



It can sometimes be overwhelming when you first start researching Autism Spectrum Conditions (ASC). This list has been collated to help provide a starting point for finding services, organisation, books, and so on the subject of ASC and everything to do with it! It is by no means exhaustive but intended to point you in the right direction to begin supporting your child.


### **Learning more about Autism Spectrum Conditions**

 Midlands Psychology run an “introduction to Autism” course for parents. We also run workshops on various features of Autism including sensory difficulties, motor functioning, behaviour, sleep, emotions, social skills and so on:


[www.facebook.com/pages/Midlands-Psychology/254416644725299?ref=nf](https://www.facebook.com/pages/Midlands-Psychology/254416644725299?ref=nf)

 A very helpful downloadable information pack for parents published by Autism West Midlands and West Midlands SEN Partnership. This has information about education, transitions, benefits and so on.


[www.staffordshire.gov.uk/education/welfareservice/SpecialEducationalNeeds/spps/whatson/West-Midlands-Autism-Spectrum-Parent-Information-Pack-January-12.pdf](http://www.staffordshire.gov.uk/education/welfareservice/SpecialEducationalNeeds/spps/whatson/West-Midlands-Autism-Spectrum-Parent-Information-Pack-January-12.pdf)

 My Autism and Me: a BBC Newsround video (15 mins) – 13 year old Rosie talks about how Aspergers affects her:


[www.youtube.com/watch?v=ejpWWP1HNGQ](https://www.youtube.com/watch?v=ejpWWP1HNGQ)

 Autism and Me: Teenager Rory Hoy talks about how Autism affects him. Rory has gone on to become a successful DJ, music and film producer and has his own website. His ASC film is at:


[www.youtube.com/watch?v=POIJG3qmV9Q](https://www.youtube.com/watch?v=POIJG3qmV9Q)

 The National Autistic Society Website has pages of information and downloadable information leaflets:

[www.autism.org.uk](http://www.autism.org.uk)

 Training and workshops on a range of issues relevant to parents of children with ASC and additional needs.


[www.staffordshire.gov.uk/education/welfareservice/SpecialEducationalNeeds/spps/parenttraining/Skillshare.aspx](http://www.staffordshire.gov.uk/education/welfareservice/SpecialEducationalNeeds/spps/parenttraining/Skillshare.aspx)


 If you are interested in finding out more about emerging research try signing up to the newsletter at the Autism Research Centre.


[www.autismresearchcentre.com](http://www.autismresearchcentre.com)

 Understanding the Autism Spectrum – Open University Level 1 module (distance learning)


[www.open.ac.uk/courses/modules/sk124#details](http://www.open.ac.uk/courses/modules/sk124#details)


 “Asperger’s Syndrome” by Tony Attwood

 “A Beginner’s Guide to Autism Spectrum Disorders: Essential information for parents and professionals” by Paul G. Taylor


 “The Reason I Jump: One boy’s Voice from the Silence of Autism” by Noaki Higashida

## Introducing your child to their diagnosis

 Midlands Psychology run groups for children and young people where they can learn about ASC, how it affects them and what kinds of things are helpful. These are scheduled regularly for different age groups.


 My autism and Me: a short BBC Newsround video by 13-year-old Rosie who has Aspergers


[www.youtube.com/watch?v=ejpWWP1HNGQ](http://www.youtube.com/watch?v=ejpWWP1HNGQ)


 Different like me: My book of Autism Heroes by Jennifer Elder

 Autism All-Stars: How we use our Autism and Asperger Traits to Shine in Life by Josie Santomauro

 Martian in the Playground by Clare Sainsbury

 The ASD workbook: Understanding your Autism Spectrum Diagnosis by Penny Kershaw

 Freaks, geeks and Asperger Syndrome: A User Guide to Adolescence by Luke Jackson

 All Cats have Asperger Syndrome by Kathy Hoopmann

Fictional books in which main character has autism:


 The Curious Incident of the Dog in the Night-Time by Mark Haddon

 Bluebottle Mystery - one of four Aspergers Adventures by Kathy Hoopmann


 Trueman Bradley – Aspie Detective by Alexei Maxim Russell


## Telling the other people


 Can I tell you about Autism? A Guide for Friends, Family and Professionals by Jude Welton

 Can I tell you about Asperger Syndrome? A Guide for Friends and Family by Jude Welton


 My Brother is Autistic (Let's Talk) by Jennifer Moore-Mallinos and Marta Fabrega

 Everybody is Different: A book for Young People who have brothers and sisters with Autism by Fiona Bleach

 A Friend's and Relative's Guide to Supporting the Family with Autism: How Can I Help? By Ann Palmer

 Black Balloon: Film about a sibling's journey to understanding his brother's autism (recommended age 15+)

## Support for siblings


 **Sibs** provides a youth section to their website where brothers and sisters can get information and chat with other siblings of children with health problems and disabilities


[www.youngsibs.org.uk](http://www.youngsibs.org.uk)


 **Contact a Family** brings families of disabled children together so that they can support one another.


[www.cafamily.org.uk/](http://www.cafamily.org.uk/)

## Supporting social development


 Midlands Psychology run an rolling “Adaptive Skills” programme aimed at encouraging the development of adaptive social skills. Groups target different age groups and rotate through venues across South Staffordshire.

 “Asperkids The Asperkids (Secret) Book of Social Rules: The handbook of not-so-obvious social guidelines for tweens and teens with Aspergers” by Jennifer Cooke O’Toole


 “The Loveable Liam”, series by Jane Whelen Banks - A range of story books suitable for young children tackling different social situations and how to deal with them

 Comic Strip Conversations and Social Stories where developed by Carol Gray to help children to think about what is happening in a situation and about what people are thinking and feeling. Social Stories teach children about expectations for a certain situation.

[www.thegraycenter.org/social-stories/what-are-social-stories](http://www.thegraycenter.org/social-stories/what-are-social-stories)

 There is an introduction to using Social Stories and Comic Strip Conversations published on the National Autistic Society website.

[www.autism.org.uk/living-with-autism/strategies-and-approaches/social-stories-and-comic-strip-conversations.aspx](http://www.autism.org.uk/living-with-autism/strategies-and-approaches/social-stories-and-comic-strip-conversations.aspx)


 Safe, secure, in and outdoor environments where children with a range of disabilities can play and relax:

Special Needs Adventure Playground (SNAP, Cannock)

**Tel: 01543 579286** [www.snapcannock.co.uk](http://www.snapcannock.co.uk)

North Staffs Adventure Playground (Newcastle-under-Lyme)

**Tel: 01782 717612** [www.specialadventureplayground.co.uk](http://www.specialadventureplayground.co.uk)

 Sports Across Staffordshire and Stoke-on-Trent Access website provides a one-stop shop into sport and becoming active including news, skills and workshops along with Football Association Skills Holiday Sessions.


[www.sportacrossstaffordshire.co.uk/live/cme0.htm](http://www.sportacrossstaffordshire.co.uk/live/cme0.htm)


 Kid in Story iPhone / iPad app

 Pictello iPhone / iPad app

} These apps are useful for creating photo albums and story books using your own images so that you can personalise the content and easily share and access it on smart phones and iPads.

## Helping with routine / transitions / new experiences


 Helping Children with Autism Spectrum Conditions through Everyday Transitions: Small Changes – Big Challenges by John Smith, Jane Donlan & Bob Smith


 Downloadable "Transition Toolkit" to help with transition to middle or high school:


[www.autismeducationtrust.org.uk/resources/transition%20toolkit.aspx](http://www.autismeducationtrust.org.uk/resources/transition%20toolkit.aspx)


 Free links to printable booklets and videos introducing Terminals 1, 2 and 3 to children with ASC.


[www.manchesterairport.co.uk/manweb.nsf/content/airportawareness](http://www.manchesterairport.co.uk/manweb.nsf/content/airportawareness)

 A printable resource to help professional understand you child in preparation for a hospital visit:  
[www.autism.org.uk/living-with-autism/out-and-about/my-hospital-passport.aspx](http://www.autism.org.uk/living-with-autism/out-and-about/my-hospital-passport.aspx)


 **AutisMate** iPhone / iPad app that helps children make a visual record of familiar and new surroundings. The app is completely customizable to each user and can be set up to feature a child's room at home, classroom at school, kitchen, bathroom and more.

 **Choiceworks** iPhone / iPad app provides a template to create a visual schedule to help make daily transitions and routines more predictable.

 **Kids in Story** iPhone / iPad story making app especially useful in helping children prepare for trips and transitions.


 **Cheap Disability Aids** supply visual timers to help with task switching and transitions:


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


 **Do2Learn** - Lots of free educational resources for special needs:

[www.do2learn.com](http://www.do2learn.com)

## Sensory differences


 **Cheap Disability Aids** supply sensory toys and aids including a range of chews suitable for all ages:  
[www.cheapdisabilityaids.co.uk](http://www.cheapdisabilityaids.co.uk)


 The **University of Loughborough** has an area on their website for parents about feeding problems:  
[www.lboro.ac.uk/service/feedingdisorders/parents/normal-behaviour/food-neophobia/](http://www.lboro.ac.uk/service/feedingdisorders/parents/normal-behaviour/food-neophobia/)

 "The Out of Sync Child" by Carol Kranowitz


 "Sensory Integration and the Child: Understanding hidden sensory challenges" by A. Jean Ayres

## Education


 Based at the Kingstone Centre in Stafford, the **Autism Outreach Team (AOT)** offer advice and training to schools throughout Staffordshire supporting children with ASC or a working diagnosis of ASC. Referrals AOT to are made with parent consent via the school SENCo or Head Teacher. Pre-school children are referred through the District Early Years Panel. **Tel: 01785 356977**


 **Autism and Sensory Support in Staffordshire (ASSIST)** offer Post-16 support for young people with sensory impairment or ASC.

[www.staffordshire.gov.uk/education/ASSIST/home.aspx](http://www.staffordshire.gov.uk/education/ASSIST/home.aspx)


 **Woodlands Outreach** – School based support in Shropshire **Tel: 01939 236181**

[www.woodlandscentre.org](http://www.woodlandscentre.org)


 **Autism Education Trust** promotes effective education practice for all children on the autism spectrum.

 **Treehouse** is a national charity for autism education providing information and training for parents and professionals as well as commissioning research and campaigning for change.


[www.treehouse.org.uk](http://www.treehouse.org.uk)

 **Independent Parental Special Education Advice (IPSEA)** is a registered charity offering free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs (SEN) and disabilities.

[www.ipsea.org.uk/what-you-need-to-know/ehc-plans](http://www.ipsea.org.uk/what-you-need-to-know/ehc-plans)

 **Staffordshire SEND Family Partnership** (formerly Parent Partnership) is for parents and carers of children and young people aged 0 to 25, with special educational needs and disabilities (SEND). They offer Information, Advice and Support about Education, Health and Social Care issues

**Helpline number: 01785 356921**

 The **Staffordshire School Choice Advice Service** is an independent, impartial and free service. The aim of the service is to support parents with the school admissions and appeals process.

**Telephone: 01785 278992**    Mobile: 07814 868854    [choiceadvice@staffordshire.gov.uk](mailto:choiceadvice@staffordshire.gov.uk)

### **Parent Support Groups - ASC specific**

Abbotts Bromley    Staffs **ASD Support Group** – Caroline Heath – 07855276566 or Helen Millerchip – 07977322695 – Website: [www.staffsasd.com](http://www.staffsasd.com) - email [info@staffsdf.com](mailto:info@staffsdf.com)

Burton on Trent    **Burton on Trent ASD Support Group** - Caroline Heath – 07855276566 or Helen Millerchip – 07977322695 – Website: [www.staffsasd.com](http://www.staffsasd.com) - email [info@staffsdf.com](mailto:info@staffsdf.com)

Codsall    **St Nicolas Autism Group** - Tel: 01902 434126 [office@stnicolas.sch.uk](mailto:office@stnicolas.sch.uk)

Cannock    **Cannock ASD Support Group** - Caroline Heath – 07855276566 or Helen Millerchip – 07977322695 – Website: [www.staffsasd.com](http://www.staffsasd.com) - email [info@staffsdf.com](mailto:info@staffsdf.com)

North Staffs    **North Staffs ASD Support Group** - Caroline Heath – 07855276566 or Helen Millerchip – 07977322695 – Website: [www.staffsasd.com](http://www.staffsasd.com) - email [info@staffsdf.com](mailto:info@staffsdf.com)

Rugeley    **Rugeley ASD Support Group** - Caroline Heath – 07855276566 or Helen Millerchip – 07977322695 – Website: [www.staffsasd.com](http://www.staffsasd.com) - email [info@staffsdf.com](mailto:info@staffsdf.com)

Lichfield    **Whits-end ASD/ADHD Support Group**: Tel: 07757246633  
[whits-endlichfield@hotmail.co.uk](mailto:whits-endlichfield@hotmail.co.uk)

Stafford    **NAS Stafford and District Branch** -Laura Owen:- Branch Chair – 07762105706 and Sarah Binks – Activity leader – 07760891699 - [stafford@nas.org.uk](mailto:stafford@nas.org.uk)

Newcastle    **The North Staffordshire Autism/Aspergers Association (NSAAA)** Tel: 01782 627002  
[www.nsaaa.co.uk](http://www.nsaaa.co.uk)

Adults    **Staffordshire Adults Autistic Society (SAAS)** – Tel: 01782 617088 / 07751223065  
[www.saas.uk.com](http://www.saas.uk.com)

## Parent Support Groups and Organisations - Generic

**Womborne Special Needs Support Group (WINGS)** provide support and activities for families with disabled children and young people in the Womborne area. Tel: 01902 892222

[www.wingssupport.com](http://www.wingssupport.com)

**Dad's And Disability Support Group** (Hednesford) Tel: 07522106195

[www.dadssupported.org](http://www.dadssupported.org)

**Mid Staffs Mencap** are a registered charity which supports local people with learning disabilities. Their services are available to people throughout the Western side of Staffordshire (from Trentham in the North to Kinver in the South).

[www.midstaffsmencap.org](http://www.midstaffsmencap.org)

**Staffordshire Parent Action Network (SPAN)** helps parents of children with disabilities make a difference to services in their area.

[www.span-info.co.uk](http://www.span-info.co.uk)

**Independent Futures** work with children and adults with disabilities and complex needs to help them live healthy and fulfilling and to have increasing control over what they want to do and how they want to be supported.

[www.staffordshire.gov.uk/health/disability-services/A-new-disability-service-for-people-of-all-ages.aspx](http://www.staffordshire.gov.uk/health/disability-services/A-new-disability-service-for-people-of-all-ages.aspx)

**Staffordshire Umbrella Network (SUN)** - network groups of parents, parent support group representatives and professionals who are interested in looking at issues affecting children with special educational needs and disabilities and their families. Current active network groups are Cannock and Lichfield and South Staffordshire (Wombourne, Perton, Codsall area), Central Staffordshire, East Staffordshire and North Staffordshire. Email [sun@staffordshire.gov.uk](mailto:sun@staffordshire.gov.uk) or telephone **01785 356921** for further information.

**Afasic England** support children and young people who have a speech and language impairment.


[www.afasicengland.org.uk](http://www.afasicengland.org.uk)

## Carers

 Carers' Hub – SGI Offices Madford Retail Park Foregate Street Stafford ST16 2QY – Telephone:– 0300 123 1532/3562

 Carers' Hub – Suite 9 The Forecourt Albion Street Hanley Stoke on Trent ST1 1QH – Telephone 0300 123 1532/3562

## General links


 Midlands Psychology for groups, courses, drop-ins and workshops:



[www.facebook.com/pages/Midlands-Psychology/254416644725299?ref=nf](https://www.facebook.com/pages/Midlands-Psychology/254416644725299?ref=nf)



@MidPsy

 Local "What's on" guide summarising groups and activities across Staffordshire for families of children with special needs.

[www.staffordshire.gov.uk/education/welfareservice/SpecialEducationalNeeds/spps/whatson/whatson.aspx](http://www.staffordshire.gov.uk/education/welfareservice/SpecialEducationalNeeds/spps/whatson/whatson.aspx)



On line directory for local autism friendly resources:

[www.theautismdirectory.com](http://www.theautismdirectory.com)



National Autistic Society - Forum, Helpline, information leaflets and so on. Local branches provide support groups and training opportunities.

[www.nas.org.uk](http://www.nas.org.uk)

And finally if you would like to contribute to Midlands Psychology this can be done through our Parents Advisory Group – contact details as shown

[helen.boss@midlandspychology.co.uk](mailto:helen.boss@midlandspychology.co.uk)