



Autism Resources and Useful Contacts:



Children and Family Health Devon information website about service provision. This includes a range of helpful toolkits and information for Speech & Language development, Occupational Therapy and ASC.

<https://childrenandfamilyhealthdevon.nhs.uk/>

The Autism Spectrum Assessment Service have a range of useful resources on the Children and Family Health Devon website, including 'One Minute Guides' and 'Bitesize Videos', these include:

One Minute Guides

Go to the website and click on the link to view the relevant guide:

[Anxiety](#)

[Behaviour](#)

[Communication](#)

[Sensory differences](#)

[Masking](#)

[PDA](#)

[Siblings](#)

[Social Stories](#)

[Neurodiversity](#)

Bitesize Videos

Via the website click the relevant link to watch the video:

[Recognising ASD – A Guide for Professionals](#)

[Supporting your Child through COVID-19](#)

[Anxiety in Autism](#)

[Behaviour in Autism](#)

[Sensory Processing](#)


[Communication Differences in Autism](#)


[The PDA Profile of Autism](#)

[My Child has Received a Diagnosis](#)

To access all CFHD service information go to:

<https://childrenandfamilyhealthdevon.nhs.uk/autistic-spectrum-disorder/resources/>

 **Pinpoint** - A searchable database of activities, services and support groups in Devon. <https://www.pinpointdevon.co.uk>

 **Devon Information, Advice and Support Service (DIAS)** - Provide children and young people from 0-25 who have Special Educational Needs or Disabilities and their parents or carers with legally based and easily accessible information about Education, Health and Social Care. A free, confidential and impartial service which is funded by Devon County Council 01392 383080 email: devonias@devon.gov.uk www.devonias.org.uk message them on Facebook.



Parent Carer Forum
Devon

Parent Carer forum Devon - Parent Carer Forum Devon is an organised group of parents and carers of Children and Young People with Special Educational Needs and Disabilities (SEND) within Devon local authority. Their aim is to make sure that the services provided from education, health and care meet the needs of children with SEND and their families. Email: Admin@parentcarerforumdevon.org Tel: 07307237720. Website: <https://parentcarerforumdevon.org/>



Quids for Kids (Q4K) – This service is funded by Devon County Council and delivered by the Citizens Advice Bureau. You can access the referral form and related information here: <https://www.cabdevon.org.uk/>



Devon Young Carers provide advice, information and support for all young carers who are eligible across Devon. To find out more details have a look at their website: <https://www.westbank.org.uk/Pages/Category/young-carers>

Or if you would like to contact them for more information, you can email:

youngcarers@devoncarers.org.uk There is also information available on the Devon Children and Families website regarding young carers which families and professionals can also link to for more information <https://www.dcfp.org.uk/health-and-wellbeing/young-carers/> Call: 03456 434 435 www.devoncarers.org.uk

For support as carer if you are aged 18 years and above, find out more details on the Devon Carers website www.devoncarers.org.uk

Devon Autism Alert Card – A free card for people aged over 11 with an autism diagnosis. The card can be useful in emergency situations. The holders name and unique reference number are embossed on it. To access the cards contact Devon Link Up on 07496 496651 or email devonautismcard@dimensionsforautism.life or have a look at their website <http://www.devonlink-up.org/autism-alert-card/>



The National Autistic Society (NAS) – The NAS have lots of useful resources on their website including; ‘After your child’s diagnosis’ <http://www.autism.org.uk/about/diagnosis/children/recently-diagnosed.aspx> There is an autism helpline: 0808 800 4104 open Monday-Thursday 10am-4pm, Friday 9am-3pm. They also have a **Parent to Parent service**, which is a confidential telephone support service provided by trained volunteers from their own homes: 0808 800 4106.





Autism Education Trust (AET) – The AET supports effective education practice. Online they have advice on choosing an ASC friendly school, how parents and schools can work together and strategies everyone can use for supporting children with ASC. The website also has a useful section on receiving and understanding an ASC diagnosis www.autismeducationtrust.org.uk



Sensory Integration Network – The SI Network is free to join and provides members with up to date information and breaking news about the developments in Sensory Integration theory, practice and research. Tel: 0118 207 2773 or go to www.sensoryintegration.org.uk



BIS-net is part of the Charity organisation CEDA and provides several services for parents and carers of any individual with behaviour support needs, including those on the Autistic Spectrum. To view what they can offer go to: <https://www.cedaonline.org.uk/bis-net>



Neurodive

Providing training for families and professionals supporting children and young people with Neurodivergence [Autistic, attention differences]

Online and face to face training.

For more details email Sam Harris: neurodivetraining@gmail.com or have a look at their Facebook page or Eventbrite for information on forth coming training events.

<https://www.facebook.com/neurodivetraining/>



South West Autism Support Services - provide a range of services including; training, parent support, sibling support and enabling.

South West Autism CIC – A not-for-profit Community Interest Company running a number of support groups for families and children with an autistic spectrum disorder (firm diagnosis not needed). For enquiries email: southwestautism@gmail.com or visit www.southwestautismsupport.com



Positive About Autism™ is a training company providing Workshops related to autism. They also have a range of useful information resources and Autism news updates on their website.

<http://positiveaboutautism.co.uk/index.html>



Babcock LDP

For a variety of Training and Conferences in relation to ASC go to:

<https://shop.babcockldp.co.uk/trainingconferences/>



ASD Bright Ideas produce a wide range of bright and colourful visual aids and resources <http://www.asdbrightideas.co.uk/asd/>



Children and Family Health Devon - The Autism team now have a Facebook page.

The purpose of the page is to share information and resources related to Autism, for families on the pathway and for those who already have a diagnosis. The ASC team have started making videos on specific topics and will be adding more in due course.

People **won't** be able to ask specific questions about their child and will be directed to the SPA for this. The Facebook page can be found here:

www.facebook.com/CFHDAutism Furthermore, the CFHD website offers a huge range of ASC information, click on the link for more details:

<https://childrenandfamilyhealthdevon.nhs.uk/autistic-spectrum-disorder/resources/>

Speech and Language team

The Children and Family Health Devon website have resources to help parents support their children with speech and language difficulties, these include:

- Video clips that talk through supporting speech sounds
- Advice and activities for developing speech and language at home
- Support with stammering and signing
- Resources to support children and young people with Autism

You can find information here: <http://soc.devon.cc/G2bXL>



The Hidden Disabilities Sunflower scheme

Not all people with hidden disabilities require assistance. But if you do, wearing the Hidden Disabilities Sunflower Lanyard discreetly indicates that you need additional support or just a little more time.

It has become the established symbol for hidden disabilities in the UK and has been successfully introduced to several major UK airports, supermarkets, railway stations and sports venues. To find out more go to: <https://hiddendisabilitiesstore.com/>



Autism Awareness Centre Inc. *believe in change*

ASC children and cooking skills

Cooking can be lots of fun to do with your children, it's a great way to teach some independence and give your child some control over their diet. For those with children on the spectrum, cooking can seem like a daunting task, but it doesn't have to be. It offers some great quality time and the children are more likely to eat something if they had been involved in the preparation process.

For more hints and tips go to: <https://autismawarenesscentre.com/whats-cooking-life-skills/>



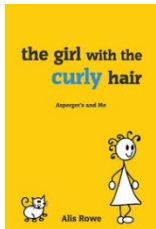
Chatter Pack

This website site offers a range of information relating to ADHD, Autism, Speech and Language and SEND related issues.

The free, professionally designed, engaging resources include simple, step by step instructions and tips on how to adapt them for individual needs. You can subscribe to a free monthly newsletter which is full of useful blogs, information and free resources.

To have a look at the useful website go to:

<https://chatterpack.net/>



The Curly Hair Project is a social enterprise which supports people on the autistic spectrum and the people around them, founded by autistic author Alis Rowe. They use cool things like animated films, comic strips and diagrams to make our work interesting and easy to understand!

For more details go to: <https://thegirlwiththecurlyhair.co.uk/>



Ambitious About Autism have published a free toolkit they describe as: 'a resource designed to help parents and carers of young children with autism to navigate their journey in the early years.' This practical toolkit contains a wealth of straightforward information in one place to guide parents and carers through their

child's journey in the early years.

From the autism assessment process to the first day of school, this toolkit is packed with practical tips and checklists to support parents during the earliest years of their child's life. It also provides signposts to sources of support or additional information. To download go to:

<https://www.ambitiousaboutautism.org.uk/right-from-the-start>



Supporting children, young people and their families with bespoke support packages to meet your individual needs

What can **Esteem Team** do for you?

Esteem Team believe that every child, young person and family are different. A 'one size fits all' approach doesn't always work, so they work with you to offer a bespoke

package that best fits what you and your family needs. Have a look at their website to find the full range of services offered: <https://www.esteemteam.co.uk/>



AuSENDS

offer integrated, tailored support for neurodivergent families, schools and professionals.

They are trained in Early Help, and tailor support to your family's needs.

Their training is delivered by neurodivergent professionals, they can offer:

- Training on autism, sensory, executive functions, masking and EHCP's.
- Training to Families, Professionals and Schools, at competitive prices.

For full prices [click here](#)

To find out more go to: <https://ausends.simdif.com/> or email info@ausends.co.uk

Local Support groups:

Asperations

A weekly, term time group for children with Autism, Aspergers or ADHD aged 5 to 18 years and their families. Covers the Teignbridge, Torbay and South Hams areas. To find out more have a look at their webpage: <http://www.asperations.co.uk/> or email: admin@asperations.co.uk or Tel: 07719 414729

Crediton-Area Parent Carer Support Group

For carers of children or young people with SEN, learning difficulties, disability, mental health problems a neurodevelopment disorders such as autism or any long-term health condition for mutual support, understanding and friendship of others in the same boat. Drop in 10:00am – 12:00 1st and 3rd Friday of each month Crediton Congregational Church.

Ilfracombe Parent/Carer Support Group

A support group run by and for parents and carers of children with additional needs <https://www.facebook.com/ilfracombesupport>

NAS Exeter and East Devon Branch

A monthly parent support group for mutual support, the group has bi-monthly speakers. For more details contact: Penny Palmer or Ursula Easton-Pool by email: exeterdistrict.branch@nas.org.uk

North Devon Forum for Autistic Spectrum Conditions and ADHD

A parent/carer led support group for parents, carers and people with ASC/ADHD, although diagnosis is not essential. Membership is free and you will receive a regular

newsletter, access to events and use of their specialist ASC library, 07923 481332, email: info@ndfautism.co.uk or have a look at the website: <http://ndfautism.co.uk/>

Okehampton Autism/ADHD support group

A support group for parents and carers of school aged children. The group meets once a month on Thursdays from 10am -11.30am at Okehampton College Community Centre, off Simmons Park. Open to families in whatever stage of the journey they are at, from their first inklings that their child may be affected by one of these conditions to living with it in the long term. There is a suggested donation of £2.00 for each meeting. To find out more email: info@communitylinks-sw.co.uk or Tel: 07808 523111.

South Devon Autism Forum

A newly developing Autism forum to develop support for parents, links for professionals and opportunities to share and gain information. For more details contact positivelyautistic@gmail.com

Parents United

A Tiverton group set up to support Parent/Carers with children either on the Autistic spectrum and/or with ADHD. Open to children who are diagnosed or going through the process and still in education. Meetings every two weeks on Tuesdays at the Best Western Hotel, Blundells Road, Tiverton EX16 4DB from 10am to 11.30am during term time. To find out more contact: h.hardy211@btinternet.com they also have a closed Facebook page <https://www.facebook.com/momanddadunited/>

SOCOPS

Social Opportunities (SOCOPS) is a registered charity providing support for children from 8-23 years of age with an Autistic Spectrum Condition and their families, a firm diagnosis isn't always needed. They run 2 clubs, SOCOPS (8-15-year olds plus siblings/families) in Countess Wear, Exeter. SOCOPS Plus in various locations in and around Exeter for those 15-23 years old, working on independent skills. Being a charity, they keep contributions to a minimum. They have a hardship policy if this is ever an issue. email: socopsclub@hotmail.co.uk call: 07594187578 or go to www.socops.org.uk

The Exeter Parent Carer Network

The aim of the group is to provide information, support and resources through a variety of methods, to not only parent carers, but also siblings and professionals. If you would like to find out more go along on either Tuesday or Thursday mornings between 10am and 12pm.

Wonford Community & Learning Centre Ltd, Burnthouse Lane, Exeter, EX2 6NF (between the Community Centre and the Sports Centre)

Tel: **01392 217868** or Email: wclcentre@outlook.com

There is also a map and information on the website: <http://exeterparentcarer.co.uk/>

Side by Side Tav and Torridge

For Parent Carers of Children and Young Adults with additional needs. A friendly

informal support group to connect with other parents and share advice and information. Email Tracey at: sidebysidebarnstaple@outlook.com or Tel: 07921 220840

Tissues and Issues

The group look to provide social support and access to information and guidance for parents and carers of young people who have a recognised disability, additional need or are awaiting diagnosis. For more information go to:

<https://tissuesandissues.org/home> or Tel: 07796470009 or Email:

tissuesandissues@outlook.com or Facebook Group:

<https://www.facebook.com/groups/1998466853749511/>



Facebook pages

Like the SIGNPOSTplus Facebook page for regular updates on all things related to children with additional needs [https://www.facebook.com/DISCplus-](https://www.facebook.com/DISCplus-867654500016670/)

[867654500016670/](https://www.facebook.com/DISCplus-867654500016670/)

Look out for our logo



Ambitious About Autism <https://www.facebook.com/ambitiousaboutautism/>

Autistic Children in Devon <https://www.facebook.com/groups/1547235805366233/>

Autism in the Private school <https://www.facebook.com/AutismInThePrivateSchool/>

South West Autism <https://www.facebook.com/SouthWestAutismSupportServices/>

Devon Autism Centre https://www.facebook.com/theautisticrainbow/?_tn=%2Cd%2CP-R&eid=ARCisCzwKeTi1_3ZFS-QMdsL-tMNxbugWja6wq8JKDO1eM5Folrx8ntU9_Jj9-DzbLAfl0Rcl4g6mz2p

North Devon Forum for Autistic Spectrum Conditions and ADHD
<https://facebook.com/ndfautism>

For information on inclusive support, social and sports groups, you can search Pinpoint www.pinpointdevon.co.uk or you can contact your local SIGNPOSTplus co-ordinator for further information, see contact details below.

SIGNPOSTplus Information Co-ordinators Identify grant sources, specialist activities, equipment and any other general enquiries. We have a webpage:

<http://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>

where you will find information related to children with additional needs, and where

our weekly information snippets are posted. We also have a Facebook page, “like” our page for regular updates.

Contact; Amanda (Northern area of Devon) or Kris (Southern area of Devon) email:

cfhd.signpostplus@nhs.net

for further information.

This is not an exhaustive list there may be other services in the area, we would be happy to include these. If you have any additions, updates or amendments to this list please email cfhd.signpostplus@nhs.net

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Disclaimer

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