

CLASS+

Collaboratively working with families to build confidence and to enable them to take the next step

Parent Pack



Part of Communication, Learning and Autism Support Service

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Stuart Gallimore
Director of
Children's Services

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Introduction

This pack has been created to provide information to parents and carers with a child or young person who has recently been diagnosed with an autism spectrum disorder (ASD).

Through our work with parents we identified that the period of time after your child receives a diagnosis can be difficult and confusing. As a parent you may wish to find out as much as possible about the condition and the services out there which can help your child and you. However, there is so much information available in the form of books, DVDs and on the Internet that it can be hard to know where to start. We hope that this pack will give you information in an accessible form and signpost you to further reliable sources of information.

Contents

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- Websites
- Suggested reading
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Support Groups

Bexhill & Hastings Branch of National Autistic Society (NAS)	07920 254569 Bexhill@nas.org.uk	Groups run in Bexhill
Families for Autism	07415 137887 info@familiesforautism.com	Groups run in Newhaven, Eastbourne, Heathfield
Special Kids Bexhill	07873 721560 specialkids82@yahoo.co.uk	Groups run in Bexhill
Seaford Downs Syndrome and Special Needs Support Group	01273 517294 dave@seaford-dssnsg.co.uk	Groups run in Seaford
Embrace Parent Support Group	07780 435122 annetteackland.embrace@gmail.com	Groups run in Eastbourne
Pippa's ISEND Support	07935 283938 info@pippasgroup.org.uk	Groups run in Lewes
iContact	info@icontactautism.org	Groups run in Lewes

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Websites

- National Autistic Society - <http://www.autism.org.uk/>

The leading charity for children and adults with Autism in the UK. The website offers practical advice, resources and contact information for advice and support.

- Contact a Family - <http://www.cafamily.org.uk/>

Provide information, advice and support to families and aim to link families to support each other.

- The Mighty.com - <https://themighty.com/>

Website that gives practical information about disabilities, disease and Autism. Gives links to other websites, news articles and publications

- Special Needs Jungle - <https://www.specialneedsjungle.com/>

A website run by parents with parent led information, resources and informed opinions.

- The Power Project - <http://www.sussexdance.net/the-power-project.html>

A dance/drama group for children with additional needs

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- Spectrum -

<https://czone.eastsussex.gov.uk/specialneeds/autism/Pages/spectrum.aspx>

Spectrum works across East Sussex to support young people with autism to independently access their community.

- I-go Card –

<https://www.eastsussex.gov.uk/childrenandfamilies/specialneeds/i-go-leisure-card/young-people/>

I-go work with a variety of businesses in East Sussex to raise their awareness of people with disabilities that may attend their business, some offer free carer places and/or concessions.

- Autism stress alert card –

<http://www.autismstressalert.org/>

The Stress Alert Card gives families of autistic young individuals a priority checkout service when they visit Stores, banks, Libraries and other Public Services.

- Sibs – Sibling Service

<https://www.escis.org.uk/family-information/sibling-service-direct-intervention-team-sibs-aged-6-18/>

The Sibling Service provides short breaks and activity days throughout the year for the brothers and sisters of children and young people with a disability.

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- Freeks Geeks and Aspergers by Luke Jackson – An insight into the adolescent years
- Blue bottle mystery by Kathy Hoopman – A book aimed at children aged 7-9 about a boy embarking on a mystery combined with discovering he has Aspergers Syndrome.
- Curious incident of the dog in the night time by Mark Haddon – The story of Christopher, a teenager with Aspergers Syndrome.
- The Reason I Jump by Naoki Higashida – One boy's voice from the silence of autism.
- The Red Beast by K.I Al-Ghani – A book to share with your child about meltdowns
- I am Utterly Unique by Elaine Marie Larson – A book to share with your child, ABC of autism traits.
- A Dad's Journey by Luis M. Bayardo – An insight into a Dad's view of raising a child with Autism

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Benefits

DLA/PIP - <https://www.gov.uk/disability-living-allowance-children/overview>
<https://www.gov.uk/disability-living-allowance-children/overview>

Information about claiming disability living allowance/personal information payment for children with disabilities.

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Carers Allowance - <https://www.gov.uk/carers-allowance>

Information about claiming carers allowance, eligibility criteria and rates of pay.

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Disabled element of tax credits – You may qualify for the disabled element of tax credits if a child on your claim is in receipt of DLA or PIP

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Charities

You may wish to apply to a charity for funding towards items that could benefit your child, each charity has their own funding criteria so please check their websites for current information and application processes.

Family Fund – www.familyfund.org.uk

Caudwell Children – www.caudwellchildren.com

Cerebra – www.cerebra.org.uk

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