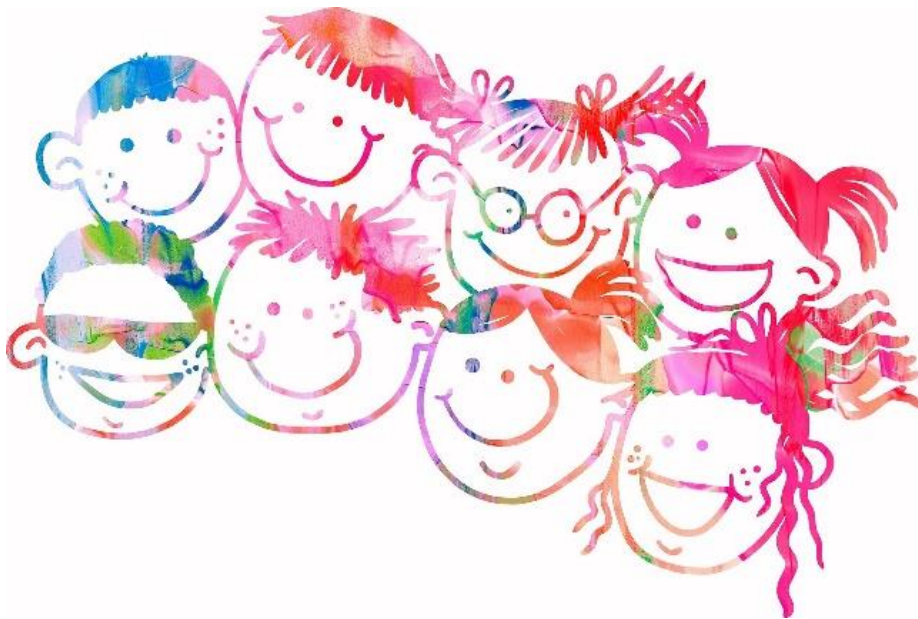


AUTISM AND ADHD

USEFUL RESOURCES FOR PARENTS AND CARERS



2019/20

Resources for
delegates

Contact
information

Further learning

COASTAL WEST SUSSEX MIND

8-10 The Gateway,
Durrington Lane, Worthing,
BN13 2QG

01903 277010

training@coastalwestsussex
mind.org

www.coastalwestsussexmind.
org





Need to Talk 1-1



Talk 1-1 is a free on-line service

Talk 1-1 provides advice and support to those living with ASC, ADHD or associated traits and characteristics

Talk 1-1 is delivered by our specialist advisers

Talk 1-1 is confidential

EVERY WEDNESDAY 7.00pm –9.00pm Adults with ASC, ADHD or associated traits and characteristics

EVERY MONDAY 9.30-11.30am and EVERY FRIDAY 12:00 –2:00pm Parents, Carers and Professionals living or working with ASC, ADHD or associated traits and characteristics

Visit our website www.aspens.org.uk

For further information regarding how Aspens uses and shares your data, please refer to our Privacy Statement at www.aspens.org.uk

**Family Support Sessions
offering professional and personalised advice for**



aspens

Care • Support • Empower

parents/carers and relatives who live with ASC and ADHD.

The clinics run in the following locations :

**Angmering
Chichester
Crawley
East Grinstead
Shoreham-by-Sea
Tunbridge Wells
Brighton & Hove**

The aim of the clinics are to provide parents, carers and extended family members, professional advice, access to further signposting and resources. The clinics are free of charge. Donations are welcome. Each session lasts for 30 minutes. Prior booking is essential!

Email: familysupport@aspens.org.uk or call 01243 214120

Aspens Charities

A Company limited by guarantee, ref no. 10342980, England. A registered charity no. 1171448

COMPASS CARD

The Compass Card is a discount card for 0 to 25 year olds with special educational needs or disabilities in Brighton & Hove or West Sussex. You can use the card at lots of leisure venues to get discounts or special offers – so you end up paying less to have fun!

To get a Compass Card, you need to register on the 'disability register' for Brighton & Hove (Compass Brighton & Hove) or West Sussex (Compass West Sussex). But first, you'll need to check whether you're eligible for a card. Find out more about getting a Compass Card [here](#).

"We have used the card so much in the few weeks that we've had it. Filled up our Half Term nicely."

You can find out more about the Compass Team at [Amaze](#) [here](#).

LOCAL OFFER

Helping you find local Services, Events and Information.

The West Sussex Local Offer helps you find information about local services, support and events for children and young people aged 0 - 25 years who have special educational needs or disabilities (SEND).

REACHING FAMILIES

Reaching Families was established to “...empower, care for and inform parents and families of children and young people with special educational needs and disabilities in West Sussex”.

MAKING SENSE OF IT ALL

We publish a parent-carer guide, *Making Sense of it All*, which provides parents with information on a wide range of important subjects including diagnosis, benefits & money matters, special educational needs, accessing support from health and social care, etc. It also contains a directory of over 400 local and national organisations and an extensive jargon buster.

MAKING SENSE OF ADULT LIFE

We publish a guide for parents of children and young people embarking on adult life that brings together information on a wide range of issue including further and higher education, social life, growing up and relationships, money matters, employment and volunteering and independent living. Making Sense Of Adult Life also contains a directory of local and national services and jargon buster.

Both books are available to order FREE (plus postage and packing) from our publications page. The current edition of *Making Sense of it All* is also available in Kindle and iBook format from our e-book page.

FACT SHEETS

We have published a diverse series of localized fact sheets on child disabilities and rare syndromes that combine clinical information on a condition with local information on relevant projects, services and support. In partnership with Amaze we have also co-published a large miscellaneous range of fact sheets that again combine clinical information with local information on relevant projects and services. Please visit our fact sheets page for further information.

TRAINING

We deliver high quality workshops for parent-carers on a wide variety of subjects including:

- Anxiety in children
- Challenging behavior (in younger children and adolescents)
- DLA, PIP and other benefits
- E-safety
- EHCP assessment process
- Handling stress & building resilience
- Sensory processing difficulties
- Sleep management

Our training road-show has proved very popular as it allows us to repeat popular workshops at various locations across the county. Please visit our Training page or take a look at our most recent flyer to see when we will next be delivering workshops near you.

UMBRELLAS PARENT SUPPORT GROUP

We deliver a monthly support group for parent-carers of children with SEND in various locations including Billingshurst, Littlehampton and Worthing. The groups are vital in helping isolated parents make connections with other parents in a similar situation. It also helps in signposting parents to other relevant projects and services.

For further information regarding the Worthing and Littlehampton groups please contact Rosemary Hudson via email or phone her on 07704 037664. For Billingshurst please contact Rebecca Martland via email or phone her on 07305 053237.

AMAZE

[helpline 01273 772289](tel:01273772289)

Amaze is a charity that gives information, advice and support to families of children and young people with special educational needs and disabilities (SEND) in Brighton & Hove and Sussex. We also support young people with SEND up to 25. Some of our services are only available in specific areas – check out the specific services information for [parent carers](#) and [young people](#).

The range of services we offer varies across Sussex and some are specific to particular areas, for example SENDIASS covers East Sussex and Brighton & Hove, whilst The Compass is in West Sussex and Brighton & Hove. And Independent Support goes across the whole of Sussex.

When we say we work with parents we mean **anyone in the parent role for a child or young person with SEND including foster and kinship carers.**

When we say we work with children and young people, we mean **children and young people aged 0 to 25 years**, although our direct work with children and young people is generally from 14 up.

Children and young people and their parents **do not need to have a formal diagnosis** before they contact Amaze and our Helpline is a good place to get advice if you are not sure about your child's needs (or your own) and want to find out how what to do next.

On the other hand **for some of our services like The Compass there are rules about who is eligible.** The pages about each service on this website should make it clear where they cover and who can use them. The services we offer in each area are broadly outlined in our Amaze service leaflet. For more detail in one place about where each service is currently available and any eligibility criteria you can look at our Amaze service plan and criteria.

Sometimes we work in quite a light-touch way; at others, we may be much more hands-on so we have to decide what to offer each person. We try to do this in a fair way and you can read about how in our Level of service policy.

IMPACT INITIATIVES

OUR ORGANISATION

Through working with private and public funders to develop and manage our services, Impact Initiatives has been key to helping Sussex people live healthy and fulfilling lives for 40 years.

Our services include supported housing, advocacy, support for young people, cafés, centres and activities for people aged 50+, employment support and out-of-school activities.

Our Central team provide the Finance, IT & Facilities, HR and business administration, allowing our specialist managers to focus on developing and delivering the services.

OUR AIM

Our aim is to provide high quality, flexible and personal support services for Sussex people where and when they need it most. Our services aim to give individuals and communities the support they need to improve their quality of life and feel part of a wider community.

We aim to build stronger and more resilient individuals and communities though working with groups and individuals to develop and embed innovation.

If you would like to get in touch please give us call on 01273 322940 or email us at info@impact-initiatives.org.uk