

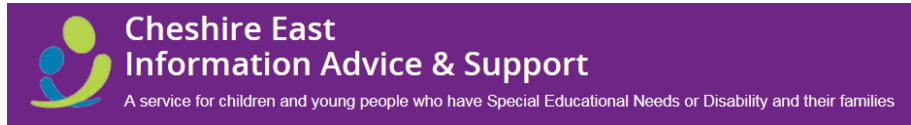
Useful Information for Parents of Children Recently Diagnosed with Autistic Spectrum Condition

Cheshire East

This booklet is available in audio, Braille, large print and other languages. To request a copy, please speak to the ADHD Specialist Nurse.



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Useful websites

- ~~www.autism.org.uk~~
- www.autismwestmidlands.co.uk
- www.healthystart.nhs.uk/healthy-start-vouchers/
A government scheme that provides a nutritional safety net for those receiving certain benefits.

For those children with eating challenges, Infant Toddler Forum provides a range of information and advice. Further information can be accessed at:

- www.network.autism.org.uk
- www.autism.org.uk
- www.autismnetworkscotland.org.uk
- [www.nhs.uk/changes for life](http://www.nhs.uk/changes-for-life)
- Child feeding guide free app produced by Loughborough University
- www.nhs.uk/conditions/pregnancy-and-baby/pages/fussy-eaters.aspx

Resources to help with emotions and anxiety

- ~~www.moodjuice.scot.nhs.uk/anxiety.asp~~
- www.themix.org.uk
- www.kooth.com

This resource provides online mental health services for children and young people (aged 11 to 19 years) via an online counselling and emotional wellbeing platform. It also provides useful advice and information for those living with anxiety.

- www.notfineinschool.org.uk

Information and support for young people who are struggling to sustain attendance within mainstream schools due to anxiety, unmet special educational needs, physical illness and academic pressures.

Caudwell Children

Caudwell Children are a local charity that offer a range of therapies for those children diagnosed with Autism. These include: dietary and nutritional interventions, therapy at advance, auditory integration training, ABA Therapy and sensory packs.

You can apply online or download an application form from their website at:

www.caudwellchildren.com



Contents Page

Cheshire Autism Practical Support	3
Ruby's Fund	3
Autism Resource Library	4
Autism Inclusive	4
The Local Offer (Cheshire East)	5
Cheshire East Information Advice and Support	6, 7
The National Autistic Society	8
Caudwell Children	9
Useful Websites	10

Cheshire Autism Practical Support (CHAPS)

CHAPS was started in 2010 by three parents who all have children on the autistic spectrum. They offer advice, practical support and a range of services across Cheshire for families that have a child who has been diagnosed with autism.

For further information please visit:

www.cheshireautism.org.uk

Ruby's Fund

Ruby's fund is a registered children's charity based in Congleton, Cheshire. Their aim is to provide play and recreational opportunities for children and young people with additional needs and their families.

More information can be found at:

www.rubysfund.co.uk

The National Autistic Society

The National Autistic Society is the leading UK charity for autistic people (including those with Asperger syndrome) and their families. They provide information, support and pioneering services, and campaign for a better world for people on the autism spectrum.

www.autism.org.uk



Cheshire East Information Advice and Support (CEIAS) continued

In addition, CEIAS can offer support to families and young people who are applying for an Education Health and Care Assessment and will provide information and guidance around the offer of a Personal Budget.

Parents/carers can subscribe to a quarterly newsletter containing useful information and details for local events and parents support groups.

www.ceias.cheshireeast.gov.uk

Autism Resource Library

The Resource library is situated within Sandbach Library, The Commons, Sandbach and is open on Tuesdays and Thursdays from 9.00am to 12.30pm. The library contains literature about autism and related conditions as well as a variety of games, activities, books and CDs which you may borrow.

You are required to book an appointment to access the library by telephoning **01270 685960**.



Autism Inclusive

This service welcomes all individuals with an Autistic Spectrum Disorder and those awaiting diagnosis. They provide a range of services including parent/carer support groups, group training sessions, informal drop in sessions, education from professionals, gaming evenings and children's parties.

For more information visit their website:

www.autisminclusive.org.uk



ICE (information Cheshire East)

The Local Offer

- The Local Offer is part of information Cheshire East – a listing of services and activities for children and young people aged 0 to 25 years and their families.

The Cheshire East Local Offer:

- includes information about the support and provision that families can expect from a wide range of agencies for children and young people with Special Educational Needs and/or Disabilities (SEND) from 0 to 25 years old
- is set out in one place so families and professionals have access to the same information
- describes available support and services within Cheshire East, along with provision outside of Cheshire East that families may also be able to access
- has been co-produced with families and professionals from a wide variety of agencies across the Cheshire East area

Contact Details

Website: www.cheshireeastlocaloffer.co.uk



Cheshire East Information Advice and Support (CEIAS)

This service helps parents and carers, children and young people who have difficulties with learning, and or a disability from birth to 25 years and their parents and carers.

They offer a confidential service which gives parents, children and young people impartial advice and information to make informed decisions.

To use this service a parent must think that their child has special educational needs. You do not need a diagnosis or an Education and Health Care Plan to use this service.

What they offer:

- The service will listen to concerns from parents and young people and will ensure their views are taken in to account by professionals
- The service can help parents and young people to prepare for meetings and to attend meetings with them as appropriate
- The service will produce information that is accurate and relevant to the needs of the parents, carers and young people

