

The family holiday association can help to provide breaks and day trips for families.

www.familyholidayassociation.org.uk

Liverpool Parents' Interest Group (PIG)

We are a support and information group for parents and carers of children with social and communication difficulties, including autism and ADHD.

We meet once a month in term time in the church hall of Merseyside Christian Fellowship, 22 Richmond Park, Anfield L6 5AD. It's usually held on a Tuesday and we are there between 9:30am and 11:30am.

Please feel welcome to come along; you don't need a referral, appointment or a diagnosis! We are a friendly group run by parents of children and young people on the spectrum. We often have local charities and professionals along to speak to the group and have regular updates of what is on offer for families in the local area.

We also have facilities for younger children if you need to bring them along with you (although you will need to keep an eye on them).

For more details and current meeting dates, please contact:

June on 07837 098625 or Babs - babs.bd100@gmail.com

We also have a Facebook group, if you would like to join please send a message to June Ardrey on her fb page.

Looking forward to meeting you!

Liverpool law clinic free legal advice for parents

Turn 2 us

Turn2us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services.

<https://www.turn2us.org.uk/>

FAMILY FUND

If you have a child with a disability you should know about the Family Fund.

The Family Fund gives grants to lower income families with disabled children for things that make life easier and more enjoyable. Grants are given to those raising a disabled or seriously ill child aged 17 or under, to help improve well-being and ease the pressures they often face.

A grant can help with items such as washing machines, fridges, bedding, specialist toys and much-needed family breaks. The Family Fund uses their own eligibility criteria to ensure that it only helps those families who are most in need.

Welcome to ADDvanced Solutions Community Network

Community based learning, coaching and mentoring programmes and health, wellbeing and enrichment activities for families living with Neurodevelopmental conditions.

We aim to equip and empower parents, carers, children and young people with the skills, tools, knowledge and confidence to better recognise, understand and meet the needs of their family.

We support families' pre, during and post diagnosis to find the answers for themselves.

Parent said: I've just attended a 6 wk course with ADDvanced solutions monday evenings, i think they do evenings twice a year. They have loads on for parents on pathway.

The national autistic society

Face to face provide a befriending service for parents.

Liverpool is our free befriending service offering one to one emotional support for parents of disabled children or those with additional needs. We have trained volunteer befrienders who are all parents of children with additional needs so understand the challenges families may face.

A befriender will meet with you and offer you the opportunity to discuss how you are feeling and support you with those feelings, initially offering you six visits with a befriender followed by a review. If we feel you would benefit from having more support then we can offer more visits.

Face 2 Face is run by an experienced co-ordinator and all of our volunteer befrienders receive training and on-going support.

Gingerbread www.gingerbread.org.uk for single parents looking to get back into work under 25.

Autism adventures have allsorts going in through the summer and run courses .

ASD training team

Training, support and drop in advisory sessions for families whose child has been diagnosed with Autistic Spectrum Disorder (ASD).

How We Help

Drop in Sessions

The drop in sessions take place twice a month in different children's Centre's across the city. They are for Parents/Carers or professionals wishing to talk in a private one to one setting.

You do not require a diagnosis of ASD to attend but must have questions or concerns about the young person. The drop ins are not a training session and do not require an appointment.

Waiting List Courses

Are for Parents/Carers who are waiting for their child to have an ASD Pathway assessment. They consist of one full day training on Social Communication difficulties & Social Behaviour. The assessment must come from the ASD Pathway referral.

To attend the below courses all children must have a completed diagnosis of ASD:

EarlyBird Course

Are for Parents/Carers who have a child with a diagnosis of ASD and are under the age of 4 years. It has 8 classroom session 9.30am till 12 noon and 4 homevisits which the child should attend. There are 2 places for Parents/Carers.

EarlyBird Plus

Are for Parents/Carers and one professional who is working with the young person. It is for children between the age of 4 and 9 years and who have a diagnosis of ASD. There are 8 classroom sessions and 2 homevisits that do not require the child to attend. There are places for 2 parents / Carers and one professional.

ASD Training Course

They are grouped in to ages – 4 - 7yrs, 8 - 11yrs and over 11yrs.

The course is for Parents/Carers of a child / young person aged from 4 to 19 who have a diagnosis of ASD. The course consists of 7 half day sessions 9.30am till 12 noon and all the courses follow the 3 strands - Autism, Communication and Behaviour difficulties.

There are 2 places for Parents / Carers. We do this through training sessions where we work with the families in small groups to teach them about ASD and strategies to support their child and extended families.

Livpac hold coffee mornings on the first Tuesday of the month and run various courses.

Forum for parents of children with any disability.

Parent said: LivPaC are on fb & based in dingle, they run courses for carers & are all carers themselves they're fab and super helpful.

The Isabella trust run courses, they're on fb too. Parents say : Lots of helpful info at those.

Liverpool Autism Outreach service

<https://www.thelivewelldirectory.com/Services/1389/Liverpool-Autism-Out>

Our Autism Outreach Service provides specialist training and advice to schools, families and community organisations across the Liverpool City Region (Liverpool, Halton, Sefton, St Helens, Wirral, Knowsley).

Schools: Our team provides specialist training and outreach support in all educational settings (Early Years, Primary, Secondary and Further Education) for staff and parents/carers. We are committed to promoting and enabling inclusion for children and young people who:

- have a diagnosis of Autism Spectrum Condition/Disorder (ASC/ASD)
- are currently awaiting assessment following referral to the Autism Spectrum Pathway
- are experiencing social / communication difficulties

We believe in a child-centred approach; working collaboratively with school staff, families and other professional agencies to ensure a cohesive and proactive service.

Outreach Support

- Pupil observation – initial and ongoing assessment of need
- Post observation feedback of advice and strategies to staff
- Written summary / report of recommended strategies
- Classroom staff team training
- Modelling an ASC friendly environment
- Transition support

- EHCP (Education Health Care Plan) / EHAT (Early Health Assessment Tool) attendance and advice at review meetings
- Bespoke intervention(s)
- Sensory PE circuit teaching (1/2 term block)
- 1:1 parent/carer meeting providing advice and strategies for the home
- Post diagnosis support
- Parent/carer coffee morning / afternoon

Training

Autism Together <https://www.thelivewelldirectory.com/Services/3341/Autism-Together-Chi>

Please be aware that our service is an 'opt in' service and we encourage families to contact us directly to arrange an initial meeting or to deal with any enquiries. All of our services are available to children that have a diagnosis of Autism Spectrum Condition, are going through the diagnostic process or have recognised social and communication difficulties as their primary support need.

Activity Clubs – aimed at young people aged 8-18 years old. Our activity clubs are held in the Rainbow Resource Centre in Birkenhead during evenings and on a Saturday morning. Each club costs £3 per child.

Chill n Chat – aimed at young people aged 11-18 years old, who would like to have a chat and meet like-minded people. Our 'Chill n Chat' sessions cost £3 per child. These sessions are held in the Rainbow Resource Centre in Birkenhead and only take place during school holidays.

Sibling Support – aimed at offering help and support to brothers and sisters. Our Sibling Support sessions are based in the Rainbow Resource Centre in Birkenhead. Sessions are £3 per child, aimed at 6 -11 year olds.

Rainbow Groups – stay and play sessions supporting families of young children who may have a diagnosis or are going through the process and require some support or advice. Our Rainbow Groups run in a number of SureStart Children's Centres across the Wirral and are aimed at young children under 7; all sessions are completely free and no need to book.

Workshops – specific informative classes run by a member of the Children and Family Service; they cover a wide variety of topics such as sexuality and autism, an introduction to autism, behaviour and possible strategies etc. Parents will need to contact a member of our team to find out more information about these workshops and to book a place.

Befriending Service – small individual groups of 14 – 18 year olds based on their interests and likes. Aims at encouraging socialisation, independence and confidence. Groups meet up twice a month and go on various trips out in the community.

Rainbow Resource Library – we stock a number of books and DVDs focussing on autism and Asperger’s for parents, professionals and children. Please contact us for a full list of books and DVDs available. We also have files of ‘hot topics’ full of information for people to take away.

Parenting Course – aimed at helping parents understand more about autism and how they can best support their child. Our 7 week Parenting Course takes place in the Rainbow Resource Centre. See attached poster for a breakdown of this course and get in touch if you wish to attend.

Monthly coffee morning for parents, carers, friends and family of someone with ASD or in the process of diagnosis. A great chance to meet new people and share advice, support and strategies. Each session will have a different topic theme, but we are always open to discuss any issues or answer any questions that we can. Different themes include; early years, friendships, anger etc. Where: Rainbow Resource Centre, 120 Chester Street, Birkenhead CH41 5DL. Time: 10:00am - 12noon

Our Library! We have a wide selection of books and DVDs regarding ASC for parents, children and professionals. We ask for a small donation towards our library for a whole month of borrowing. Let us know your recommendations!

Email Newsletter - we send out a weekly Friday newsletter to over 2000 families and professionals. The newsletter includes updates on all our services, what other

professionals are doing, useful information and we list all the autism friendly cinema screenings!

If you would like to be added to our email newsletter or to enquire about our library, please contact a member of our team – Tel: 0151 666 9960 / Rainbow Resource Centre, 120 Chester Street, Birkenhead, Wirral CH41 5DL

PARENTING A CHILD WITH AUTISM – a 7 week course looking at some of the issues faced by parents/carers when supporting a child on the autistic spectrum.

Do you need mutual support or someone to talk too?

Do you need help in understanding autism/Asperger's?

Do you need help regarding schools?

Do you need to know what the professionals do and how to work with them?

What support is available to you?

Do you need an understanding of how the system fits together?

- Week 1 What is autism?
- Week 2 Communication
- Week 3 Thinking issues/imagination
- Week 4 Sensory sensitivities
- Week 5 Analysing behaviour
- Week 6 Supporting your child
- Week 7 Next steps and consolidation

Courses are held either during term time mornings or evenings. £10 per person for the full 7 weeks, this is payable at the first session. Sessions start at 9:30am and finish at 12:30pm or 6:30pm - 8:30pm. Tea and coffee will be available. Parking is pay and display

Workshops take place at: Rainbow Resource Centre, 120 Chester Street, Birkenhead, CH41 5DL
Tel: 0151 666 9960

Email: enquiries@autismtogether.co.uk

Autism initiatives

Information, advice and support services for children and adults with autism, their carers and families.

Service Details

Locations:

Knowsley
Liverpool
Sefton