

Parental Support and Resources

Organisation	Information	Cost	Link
Autism			
The National Autistic Society	A charity for people on the autism spectrum and their families. They provide support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people.	No cost	www.autism.org.uk National Autistic Society (NAS) West Berkshire – Reading Voluntary Action (rva.org.uk)

<p>Autism Advisor For Families – West Berkshire families only</p>	<p>Support for families and carers following a diagnosis of Autism by:</p> <ul style="list-style-type: none"> • Listening to parents concerns and answering questions • Providing guidance and information for families • Sign posting to other services and voluntary organisations. • Managing and delivering training programmes for parents 	<p>No cost</p>	<p>Kelly Evans Kelly.Evans1@westberks.gov.uk</p>
<p>ASD Family help</p>	<p>ASD Family Help is user led charity (non-profit). We offer support, advice & activities for autistic individuals or those with other learning disabilities; their parents, carers or professionals</p>	<p>No cost to contact but there may be a charge for certain activities.</p>	<p>ASD Family Help – Improving services for autistic children and adults</p>
<p>Autism Berkshire</p>	<p>A leading autism charity in Berkshire that deliver quality specialist services, training and social and leisure activities throughout the county, guided by a team of trustees with personal and professional experience of autism.</p>	<p>No cost</p>	<p>About Autism Berkshire - Autism Berkshire</p>

<p>Thames Valley Autism Alert Card</p>	<p>The Thames Valley Autism Alert Card, produced by Autism Berkshire, is a small card that autistic people can use to quickly and easily explain the condition to others. Autism Berkshire issues the card free of charge to autistic people of all ages and their parents or carers living in Berkshire, Buckinghamshire, Oxfordshire and Milton Keynes.</p>	<p>No cost</p>	<p>Autism Berkshire website,</p>
<p>Brighter Futures for Children</p>	<p>ASC Advisor to families in Reading. See flyer for information on 'Living with Autism' Course. Supporting all families in Reading that receive a diagnosis of Autism for their child.</p> <ul style="list-style-type: none"> • Home Visits • Living with Autism course • Family Seminars • Coffee Mornings • Advice to families & professionals 	<p>No cost</p>	<p>If you would like to speak to the Autism Advisor please contact Jenna Redmond 07912 362341 or email jenna.redmond@brighterfuturesforchildren.org</p>
<p>RAFT (Reading Autism Families Together)</p>	<p>RAFT provides a family support group and play club for children living in the borough of Reading with a diagnosis of an ASD aged between 4 and 12 years and their siblings. Parents meet to "air & share" problems and hear talks by professionals whilst the children are entertained by specialised Play Workers</p>	<p>No cost to contact but there may be a charge for certain activities.</p>	<p>RAFT (Reading Autism Families Together)</p>

	and encouraged to develop their social interaction skills in a safe and stimulating environment. We produce a quarterly newsletter and disseminate information about activities / help for ASD in our area.		
Swings & Smiles	Swings & Smiles at the Phoenix Resource Centre is a place for children with special needs and their families to come together, to play and have fun. Alongside s sensory room, opti-music room, computer suite and fully accessible, purpose built soft play room, they also offer themed activities in the sensory kitchen and art room.	No cost to contact but there may be a charge for certain activities.	Swings Smiles (autism.org.uk)
Oasis Youth Club	The Oasis Youth Club is for mainstream children with a diagnosis of autism spectrum disorder (ASD) aged 13-18 years. Activities at the club include Wii, X-Box, pool, cooking, football and cricket etc. The club runs on Thursday evenings, from 8pm to 9.30pm, term-time only. The club is currently full but if you would like to go on the waiting list or arrange a visit, please contact us.		http://www.westberksnas.org.uk
Spectrum Club		No cost specified	Spectrum Club (autism.org.uk)

	<p>A youth club for children aged 10-13 years with an ASD diagnosis who attend mainstream school. The club runs on Thursday evenings during term time, from 6.30pm to 8pm. Sessions cost £2.00. Each week a variety of activities take place such as wii, x-box, PlayStation, pool, cooking, art and craft, football etc. We also have a small outside adventure playground. The Spectrum club is currently full. If you would like to arrange a visit or wish to be placed on the waiting list please contact Mandy Jones.</p>		
ADHD			
Young Minds	<p>If your child is struggling to manage their ADHD, here are some ways you can support them and places you can get help.</p>	No cost	https://www.youngminds.org.uk/parent/a-z-guide/adhd/
ADHD Foundation	<p>Advice and guidance on helping your child manage problems and difficulties with Top Tips from an internationally recognized expert.</p>	No cost	adhdfoundation.org.uk/parents/

CHADD	Provide support, education and encouragement to parents, educators and professionals. Courses, factsheets, and podcasts.	A free ADHD course that includes 8 lessons for parents	https://chadd.org/about/
Living with ADHD	This website has been developed to support those who come into contact with ADHD - parents/carers and teachers - and also provides resources for children and teenagers themselves, to help them understand and manage the condition.	No cost	www.livingwithadhd.co.uk
ADDISS (The National Attention Deficit Disorder Information and Support Service)	Provides people-friendly information and resources about ADHD - parents, sufferers, teachers or health professionals.	No cost	www.addiss.co.uk
General			
NSPCC	Contains parenting tips for all stages of a child's life, as well as advice on how to deal with difficult situations, including how to manage behavior and dealing with separation and divorce.	No cost	www.nspcc.org.uk

SENDIASS	<p>The Special Educational Needs and Disabilities Information Advice and Support Services offer information, advice and support for parents and carers of children and young people with special educational needs and disabilities (SEND). This service is also offered directly to young people. The service is free, impartial and confidential.</p> <p>KIDS SENDIASS have developed resources providing information and advice for parents, carers, professionals and young people.</p>	No cost	www.kids.org.uk
Childline	Free helpline for children 24/7	None	www.childline.org.uk
Young Minds	<p>A mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need. Resources for parents and professionals. Young Minds Crisis Messenger: free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to <u>85258</u>.</p>	None	www.youngminds.org.uk
Parenting Special Children	Parenting Special Children's mission is to provide specialist parenting support to parents and carers of	No cost to contact but there may be a charge	Home Page - PSC (parentingspecialchildren.co.uk)

	children and young people with Special Needs, so that they can create positive change in their lives.	for certain activities.	
Reading Well	Reading well supports you to understand and manage your health and wellbeing using helpful reading. Reading Well books are all recommended by health experts, as well as people with lived experience of the conditions and topics covered and their relatives and carers.	No cost	www.reading-well.org.uk
GEMS4HEALTH	GEMS is being delivered by Solutions 4 Health and is commissioned by NHS East Berkshire Clinical Commissioning Group and Bracknell Forest Council. Solutions 4 Health is a CQC registered organisation and we are proud to be working with the NHS, hospitals, clinical commissioning groups, health boards and local authorities across the UK.	No cost to contact but there may be a charge for certain activities.	Home - Gems4health
Dyslexia			

NHS	General information regarding Dyslexia	No cost	Dyslexia - NHS (www.nhs.uk)
Dyslexia Action	Training courses and professional support	See website for specific cost of courses.	Dyslexia Action Training and Professional Development
Dyscalculia			
Dyscalculia organisation	General information	No cost	www.dyscalculia.org/dyscalculia
Steve Chinn	More in depth information	No cost	www.stevechinn.co.uk/dyscalculia/what-is-dyscalculia
Dyspraxia			
NHS	Overview	No cost	Developmental co-ordination disorder (dyspraxia) in children - NHS (www.nhs.uk)
Dyspraxia Foundation / Developmental Coordination Disorder	More in depth information	No cost	Dyspraxia Foundation - 30th Anniversary Dyspraxia/DCD Awareness

Other areas of support including exploitation and internet safety			
The UK Safer Internet Centre	provides an online safety helpline for professionals when a disclosure or concern of sexual abuse concerns an online element.	No cost	Homepage - UK Safer Internet Centre
Internet Watch Foundation	If an incident involves sexual images or videos that have been made and circulated online, the IWF can help to get the image removed.	No cost	Donate to the Internet Watch Foundation (iwf.org.uk)
NCA	Young people can report concerns about child sexual abuse and exploitation to the NCA's CEOP Safety Centre	No cost	
Report Remove	A free tool that allows children to report nude or sexual images and videos of themselves that they think might have been shared online	No cost	Report Remove (thinkuknow.co.uk)
CEOP Education	<p>The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.</p> <p>We do this through our education programme, providing training, resources and information to professionals working</p>	No cost	Resource Library (thinkuknow.co.uk) Resource Library (thinkuknow.co.uk) ceop.police.co.uk/Safety-Centre

	with children, young people and their families.		
Project Evolve	Assessing understanding of online safety and resources that may be useful to help support understanding for People We Support	No cost	ProjectEVOLVE - Education for a Connected World Resources