**Signposting for further support**

**□ 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:** <https://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/).

**□**  **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/>

**□ Early Help** <https://solihulllscp.co.uk/parents-carers/early-help-66.php>

**Tel:** 0121 709 7000

Supports children, young people and families to avoid problems and identify solutions before they escalate.

**□ 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.

The Disabled Children’s Benefits information and advice service will be provided by Age UK through the Community Advice Hubs from the 1st April 2019. The email address for referrals is benefits@solihullcommunityhub.org.uk  and the telephone number is 0121 709 7594. They will be based in both Community Advice Hubs at the Core in central Solihull and at Chelmsley Wood Library, so parents can visit whichever is easiest.

**□ Family Action Solihull Special Educational Needs and Disability Information Service (SENDias)** [www.family-action.org.uk/solihullsendias](http://www.family-action.org.uk/solihullsendias)

**Email address**: solihullsendias@family-action.org.uk

**Tel:** 0121 516 5173

A free confidential and impartial service offering information, advice and support about Special Education Needs and Disability (SEND) procedures and processes in education.

**□ Home Start** (for families with children up to five years old) <https://www.home-start.org.uk>

Home-Starts across the UK support families struggling with post-natal depression, isolation, physical health problems, bereavement and many other issues receive the support of a volunteer. They also offer support groups, hold day trips and Christmas parties and help access local services, as well as lots of other support.

**□ 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).

**□ 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).

**□ SASSI** (Solihull Autism Spectrum Support and Information)

Evening drop-in groups for anyone with an interest in Autism. An opportunity to meet other families and attend formal talks. More details and upcoming events are available on their **Facebook page**.

**□ Signpost Inclusion** <https://www.signpostinclusion.org.uk/>

Run by staff who are parents or carers of children with additional needs, Signpost Inclusion run events for all the family including a swimming club, climbing club and gaming group.

**□ Social Solihull** <https://socialsolihull.org.uk/localoffer/care/>

Provides information about short breaks offered by the council for children with disabilities and how these can be accessed. Short breaks are leisure opportunities for children and young people with disabilities which give their parent/carer a break/respite from their caring responsibilities. Short breaks are intended to have positive benefits for both children and young people with a disability and their parents/carers.

An assessment by social care or Learning Disability Nurse will be required to access overnight short breaks/respite care.

**□ 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.

**□ Solihull Family Information Service** <https://www.solihull.gov.uk/parentsnetwork>

 **Twitter:** <https://twitter.com/SolihullFIS>

Sign-up to the parent network and get a monthly e-bulletin to date with local family events in the borough, including short breaks, clubs and local services.

**□ Solihull Young Carers** <https://www.solihullcarers.org/carers-5-to-25/>

**Facebook page** <https://www.facebook.com/solihullcarerstrust/>

**Twitter:** <https://twitter.com/solihullcarers>

**Tel:** 0121 788 1143

A support service for children and young people aged 5 – 18 whose lives are affected by caring or helping to care for someone at home.

**□ SoLO Life Opportunities (SoLO)** [www.solihullsolo.org](http://www.solihullsolo.org)

SoLO Life Opportunities (SoLO) is a charity which enables children, young people and adults with learning disabilities to enjoy social and leisure activities that the rest of us take for granted.

SoLO provide a number of activities and groups, after-school, evenings and weekends.

**□ Adult ASD assessment**

If a parent or adult in the family thinks that they would benefit from an assessment to consider the possibility of an underlying ASD for themselves, they can make an appointment with their GP and complete the AQ-10 Autism questionnaire. The GP can then make a referral for the level of assessment required as appropriate.

**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>