

Electronic Family Information File for Families and Children on the Autism Pathway in Leeds

This information is intended to be a guide to services and activities provided by local organisations that may be useful now or in the future. In response to COVID-19 some organisations are limited in the support they can offer, please check individual websites for up-to-date information which changes in response to Government Guidelines.

Professionals you may wish to contact to discuss any concerns or available support;

- Family HV central SPA number 0113 8435683
- Your GP, Paediatrician, Speech therapist, children centre worker
- (f) - also on Facebook

National websites

- **Cerebra**: A charity for children with neurological conditions, that offer useful guides, grants, sleep support. (f)
<http://w3.cerebra.org.uk/>
- **Contact a family**: Support families with the best possible guidance and information. They bring families together to support each other and help families to campaign, volunteer and fundraise to improve life for themselves and others. (f)
<http://www.cafamily.org.uk/>
- **National Autistic Society**: Is the leading UK Charity for autistic people. (f)
<http://www.autism.org.uk/>
- **Scope**: They provide practical advice and emotional support whenever people need it most. They do this through the Scope helpline, their online community, a range of employment services, community engagement programmes, and more. All of their services are developed to achieve their strategy, Everyday Equality. (f)
<http://www.scope.org.uk>

Support re: Benefits

- **Disability living allowance**: Helps with the extra costs of looking after a child with additional needs.
<https://www.gov.uk/disability-living-allowance-children/overview>
<http://www.autism.org.uk/about/benefits-care/benefits/children/parents-carers-tips.aspx>
<http://www.autism.org.uk/about/benefits-care/benefits/children.aspx>
<http://www.nas.org.uk/about/benefits-care/benefits/children/dla-children.aspx>
<http://w3.cerebra.org.uk/help-and-information/guides-for-parents/dla-guide/>

- **Welfare rights:** Will provide free, confidential, impartial advice and support on a whole range of welfare benefits and help you to complete claim forms as well as offering guidance and support when making appeals. <http://www.leeds.gov.uk/residents/council-tax-and-benefits-welfare-rights>

Education services and support

- **Funding for Inclusion (FFI):** Is the system for sharing out the special educational needs (SEN) High Needs Top Up budget to education settings.
<https://www.leeds.gov.uk/docs/Early Years Funding For Inclusion.pdf>
- **Leeds City council local offer:** Ensures families can access clear information about all services for those aged 0-25 with SEN and disabilities, explains what families are entitled to and can expect from services, gathers feedback from people who use services and uses feedback to support service development.
<http://www.leeds.gov.uk/residents/Pages/Leeds-Local-Offer.aspx>
- ~~**Leeds central library/STARS advice session:** The drop in advice session is run once a month at Leeds Central Library. The STARS team is available for advice alongside the ABC Parent Support Group. Computers available to make visual picture symbols. Professionals and parents are welcome to attend the drop in.~~
~~<http://www.starsteam.org.uk/drop-in-advice-session-at-the-library>~~
- **Leeds Special Educational Needs and Disability Information Advice Support Service (SENDIASS):** Special Educational Needs and Disabilities Information Advice and Support Service, is a free, confidential and impartial service for parents and carers, children and young people (up to 25 years). (f)
<https://familyinformation.leeds.gov.uk/sendiaass>
- **One stop centres:** Customer service officers can help with enquiries about council tax bills and benefits, housing tenancy issues, benefits for people on a low income, help for older people, disabled people, children and families and more.
<http://www.leeds.gov.uk/residents/Pages/one-stop-centres.aspx>
- **STARS website:** STARS are a team of autism specialists who offer advice and training to mainstream settings. They work in early year's settings, primary schools and secondary schools.
<http://www.starsteam.org.uk/>
<http://www.leeds.gov.uk/docs/STARS%20leaflet.pdf>

Support and Activity groups

- **ABC:** A regional resource for parents of children with an autistic spectrum condition, based in Bramley. Provide help, support and advice about services, facilities, education, care and welfare for parents and families of children displaying Autistic Spectrum Conditions including Asperger's Syndrome. (f)
<https://leedsabgroup.wordpress.com/newsletter/>
- **Autism friendly cinema:** At least once a month ODEON, Cineworld, Vue, Showcase, Picturehouse and Everyman cinemas show popular films suitable for all audiences in an autism friendly environment and are screened in a sensory friendly and inclusive environment. (f)
<https://www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/>
- **AWARE:** Is a parent-run group supporting families with children and young adults on the autistic spectrum (formal diagnosis not required), covering Airedale, Wharfedale and Craven areas and beyond.
<https://aware-uk.org/sample-page/>
- **Carers Leeds:** Carers Leeds is an independent charity that provides support, advice and information to unpaid carers aged 16 and over.
<http://www.carersleeds.org.uk/>
- **Donkey Sanctuary:** Based in Eccup leeds.
<https://www.thedonkeysanctuary.org.uk/visit-us/leeds>
- **EPIC Leeds:** EPIC is a group of parents and carers of disabled children who work with local authorities, education, health and other providers to make sure the services they plan and deliver meet the needs of disabled children and families. (f)
<http://www.epicleeds.org.uk/>
- **Gravity Trampoline Park Kirkstall:** Trampolining for children on the autistic spectrum, or with sensory or learning disabilities. (Autism friendly) sessions include: Plenty of space, reduced capacity, music turned down – no loud announcements, strobe lighting turned off – house lights only. Sundays 6-7pm. (f)
<http://www.gravity-uk.com/cardigan-fields-leeds/>
- **Homestart:** They recruit volunteers from all communities and backgrounds in the city to visit families at home during a time in which the family is experiencing difficulties. They offer parents their time and support to help them grow in confidence and increase their ability to cope and build better lives for their children and themselves.
<http://www.home-start.org.uk/>

- **Jump-inc Leeds autism session:** Families can take advantage of a quieter trampoline session, where the music is turned down and lights are lower. 2nd Wednesday of every month.
<https://www.jump-inc.uk/leeds-autism-services-visited-jump/>
- **Leeds city council disability sport programme:** Programme of the regular specific disability and inclusive sport opportunities that exist across Leeds. This covers children, young people and adults with any disability, and all ability levels
<https://active.leeds.gov.uk/classesandactivities/sports/disability-sport/>
- **Leeds Mencap:** A registered charity which aims to support children to have the best start in life. They run a range of services, clubs and activities for children and young people with a learning disability from age 0 – 18, so they can support them in helping them achieve their dreams and aspirations for the future. They also have a monthly newsletter covering current topics. (f)
<https://www.leedsmencap.org.uk/>
- **Leeds Mencap parent support groups:** Offers a professional community and home based service designed to meet the needs of families with multiple, complex needs. They work with families dealing with domestic violence, difficulties with parenting, problems engaging in education, financial hardship, housing, benefits and debt issues. (f)
<http://www.leedsmencap.org.uk/support-for-adults/parents-carer-support-groups>
- **Little Hiccups:** Little Hiccups is a support group that has been set up by two mums who both have children with special needs. (f)
<http://www.littlehiccups.co.uk/index.htm/>
- **Max card:** The Max Card is the UK's leading discount card for foster families and families of children with additional needs. Families can use their Max Card at venues across the UK to get free or discounted admission. (f)
<http://www.mymaxcard.co.uk/>
- **Scope – Leeds:** Work with parents to provide information for parent and carers about Short break activities in Leeds for children with additional needs up to the age of 18.
<https://www.scope.org.uk/family-services>

They also offer a sleep service in Leeds called Sleep right for children aged 2-18.

<https://www.scope.org.uk/family-services/sleep-right>

They provide Parent Connect a 6 week support programme for parents and carers of young disabled people in Leeds so they can meet and talk with other parents and find out additional information to help support their child. Parentsconnect@scope.org.uk

You can contact SCOPE for all these services at: Freephone 0808 800 3333 Mon-Sat 8-8 and Sunday 10-6pm. (f)

- **Short breaks:** This directory lists in detail short breaks and fun activities currently available for children and young people aged 0-18 in Leeds.
<https://www.leeds.gov.uk/docs/Short%20Breaks%20Directory%202019-20.pdf>
- **SNAPS (Special Needs And Parent Support):** Provide leisure support services for children with special needs of all kinds, and their families. (f)
<https://snapsyorkshire.org/>
- **Zigzag Leeds:** A parent led support group, based in North Leeds, offering parents and carers advice, support and guidance for those who care for a child or young person with an Autistic Spectrum Condition or similar conditions. (f)
<http://www.zigzagleedsautismsupport.co/>

Grants

- **Family Fund:** Is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people. (f)
<http://www.familyfund.org.uk/>
- **Newlife charity:** Nurses support families, researchers work to improve children's health, they campaign for a fairer deal and volunteers and supporters know that 100% of every penny they donate or fundraise will be used for equipment to change a child's life. (f)
<http://www.newlifecharity.co.uk/>
- **Physcap:** Yorkshire based charity run completely by volunteers. We are dedicated to improving the quality of life for children with severe physical and mental disabilities within the Yorkshire area.
<http://www.physcap.org/>

Support for parents

- Leeds Mental Well-being Service for support for parents with stress, low mood & emotional difficulties – You can self-refer or book onto treatment at:
www.leedsmentalwellbeingservice.co.uk or call 0113 8434388
- Leeds Mindmate – www.mindmate.org.uk (f)

Going on holiday and days out

- Kensington Foundation:** The Kensington Foundation is a Blackpool-based charity. Currently they fund and manage the following projects: The Daisy Chain Project: holiday accommodation for respite breaks. The Crisis Grant Line: grant-aid to those in need of assistance. Jack In The Box: free toys for families in need. The Margaret Kane Canal Boat: offering day cruises and short residential breaks. (f)

<http://www.kensingtonfoundation.com/>
- Sand Sun and Special Needs:** They own caravans which are adapted and can be rented by PIP and DLA claimants for £29 per week (+£30 refundable deposit). (f)

<https://sandsunandspecialneeds.webs.com/about-us>
- <https://www.autism.org.uk/about/family-life/holidays-trips/family-ideas/england.aspx>
- <https://www.autism.org.uk/about/family-life/holidays-trips/preparation.aspx>
- <https://www.dayoutwiththekids.co.uk/blog/autism-hour-top-10-autism-friendly-days-out>
- <https://www.familiesonline.co.uk/things-to-do/places-to-go-guide/autism-friendly-days-out-across-the-uk> (f)
- <https://www.manchester-airport-guide.co.uk/disabled-facilities.html>
- <https://www.gatwickairport.com/at-the-airport/passenger-services/special-assistance/hidden-disabilities/>

Support with hospital appointments and admissions

- Support for children/families with learning disability - support with accessing hospital services:

Contact: <http://www.leedsth.nhs.uk/a-z-of-services/learning-disability/contact-us/>

Accessing disabled toilets

- Changing Places:** Toilet facilities for people with disabilities. They are fitted with specialist equipment including a hoist and adult-sized changing bench. Provide enough space for up to two carers to support someone with a disability.

www.changing-places.org
- RADAR keys (National Key Scheme):** Offers disabled people independent access to locked public toilets around the country. They cost £2 each available at One Stop Centres and Community Hubs.

<https://www.leeds.gov.uk/.../report-other-environmental-problems/public-toilets>

<https://www.radarkeys.org>

All links correct and updated by Sarah Brosnan/Sharon Hopton 29.06.20