

Useful contacts and websites for families of children with Autistic Spectrum Disorder

National Autistic Society. www.autism.org.uk

NAS helpline - 0845 070 4004

Autism Research - <http://www.researchautism.net/>

All about Autistic Spectrum Disorders. Introductory booklet from the Foundation for People with learning Disabilities. Downloadable from www.learningdisabilities.org.uk, publications section

Patient UK: Autism. www.patient.co.uk/showdoc/23069108

Young Minds Autism advice section (National organisation to support the mental health and well being of young people):
http://www.youngminds.org.uk/for_parents/worried_about_your_child/living_autism?gclid=CJDswuDGp8ACFaYIwwoduVgAwgoung

Other Important sources of local support and advice

Swindon local Offer website: <http://children.mycaremysupport.co.uk/>

Swindon Autism Information and Advice Service (DASH)

For everyone on the autistic spectrum of all ages and their families, and those employing, working with or supporting people on the autistic spectrum.

Office 2, 1st Floor (lift available)

Pinetrees Community Centre,

The Circle,

Pinehurst SN2 1RF

When:

Tuesdays: 2 – 4

Wednesdays: 10 - 12 and 5 - 7

Thursdays: 2 – 4

Saturdays: 10 - 12

How:

The above are 'drop in' sessions with no need for an appointment. If we can't meet your need for information & advice in the 'drop in' we will offer you a 1: 1 follow up meeting.

Parking & public transport:

A large free car park & bicycle shelter is available at back of building. Bus no 11 stops just before the circle coming from the town centre just 50m from the building.

How to contact us:

Email: info@dashswindon.com

Mobile: 07554 665 715 (Tuesday – Thursday inclusive & Saturday 10 – 12)

Short breaks and activities for children with ASD (Swindon)

Aiming High Short Breaks Team: 01793 464080

aiminghigh@swindon.gov.uk OR

mquinn@swindon.gov.uk

Parent 2 Parent:

Are you a parent or a carer of a child with ASD, Autism, Asperger Syndrome, PDD NOS or any associated condition?

If so would you like to chat to others who really understand

For more details please call Hazel Clark on **01793 702528**, or email

hazelclark0@gmail.com

Department of Work and Pensions

Lots of parents with Autism claim DLA for their child. To request a claim form, call the department for work and pensions:

Tel: 0845 123456

Your local Citizens Advice bureau can help you complete these forms.

Swindon Citizen Advice Bureau:

Tel: 08444994114

Local Parenting and ASD support Courses (Parents must contact to book place)

SWAPP (Parenting Course) Wiltshire; <https://pages.wiltshire.gov.uk/swapp.htm>

Team Administrator

Targeted schools and Learning Support Advisor

Operational Office

Wiltshire Council

County Hall
Trowbridge
BA14 8JN
Tel: 01225 771677 / 01225 757901

Early Bird/ Early Bird Plus programme (Swindon)(For children up to 8 years)

A 3 month parent programme combining group training

with individual home visits for families and children with a diagnosis of Autistic Spectrum disorder

Karen Mead (KMead@Swindon.gov.uk)

Portage Teacher

Swindon Portage

Salt Way Centre

Middleleaze

Swindon SN5 5TD

Tel:01793 465360

Email: SwindonPortage@swindon.gov.uk

Cygnets (Swindon)

A locally developed parenting support programme for parents and carers of children/young people aged 7-18 who have a diagnosis of an Autistic Spectrum Condition (ASC)/Asperger Disorder

For further information please contact:

Simon Kitson (Senior Educational Psychologist)

Children, Families & Community Health

The Meadow

Leigh Road

Swindon

SN2 5DE

Email (Preferable): SKitson@swindon.gov.uk

Tel No: 07919 555 081

Useful websites and books for managing anxiety

- http://www.youngminds.org.uk/for_parents/worried_about_your_child/anxiety
- <https://anxietyuk.org.uk/>
- <http://www.overcoming.co.uk/single.htm?ipg=5079>
- <http://youth.anxietybc.com/>
- <http://www.moodjuice.scot.nhs.uk/>

- Overcoming Your Child's Shyness and Social Anxiety: A Self-help Guide Using Cognitive Behavioral Techniques by Lucy Willetts and Cathy Creswell
- Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioral Techniques by Cathy Creswell and Lucy Willetts
- Overcoming Anxiety by Helen Kennerley

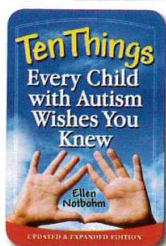
Books recommended by NAS

www.autism.org.uk/shop

You can request a list of titles from Autism helpline on 0808 800 4104

Swindon Autism Information and Advice Service (DASH) have copies of books and DVD's to loan

BACCHASDSPECIAL



'Ten Things Every Child with Autism Wishes You Knew'
by Ellen Notbohm

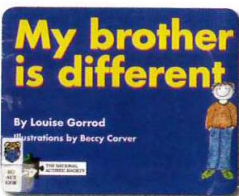
I found this one useful to suggest to others to read as it is not too scientific but offers a neat ten rules which people can hang onto. It is presented in a nutshell and then expanded more, offering the 'what this means for a child with ASD is...' type of explanation.



'I have Autism... what's that?'
by Kate Doherty, Paddy McNally and Eileen Sherrard

This one is for helping the child understand a little about their differences using stick men to illustrate. Nice and simple and clear. It was helpful to my son but he would often argue with the literal picture, saying, 'I don't do that..' etc! However it did help him understand why

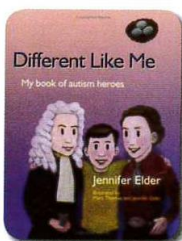
he might have been told off at school - unfairly...



My Brother is Different: A Book for Young Children Who Have a Brother or Sister with Autism
by Louise Gorrod

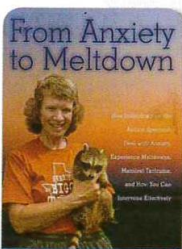
When my children were young it was helpful to have this book to hand. It helped our daughter to see that some of the things that our son did were not in

his control, and it concludes with her loving him no matter what is going on - very simple and child friendly and we referred to it often.



Different Like Me: My Book of Autism Heroes
by Jennifer Elder

Hugely important in helping with self-esteem issues. A good book for children with Asperger's Syndrome.



From Anxiety to Meltdown
by Deborah Lipsky

Deborah has Asperger's Syndrome and this book gives a wonderful insight into the autistic mind. Great at helping parents work out triggers and to help understand that anxiety is the biggest driver for challenging behaviour.

BOOKS

From the results of the recent BACCH Members' ASD Survey here is a list of the books that you recommend post ASD diagnosis

FOR PARENTS

- **The Complete Guide to Asperger's Syndrome** by Tony Attwood
- **101 Tips for Parents of Children with Autism: Effective Solutions for Everyday Challenges** by Arnold Miller and Theresa Smith
- **The Autistic Spectrum: a guide for parents and professionals** by Lorna Wing
- **10 things that every child with autism wishes you knew** by Ellen Notbohm
- **Can I tell you about Asperger Syndrome? A guide for family and friends** by Jude Welton
- **Girls Growing up on the Autism Spectrum: What parents and professionals should know about the Pre-teen and Teenage Years** by Shana Nichols
- **Teaching Children with Autism to Mind Read** by Patricia Howlin
- **The Way I See It: A personal Look at Autism and Asperger's** by Temple Grandin
- **Can't eat, Won't eat: Dietary Difficulties and Autistic Spectrum Disorders** by Brenda Legge
- **Autism: A very short introduction** by Uta Frith
- **The Incredible 5-point Scale** by Kari Dunn Buron and Mitzi Curtis
- **Louder Than Words: A Mother's Journey in Healing Autism** by Jenny McCarthy
- **Motivate to Communicate!: 300 Games and Activities for your Child with Autism** by Simone Griffin
- **Thinking in pictures** by Temple Grandin

FOR CHILDREN

- **Freaks, Geeks and Asperger Syndrome** by Luke Jackson
- **It can get better** by Paul Dickinson and Liz Hannah
- **All Cats Have Asperger's Syndrome** by Kathy Hoopman
- **Lisa and the Lacemaker** by Kathy Hoopman
- **A Blue Bottle Mystery** by Kathy Hoopman.
- **I am utterly Unique** by Elaine Marie Larson
- **The Red Beast: Controlling Anger in Children with Asperger's Syndrome** by K.I. Al-Ghani