



Leicestershire Autistic Society

**Handbook &
Directory of Services
for Children with
Autistic Spectrum
Conditions**

2013

Leicestershire Autistic Society Children's Handbook & Services Directory

Introduction

This Handbook and Directory has been produced by members of the Leicestershire Autistic Society (L.A.S.). The group are parents of Adults and Children with Autistic Spectrum Disorders and Aspergers Syndrome.

This publication provides information about Autism and Aspergers Syndrome, some guidance on strategies and includes a directory of support and services that are available to children (ie up to age 25) with Autism and Aspergers Syndrome and their families. [Please note there is also an Adults Directory available from the contact address below.] The various agencies, statutory and voluntary are not always aware of what is available.

All the agencies listed here are agreeable to their inclusion but we do not have direct knowledge of all of them. **Inclusion does not imply recommendation.**

This booklet is sent to all services listed within and is available to the families of those with Autism-related diagnosis. Please contact the address below for copies of this handbook and directory.

Contact: Lindy Hardcastle, 31 Flaxfield Close, Groby, Leics LE6 0EZ. Tel 0116 291 6958.

Please let us know if there are any omissions, additions and amendments.

Please email to:

LAS Chair (Jenny Cornwell) ... cornwells@hotmail.co.uk

Visit our website <http://leicestershireautism.org.uk> for more information and links to other resources.

PART ONE is the HANDBOOK and PART TWO is the DIRECTORY OF SERVICES.

Each part has its own Table of Contents.

ACKNOWLEDGEMENTS

LAS is grateful for permission to reproduce material from the Post Diagnosis Pack published by the Gateshead Support Group.

LAS is grateful for permission from NAS to reproduce information on Autism and Aspergers Syndrome from their website www.nas.org.uk.

TABLE OF CONTENTS - PART ONE HANDBOOK

1	ABOUT AUTISM AND ASPERGERS SYNDROME	4
1.1	Autistic Spectrum Disorders – the basics	4
1.2	Aspergers Syndrome	5
2	STRATEGIES	8
2.1	Coming to Terms with the Diagnosis	8
2.2	Welcome to Holland	9
2.3	Relatives and Friends	10
2.4	Siblings	10
2.5	Parent's Tips	10
2.6	Tactics	11
3	BOOKLIST	12

PART ONE - HANDBOOK

1 ABOUT AUTISM and ASPERGERS SYNDROME

Extracted from the NAS website www.nas.org.uk :-

1.1 Autistic Spectrum Disorders – the basics

Although it was first identified in 1943, autism is still a relatively unknown disability. Yet autistic spectrum disorders are estimated to touch the lives of over 500,000 families throughout the UK.

People with autism are not physically disabled in the same way that a person with cerebral palsy may be; they do not require wheelchairs and they 'look' just like anybody without the disability. Due to this invisible nature it can be much harder to create awareness and understanding of the condition.

Because an autistic child looks 'normal' others assume they are naughty or the parents are not controlling the child. Strangers frequently comment on this 'failing'.

What is Autism?

Autism is a lifelong developmental disability that affects the way a person communicates and relates to people around them. Children and adults with autism have difficulties with everyday social interaction. Their ability to develop friendships is generally limited as is their capacity to understand other people's emotional expression.

People with autism can often have accompanying learning disabilities but everyone with the condition shares a difficulty in making sense of the world.

There is also a condition called Aspergers syndrome, which is a form of autism used to describe people who are usually at the higher functioning end of the autistic spectrum.

"Reality to an autistic person is a confusing, interacting mass of events, people, places, sounds and sights. There seems to be no clear boundaries, order or meaning to anything. A large part of my life is spent just trying to work out the pattern behind everything."

- A person with autism

What are the characteristics of autism?

People with autism generally experience three main areas of difficulty; these are known as the triad of impairments.

- **Social interaction** (difficulty with social relationships, for example appearing aloof and indifferent to other people).

- **Social communication** (difficulty with verbal and non-verbal communication, for example not fully understanding the meaning of common gestures, facial expressions or tone of voice).
- **Social imagination** (difficulty in the development of interpersonal play and imagination, for example having a limited range of imaginative activities, possibly copied and pursued rigidly and repetitively).

In addition to this triad, repetitive behaviour patterns and resistance to change in routine are often characteristic.

What causes autism?

The exact cause or causes of autism is/are still not known but research shows that genetic factors are important. It is also evident from research that autism may be associated with a variety of conditions affecting brain development which occur before, during, or very soon after birth.

1.2 Aspergers Syndrome

Introduction

As soon as we meet a person we make judgements about them. Just by looking we can guess their age or status, and by the expression on their face or the tone of their voice we can tell immediately if they are happy, angry or sad and respond accordingly.

Not everyone has this natural ability. People with Aspergers syndrome find it more difficult to read the signals which most of us take for granted. As a result they find it more difficult to communicate and interact with others.

Aspergers syndrome is a form of autism, a condition that affects the way a person communicates and relates to others. A number of traits of autism are common to Aspergers syndrome including:

- **difficulty in communicating**
- **difficulty in social relationships**
- **a lack of social imagination and creative play**

However, people with Aspergers syndrome usually have fewer problems with language than those with autism, often speaking fluently, though their words can sometimes sound formal or stilted. People with Aspergers syndrome do not usually have the accompanying learning disabilities associated with autism; in fact, people with Aspergers syndrome are often of average or above average intelligence.

Because of this many children with Aspergers syndrome enter mainstream school and, with the right support and encouragement, can make good progress and go on to further education and employment.

Key characteristics

Aspergers syndrome shares many of the same characteristics as autism. The key characteristics are:

Difficulty with social relationships

Unlike the person with 'classic' autism, who often appears withdrawn and uninterested in the world around them, many people with Aspergers syndrome want to be sociable and enjoy human contact. They do still find it hard to understand non-verbal signals, including facial expressions, which makes it more difficult for them to form and maintain social relationships with people unaware of their needs.

Difficulty with communication

People with Aspergers syndrome may speak fluently but they may not take much notice of the reaction of the people listening to them; they may talk on and on regardless of the listener's interest or they may appear insensitive to their feelings.

Despite having good language skills, people with Aspergers syndrome may sound over-precise or over-literal - jokes can cause problems as can exaggerated language, turns of phrase and metaphors. A person with Aspergers syndrome may be confused or frightened by a statement like 'she bit my head off'. In order to help a person with Aspergers syndrome to understand you, keep your sentences short - be clear and concise.

Lack of imagination

While they often excel at learning facts and figures, people with Aspergers syndrome find it hard to think in abstract ways. This can cause problems for children in school where they may have difficulty with certain subjects such as literature or religious studies.

Special interests

People with Aspergers syndrome often develop an almost obsessive interest in a hobby or collecting. Usually their interest involves arranging or memorising facts about a special subject, such as train timetables, Derby winners or the dimensions of cathedrals.

“I remember Samuel reciting the distances of all the planets from the sun to a baffled classmate in the playground when he was five. Since then he has had many obsessions, which he loves to talk about at length! Some of his more recent interests, such as the Top 40 chart and collecting trading cards, have helped him develop social skills, as he has been able to share them with others. “ **A parent.**

With encouragement interests can be developed so that people with Aspergers syndrome go on to study or work in their favourite subjects.

Love of routines

People with Aspergers syndrome often find change upsetting. Young children may impose their routines, such as insisting on always walking the same route to school. At school, they may get upset by sudden changes, such as an alteration to the timetable. People with Aspergers syndrome often prefer to order their day according to a set pattern. If they work set hours then any unexpected delay, such as a traffic hold-up, or a late train, can make them anxious or upset.

“Simon's employers used to send him out on errands, delivering urgent letters to City firms. Simon enjoyed these duties and performed them punctually but he got extremely upset if delays on the bus or Underground interfered with his schedule.” **A parent.**

These are the main features of the condition, but because every person is an individual, these characteristics will vary greatly and some may be demonstrated more strongly than others.

What causes Aspergers syndrome?

The causes of Autism (ASD) and Aspergers syndrome are still being investigated. Many experts believe that the pattern of behaviour from which ASD is diagnosed may not result from a single cause. There is strong evidence to suggest that ASD can be caused by a variety of physical factors, all of which affect brain development - it is not due to emotional deprivation or the way a person has been brought up.

Is there a cure?

ASD is a developmental condition affecting the way the brain processes information and there is no 'cure'; children with ASD become adults with ASD. Much can be achieved to make life less challenging with appropriate education and support.

With time and patience people with ASD can be taught to develop the basic skills needed for everyday life, such as how to communicate appropriately with people.

The importance of early diagnosis

Because the condition of people with Aspergers syndrome is not as marked as those with Autism, they may not be diagnosed for a long time. This can mean that their particular needs may go unrecognised and parents may blame themselves, or worse still blame their child for their unusual behaviour.

“We were lucky to have a relatively early diagnosis for Samuel. As a result, he has had the necessary support and understanding to be able to attend mainstream primary and secondary school. The staff at his secondary school were given a training session on Aspergers syndrome before he started. Of course, there are sometimes problems but he is never just treated as a 'difficult' child, which could easily be the case if his condition were not understood.” **A parent.**

What does the future hold?

At present, there are few facilities specifically for children with ASD. Some children are in mainstream schools where their progress depends on the support and encouragement of parents, carers and teachers. Some children with Aspergers syndrome go to specialist schools for children with Autism or learning disabilities.

Because their disability is often less obvious than that of someone with Autism, a person with Aspergers syndrome is, in a sense, more vulnerable. They can, sadly, be an easy target for teasing or bullying at school.

As they get older, they may realise that they are different from other people and feel isolated and depressed. People with Aspergers syndrome often want to be sociable and are upset by the fact that they find it hard to make friends.

But the future for people with Aspergers syndrome does not have to be bleak. Adults with Aspergers syndrome can and do go on to live fulfilling lives, to further education and employment and to develop friendships.

In the workplace, people with Aspergers syndrome can offer a great deal - punctuality, reliability and dedication - though informed and understanding employers and colleagues are essential.

2 STRATEGIES

2.1 Coming to Terms with the Diagnosis

Most parents upon diagnosis need to begin the process of coming to terms with this conclusion. Parents may experience any of or all the following: shock, denial, searching, sadness, anger, anxiety, guilt and acceptance.

There is no right or wrong way. Nor is there an automatic progression through these different feelings. Rather that individuals find their own way through.

Children's reactions are similar to adults but tend to be briefer and more intense. Below is one perspective on how parents can begin to get their head round the diagnosis:

"Take a deep breath. A big part of the early experience of having an autistic child is what you believe it means. Are you stressed out? Hyperventilating? Mourning the child that was going to be the first high court judge, still to be playing football in the premiership? Your child is the same beautiful individual he was yesterday, before you heard the word 'autism'.

These first few weeks are the most dangerous because of the temptation to play the blame game. If you knew what caused this, you could do something about it, right? So it's your husband's fault because you told him not to tickle the baby so much, or because everybody 'on his side' is a little weird, or it's your fault because you had that glass of wine with dinner in the second trimester, or you kept working so late into your pregnancy, or you weren't overjoyed when you found out you were pregnant or...

If you have to do that, do it with a friend and not with your spouse. Hurt and blame can cause damage that is hard to repair, and you need each other's support now. The fact

is, nobody knows what causes autism; is it genetic, is it related to a virus, is it a metabolic deficiency? Is it related to physical or emotional trauma before or after birth? Maybe in some cases it's one, in other cases another, and in others a combination.

Bottom line: if someone wanted to make a child autistic, nobody could tell him or her how. There is no set of chemical or environmental conditions known that creates an autistic child. As you begin to accept your son / daughter as a beautiful little person whose differences have a name, you will lose the need to find blame.

Now take another deep breath. It's a whirlwind. A lot of your time will be taken up by this new world, and any assumptions you had about the shape of the rest of your life are being challenged. You are using words and discussing topics that would have sounded like a foreign language just a few short weeks ago. Talk to your partner, your best friend and kids. Do something normal. Play a game. Take a nap."

By a Parent of a child with autism

2.2 Welcome to Holland

When you're going to have a baby, it's like you're planning vacation to Italy. You're all excited. You get a whole bunch of guidebooks, you learn a few phrases in Italian so you can get around, and then it comes to pack your bags and head for the airport – for Italy.

Only when you land, the stewardess says, "Welcome to Holland". You look at one another in disbelief and shock, saying "Holland? What are you talking about? I signed up for Italy!" But they explain there been a change of plans and you've landed in Holland, and there you must stay. You go out and buy new guidebooks, you learn some new phrases and you meet people you never knew existed.

The important thing is that you are not in a filthy, plague infested slum full of pestilence and famine. You are simply in a different place than you had planned. It's slower paced than Italy, less flashy than Italy but after you've been there a little while and you have a chance to catch your breath you begin to discover that Holland has windmills; Holland has tulips; Holland has Rembrandts.

But everyone else you know is busy coming and going from Italy. They're all bragging about what a great time they had there and for the rest of your life, you will say: "Yes that's what I had planned".

The pain of that will never, ever go away. You have to accept that pain, because the loss of that dream, the loss of that plan, is a very, very significant loss. But if you spend your life mourning the fact that you didn't get to Italy, you will never be free to enjoy the very special, the very lovely things about Holland!

Carol Turkington – Family Support Institute, Gateshead

One Parent's Experience

"I went into diagnosis feeling like a parent and came out feeling like a carer"

2.3 Relatives and Friends

The process of adaptation will also include your friends and relatives. They too have to adjust to a different reality. Parents report a range of friends and relatives reactions. Some reported that their relatives were heartbroken. Others blamed the parents of the child for the child's disability. Still others denied the diagnosis, asserting your child is just a "naughty boy or girl". A lot of difficult adjustment is necessary for everyone.

Parents also want to stress things are not as bad as they may now appear and many have achieved lots of improvements in their child's behaviour. Being realistic and hopeful can be the best approach.

2.4 Siblings

Children with a brother or sister with a disability often struggle to cope with this disruption to family life. There are several resources aimed at helping siblings come to terms with this difference from other people.

The Siblings Support Group is a service set up by Ruach Care Ltd to provide emotional and peer support to the siblings of families who are caring for a child / brother or sister diagnosed as having an Autism Spectrum Disorder or Asperger Syndrome.

Contact either Andy Matthews on 07812698442 or you can contact Catherine Gallagher at siblings@ruachcare.co.uk or 07980624494.

See also www.sibs.org.uk.

Reading

'Siblings of children with autism: a guide for families' (1994) by Sandra L. Harris. Published by Woodbine House.

This is an excellent book for both parents and older siblings. It provides an invaluable guide to understanding sibling relationships, how autism affects these relationships and what families can do to support their other children as they cope with the needs of a child with autism.

'My brother is different' (1997) by Louise Gorrod. Published by The National Autistic Society. Price £4.99.

Written by a mother of an autistic child, the book explains an autistic child's behaviour in terms that young siblings will be able to understand. The book is aimed at children aged 5-8.

2.5 Parent's Tips

- ❖ Get a big page a day diary for Appointments, questions for others that come to mind and your child's behaviour. This will help you to learn about your child's trends of behaviour and to notice little but real improvements. This is very important.
- ❖ Buy a trampoline - (otherwise beds may break!)
- ❖ Don't be afraid to question professionals.

- ❖ Start a crash program of self-education. Most parents must become expert at the nuances of early intervention.
- ❖ Solicit help from friends and family. Like diamonds Autism is forever so the sooner you surround yourself with a support system the better you'll be able to deal with the rocky road ahead.
- ❖ Videos: All the DISNEY sing-alongs are good. My child started enjoying 'real life' videos involving sea creatures, wild animals when she was 5. Before then, only animated videos would hold her interest
- ❖ Persevere with helping your children maintain contact with other kids outside school. It can be very tiring but it really helps with their social interactions at a later date.
- ❖ Make sure you talk to other people. Use the phone to keep in contact with friends and relatives; a cordless one is especially useful in talking whilst following your child round the house.
- ❖ If you speak more than one language at home make sure you speak one language when communicating with your child. It is very unlikely they will be able to switch between them.
- ❖ Talk to everyone you can, but form your own opinions.

2.6 Tactics

The following could help when working with those with Aspergers, or the milder end of the autistic spectrum:-

- Structure is GOOD. Free choice can cause anxiety so being specific and clear about what to do, how to do it, how long it should take etc will help
- Clear Rules and Consistency. Check what you have said is understood. Then do follow through and do what you agreed.
- Always forewarn. Tell the person what to expect. Give plenty of notice when you can.
- Use clear and precise language. (Language interpretation is very literal.) Avoid ambiguities.
- Don't always rely on verbal communication. Writing things down really helps. Diagrams and symbols are also good.
- Build in regular breaks as long periods of concentration can be difficult.
- Recognise stress and slow down or stop. Check and agree how to proceed.
- Don't crowd. Allow plenty of personal space.
- Don't overload with information. Allow time for information to be processed.
- Teaching social skills; using role play to model more 'normal' conversation.

- Provide a safe and supervised place for people with AS to meet each other and learn how to socialise.
- Use cognitive therapies to reduce time spent on inappropriate obsessions and motor rituals.
- Aim to transform an obsession into a functional, useful activity.

There is a lengthy and excellent Survival Guide at this website:-

<http://www.autismandcomputing.org.uk/marc2.en.html>

This is written by Mark Segar (who is on the Autistic Spectrum).

See also Mark's essay 'The Battles of an Autistic Thinker':-

<http://www.autismandcomputing.org.uk/marc1.en.html>

3 BOOKLIST

Aspergers Syndrome Booklist

The following is a list of useful books on Aspergers Syndrome.

1. Aspergers Syndrome – a Guide for Educators and parents. Brenda Myles and Richard Simpson
2. Talking Together – a practical resource for schools and parents about sex and relationships. Lesley Kerr-Edwards and Lorna Scott.
3. Aspergers Syndrome and Sexuality. Isabelle Henault and Tony Attwood
4. Autism and Aspergers Syndrome. Uta Frith
5. Aspergers Syndrome in Adolescence. Liane Holliday-Willey
6. Succeeding in College with Aspergers Syndrome – a student guide. John Harper, Maria Lawlor and Michael Fitzgerald
7. Can't Eat, Won't Eat. Brenda Legge (2 Copies)
8. Aspergers Syndrome – a guide for parents and professionals. Tony Attwood
9. It Can Get Better – a guide for parents and carers. Paul Dickinson and Liz Hannah
10. Autistic Spectrum Disorders – an aid to diagnosis. Lorna Wing
11. What is Aspergers Syndrome and How will it affect me? – A guide for young people. The national Autistic Society
12. Schools, Units and Classes – for children with Autism and Aspergers Syndrome.
13. Of Mice and Aliens – an Aspergers adventure. Jude Welton

14. Adam's Alternative Sportsday – an Aspergers story Jude Welton.
15. Blue Bottle Mystery – an Asperger adventure. Kathy Hoopmann
16. Lisa and the Lacemaker – an Asperger Adventure. Kathy Hoopmann
17. Children and Pathological Demand Avoidance Syndrome (PDA) – a booklet for brothers and sisters. Julie Davies
18. A Lot to Say. A guide for Social Workers and others working with disabled children and young people with communication impairment. Jenny Morris
19. Kids in the Syndrome Mix. A one stop guide for parents and teachers and othe professionals Martin Kutscher
20. Can I Tell You about Aspergers Syndrome – a guide for family and friends. Jude Welton.
21. Challenging Behaviour and Autism. Philip Whitaker
22. Why Does Chris do that? – an understanding of the unique difficulties associated with autism and Aspergers Syndrome. Tony Attwood
23. Build Your Own Life. – a self help guide for individuals with Aspergers Syndrome. Wendy Lawson.
24. An Aspergers Dictionary of Everyday Expressions. Ian Stuart-Hamilton.
25. How to Find Work that Works for People with Aspergers Syndrome – the ultimate guide for getting people with Aspergers into the workplace. Gail Hawkins.
26. How to Live with Autism and Aspergers Syndrome. Chris Williams and Barry White
27. Developing Pupils Social Communication Skills. George Thomas
28. The Good Practice Guide
29. Glass Half Empty, Glass Half Full – an Aspergers Story. Chris Mitchell

Other books pamphlets and videos can by ordered from the following:

NAS Publications
 E- Motional Ltd
 Units 2 -3 Gales Gardens
 Birkbeck Street
 London E2 0EJ
www.autism.org.uk/pubs

Jessica Kingsley Publications
 116, Pentonville Road
 London N1 9JB
www.jkp.com and www.dotolearn.com

a website with a range of games and activities to help parents and others develop skills in their children who have disabilities – includes autism

TABLE OF CONTENTS - PART TWO DIRECTORY

1	EDUCATION	16
2	BEFRIENDING	23
3	RESPIRE & SUPPORT	24
4	HEALTH	31
5	SOCIAL CARE AND HEALTH (FORMERLY SOCIAL SERVICES)	32
6	BENEFITS	33
7	LEISURE/RECREATION	36
8	USEFUL WEBSITES	42

Please note that there is a TABLE OF CONTENTS for each of the above at the start of each section.

PART TWO – CHILDRENS SERVICES DIRECTORY

1 EDUCATION

1.1	General Contacts	16
1.2	Special Schools	18
1.3	Parent Partnership Service	21
1.4	IPSEA	21
1.5	ACE	21
1.6	OASIS	22

1.1 General Contacts

Leicestershire Educational Psychology Service: 0116 284 5100
Leicester City Educational Psychology Service: 0116 221 1200
Website www.leicester.gov.uk/index.asp?pgid=5399
Email: psychology@leicester.gov.uk

The Educational Psychology Service provides specialist support and assistance to schools. It works closely in partnership with parents, teachers, children and others organisations providing services to children / young people (aged 0-19 years) within the local Authority and Health Service. The Pre-School Special Needs Team offers support to teachers in the Foundation Stage in order to facilitate the earliest possible identification of children's special needs.

Leicestershire Autism Outreach Team (AOT):

The Autism Outreach Team is part of Leicestershire LEA's Specialist Teaching Service. The Team offers support to children and young people with autistic spectrum disorders aged three to nineteen years, their schools and families.

All the children supported by the Team, other than pre-school children and young people in further or higher education, have a Statement of Special Educational Needs that specifies the Team's involvement. They are placed in settings other than specialist autism schools or units. Most of the children are in mainstream provision, although many are placed in the special sector. The work undertaken by the Team includes assessment of individual needs, assistance in planning appropriate interventions and advice in the implementation of teaching and behaviour programmes.

The Autism Outreach Team is involved in the preparation and delivery of training to colleagues in schools, other professionals and to parents. The Team has also written and compiled a range of highly regarded resources, some of which have been published and are available nationally and abroad.

The Autism Outreach Team consists of several full time equivalent posts. One of the teaching posts is dedicated to supporting pre-schoolers and their families. Another offers advice and support to Further and Higher Education establishments on a traded basis. Two additional full time teachers are deployed to a specialist autism unit attached to a mainstream primary school. The Autism Outreach Team is supported by three practitioners, two of whom work with children of pre-school age and support transition into school.

The Autism Outreach Team seeks to maintain close relations with statutory and voluntary agencies that are involved with the education of children with autistic spectrum disorders in order that the most appropriate and effective provision can be made.

Tel: 0116 305 9400
E-mail: STS@leics.gov.uk
Rutland Autism Outreach: 01572 758496
Leicester City Learning and Autism Support Team: provides support to schools on an individual, group and whole school basis in relation to special educational needs.
Tel: 0116 225 4800
Special Needs Teaching Service, New Parks House, Pindar Road, Leicester LE3 9RN

City and County Autism Teams both provide Parents' Workshops, aimed mainly at parents of newly diagnosed children.

Leicestershire Pre-school Support Worker: Alison Wand, 0116 305 9400 ('Leaps')

LAS helpline 0116 2916958 - Lindy Hardcastle can give advice and signpost callers to other appropriate services.

NAS Education Advice, Advocacy and Tribunal Support Line 0845 070 4002

Leicester Community Legal Advice Centre Alliance House, Bishop Street – in the same building as CAB and Consumer Advice Centre. Tel 0845 456 0074.
National Community Legal Advice helpline is on 0845 345 4 345

Solicitors with a specialty in Education Law:-

Bryony Walker @ Mortimers 01746 761000
Kate Fletcher, Yogi Amin @ Irwin Mitchell 0870 1500100

DFES (Dept for Education and Skills)
Contact for **CODE OF PRACTICE on SEN** 0845 602 2260
<http://www.dcsf.gov.uk/publications/guidanceonthelaw/dfeepub/jul00/020700>
Andrew Taylor, Special Educational Needs Division
Department of Education and Employment
Area 2T6

Sanctuary Buildings
Great Smith Street
London SW1P 3BT
Tel: 020 7925 6363 Fax: 020 7925 6648
E. mail: andrew.taylor@dfes.gsi.gov.uk

1.2 Special Schools

City ...

Ash Field School
Evington
Principal: David Bateson / Headteacher - Jane Booth
Broad Avenue
LE5 4PY
Tel: 273 7151
E-mail: office@ashfield.leicester.sch.uk
Website: www.ashfield.leicester.sch.uk

Ellesmere College
Braunstone Park & Rowley Fields
Head Teacher: Andrew Large
Ellesmere Road
LE3 1BE
Tel: 289 4224
E-mail: office@ellesmere.leicester.sch.uk
Website: www.ellesmerecollege.org.uk

Keyham Lodge School
Humberstone & Hamilton
Headteacher: Mr Chris Bruce
Keyham Lane
LE5 1FG
Tel : 241 6852
Office email: office@keyhamlodge.leicester.sch.uk
School website: www.keyhamlodge.leicester.sch.uk

Millgate School
Freemen
Headteacher: Chris Bruce
18a Scott Street
LE2 6DW
Telephone 0116 270 4922
Office email: office@millgate.leicester.sch.uk

Nether Hall School
Humberstone & Hamilton
Headteacher: Erica Dennies (Acting)
Netherhall Road
LE5 1DT
Telephone: 241 7258
Office email: office@netherhall.leicester.sch.uk

Oaklands School
Evington
Headteacher: Mrs Eleanor Shaw
Whitehall Road
LE5 6GJ
Telephone: 241 5921
Office email: info@oaklands.leicester.sch.uk
School website: www.oaklands.leicester.sch.uk

West Gate School (formerly Emily Fortey and Piper Way)
New Parks
Headteacher: Jan Hesketh
Glenfield Road
LE3 6DN
Tel: 285 6181
Office email: office@westgate.leicester.sch.uk
School website: www.westgate.leicester.sch.uk

County ...

Ashmount School
Headteacher: Mr David Thomas
Beacon Road
Loughborough
Leicestershire
LE11 2BG
01509 268506
E-mail: office@ashmount.leics.sch.uk
Website: www.ashmount.leics.sch.uk

Birch Wood School (Melton Area Special School)
Headteacher: Mr Phil Omerod
Grange Drive
Melton
LE13 1HA
Tel. 01664 483340
E-mail: office@birchwood.leics.sch.uk
Website: <http://www.birchwoodschool.co.uk>

Maplewell Hall School
Maplewell Road
Woodhouse Eaves
Leicestershire
LE12 8QY.
Tel: 01509 890237
Email: admin@maplewell.leics.sch.uk
<http://www.maplewell.leics.sch.uk>

The MENPHYS Centre
Headteacher: Mrs Christine Silver
Launceston Road
Wigston
Leicestershire
LE18 2FR
Tel: 0116 2889977
E-mail: admin@menphyscentre.leics.sch.uk
Website: www.menphyscentre.leics.sch.uk

Wigston Birkett House Community Special School
Headteacher: Mrs Sue Horn
Launceston Road
Wigston
Leicestershire
LE18 2FZ
Tel: 0116 2885802/3
E-mail: office@birketthouse.leics.sch.uk
Website: www.birketthouse.leics.sch.uk

Newbold Verdon County Primary School
Dragon Lane
Newbold Verdon
Leics
LE9 9NG
Tel: 01455 822362
Email: office.admin@newboldverdon.leics.sch.uk
Website: <http://www.newboldverdonprimaryschool.co.uk>

This list does not include any of the many mainstream schools, some with ASD units which should be considered before making any choice.

Research Project

Notschool.net is an online research project looking at ways of re-engaging young people of school age (14+) back into learning. These young people have been out of the more traditional educational systems for a variety of personal and logistical reasons. They include the phobic, ill, disaffected, sick, pregnant and the excluded. Notschool.net is specifically aimed at those for whom traditional alternatives such as home tutoring have not worked.

During its first phase, Notschool.net established a virtual community of 100 young people who were given the opportunity to develop their self-esteem and be reintroduced to learning. This was achieved through the support of mentors, buddies, experts and the use of new technology.

The success of Notschool.net exceeded all expectations and is now in its third phase. It is being rolled out to Education Authorities across the UK and overseas, creating a multinational and supportive learning community.

See www.notschool.net Notschool.net is part of Inclusion Trust.

1.3 Parent Partnership Service

From their website:-

Parent Partnership Services (PPS) are designed to ensure that parents and carers of children with special educational needs (SEN) have access to information, advice and guidance on SEN matters to allow them to make informed decisions about their child's education. PPS can also help prevent difficulties from developing into disagreements. They are either run at arm's length from the Local Authority (LA), or partly or wholly provided by another provider. The SEN and Disability Act 2001 made PPS statutory, with LAs having a duty to ensure that any parent within their authority is given advice and information about their child's SEN.

The Parent Partnership Service is a confidential and impartial service that supports families who have children with Special Educational Needs. We support families of children and young people aged 0 to 19 years with any educational issues. They do not need to have a statement of special educational need or a medical diagnosis of disability.

We may help in a number of ways, including:

- *Advice and information over the telephone*
- *Home visits*
- *Support at meeting with school/local authority*
- *Help writing reports*

We also offer support groups and outreach services in various locations around the county.

See the website: http://www.leics.gov.uk/index/education/going_to_school/parents.htm
or email: parent-partnership-service@leics.gov.uk

Parent Partnership officers for City and County:- 0116 275 2097
Blaby Stokes Primary School, Queens Road, Blaby, Leicester, LE8 4EG

1.4 IPSEA

Independent Panel for Special Education Advice. IPSEA is a volunteer-based organisation and many of the volunteers providing telephone advice and support at Tribunals are themselves parents of children with special educational needs who have been helped by IPSEA in the past. Volunteers providing a second professional opinion service are trained and experienced professionals working in special education, as educational psychologists, speech therapists, teachers, etc.

IPSEA 6 Carlow Mews, Woodbridge, Suffolk IP12 1EA
Advice line: 0800 0184016
Contact IPSEA: 01394 384711
Email (for information only, not advice): ipsea.info@ipsea.org.uk
Website: www.ipsea.org.uk

1.5 ACE

The Advisory Centre for Education (ACE) is an independent registered charity, which offers information about state education in England and Wales for parents of school age

children. They offer free telephone advice on many subjects like exclusion from school, bullying, special educational needs and school admission appeals. Advice booklets can be downloaded or ordered from the website.

Advisory Centre for Education (ACE) Ltd

1c Aberdeen Studios, 22 Highbury Grove, London N5 2DQ

Contact: Advice: Freephone Mon-Fri 10-5 pm 0808 800 5793

Exclusion information line (24hr answer phone): 020 7704 9822

Exclusion advice line (Mon-Fri 10am-5pm): 0808 800 0327

Text the keyword **ASKACE** to **68808** and follow the instructions for free booklets, tips and advice tailored to your questions.

Email enquiries@ace-ed.org.uk

Website www.ace-ed.org.uk

1.6 OAASIS

OAASIS - Office for Advice, Assistance, Support and Information on Special needs – can offer: help and advice via a Helpline, email or letter on any aspect of special educational needs; free information sheets on a range of learning disabilities (including 7 on Aspergers Syndrome and 3 on adult Aspergers Syndrome) and other related SEN topics; publications for more in-depth knowledge; a free mailing list for SEN information 3 times a year; holiday/respite/homes/independent special school lists and more.

Web: www.oaasis.co.uk

Helpline: 0800 902 0732

Email: oaasis@cambiangroup.com

Address: OAASIS – Freepost, RLYY-TAUC-YRYS, 1-2 Brock House, Grigg Lane, Brockenhurst SO42 7RE

OAASIS can also provide advice and prospectuses on Cambian Education's residential special schools and post 16 units specifically for Aspergers Syndrome. Web:

www.cambianeducation.com

2 BEFRIENDING

2.1 L.E.A.T 23

2.2 Menphys – see entry in Section 3 below. 23

2.1 Leicestershire Employment for Autism Today <http://www.leadleicester.org.uk>

LEAT is a local charitable organisation providing specialist support to young people aged 16 plus and adults with Asperger syndrome. In addition to our already comprehensive range of services is the Befriending Service.

The aim of the Befriending Service is to provide regular social companionship for people with Asperger syndrome and assessed with 'moderate needs' who are not entitled to a personal budget but still need some support. The Befrienders will have an up to date CRB check in place and be trustworthy, reliable and friendly volunteers. If the Befriending Service is of interest to you or anyone you may know please contact:

Gill Keeling on 07864 267219 or email Gill at gkleat@gmail.com

2.2 Menphys – see entry in Section 3 below.

3 RESPITE & SUPPORT

3.1	NAS	24
3.2	Leicestershire Autistic Society	25
3.3	L.A.S. Support Groups	25
3.4	LINK-UP	27
3.5	The Carers Centre	27
3.6	Mencap	27
3.7	Menphys	28
3.8	LAMP (Leics Action for Mental Health)	28
3.9	Parent & Carer Council (PCC)	29
3.10	Leicestershire Portage Service	29
3.11	Afasic	30
3.12	The Glebe House Project	30
3.13	Break	30
3.14	Take-a-Break Scheme (County)	30
3.15	The Access Point (City)	30

3.1 NAS (National Autistic Society)

Service provided: Helpline Information, advice publications
393 City Road, London, EC1V 1NG

Website: www.nas.org.uk

NAS helpline is 0808 800 4104

NAS Education Rights helpline 0808 800 4102

NAS parent to parent helpline 0808 800 4106

National Autistic Society (Regional Office)

Service provided:

The Development Officer organises regional workshops covering a range of topics that are of interest to National Autistic Society members whether parents or professionals. Also work with representatives from the local authorities about the needs of people with autistic spectrum disorders and their families, giving advice about provision and sitting on inter-agency forums and working parties. The training and Consultancy Department offers a wide range of training and consultancy services for statutory, private and

voluntary organisations to help them develop training packages to meet their specific needs within the field of autistic spectrum disorders.

Contact: Ester Vickers 0115 911 3360
Address; Castle Heights, 4th Floor, 72 Maid Marion Way, Nottingham NG1 6BJ
e-mail: ester.vickers@nas.org.uk

The National Autistic Society Leicestershire Services

Service Provided:

Day programmes devised around individual needs also integrating a combination of social communication and social skills development. Outreach service – the National Autistic Society provides specialised staff to work within individuals own homes, local communities and local colleges. Assessment packages – consultancy including recommendations for development. Training services for carers, professionals and interested parties.

Contact: Angela Winstanley 0116 286 6956
Grove Brook House Resources Centre, Brook Street, Whetstone, Leics LE8 6LA
Email: Leicester@nas.org.uk

3.2 Leicestershire Autistic Society

Information, advice and support on our telephone helpline – available all reasonable hours. Regular Newsletter. We work closely with education departments, social service and many other statutory and voluntary agencies to improve services for people of all ages on the autistic spectrum and their families. We have limited funds available for equipment and staff training for autism related services. We also support playschemes and out of school activities for children,

Offers advice for people with autism and their families. Support is given over the telephone and at meetings. There is a quarterly newsletter produced.

Contact LAS Helpline (Lindy) 0116 291 6958
For the quarterly newsletter contact:- Carole Heubeck 01530 244790

3.3 Leicestershire Autistic Society Support Groups

Loughborough ASD Group

This group is a small friendly group who meet for tea and coffee, a chat and to hear various speakers.

Meetings:

When- Last Monday of the month, 7:30pm

Where- John Storer House, Wards End, Loughborough, Leics LE11 3HA

Contact: Carole Heubeck 01530 244790

Spectrum - Market Harborough:

Spectrum-MH is a support group for parents and carers of children and adults with ASD in South Leicestershire.

Meetings:

When- Monthly, 4th Thursday (term time only). See Link~Up or website for dates.

Where- Congregation Church Hall - Market Harborough.

Contact: spectrummh@yahoo.co.uk 0759 793 2794

Website: www.spectrum-mh.org.uk

Castle Donnington Group (SPACE)

The group aim to share information and arrange events for families with children on the Autistic spectrum.

Meetings:

When- Monthly, 1st and 3rd Saturday of the month, 10am to 12noon.

Where- Community Lounge, Castle Donnington Community College.

Contact: Sara Goodwin 01530 461660 or Julie Truman 07988934446

Website: sites.google.com/site/spaceforautism

Jigsaw Support Group for parents and carers of children with Autism and Aspergers Syndrome. Family activities for children (birth to 25) and summer Playscheme (5 to 12yrs). Meets Fortnightly, 2nd and 4th Tuesday's, 7.00pm to 9.00pm at The Salvation Army, Leicester South Corps, Ladysmith Road, South Wigston, Leicestershire, LE18 4UZ.

Contact Dave Nutting: 07582197173 Email – sumkindasyndrome@houtmail.co.uk

Translate

Translate hold informal monthly meetings for adults with Aspergers and those who love them. They offer support, an information pool and signposting to relevant support services.

Meetings:

When- Monthly, 1st Monday, 7:30pm

Where- Moira Centre, Moira Street, Loughborough, Leics LE11 3AX

Contact: Paul & Jo Sandford translate_as1@ntlworld.com 01509 554797

Website: <http://www.translate-asc.org.uk>

Other Support Groups

In addition to the Branch sub-groups there are other volunteer groups that provide services to the ASD/Asperger Syndrome communities.

The Monday Club

The Monday Club is a social group for adults (18+) with Aspergers Syndrome. The group meetings offer a warm, safe and friendly environment where planned opportunities are available for the group to help improve their social skills and experiences.

Meetings:

When- Weekly, Monday evenings 7-9pm

Where- Peepul Centre, Leicester

Contact: themondayclub@hotmail.co.uk or jenfisher@btinternet.com 01162 2595351

Reality

Reality aims to support the whole family unit affected by ASD/Asperger Syndrome. No formal diagnosis is required. The group organises activities, trips and outings for the whole family.

Contact: Leisa Smith leisa_smith3@hotmail.com 07879 428553

3.4 LINK-UP

Contact Carole Heubeck:-
Email

Tel: (01530) 244790
carole@heubeck.freeserve.co.uk

to be placed on the mailing list for the quarterly LAS Link-Up newsletter

3.5 The Carers Centre

Unit 19, 4th Floor, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL
Telephone: 0116 251 0999 Fax 0116 251 3514

Part of the Princess Royal Trust for Carers, The Carers Centre is a charitable organisation providing quality services to carers across Leicester, Leicestershire and Rutland. These include an advocacy service, befriending and volunteer scheme, counselling services, benefits advice, training sessions and a support group for carers, as well as information and advice on a wide range of services, facilities and other organisations. They also produce a quarterly newsletter for carers with events, information and any updates on local and national developments relating to carers. They have considerable experience supporting carers, across a range of cared for ages and disabilities and can offer home visits. They can provide:-

- advocacy and support regarding any caring issue, e.g. support carers at meetings or liaising with professionals on your behalf etc;
- a befriending service by trained and CRB checked volunteers;
- benefits advice for carers and the individuals they care for;
- a chance to meet other carers and enjoy a wide range of social and leisure events;
- a listening ear to let off steam!;
- a counselling service to help resolve emotional difficulties you may have as a result of your caring role;
- training for carers on a wide range of topics including stress management, IT skills, lifting and handling, confidence training and first aid;
- quarterly newsletter for carers on the circulation database;
- language support for those speaking Asian languages;
- access to internet linked computers for carers' use;
- a well stocked information area for carers;
- a weekly drop-in session on Tuesday mornings 9.30 -12.30.

3.6 Mencap

Mencap Information Service provides information and advice for families of children and adults with learning disabilities. Having both local and national organisations the service is aimed at carers of people with learning disabilities and other interested groups, eg Social Workers, Community Nurses etc. Self referrals can be made. The service provider has informed us that workers are CRB checked.

Information about Mencap can be obtained from www.mencap.org.uk and from the Information Officer, 54 Ryder Road, Leicester, Leicestershire, LE3 6UJ

Telephone: 0116 285 6514

Email: niccilucas@yahoo.co.uk

3.7 Menphys

Information about the services Menphys can offer can be obtained from www.menphys.org.uk

Menphys Special Outreach Service

This service supports the families of disabled children and young people aged 0 –19 years. Offers listening and befriending., empowering and outreach. Helps access information on resources, support groups and childcare. Raises awareness of disability related benefits, other financial support and help in claiming. Also provides Disability Equality Training and support for childminders and other Early Years Providers to break down barriers faced by disabled children, young people and families when accessing childcare, play and leisure activities. Parents/carers can contact Service direct. Covers Leicestershire and Leicester.

The Special Outreach Service (SOS) service is at www.menphys.org.uk/sos

Service Manager: Lyn Edwards

Tel: 01455 899111

Email: lyn.edwards@menphys.org.uk

Main Office

Menphys SOS, 27 Upper Bond Street, Hinckley, Leicestershire, LE10 1RH.

Telephone: 01455 899111

Fax: 01455 894875

Covers the districts of Blaby, Oadby and Wigston, North West Leicestershire , Hinckley and Bosworth

Branch Office Melton:

Menphys SOS, Birchwood Area Special School, Grange Drive, Melton Mowbray, Leicestershire, LE13 1HA

Telephone: 01664 483315

Covers the districts of Melton, Harborough and Charnwood

Branch Office City:

Menphys SOS, C/O Fosse Neighbourhood Centre, Mantle Road, Leicester LE3 5HG

Telephone: 0116 225 2060

Fax: 0116 225 2061

3.8 LAMP (Leics Action for Mental Health)

Registered charity promoting mental health in Leicester, Leicestershire & Rutland. Works primarily with people experiencing mental distress and with carers. Its advocacy and information services empower people to make informed choices, to express their views and to access rights and entitlements.

Contact:

0116 255 6286

Email lamp@lampdirect.org.uk

Website www.lampdirect.org.uk

Leicestershire Action for Mental Health Project, 65 Regent Road, Leicester LE1 6YF

3.9 Parent & Carer Council (PCC)

We are a County group of Parents and Carers of children with a wide range of special needs and disabilities. We have all experienced the challenges and difficulties that can be faced in getting the support and care our children need.

We share a common goal...we are committed to making services better for our own children and others. We are all service users and apply the expertise and experience we have gained in caring for our children to help others.

We want to help to improve the services provided by:-

- *Health Care*
- *Education settings, playgroups, leisure facilities*
- *Social Services*
- *Voluntary agencies*

For further information including details of all local groups and how to get involved:

Contact Sue Harrison 07968 857598 or Jane 07870 688973

C/O Fosse Neighbourhood Centre, Mantle Road, Leicester LE3 5HG

Website:- www.parentcarercouncil.co.uk

email sue@parentcarercouncil.co.uk or jane@parentcarercouncil.co.uk

3.10 Leicestershire Portage Service

The Leicestershire Portage Service is a home-visiting service for pre-school children who have special needs. It is based on the common-sense principle that parents are the key figures in the care and development of their child. Leicestershire Portage Service now has a new base at Rothley House, Coalville.

The Leicestershire Portage Service is appropriate for children:

- from birth to 4½ years
- with significant learning difficulties
- who live in Leicestershire
- who are not at playgroup or nursery for more than 2½ days a week.

Parents need to be able to work with their child for a short period each day, and record this. Portage is one of several services available and it may not suit every family. The Portage Managers will visit to discuss this following the referral to the Leicestershire Portage Service.

See the website www.portage.org.uk.

Email info@portage.org.uk

Rothley House, Coalville Business Park, Jackson Street, Coalville, Leics, LE67 3NR
Tel 01530 513640

3.11 Afasic

Afasic is the UK charity representing children and young adults with speech, language and communication impairments, working for their inclusion in society and supporting their parents and carers. Provides information for parents and professionals and produces a range of helpful publications and newsletters.

Contact: Helpline Mon-Fri 10.30 am – 2.30 pm 0845 355577
Email info@afasic.org.uk
Website www.afasic.org.uk

3.12 The Glebe House Project

This project supports adults and children with a learning disability. The children's service includes an After School Club, full days of activities on Saturdays and playschemes during the school holidays.

Contact: Sue McGrath 01509 218096
Email annfolkes.glebe190@virgin.net
Glebe House (Charnwood) Ltd, 190 Forest Road, Loughborough LE11 3HU

3.13 Break

BREAK is a registered charity that provides help for children, adults and families with special needs - such as challenging behaviour or physical and learning disabilities. More information can be obtained from www.break-charity.org.

3.14 Take-a-Break Scheme (County)

The aim of this scheme is to enable carers to take a break. To apply your child must be in receipt of High or Middle rate Care Component of the DLA (Disability Living Allowance) OR High Rate Mobility Component. The child must also have no other help from Social Services. Contact: PCC under section '3.9' above

3.15 'T.A.P.' The Access Point

First point of contact for all City related short breaks and other activities. Based at Barnes Heath House, Leicester
Tel – 01162946056. E-mail TAP@leicester.gov.uk Website - <http://tap.leicester.gov.uk>

4 HEALTH

[Under development]

Children & Adolescent Mental Health Services (CAMHS) is a specialist NHS provision for children and young people, experiencing significant mental health difficulties. The Service has two main functions. The first is to assess and treat mental health difficulties and developmental disorders; the second is to assist the vital role offered by other services in supporting children and young people experiencing these difficulties.

CAMHS prioritises children and young people who have acute mental health problems and are at risk of harming themselves or others. Where this risk is felt to be immediate and critical, the service operates a 24-hour 'on-call' rota.

CAMHS, Westcotes House, Westcotes Drive, Leicester LE3 0QU
Tel: 0116 2252918
Website: www.camhs.org.uk

Child and Family Psychiatric Service

Westcotes House, Westcotes Drive, Leicester LE3 0QU
Telephone: 0116 225 2900/2855
Fax : 0116 2252899

Adolescent Psychiatric Unit

Oakham House, 7 Herongate Road, Leicester LE5 OAW
Telephone: 0116 2252800
Fax: 0116 2252801

SCHSS – Children’s Health Services Bridge Park Plaza

Paediatrics, Occupational Therapy, Physiotherapy, Speech and Language etc
Bridge Park Road, Thurmaston, Leicester LE4 8PQ
Telephone: 0116 225 2525

5 SOCIAL CARE AND HEALTH

T.A.P. - The Access Point for Disabled Children's Services. First point of contact for all City related short breaks and other activities. They will assess and if support beyond their remit is required they will direct you through the disabled children's team for Respite etc. Based at Barnes Heath House, Leicester
Tel – 01162946056. E-mail TAP@leicester.gov.uk Website - <http://tap.leicester.gov.uk>

Leicestershire County Council Family Information Service. Leicestershire's Family Information Service (FIS) provides information, advice and guidance for families who have children or young people aged 0-20 years. We also provide this service to professionals who work with children, young people and families.

Website: <http://www.leics.gov.uk/family#fid>

Contact: Family Information Service

Telephone: 0116 305 6545

E-mail: family@leics.gov.uk

6 BENEFITS

OVERVIEW	33
6.1 Advice	34
6.2 Leicester Benefits Processing	34
6.3 Mosaic – Shaping Disability Services	35
6.4 Department of Health (DOH)	35

OVERVIEW

The benefits system is a maze which can seem impenetrable. Most of the benefits available are for ADULTS with Autism or CARERS. The benefits mentioned here are those relating to the under 18s with autism or their carers.

Most benefits are accessed through Job Centre Plus. Contact Addresses are below but they can be accessed at the website: www.jobcentreplus.gov.uk

See also the Disability & Carers Service at <http://www.dwp.gov.uk/lifeevent/benefits/dcs/> which is part of the Dept of Work and Pensions (DWP).

There is also information on the UK government website www.direct.gov.uk . Follow the links for DISABLED PEOPLE and CARING FOR SOMEONE. You will then see FINANCIAL SUPPORT or MONEY MATTERS.

The benefits to consider are:-

Income Support

This is a means-tested, non-contributory, non-taxable benefit. It may be claimable for young people (16+) at college or in residential care accommodation.

Employment and Support Allowance

This benefit includes young people (16+). It is for those unfit for work through illness or disability. To qualify applicants may need to go through the Personal Capability Assessment (PCA). The applicant may be 'passported' through if receiving DLA. The requirement for NI contributions is waived for claimants under 20.

Disability Living Allowance (DLA)

This is a very important benefit for all children. It is made up of 2 components – mobility and care. It is payable on grounds of physical and/or mental health problems. Receipt of DLA can have a positive knock-on effect on other benefits.

Contact **Disability Benefits Unit**, Warbreck House, Warbreck Hill, Blackpool FY2 0YJ. Tel 0845 712 3456.

Carers Allowance

This is a benefit paid to some carers. The carer must be 16 or over (no upper age limit). Carers must not be in education over 21 hours per week and must be spending 35+ hours per week caring for the someone in receipt of Attendance Allowance or DLA

middle/high rate of care component. Claimants may also be able to earn a small amount on top. NB Getting CA may affect other benefit entitlement so get advice.

First port of call should be your local Job Centre Plus. These provide integrated work and benefits services.

2a New Walk, Leicester LE1 6TF Tel: 0116 206 8200
2 Charles Street, Leicester LE1 3JD Tel: 0116 206 8000
60 Wellington Street, Leicester LE1 6DS Tel: 0116 252 9000

Website is www.gov.uk/contact-jobcentre-plus

Direct Payments

Direct payments are local council payments for people who have been assessed as needing help from social services, and who would like to arrange and pay for their own care and support services instead of receiving them directly from the local council. A person must be able to give their consent to receiving direct payments and be able to manage them even if they need help to do this on a day-to-day basis.

Direct Payments can be paid to: [note this is not automatic]

- People who are physically disabled or have a sensory impairment
- People who have a learning disability
- People who are experiencing mental ill-health (but there may be some restrictions)
- *People aged 16/17 with any of the above disabilities*
- *Parents of disabled children*
- Older people with community care needs
- Carers, from age 16 upwards, of people with community care needs

More information, including a document 'A parents guide to Direct Payments', is available from the Department of Health website.

Direct Payments are organised through Social Services (see Section 5) or through Mosaic (see below)

Agencies that are useful:-

6.1 Advice

- Benefit Enquiry Line is 0800 82200. Calls free and confidential.
- The Leicestershire Welfare Rights Advice Line is 0116 277 9496, This may have ceased operation as we can't get a response. If anyone has information on this please let us know.

6.2 Leicester Benefits Processing

60 Wellington Street, Leicester LE1 6DS

Tel: 0116 252 9000

6.3 Mosaic – Shaping Disability Services

Mosaic's aim is to deliver a range of information and services that disabled people want; services that promote inclusion, independence, choice, empowerment, respect and dignity. They have volunteers who are expert on the benefits system and will help claimants get it right.

2 Oak Spinney Park, Ratby Lane, Leicester Forest East. LE3 3AW

Telephone: (0116) 2318720 – Our main switchboard for use in contacting any of our services. The switchboard is open Mondays to Thursdays 9am to 5pm and on Fridays from 9am to 4.30pm. At all other times, there is an answer machine. Please leave your name, telephone number and the name of the person you are trying to contact.
Information Service Helpline: (0116) 2314425

Website: www.mosaic1898.co.uk

6.4 Department of Health (DOH)

See their website www.dh.gov.uk.

6.5 Department of Work and Pensions

See their website www.dwp.gov.uk under DISABLED PEOPLE AND CARERS.

7 LEISURE/RECREATION

7.1	Leisure Centres	3636
7.2	Horse Riding	37
7.3	Swimming	38
7.4	Beavers/Scouts/Brownies/Guides	39
7.5	Clubs	39
7.6	Other Activities	41
7.7	MOSAIC Services to Young People	41

7.1 Leisure Centres

Soar Valley Leisure Centre, Mountsorrel 0116 237 5267

SWIMMING

They offer a trial lesson to assess a child's ability and needs. The child can then be incorporated into a class with an instructor who has experience of ASD. If the child needs more support then one-to-one can be offered. Normal rates.

STREET DANCE & FOOTBALL

They are happy to discuss the child's needs with an instructor, then assess and offer suitable classes.

Hinckley Leisure Centre 01455 610011

HLC runs integrated programmes. If additional help is required they can provide that support by way of an extra instructor. Parents can also help. They are keen to help children on the autistic spectrum within the group environment.

Activities offered at HLC:-

- Football
- Swimming
- Badminton
- Basketball
- Trampolining.

Several under-5 activities

Holiday camps:-

- Karate
- Go-Karting
- Golf
- Junior Curling

Normal Rates.

Enderby Leisure Centre 0116 275 0234

ELC runs many junior classes and could offer all of these with one-to-one support. Any interested parents should ring to discuss requirements.

Classes offered:-

Swimming
Badminton
Gymnastics

Loughborough Leisure Centre 01509 611080

Disabled Swimming Group Sundays

Hermitage Leisure Centre, Coalville 01530 811215

Multi-sports session for autistic children Monday 5.30 – 6.30 pm.

Aylestone Leisure Centre 0116 2333040

DISC - Disabled Sports Club The group hold meetings every Thursday 7.00 – 10.00pm at the Aylestone Leisure Centre. The group covers all physical handicaps and they have facilities for physical recreation and socialising. Integrated – accept carers too! Joining fee applies.

Aylestone Leisure Centre, 2 Knighton Lane East, Leicester LE2 6LU

Also at Aylestone Leisure Centre The Pyramid Club This club offers people with disabilities the opportunity to go swimming and meet together with carers as well. It meets on Tuesday evenings from 7.00pm – 9.00pm, swimming from 8.00pm at

Aylestone Leisure Centre 0116 2333040

Aylestone Leisure Centre, 2 Knighton Lane East, Leicester LE2 6LU

Hood Park Leisure Centre 01530 412181

Activity Group Thursday 5-6 pm for children with any special need.

North St, Ashby-De-La-Zouch, Leicestershire LE65 1HU

7.2 Horse Riding

Hinckley Equestrian Centre

Private Lessons available. Semi-private lessons can be arranged for groups as small as 4, if a group of parents wanted to get together and book.

Prices:-

up to 10	£16 per person
10-16	£16.50 per person
17+	£17 per person

[Comment from owner is that one of the stable hands has Aspergers so the staff are aware of the implications and are very supportive.]

Riding for the Disabled

Contact Dawn Whitmore, Meadow School of Riding, Beacon Cottage Farm, Deans Lane, nr Woodhouse Eaves, Loughborough. 07860 245675

This is a national organisation and Dawn is a qualified senior instructor with experience of working with people of ages and autistic spectrum disorders.

7.3 Swimming

Oadby Pool 0116 271 0386
Ellis Park, Brabazon Rd, Oadby, Leicester, Leicestershire LE2 5HB

They are happy to integrate children with Aspergers into all lessons. There is a maximum of 8 per class so space can be limited in the pool. If the child needs more space, one-to-one will be offered. Normal rates.

Wigston Swimming Pool 0116 288 1758

Disabled swim Monday and Friday 8.30 am to 9.30 am. FREE.
Can also be included into group sessions. Normal rates.
Can also provide one-to-one lessons. Normal rates.

Swimming Sessions at Bosworth Community College specifically for families with children on the Autistic Spectrum within the age range of 4-18 years. 3.15pm. to 5.30pm. Sats.

Staffed by a qualified Swimming Teacher and two Lifeguards, experienced in working with children on the Autistic Spectrum and their aim is to provide a safe, secure and non-threatening environment so that the children can enjoy themselves and parents can relax. Free, Funded by Miracles to Believe In.

Contact Sue Cox, the Sports College's Pool Manager,
by telephone (01455 822841 ext.207) or email at
suec27@boscol.leics.sch.uk for further details.

South Charnwood Pool Syston, Sunday 2- 3.15 pm, cost £1.

The Shepshed Disabled Swimming Group meets at Hind Leys swimming pool on Saturday mornings 10.30 to 12.30, cost 75p adults, 50p children. The group is open to people of all ages and abilities and their friends, family and carers.
Contact John and Nina Turner 01509 506392

Coalville Swimming Club for People With Special Needs. Swimming for all abilities. Families welcome.
Wednesday 6pm-7pm Desford
Thursday 7.30pm – 8.30pm Ibstock
Contact: Jill Stidever 01530 243352

The Pyramid Club This club offers people with disabilities the opportunity to go swimming and meet together with carers as well. It meets on Tuesday evenings from 7.00pm – 9.00pm, swimming from 8.00pm at Aylestone Leisure Centre 0116 2333040
Aylestone Leisure Centre, 2 Knighton Lane East, Leicester LE2 6LU

Additional Useful Nos:-

Mark Fritchie 07971 165928
Loughborough Town swimming Club

Also see LEISURE CENTRES (7.1) above for more swimming.

7.4 Beavers/Scouts/Brownies/Guides

Scouts and Cubs

Scouts Council 0116 277 8998
Pauline Wells is the Special Needs contact 0116 2592791

Contact the above numbers for local groups.

Guides and Brownies

The Guide Headquarters 0116 254 5290

Contact the above number for local groups.

Leicester Woodcraft Folk

LWF works with children for a world based on peace and justice. It encourages children to work together and share their enthusiasm and skills. Ages 6-10 in varying groups.

Email Adrian_hastings@hotmail.com for details of groups that will support Aspergers children. There are several groups throughout Leicestershire.

7.5 Clubs

The Victory Youth Club at Countesthorpe Community college caters for young people aged 12-19 with mild to moderate learning difficulties and/or disabilities, The staff are experienced in working with young people with autistic spectrum disorders. The group meets on Monday evenings from 7-9 pm and is looking for new members.

Contact Sue Popham 0116 2642316
Christine Essex 0116 2771555

Lutterworth Youth Group is a new group for children from the age of nine upward meets at Lutterworth Youth Centre on Thursday evenings from 7-9 pm. This group would benefit children with special needs who would like to be part of a youth club and also work towards awards on activities that they help to plan, deliver and participate in.

Contact Lee Kramer 01455 205140
[Lee is keen to recruit more children with ASD to the group.]

Youth Group at Shepshed for 11 (year 7) to 18 year olds who have mild physical, mild learning or social interaction difficulties. There is a particular emphasis on including those children who cannot attend, or who do not want to attend, a mainstream club, but may be able to be integrated into one with the development of their social skills and abilities. This includes, for example, those with cerebral palsy, dyspraxia, aspergers syndrome and high functioning autistic spectrum disorder.
The group meets at the Youth Centre at Hind Leys College, Shepshed, on Friday

evenings from 7.15pm to 9.15pm. There is a mix of social activities and games, suitably modified or adapted where appropriate and occasional trips and outdoor activities.

Contact Rachel Wade

0116 220 9408

YOUTH CLUB for 11-19yrs Held at The Salvation Army, Leicester South Corps
Ladysmith Road, South Wigston, Leicestershire, LE18 4UZ
2nd & 4th Tuesdays of each month.

Registration required as places are limited. Contact Diane Madelin 07722914124

LETS DO.....are 6 week block sessions including dance, drama, arts, music etc
these run on weekend mornings for children aged 8-13

Contact Nicci Lucas

078555 09942

development officer for Leicester Mencap Society

A Gym Club for children with disabilities aged from two to twelve. The club meets at Shepshed High School on Wednesday evenings in two sessions from 5-6 pm and 6-7 pm according to age and ability. Costs are substantially reduced for children in receipt of DLA.

Contact John and Nina Turner

01509 506392

Melton and Rutland Siblings Activity Club Meets once each month at the Parks School in Oakham. 6.30-8.30 pm. There is a room where parents can chat and make coffee if desired. For children up to age 16. Activities include swimming crafts, indoor and outdoor games, visits and bowling. Whilst always aiming to have FUN we are also mindful of giving the children an opportunity to learn more about ASD and to have a chance to talk about their own situations.

Contact Kay Smith

01572 722404 (days)

01572 770765 (evenings)

Crossroads Caring for Carers After School Club is an after school club is for Leicester City children with Autism Spectrum Disorder aged 5 - 8 years. Paid and trained support workers are provided to help children through play activities. Currently operating 4pm - 6pm Tuesdays with transport provided.

Contact: Arkwright House, Longfellow Road, Leicester LE2 6BT..Tel: 0116 270 6319

E-mail: enquiries@leicestercrossroads.org

7.6 Other Activities

Wanlip Sailing Club Contact Robert Hopkins 0116 236 3080

Badminton Contact Carol Spencer 07725 074533
Carol is the coordinator for the whole of Leicestershire and would be able to inform of suitable classes.

Gymnastics Contact Maxine Smith 01509 237145
For ages 2 to 7 years. Ring to find out locality of groups.

Tumble Tots Contact Wendy Campbell 01509 414826
For ages 6 months to 7 years. Ring to find out locality of groups.

Archery. The Blaby Tox Disabled Archery Club meet once a fortnight on a Saturday 2pm until 4pm at the Scout Hut (behind the Scout Headquarters) on Winchester Road, Blaby. All ages and all disabilities welcome.
Contact Jean Gamble 0116 277 2726 for more details.

Activity Club – Whitwick
Contact: Jane Hall 07870 688973

SCAMP (Student Community Action Playgroup) is a student led playgroup for children aged between 8 and 15 with a varying range of mental and physical difficulties. Through a variety of games, we help such children improve their basic motor skills, social skills and fitness levels; and most importantly, have fun! Every Sunday during university term time in the Charles Wilson Sports Hall, University of Leicester from 2.15 to 3.45 pm. Parents stay with their children during the play session and siblings are also very welcome. All our volunteers are trained and police checked.

Contact SCAMP 0116 223 2241
Email contact@le.ac.uk

7.7 MOSAIC Services to Young People

Services to Young People provides support and activities to all disabled young people aged between 16 and 30 years (except steps youth club which is from 11 to 19 years) who live in Leicester, Leicestershire and Rutland. Has included youth club, arts and crafts, boating.

Contact MOSAIC - Rachael Moore, Co-ordinator or Lee Alldis, Project Worker
0116 251 5565 www.mosaic1898.co.uk

8 USEFUL WEBSITES

Leicestershire Autistic Society <http://leicestershireautism.org.uk>

Autism Resources www.autism-resources.com

Autism UK www.autismuk.com

Autism Medical AutismMedical.com is an independent website evolved from the dovetailing of two innovative UK charities, Allergy induced Autism and Visceral, both dedicated to the investigation and treatment of dietary, gastrointestinal and immune issues in autistic spectrum disorders.. www.autismmedical.com

Autism Research Centre The Autism Research Centre (ARC) is part of the School of Clinical Medicine within Cambridge University, and is partnered with NAS. Its aim is to understand the biomedical causes of autism spectrum conditions, and develop new and validated methods for assessment and intervention. www.autismresearchcentre.com

Action for ASD (formerly CASSEL) Support & advice on Autistic Spectrum Disorders including Aspergers Syndrome. www.actionasd.org.uk

Autism Awareness A message board. A place to raise awareness, share ideas, views and information with other people who care about autism. www.autismawareness.org.uk

Autism Connect A general information website covering news, information, events. www.autismconnect.org

ASC-U.S The Aspergers Syndrome Coalition of the U.S. is a national non-profit organisation committed to providing the most up-to-date and comprehensive information on Aspergers Syndrome and related conditions. www.asperger.org

Aspergers and ASD UK Online Forum This is a discussion forum which will be of particular interest to UK parents/carers and friends of anyone with an Autistic Spectrum Disorder. www.asd-forum.org.uk

AspergerInfo.com A small discussion group web page, offering a safe place to ask questions, share experiences, and discuss treatments relating to Aspergers Syndrome. As a community discussion board, AspergerInfo.com lets you share the information and the hope that will help others as they confront the challenges associated with Aspergers Syndrome. www.aspergerinfo.com

AS Support Group Online A website support group with opportunities to leave messages, read articles and interviews, plus quizzes etc. www.assupportgrouponline.co.uk

Autism Treatment Centre of America. Home of The Son-Rise Program ®, a powerful and effective treatment for children and adults challenged by Autism, Autism Spectrum Disorders, Pervasive Developmental Disorder (PDD), Aspergers and all other developmental difficulties. www.son-rise.org

BBC Autism & Aspergers Website The CBeebies BBCi website has a section on Autism with interesting articles by parents and other useful links. www.bbc.co.uk/cbeebies/grownups/special_needs/autistic

Different Worlds. A support group for parents, carers, friends and relatives of children and young people, as well as adults, who have been diagnosed with Aspergers Syndrome or any of the other Autistic Spectrum Disorders. www.differentworlds.org.uk

Face 2 Face A one-to-one befriending service for parents of disabled children. www.face2facenetwork.org.uk

LAMP (community mental health site) www.lampdirect.org.uk

Libraries For checking availability of books:-
Leicester City www.leicester.gov.uk/libraries
and follow the CATALOGUE link on the left hand side
Leicestershire County
<http://libraries.leics.gov.uk/TalisPrism/>

Mental Health Foundation. This site is run by the Mental Health Foundation, the leading UK charity working in mental health and learning disabilities. Here you will find the latest news and events on mental health issues, as well as information on problems, treatments and strategies for living with mental distress.
www.mentalhealth.org.uk

MIND (For Mental Health) www.mind.org.uk

Mind is a leading mental health charity in England and Wales. working to create a better life for everyone with experience of mental distress by:-

- advancing the views, needs and ambitions of people with mental health problems
- challenging discrimination and promoting inclusion
- influencing policy through campaigning and education
- inspiring the development of quality services which reflect expressed need and diversity
- achieving equal rights through campaigning and education.

National Autistic Society www.nas.org.uk

O.A.S.I.S. Online Aspergers Syndrome Information And Support
<http://www.udel.edu/bkirby/asperger/>

Parent Carer Council (PCC) www.parentcarercouncil.co.uk

PARIS (Public Autism Resource and Information Service) www.info.autism.org.uk

Public Autism Awareness This website is designed to be a gentle step by step guide into the fascinating and rewarding world of Autism. Meet new friends on the forums or add a story. There are four different boards within the site covering General Discussion, Education, Diet, and an ASD to ASD contact board. www.paains.org.uk

SIBS (Website for Siblings) www.sibs.org.uk

Sibs is for people who grow up with a brother or sister with special needs, disability, chronic illness. This group of people are often referred to as 'siblings'. There are at least 2 million of these siblings in the UK. Growing up with someone with special needs can be very rewarding and very difficult at the same time. Our purpose is to make a positive difference to the lives of siblings - to make growing up with someone with

special needs a bit easier.

Sibs is a registered charity and the majority of trustees are adult siblings.

Software. A website with many links to software resources for Autism.

<http://neurodiversity.com/software>

Special Educational Needs. This is an educational site by a solicitor which contains a wealth of information that might be of interest and support.

<http://www.specialeducationalneeds.co.uk/index.htm>

TEACCH (Treatment and Education of Autistic and related Communication-handicapped Children)

www.teacch.com

Dr Tony Attwood Link to Dr Tony Attwood's web site.

www.tonyattwood.com.au