**Signposting for further support in Birmingham**

**□ The Autism Education Trust (AET)** [www.autismeducationtrust.org.uk](http://www.autismeducationtrust.org.uk)

**The Autism Education trust (AET)** was launched in November 2007. AET is dedicated to co-ordinating and improving education support and good practice for all children on the autism spectrum in England. Find out more about AET resources including research, toolkits and events.

**□ Autism West Midlands** <https://www.autismwestmidlands.org.uk>

**AWM** is the leading charity in the West Midlands for people with autism. They support people with autism to live as independently as possible, in residential care, or in their own or the family home. They help people with autism to find and keep a job. They provide activities and events and support for families, and an information helpline. They also offer training for parents of children with autism, and the professionals who help them.

**Tel:** 0121 450 7582 / 0303 03 00 111

**Twitter:** twitter.com/autismwestmids

**Facebook page:** [www.facebook.com/AutismWM](http://www.facebook.com/AutismWM) – NB - *health warning: parents have been posting personal information about their children on this page.*

Notes: - Has a YouTube link which has videos about Birmingham Airport, as well as linking to Autism Connect which is a social media for people with a diagnosis of ASD. Has a link to Autism connect at the top of their web page.

**□**  **Birmingham and Solihull Mental Health NHS**

<https://www.bsmhft.nhs.uk/our-services/adult-services>

They provide a number of adult mental health services throughout Birmingham and Solihull and support people in the community through outpatient facilities, acute care, day services and community teams.

**Birmingham Healthy Minds**

<https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/>

BHM is a primary care psychological therapies service that works closely with Birmingham GPs. BHM offers advice, information and brief psychological talking therapies for people aged 16 and over, who are often feeling anxious, low in mood or [depressed](https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/dealing-with-depression/).

**□**  **The Communication and Autism Team** [https://accesstoeducation.birmingham.gov.uk/-communication-autism-team/](https://accesstoeducation.birmingham.gov.uk/-communication-autism-team/%20)

Children attending a Birmingham School can be referred to this service by the school SENCo. They are not involved with children who are under elective home education however they do have a service for children who are out of school (CAT CHOOS). Schools can access Autism Education Trust training and parents can access parent support sessions (CAT PAC)

**□**  **Contact** (previously Contact a Family) <https://www.contact.org.uk/advice-and-support/local-support/contact-in-your-area/offices/birmingham/?s=&t=rg&r=4313>

Contact provides support, advice and information for families with disabled children, no matter what their condition or disability. Services provided;

* Advice, information and support to help families find out what is available locally
* Workshops, events and opportunities to meet other families with disabled children
* Regular newsletters and e-bulletins with useful information for families

Contact has a base in Selly Oak at Touchbase Pears. This centre runs a range of activities for people of all ages – including messy play, sensory sessions and transport time (train building sessions) - <https://www.touchbasepears.org.uk/whatson/>

**□ DLA** (Disability Living Allowance) <https://www.gov.uk/disability-living-allowance-children>

**Tel:** 0345 712 3456

DLA for children may help with the extra costs of looking after a child who:

* is under 16
* has difficulties walking or needs more looking after than a child of the same age who doesn’t have a disability

**PIP** (Personal Independence Payment) <https://www.gov.uk/pip>

PIP is for young people aged 16 and over, to help with some of the extra costs caused by long term ill-health or disability.

**□ I CAN** [www.ican.org.uk](http://www.ican.org.uk)

I CAN Help is a range of information services that provide help and advice to parents and practitioners about speech, language and communication. It includes a free call-back service with a speech and language therapist (Talking Point - the website dedicated to speech and language, and I CAN's assessment services).

**□ Kooth** <https://www.kooth.com>

Kooth is a provider of online mental health services for children, young people and adults. Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

**□ National Autistic Society (NAS)** <https://www.autism.org.uk>

**Tel:** 0808 800 4104

The NAS are the leading UK charity for autistic people (including those with Asperger syndrome) and their families. We provide information, support and pioneering services, and campaign for a better world for autistic people).

**□ Resources for Autism** <https://resourcesforautism.org.uk/about-us/west-midlands/>

This organisationoffer groups for children age 5-19 mostly in Birmingham and Walsall. They are hoping to extend this to Solihull and other areas funding permitting. These groups do have a waiting list.

Theycan provide home support anywhere in the West Midlands region but again there is a waiting list depending on when support is needed and where exactly you live.

Families can contact the Birmingham office via their website for more information.

**□ SENDIASS**

Birmingham Special Educational Needs and Disability Information and

Advice and Support Service offer impartial information, advice and support to children and young people with special educational needs or disabilities.

**Tel:** 0121 303 5004

**Email:** [sendiass@birmingham.gov.uk](mailto:sendiass@birmingham.gov.uk)

**□ IPSEA** [www.ipsea.org.uk](http://www.ipsea.org.uk)

Independent Parental Special Education Advice – offers free independent legally based information, advice and support to help get the right education for children and young people with SEN.

**□ Solar Crisis Team**

Solar information states that; If a child's mental state gets worse quickly, and you are worried about their safety, it’s important to get help quickly.

If a child or young person:

* is an imminent risk to themselves or others due to a deterioration in their mental health
* has active thoughts and plans of suicide with intent
* is severely depressed and in need of crisis assessment and intensive home treatment to prevent admission to hospital

...contact the Solar crisis service who are contactable via 0121 301 2750 (Monday-Friday, 9am-5pm) where you will have access to a trained clinician who will assess whether you need to be seen by our Crisis Team. We will advise you what to do next.   
  
Out of hours the crisis team are available for mental health crisis (weekdays 5pm-8pm, weekends 8am-8pm) via Northcroft switchboard 01213015500 - please ask for the Solar Crisis Team. The operator will take the best contact number and then pass it to the staff member on call and they will call you back as soon as possible.

**□ Leisure Activities**

* Rush trampoline park offers Autism friendly sessions – [www.rushuk.com](http://www.rushuk.com)
* ‘Rock Up’ offers Autism Friendly indoor rock climbing session every 3rd Saturday of the month – [www.rock-up.co.uk](http://www.rock-up.co.uk)
* Autism Play Project at Birmingham University on a Saturday Morning – [tapp@guild.bham.ac.uk](mailto:tapp@guild.bham.ac.uk)
* Somewhere over the Spectrum – social group for teenage girls on the Autism Spectrum (join their Facebook page for details). <http://somewhereoverthespectrum.co.uk/>

**Safety Notice**

**It’s important to maintain user safety when accessing services on the internet, as well as maintaining the safety of the young people/children we are seeking to support.**

**Please be aware when sharing confidential information about yourselves and/or your children on line, the websites used cannot guarantee this information will be kept safe and confidential. This includes using forums attached to services. It is also important to consider whether your child would consent to details you might be sharing. This is important for all age children, in particular adolescents.**

**Please also be aware when allowing your children to access services online that you must monitor their activity and agree the ‘rules’ with them that they do not share any information that is personal to them with others online. You may need to write down information that is considered ‘personal’, so that this is clear for the young person/child. This can include full name, age, school, address and any other identifiable information.**

**The National Autistic Society details ‘community rules’ on their website which can be helpful to look at:** <https://community.autism.org.uk/p/rules>

**Autism West Midlands also has instructions for young people with ASD about safe use of social media:** <https://www.autismwestmidlands.org.uk/wp-content/uploads/2017/11/Internet_safety_and_autism.pdf>