Chewellry - Amazon or www.sensoryneeds.co.uk Ear Defenders- Amazon or www.cheapdisabilityaids.co.uk Social Stories – www.autism.org.uk , www.autismtoolbox.co.uk on google- type the subject</p>
<p>ASD Popular Apps</p> <p>Proloquo2go – AAC device Gridplayer – free AAC device for beginners List of Good Apps www.autismparentingmagazine.co.uk Autism Apps – contains recommended Apps Best Apps List – www.bridgingapps.org Apps – www.lifewire.com Speech – www.speechandlanguagekids.co.uk www.teachthought.com</p>	<p>Recommended Books</p> <p>Freaks, Geaks and Aspergers – Luke Jackson Multicoloured Mayhem – Jacqui Jackson 10 things every child with ASD wishes you Knew – Ellen Notbohm Autism Discussion Page (Green/Blue) - Bill Nason Thinking in Pictures – Temple Grandin Life Behind Glass – Wendy Lawson Complete Guide to Aspergers – Tony Attwood Stories that Explain – Lynn McCann Autism In the Early Years – Val Cumine Beginners Guide to Autism Spectrum Disorders – Paul G Taylor The Reason I Jump – Naoki Higashada A Friend Like Henry – Nuala Gardner PDA My Daughter is not naughty – Jane A Sherwin</p>
<p>A Final Thought..... <i>If you have not checked out this verse then go search for Welcome to Holland by Emily Perl Kingsley even on your darkest day this will help you see a way forward and has helped many a parent including myself. Hope this page has helped. If you wish to add anything please find me on FB on ASD Warrior Parents or email: bevmquckin@virginmedia.com ©</i></p>	