

# ASD help, support and further reading

- **National Autistic Society:** <https://www.autism.org.uk/>
- **National Autistic Society Cornwall:** <https://cornwallbranch.wixsite.com/cnas1>
- **Tigger Pritchard** is a Makaton trainer and an autism consultant and is passionate about supporting individuals and families with Autism, ADHD, PDA and other related areas. Tigger has created a website which encompasses all his knowledge and resources and those of the other people in Cornwall and beyond who are supporting, advising and providing groups and activities. There is a cost to his consultancy, however his resources and website are free and he is planning to offer a free 15 minute telephone consultancy to families: <https://www.tiggertraining.com/>
- **Autism Wheel:** <https://www.supportincornwall.org.uk/kb5/cornwall/directory/autismwheel.page#>
- **Family Information Service -** [www.supportincornwall.org.uk](http://www.supportincornwall.org.uk) [fis@cornwall.gov.uk](mailto:fis@cornwall.gov.uk)
- **Autism Services Map from NAS Cornwall:** <https://goo.gl/maps/ZqCJuCPLPzk>
- **Cornwall Accessible Activities Program (CAAP)** support children and young people with additional needs in accessing activities during the school holidays <http://www.caapuk.co.uk/> 07904026647
- **NHS:** <https://www.nhs.uk/conditions/autism/>
- **Options, innovators in Care and Education:** <https://www.optionsautism.co.uk/resources/> lots of fact sheets under resources
- **Waves Project** – [www.waveproject.co.uk](http://www.waveproject.co.uk) helping to reduce anxiety and improve confidence through surfing. Requires a professional referral (information on their website).
- **SENDIASS** – provide independent help and support around education issues e.g. EHC Plans, referring and signposting to services, support for meetings, training opportunities and support groups. [www.cornwallsendiass.org.uk/](http://www.cornwallsendiass.org.uk/) 01736 751921.
- **Parent Carer Council for Cornwall** can provide support and information and offer an opportunity for parents to be involved in shaping services available in Cornwall. <http://www.parentcarercouncilcornwall.org.uk/> 07973 763332
- **Friends of Face 2 Face** - Face 2 Face is a free and confidential service linking parents and carers of children with additional needs and disabilities with local parent befrienders. [Info.fof2fc@gmail.com](mailto:Info.fof2fc@gmail.com)
- **Cerebra:** <https://cerebra.org.uk/> support, funding and advice
- **Yellow Ladybugs.** An organisation for support for girls and women with autism. They are based in Australia but have a Website and Facebook Page which contains a lot of information and chat forum.  
[https://www.yellowladybugs.com.au/?fbclid=IwAR075yW\\_2rlaDP4b7Y0TAua1x6aEyOoaH1NWhWF1qaX4r86wc1MjhiAjqOo](https://www.yellowladybugs.com.au/?fbclid=IwAR075yW_2rlaDP4b7Y0TAua1x6aEyOoaH1NWhWF1qaX4r86wc1MjhiAjqOo) and  
[https://www.facebook.com/pg/yellowladybugs/about/?ref=page\\_internal](https://www.facebook.com/pg/yellowladybugs/about/?ref=page_internal)
- **Girls with Autism** – Flying under the radar: <http://www.nasen.org.uk/resources/resources.girls-and-autism-flying-under-the-radar.html>
- **Autism Education Trust:** <https://www.autismeducationtrust.org.uk/>
- **Maxcard**, UK's leading discount card for families of children with additional needs, available from FIS <https://www.supportincornwall.org.uk/kb5/cornwall/directory/advice.page?id=NuFBHhkdogQ>
- **SCIP leaflet:** <https://search3.openobjects.com/mediamanager/cornwall/fsd/files/scip-leaflet.pdf>

- **RSSF** training; small cost involved but excellent parenting courses: <https://www.facebook.com/rssftraining/>

#### SOURCES OF HELP AFTER DIAGNOSIS

- **Autism helpline** - 0808 800 4104
- **The Autism Spectrum Team** [www.cornwall.gov.uk](http://www.cornwall.gov.uk) The team provide support and training for school staff but also run groups for parents of children who have a diagnosis of an Autistic Spectrum Disorder. The parent workshops are for children of different age groups and can be booked directly by parents. Telephone - 01872 323210
- **Dreadnought Centre Aspires Group** – [www.thedreadnought.co.uk/aspires](http://www.thedreadnought.co.uk/aspires)  
01209 218764 - Activity based social skills groups for 8-18 year olds with a diagnosis of Autism Spectrum Disorder.
- **The Brown Horse Autism Centre** <http://www.brownhorseautismcentre.co.uk> support people with ASD or other disabilities through Equine Therapy. 01872 862832 [bhautism@aol.com](mailto:bhautism@aol.com)
- **Siblings groups** – [www.sibs.org.uk](http://www.sibs.org.uk)  
[www.barnardos.org.uk/sibspace.htm](http://www.barnardos.org.uk/sibspace.htm) (groups offering activities for siblings of children with disabilities in Cornwall).
- **Spectrum: Spectrum | Care and Support in Cornwall** We engage with individuals to support them in making decisions about their lives and futures. We discover what their personal aspirations are in life and develop plans to suit each individual. We work with them to help realise their personal goals, whether it's going to college, learning new skills, getting a job or moving towards independence.
- **Green Light** <http://switchedoncare.com/>– Autism care and support which offer personal care support and short-stays/residential support.
- **Brandon Trust** <http://www.brandontrust.org/>– charity supporting adults and children with Autism and Learning disabilities. The website explains what local services they offer along with other useful information.
- **Contact A Family** <http://www.cafamily.org.uk/> is a national charity for families with disabled children. Lots of useful resources and information on this website especially around education, benefits and family life.