

Parent/ Carers Signposting and Recommended Information Sources

Introduction

When your child is identified as having SEN, the educational setting should take action to remove barriers to learning and put effective special educational provision in place, including making “reasonable adjustments”.

We often get queries from parents around anxiety and the role this has to play in their child’s presentation at home, in school and transitioning between the two settings. Whilst we are not a family support service, the following information may help understanding around this and how this can be supported by schools and families.

This list is not exhaustive by any means but a good starting point.

We have spilt the resources into three categories :

- Generic useful resources / websites/ organisations for Autism and the Autistic Profile
- Specific resources linked to transitions, anxiety and school avoidance
- Activities & clubs

Generic useful resources / websites/ organisations		
Name	Information	Contact Details
The National Autistic Society	They have a good search feature on their website amongst other very useful topics : Parents and carers (autism.org.uk) Difficult transitions into school Autistic women and girls (autism.org.uk) Autism and girls Anxiety (autism.org.uk) Anxiety	www.autism.org.uk
The National Autistic Society (Sefton Branch)	The National Autistic Society’s Sefton Group provides support for carers of autistic children and adults in the local area. We provide support via • regular meetings (currently held online) where members can discuss concerns or issues they’ve experienced in their role as carer. • work with several other groups to raise our carers’ issues and experiences with the relevant local and national bodies with the aim of improving the experience of our carers and those in their care. • We hold monthly meetings to provide peer support to members and non-members through discussion, news updates and an open forum. These are currently being held via video.	nassefton@nas.org.uk or go to the Facebook page.
The Autism Education Trust (AET)	Sefton Inclusion Team have all three phase licenses for the Autism Education Trust culture change programme for education staff which from the fundamental building blocks of all our good autism practice which is research based and coproduced. There are very useful guides for parents on the parents page including guides to exclusions and equality law,	www.autismeducationtrust.org.uk



	elective home education, working with your child's school, as well as resources and top tips.	
Autism Initiatives	Autism Initiatives UK is an innovative, empowering charity with an acclaimed national reputation leading the way in supporting people with Autistic Spectrum Condition [ASC]. We provide a range of services that are centred on specific needs which is a unique and flexible approach and has contributed to our success. Our parent support group and some parent training sessions are free to access.	Request more information about our services: www.autisminitiatives.org/contactus Email Address: info@autisminitiatives.org Phone: 0151 330 9500 Website: http://www.autisminitiatives.org/
ADDvanced Solutions (Sefton Offer)	Autism Post-Diagnosis Learning Programme Open Access Community Network Group - If you have concerns about your child's behaviour or progress at school, our community network groups offer support to help you learn, understand and meet the needs of your child and family. Family Learning Programmes and Workshops - Structured programmes and workshops that give parents, carers and supporters the skills, knowledge and confidence to enable you to better recognise, understand and meet the needs of your neurodiverse children and young people, who may also have specific learning difficulties or associated mental health needs. Young Person's Autism Post Diagnostic Coaching (ages 11-18) - Our highly experienced and specialised young persons coach will support the young person to explore their diagnosis, identify aspects of autism that they may struggle with and discuss strategies that will empower them to move forward in a positive direction.	www.advancedsolutions.co.uk/our-offers/our-offer-in-sefton info@advancedsolutions.co.uk or call our office on 0151 486 1788
Sefton Carers Centre	Are you a Parent Carer living in Sefton who cares for a child who has a physical disability, learning disability or emotional/behavioural condition? The Parent Carer Team can provide information, advice and guidance on services and support available to you. The Team run Parent Carer coffee morning groups(during term-time)in Waterloo, Southport and Virtual online. The groups provide the opportunity to speak to a variety of professionals in the local community, as well as gaining support from the team and other parent carers.	Home (sefton-carers.org.uk) By telephone on 0151 288 6060 or email: help@carers.sefton.gov.uk
Sefton parent / carer forum	Parents or carers of a child with any type of additional need or disability are welcome to join. We run workshops, information days and one day special events on a regular basis throughout the year. Provide regular information to help increase parental knowledge via social media. We attend meetings, forums and workshops to make sure parent carers' voices and children's needs are being heard at all levels within health, education and social care services. We hold regular coffee mornings and craft sessions across Sefton where parents can meet, chat and get support. 5DQ. There will be a guest from Sefton services here once a month.	Sefton Parent Carer Forum E-mail - info@seftonpcf.org Website - www.seftonpcf.org/ Social Media - Find us on Facebook Follow us on Instagram We are based at Cambridge Family Well Being Centre Monday, Wednesdays, Fridays - Term time. Cambridge Road, Bootle, L20 9LQ.

SEFTON AUTISM AND COMPLEX NEEDS TEAM

SENDIASS - Sefton Parent partnership Service	We provide support for parents and young people in arranging and attending meetings as well as offering advocacy support. The service is confidential and free for young people aged 0-25 years and their parents. It is impartial and provided at arm's length from the local authority and Clinical Commissioning Groups (CCGs).	You can contact us by phone email or post. Colin Pettigrew - Director of Children's Services 0151 934 3334 seftonsendiass@sefton.gov.uk
Parenting 2000	Parent Support service based in the Sefton. We run a range of services that provide emotional and practical support, and information targeted at vulnerable children, young people and families in our community.	Southport & Alchemy Centre The Lodge Morningson Road PR9 OTS Tel: 01704 380047 or 07464 544314 (Reception/Office open for enquiries 9am-5pm Monday to Friday) Email: info@parenting2000.org.uk Crosby Youth & Community Centre 58 Coronation Road, Crosby, Liverpool, L23 5RQ Tel: 0151 920 7137 or 07880 033830 (Reception/Office open for enquiries 9am-5pm Monday to Thursday, and 9am-4pm Friday) Email: info@parenting2000.org.uk
Young Minds	Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help. Support for children and young people , families and carers and professionals	www.youngminds.org.uk
Together Trust * charged service	Autism Sleep clinic – Expert advice and tailor made sleep plans to support your child.	https://www.togethertrust.org.uk/ Together Trust Centre, Schools Hill, Cheadle, Cheshire SK8 1JE Tel: 0161 283 4848



Specific resources linked to transitions, anxiety and school avoidance		
Name	Information	Contact Details / Resources
Transition issues, anxiety and school avoidance	Starter advice: Tips for parents for when a child starts to avoid going to school	https://www.youtube.com/shorts/1nktVxPMWzY
Dr Pooky Knightsmith	Excellent videos to help you understand and support yourself and your child.	https://www.pookyknightsmith.com/keynote-ebsa-school-anxiety-prevention/
Various	Information about anxiety and autism when engagement in school/ transition becomes more tricky: (always consider your individual child, their communication style and needs- approaches need to be bespoke and not everything will work for every young person).	https://notfineinschool.co.uk https://www.partnersinsalford.org/salford-0-25-advisory-board/salford-thrive-ehwb/emotionally-based-school-avoidance-ebsa/ https://www.lancashire.gov.uk/media/930428/september-2022-ebsa-guidance-toolkit.pdf
Highly significant issues and anxiety around accessing education	Due to the autistic profile of need, including social and sensory differences autistic young people may be more susceptible to autistic fatigue and burnout. Young people can experience an immense level of pressure and anxiety trying to manage everyday life. This is often called Autistic Burnout. They need support and recovery time.	https://www.autisticrealms.com/post/supporting-children-through-autistic-burnout-parents-guide https://www.barrierstoeducation.co.uk/trauma Autistic fatigue - a guide for parents and carers (autism.org.uk)
Dr Naomi Fisher	Dr Naomi Fisher website including lots of resources/ training around anxiety	https://www.facebook.com/drnaomifisher www.naomifisher.co.uk
Team Square Peg	Square Peg was set up as a social enterprise in April 2019, to effect change for children who struggle to attend school and their families.	school 'refusal' squarepeg (teamsquarepeg.org)
A Different Joy (Sarah Jane Critchley)	Helping people who are autistic, dyslexic , or have ADHD, their families, friends and supporters live the lives they choose.	https://www.differentjoy.com

SEFTON AUTISM AND COMPLEX NEEDS TEAM

Activities & clubs		
Name	Information	Contact Details
Alchemy youth clubs (Ages 11 – 18)	Monday 6pm – 9pm – Crosby Tuesday 5:30 – 8:30pm – Southport Wednesday 5:30 – 8:30pm – Southport Thursday 6pm to 9pm – Crosby	Southport & Alchemy Centre The Lodge Morningson Road PR9 OTS Tel: 01704 380047 or 07464 544314 (Reception/Office open for enquiries 9am-5pm Monday to Friday) Email: info@parenting2000.org.uk Crosby Youth & Community Centre 58 Coronation Road, Crosby, Liverpool, L23 5RQ Tel: 0151 920 7137 or 07880 033830 (Reception/Office open for enquiries 9am-5pm Monday to Thursday, and 9am- 4pm Friday)
Buddy Up (age 13-18)	Emma Lambert Buddy Up Coordinator Email: buddyup@seftoncvcs.org.uk Phone: 0151 920 0726 ext 222	
Cinema Exhibition Card (CEC)	The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA). The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema	PO Box 199 ,Deeside ,CH5 9BW Tel: 01244 526 016 18001 Textphone : 01244 526 016
Rainbow Group	Social and play sessions for children and young people all ages, with additional needs, their siblings and parent/carers. The session offers play and social opportunities enabling participants to have access to activities that are fun, welcoming and meet their needs. Sessions are free but a contribution of £1.00 per family towards refreshments.	Telephone - 0151 285 5211 E-mail - marienpnc@yahoo.co.uk
Sefton Autism Hub	Support hub one Tuesday per month 2pm – 4:30pm (guest speakers and support)	Compassion Acts, Cambridge Walks, Southport PR8 1EN
Coding Club	Coding Club, Sat 10.30am-12:30pm (monthly)	Sefton Metropolitan Borough Council Crosby Library Crosby Road North, Liverpool, L22 0LQ https://catalogue.sefton.gov.uk/
Lego Club	1 Saturday per month in Formby and Crosby Library aged 5 + (contact library for more details)	Sefton Metropolitan Borough Council Crosby Library Crosby Road North, Liverpool, L22 0LQ https://catalogue.sefton.gov.uk/
Creators Construction Club	For young inventors, creators and builders! Drop in and create with Lego and K'NEX Ages 5+ (Children under 12 must be accompanied by an adult)	The Atkinson – Southport https://www.theatkinson.co.uk/whats-on/



SEFTON AUTISM AND COMPLEX NEEDS TEAM

	The Construction Club is open every first Sat of the month. 10:00 am - 12:00 pm	
Football – Bootle Bucks	We currently train at Bootle Football Club and operate 2 sessions at this location each Saturday. 9.00 am to 10.15 am and 10.30 am to 12.00 Noon. All ages and abilities are welcomed to our sessions where all of our coaches are FA qualified as well as First Aid trained and have a current DBS certificate.	JOHN DORAN Inclusion Officer 07463 786276
Active Sefton	Active Sefton offers a host of sport and fitness activities, regardless of age or ability. Whether you are new to sport and fitness or need professional coaching advice, they can help you on your way to a more active lifestyle. Active Choices is a great way to get discounts on leisure activities for children, young people and adults in Sefton.	https://www.seftondirectory.com/kb5/sefton/directory/advice.page?id= GyYixHP EuQ
Carers Card	Our card is for anyone that looks after someone that needs help and support. It provides reassurance by including your Emergency Contact details (ICE), whilst unlocking Discounts, Wellbeing Hub, our Carer Circle tool, and so much more through our app.	https://www.carerscarduk.co.uk