



## The Autism Service

Cognus Limited, First Floor Annex, 24 Denmark Road, Carshalton, SM5 2JG  
theautismservice@cognus.org.uk



### General Support/Information

- **NAS Sutton Branch:** run entirely by unpaid volunteers, many of whom have are parents / carers of autistic children. NAS branches in England provide a local hub where parents, carers and autistic people can get help, access services, support each other and meet other people and families in similar situations.  
NAS Sutton does this through organising:
  - Evening workshops for parents and carers with guest speakers discussing a variety of topics
  - Special needs behaviour support group every month with Mark Brown from Special Help 4 Special Needs for parents and carers
  - Monthly support group and social group for adults with autism
  - Regular activities for the whole family to enjoy such as theatre trips, climbing sessions and slime workshops and a monthly Lego club for children
  - Introduction to Autism course twice a year for parents and carers who have just received a diagnosis for their child<http://www.nassutton.org.uk/>
- **The National Autistic Society:** national information about autism including specific guides around autism-related strengths and difficulties as well as information for the wider family.  
[www.nas.org.uk](http://www.nas.org.uk)
- **The National Autistic Society's Autism Helpline** has interpretation facilities. This enables them to provide information to families in 150 languages over the phone. Someone has to speak in English at first and give the language required. The helpline staff will phone the family back with the interpreter. Telephone: 0845 070 4003 or 0808 800 4104 (Mon-Friday 10am-3pm).
- **Parent to Parent Helpline:** Parent to Parent is a confidential telephone service providing emotional support to parents and carers of autistic adults or children. The service is provided by trained parent volunteers who are all parents of an autistic adult or child. Telephone: 0808 800 4106 (leave a message and they will call back)
- **Sutton Local Offer:** Information about the support and opportunities that are available locally including education, health and social care.  
<http://localoffer.sutton.gov.uk/>
- **Sutton Parents' Forum:** <https://www.suttonparentsforum.org.uk/>  
The Sutton Parents Carers Forum is run by parents for parents, primarily to make sure that the collective difficulties are recognised by the London Borough of Sutton, and that parents have a voice within the Local Authority to effectively inform decisions about resources, services and policies which will directly affect children.
- **SIASS - Sutton Information, Advice and Support Service:** [sutton@siass.co.uk](mailto:sutton@siass.co.uk) or Tel: 020 8323 0462  
SIASS provides free impartial, confidential and accurate information, advice and support about education, health and social care for children, young people and their parents / carers.  
<https://www.siass.co.uk/>



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- **CAF – Contact a Family:** CAF provide information, advice and support; bringing families together so they can support each other.  
[www.cafamily.org.uk/advice-and-support/in-your-area/offices/sutton/](http://www.cafamily.org.uk/advice-and-support/in-your-area/offices/sutton/)
- **iCount card:** The Children's Disability Register is a confidential list of names and basic information about children and young people with disabilities, special or additional needs. When children and young people's names are added to the register, parents and carers will receive information about services available in Sutton.  
[https://www.sutton.gov.uk/info/200611/suttons\\_local\\_offer/1396/children\\_who\\_need\\_additional\\_support/3](https://www.sutton.gov.uk/info/200611/suttons_local_offer/1396/children_who_need_additional_support/3)
- **Children with Disabilities Team:** The Children with Disabilities team consists of social workers, occupational therapists and other practitioners who provide advice and assistance to children and young people with disabilities and their parents/carers. These services are only for those children and young people from birth to 18 that are either registered with I COUNT or could be registered as a child/young person with a disability.  
[https://www.sutton.gov.uk/info/200611/suttons\\_local\\_offer/1396/children\\_who\\_need\\_additional\\_support/6](https://www.sutton.gov.uk/info/200611/suttons_local_offer/1396/children_who_need_additional_support/6)
- **Short Breaks:** In Sutton, Short Breaks include an activity or a service from which a disabled child or young person gets enjoyment, learning and benefit. The services include the use of children's centres, leisure activities, youth services and other provisions related to and for the purpose of providing a break. This also gives carers a break from their caring role.  
[https://www.sutton.gov.uk/info/200611/suttons\\_local\\_offer/1396/children\\_who\\_need\\_additional\\_support/5](https://www.sutton.gov.uk/info/200611/suttons_local_offer/1396/children_who_need_additional_support/5)
- **Sutton Carers Centre:** Although you may not use the term 'carer' to describe yourself, you are carrying out a caring role and there is lots' of support with this. Sutton Carers Centre provide information and advice, support, specialist mental health services, money matters support, training and workshops. 020 8296 5611 / Email: enquiries@suttoncarerscentre.org  
<https://www.suttoncarerscentre.org/what-we-do>
- **Early Support Service:** Offer support, advice and coordination of needs to families where there is a child or children aged 0-8 years with additional needs or disabilities. The child's needs would require input from at least 2 specialist services. The current early support coordinator is a registered health visitor who works exclusively with families where children have additional needs. Contact: Children's First Contact Service on 020 8770 6001  
[https://www.sutton.gov.uk/info/200625/sen\\_support/1689/early\\_support\\_service](https://www.sutton.gov.uk/info/200625/sen_support/1689/early_support_service)
- **Adapt to Learn:** Provide a wide range of practical and relevant training opportunities to help increase understanding of children with social communication needs and autism. They offer individual assessments and strategies, training, consultancy and bespoke interventions.  
<https://adapttolearn.com/about/>
- **Playwise CIC:** PlayWise offers new, innovative and bespoke interventions for families either at home, the community hub or in their learning setting. PlayWise supports children aged 0-8 years.  
<https://playwise.org.uk/>



## Support for the young person

### Support to understand their diagnosis

One off understanding diagnosis session:

- To register for a one off session to support the child to understand their diagnosis (from the Autism Service), fill out the form [here](#). This is designed to be the start of the conversation or an opportunity to gain further information, which will then be continued at home or by school after the session.

### Books Aimed at Children/Young People

- The Superhero Brain: Explaining autism to empower kids by Christel Land
- Autism, Bullying and Me by Emily Lovegrove (aimed at 10-16 year olds)
- The Asperkid's (Secret) Book of Social Rules: The Handbook of Not-So-Obvious Social Guidelines for Tweens and Teens with Asperger Syndrome by Jennifer Cooke O'Toole
- All Cats have Aspergers by Kathy Hoopmann
- My Autism Book: A Child's Guide to their Autism Spectrum Diagnosis by Glòria Durà-Vilà and Tamar Levi
- My Awesome Autism: Helping children learn about their autism diagnosis
- The Aspie Teen's Survival Guide: Teen-to-teen Advice from a Young Man with Asperger's Syndrome by J. D. Kraus
- What We Love Most About Life: Answers from 150 Children Across the Autism Spectrum by Chris Bonello
- The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses by Lauren Brukner

### Activities for Young People

- Knots Arts: inclusive, friendly and fun sessions where children and young people feel safe and supported to develop their communication skills and build friendships. By meeting others who understand the challenges that social communication difficulties can bring, children are able to work together to embrace their differences and overcome any obstacles that they may present. For young people aged 4-25. Contact [hello@knotsarts.com](mailto:hello@knotsarts.com) or 07947 212485  
<https://knotsarts.com/about-us/>



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- 15<sup>th</sup> Wallington Scouts Group: We run Beavers, Cubs and Scouts for young people (boys and girls) with additional needs, taking part in adventurous activities, nights away and other activities including games, craft, cooking. Beavers: 6-8 year olds Cubs: 8-10 year olds Scouts 10-14 year olds Contact Catherine Keen on 020 8661 7532 or catherine\_keen2000@yahoo.co.uk  
<http://15wallington.scoutsites.org.uk/>
- Sutton Eagles Special Needs Football Club: Contact Louise Bowman on 020 8669 6797 or louiseb@lineone.net  
<http://www.suttoneaglesfc.co.uk>
- **Phoenix Rangers:** run in the Wallington area every Thursday at 4.30pm during term times. For more information and to book a place please contact Olivia Griffin on 0208 647 8600 or email olivia@suttonmencap.org.uk
- Post-16: **SIASS Youth Forum** (16-25). To join, email [laura.haupt@siass.co.uk](mailto:laura.haupt@siass.co.uk)
- **Roundabout Dramatherapy:** offering therapeutic support for young people:  
[https://www.sutton.gov.uk/directory\\_record/87659/roundabout\\_dramatherapy/category/231/pri mary - age 5 to 11](https://www.sutton.gov.uk/directory_record/87659/roundabout_dramatherapy/category/231/pri mary - age 5 to 11)  
How is this funded: Direct payments, Personal budgets, Own funds
- **Disabled Swimming (Westcroft Leisure Centre,** Wednesday 6.30-8.00pm, Thursdays 7-8pm) iCount card entitles you to a £13 year membership so each swim is only £1 at these specific sessions. Booking required. <https://www.everyoneactive.com/centre/westcroft-leisure-centre/#activities>
- Further groups here: <https://www.nassutton.org.uk/contacts/children-teenagers/>

### Sleep support

- Sleep counselling for children and young people aged 2-18.  
The sleep counsellors have had intensive training by Sleep Scotland and have received accreditation.  
The sleep programmes are tailor made for children, young people and families and require an in-depth assessment, home visit from the counsellors and fortnightly visits to sleep clinic for support during the implementation of the programme.  
Contact: Children's First Contact Service on 020 8770 6001

### Toileting support

- Children's Continence Service is available for children and young people aged 5 to 18 years old, registered with a Sutton GP, who experience bladder and/or bowel difficulties including daytime wetting / soiling. Referral to the service is via your child's GP or another health professional (e.g. School Nurse / Health Visitor).  
<https://www.suttonhealthandcare.nhs.uk/continence-service>
- ERIC: Download free resources here <https://www.eric.org.uk/parents-and-carers>  
Free helpline: 0808 169 9949



## Year 6-7 Transition

- AET transition to secondary: <https://www.autismeducationtrust.org.uk/shop/parents-guide/>
- IYS transition project: Supporting pupils at risk of exclusion. Support from Summer-Dec/March. Usually refer by March.  
[IYSTransitionProject@sutton.gov.uk](mailto:IYSTransitionProject@sutton.gov.uk)

## Support for siblings

- **Sutton Young Carers:** support for siblings to speak about their role within the family and access fun activities to have time to relax.  
<https://www.suttoncarerscentre.org/young-carers-services>
- Roundabout Dramatherapy: for young people who have siblings who are autistic. For more information, email [lynn@roundaboutdramatherapy.org.uk](mailto:lynn@roundaboutdramatherapy.org.uk)  
<https://www.roundaboutdramatherapy.org.uk/>

## Resources: Talks and Videos

- Series of Talks from Autistic individuals, parents and professionals:  
<https://youtube.com/playlist?list=PL8bDLIayZ18gfFeU4mSLAz6koVFMJ-6uL>
- Small changes that make a positive difference to our autistic students in the classroom:  
[https://youtu.be/gP\\_GYvMZpVE](https://youtu.be/gP_GYvMZpVE)
- Short top tips videos:  
<https://www.youtube.com/watch?v=pPPrVXVzFTM&list=PL8bDLIayZ18jNBIngZGnJludWmtLrrwy>
- Sutton Young Voices: short film featuring young autistic people from Sutton explaining what autism means to them: <https://youtu.be/qzd-ZLrfJG8>
- NAS Shopping Centre video – can you make it to the end?:  
<https://www.youtube.com/watch?v=aPknwW8mPAM>
- NAS Sensory Overload: <https://www.youtube.com/watch?v=ERGPEKm8qSE>



## Parent Workshops

- **Time Out for Parents-** 4 week parent programme (via Early Help)
- **Sutton Parent's Forum** – ongoing workshops. Contact Jane Knowles on 07557 760328 or [suttonparentsforum@outlook.com](mailto:suttonparentsforum@outlook.com)
- NAS Sutton branch offer events and workshops. Sign up to their mailing list (<https://www.nassutton.org.uk/membership/>), or check their facebook page.

## Pre-recorded Parent Workshops from Paving the Way and The Autism Service

These workshops have been produced online so you can view them in the comfort of your home and at a time that is suitable for you. To view each topic, please press ctrl and click on the links below.

Topic	YouTube Link
What is autism/social communication differences?	<a href="https://youtu.be/4f5_X7_ugNc">https://youtu.be/4f5_X7_ugNc</a>
Strategies to Support Communication	<a href="https://youtu.be/dw2eRYJQncM">https://youtu.be/dw2eRYJQncM</a>
Problem Solving Behaviour	<a href="https://youtu.be/hEcE9nPpNPY">https://youtu.be/hEcE9nPpNPY</a>
Sensory Differences	<a href="https://youtu.be/GbEuTz8DyeY">https://youtu.be/GbEuTz8DyeY</a>
School Strategies	<a href="https://youtu.be/vf46EpKzez8">https://youtu.be/vf46EpKzez8</a>
Advice on Support Services available to Parents (with SIASS)	<a href="https://youtu.be/QzSPhBBjt4o">https://youtu.be/QzSPhBBjt4o</a>
Emotions and Anxiety	<a href="https://youtu.be/oSmUjvHCm8U">https://youtu.be/oSmUjvHCm8U</a>
Supporting a child to understand their autism diagnosis	<a href="https://youtu.be/oXrOfJz05UY">https://youtu.be/oXrOfJz05UY</a>
Eating and Sleeping	<a href="https://youtu.be/e97wKQ8RNx4">https://youtu.be/e97wKQ8RNx4</a>



### Resources: Blogs

- List of Blogs: <https://visualvox.wordpress.com/list-of-autistic-spectrum-blogs/>
- Blog from a parent's perspective: <http://www.mysonsnotrainman.com/blog>

### Blogs from a personal perspective

- Reading books and articles by Temple Grandin (an adult with Autism)  
<http://www.templegrandin.com/>
- Talks and books by Robyn Steward (a young woman on the spectrum)  
<http://www.robysteward.com/autism/>
- Talks and videos by Dean Beadle (a young man with ASD)  
<https://www.youtube.com/channel/UHQvbcTMsMPZp5r2yaF1KKw>
- Chris Bonnelo: insights from an autistic teacher, author and speaker  
<https://autisticnotweird.com/>
- [www.aspergernauts.co.uk](http://www.aspergernauts.co.uk) – Your universe for help and advice

### Resources: Information Books

- Can I Tell You About Autism? A guide for friends, family and professionals by Jude Welton
- The Kids Guide to Staying Awesome and in Control by Lauren Brukner (sensory regulation ideas, aimed to complete with your child)
- Thinking in Pictures by Temple Grandin
- The Autistic Brain by Temple Grandin and Richard Panek (autistic individual's perspective)
- The Autistic Spectrum: A Guide for Parents and Professionals, Lorna Wing
- Girls and Autism by Barry Carpenter (Editor), Francesca Happé (Editor), Jo Egerton (Editor),

### Books from a Personal Perspective

- The Reason I Jump by Naoki Higashida (autistic individual's perspective)
- Look Me in the Eye: My Life with Asperger's by John Elder Robison
- Can You See Me? By Libby Scott and Rebecca Westcott (written by a mother and autistic daughter)
- Fingers in the Sparkle Jar by Chris Packham (personal perspective)
- Odd Girl Out by Laura James (journalist writing about her experiences of being a late diagnosed female)



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- Born on a Blue Day by Daniel Tammet (experiences of an autistic savant)
- My Son's Not Rainman by John Williams (comedian writing an uplifting account of him and his son)
- schtum by Jem Lester (written about son who is pre-verbal)

### **Fiction Books with an Autistic Character**

- The Boy who Fell to Earth by Kathy Lette (adults)
- Curious Incident of the Dog in the Night-Time by Mark Haddon
- Underdogs by Chris Bonello (young people)
- A Boy Made of Blocks by Keith Stuart (adults)

### **Autism Information translated**

Urdu: <https://www2.le.ac.uk/departments/psychology/research/child-mental-health/res-projects/asd/asd-ur>

### **Social Media: The Autism Service**

#### **Twitter**

@cognus\_autism



**The Autism Service**  
@cognus\_autism

#### **Facebook**

Sutton Autism Service @theautismservice ('like' to get updates)



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