

**FAMILY SUPPORT SERVICE FOR
CHILDREN & YOUNG PEOPLE WITH SOCIAL AND COMMUNICATION NEEDS**

INFORMATION PACK



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FAMILY SUPPORT SERVICE FOR CHILDREN & YOUNG PEOPLE WITH SOCIAL AND COMMUNICATION NEEDS

Our new family support service for children and young people will provide guidance and signposting to local and national services for parents and carers who have concerns about their children's social and communication needs, awaiting assessment or post diagnosis.

We will also be available to attend diagnostic assessments with parents and offer a follow up meeting within two weeks of the Complex Communication Diagnostic service (CCDS) Feedback meeting.

CASPA will deliver quarterly workshops for parents and carers which will be user-led and focus on the needs of families and include a wide range of autism-specific topics. The workshops will offer peer support and signposting.

In addition Bromley Mencap will provide a fortnightly drop-in for families and a regular newsletter.

No diagnosis is required to access this service.

Through this pack, and wherever you may read about social communication needs and autistic spectrum disorders, you may come across many different descriptions. These include:

- autism
- autism spectrum disorder (ASD)
- autism spectrum condition (ASC)
- classic autism
- pervasive developmental disorder (PDD)
- high-functioning autism
- and Asperger syndrome

About Bromley Mencap

Bromley Mencap is an independent self-funded charity working with disabled people. We're based in the London Borough of Bromley (hence the name), and we've been around since 1951.

Although the London Borough of Bromley (population approximately 300,000) is typical of many outer Boroughs of big cities that are stereotyped as 'prosperous', there are still areas of real and serious need. In the case of many individuals this need is heightened by the gap in opportunities and lifestyle between them and other local inhabitants.

Bromley Mencap's continuous action on behalf of disabled people, their parents and carers, is based on the principle that their clients have a need and right to live like others in the community, and to have a reasonable quality of life. To fulfil these aims, we employ a Chief Executive and a team of full and part time staff which is supported by a loyal group of volunteers.

We provide a range of services and activities for disabled people, and their parents and carers. You can tell by that phrase that we help all ages, from young children right through to elderly people.

Bromley Mencap is affiliated to the Royal Mencap Society.

Services Provided from Bromley Mencap

- Helpline
- Benefit Support Service
- Independent Support
- Jobseekers
- Buddying
- Day Opportunities
- Family Fun Days
- Social Events
- Childminding



Life with Autism

Charity No. 1110260

All parents want their children to have fun and to experience friendship. At CASPA, children for whom the prospect of social interaction is fearful, anxiety-inducing and to be avoided, we work gently with them to facilitate play and friendship.

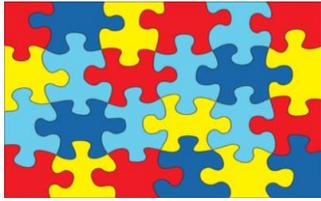
For parents who are anxious that their child is seen as 'badly behaved' or 'inappropriate' in other environments, we can assure them that we understand and that we will support them as a family in as many ways as we can. We have strong behaviour management techniques yet we use rewards as well to celebrate every positive development or achievement

Clubs and Services Provided by CASPA

- Tots
- The Big Bang
- Juniors
- Inters
- Seniors
- Saturday Club
- CASPA Bounce



For more information please contact Helen Dyer on Tel: 07957 924 287
helen@caspabromley.org.uk



What is Autism?

Autism is a lifelong developmental disability that affects how people perceive the world and interact with others.

Children and young people with Autism see, hear and feel the world differently to other people, Autism is not an illness or disease and cannot be 'cured'. Often people feel being autistic is a fundamental aspect of their identity.

Autism is a spectrum condition. Children and young people with Autism share certain difficulties, but it affects them in different ways. Some children and young people with Autism also have learning disabilities, mental health issues or other conditions, meaning people need different levels of support. All people on the autism spectrum learn and develop. With the right sort of support, all can be helped to live a more fulfilling life of their own choosing.

Some individuals with Autism say the world feels overwhelming and this can cause them considerable anxiety.

In particular, understanding and relating to other people, and taking part in everyday family, school, work and social life, can be harder. Other people appear to know, intuitively, how to communicate and interact with each other; yet can also struggle to build rapport with autistic people. Individuals with Autism may wonder why they are 'different' and feel their social differences mean people don't understand them.

Individuals with Autism often do not 'look' disabled. Some parents say that other people simply think their child is naughty, while adults find that they are misunderstood.

The characteristics of autism vary from one person to another, but in order for a diagnosis to be made, a person will usually be assessed as having had persistent and restricted and repetitive patterns of behaviours, activities or interests since early childhood, to the extent that these "limit and impair everyday functioning.

Over the years, different diagnostic labels have been used, such as autism, autism spectrum disorder (ASD), autism spectrum condition, classic autism, pervasive developmental disorder, high-functioning autism and Asperger syndrome.

Characteristics of Autism can include:

- Highly-focused interests
- Sensory sensitivity
- Social communication difficulties
- Social interaction difficulties
- Repetitive behaviour and routines

Some of the common misconceptions of Autism that people can say include:

- “But your child is very sociable”
- “People with autism lack empathy”.
- “Your child doesn’t look autistic”
- “But your child has good eye contact”

It may be helpful to watch and show family members these two clips published by the National Autistic Society

https://www.youtube.com/watch?v=DgDR_gYk_a8
https://www.youtube.com/watch?v=Lr4_dOorquQ

Finding out more about ASD

National Autistic Society

The National Autistic Society's website (www.autism.org.uk) provides a lot of information about all aspects of autistic spectrum disorders, including strategies for behaviour and communication, diagnosis, benefits and approaches that can be used.

A page on the immediate post-diagnosis period

<http://www.autism.org.uk/about/diagnosis/children/recently-diagnosed.aspx>

And a downloadable booklet called "After Diagnosis" is available free

<http://www.autism.org.uk/products/leaflets/after-diagnosis.aspx>

A downloadable leaflet on autism is also available free

<http://www.autism.org.uk/products/leaflets/what-is-autism.aspx>

A list of quick links on specific subjects is provided on page 9.

Bromley Mencap will be facilitating training courses run by Ambitious about Autism 3 times a year. The course is run over two days and is aimed at families who are "new" to autism. For more details of the next course, contact jasmine.berry@bromleymencap.org or sarah.jefferies@bromleymencap.org

Distance Learning Courses

Distance learning courses are available through:

- Leicester college <https://leicestercollege.ac.uk/courses/understanding-autism-level-2-certificate-201718-c4333/>
- The Skills Network <https://www.theskillsnetwork.com/home-learning/courses/understanding-autism>

Books on ASD

A reading list, and another specifically for young people, follow in this pack..

There are books about ASD by professionals, books written by young people and adults with ASD and novels where the main protagonist has an ASD. All of these can help with understanding how a person with ASD sees the world in a different way.

Many titles are available from the Burgess Autistic Trust library, which will be open for borrowing in Autumn 2017.

General Books

Title	Author	Note
Autism – How to Help Your Young Child	Leicestershire County Council & Fosse Health Trust	An excellent book for parents to understand autism in children with lots of helpful suggestions.
Asperger's Syndrome – A Guide for Parents and Professionals	Tony Attwood	A readable, in depth description of Asperger's and autism.
The Complete Guide to Asperger's Syndrome	Tony Attwood	The encyclopedia on Asperger's and autism.
Explaining Autism Spectrum Disorder	Clare Lawrence	An easy, friendly read.
George and Sam	Charlotte Moore	A mother of 2 autistic boys relates her story.
Parenting a Child with Asperger Syndrome – 200 Tips and Strategies	Brenda Boyd	An excellent book divided into sections full of ideas and tips.
Multicoloured Mayhem – Parenting the Many Shades of Adolescents and Children with Autism, Asperger Syndrome and AD/HD	Jacqui Jackson	The single mother of Luke Jackson with Aspergers, another son with autism, another with ADHD and 4 other children offers her advice.
Eating an Artichoke – A Mother's Perspective on Asperger Syndrome	Echo R Fling	A mother's informative account of the 6 years it took to gaining a diagnosis of autism.
Freaks, Geeks and Asperger Syndrome <i>*also suitable for young people</i>	Luke Jackson	One of the best books available to read about autism from an adolescent.
Autism – A Practical Guide for Parents	Alan Yau	The practical experience of someone of has worked with young people with ASD for many years.
Thinking in Pictures and Other Reports from my Life with Autism	Temple Grandin	A fascinating account of how the most famous autistic lady in the world perceives the world.
The Reason I Jump	Naoki Higashida	A 13 year old non-verbal boy explains his autism brilliantly

Books on Diagnosis

Title	Author	Note
Talking together about an autism diagnosis – A guide for parents and carers of children with autism spectrum disorder	Rachel Pike	Very useful advice for parents, but equally useful for teachers and people working with adults with ASD.

I am Special: Introducing Children and Young People to their Autistic Spectrum Disorder	P Vermeulen	A workbook designed for a child to work through with an adult leading to an understanding of how autism affects them.
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Fiction Books

Title	Author	Note
Blue Bottle Mystery – An Asperger Adventure	Kathy Hoopmann	Aimed at 7-12 year olds but equally readable for all ages. A great story encompassing a good explanation of Aspergers Syndrome/autism.
The Curious Incident of the Dog in the Night-time	Mark Haddon	A best selling novel which takes the reader into the world of an autistic 15 year old.
The London Eye Mystery	Siobhan Dowd	A fun novel about an autistic boy who uses his autistic qualities to solve a mystery.

Books on Behaviour

Title	Author	Note
It Can Get Better... Dealing with common behaviour problems in young autistic children – A Guide for Parents and Carers	Paul Dickinson and Liz Hannah	An excellent booklet specifically for parents and carers with practical hints and ideas for difficult behaviours.
The Incredible 5-point Scale – Assisting students with ASD in understanding social interactions and controlling their emotional responses	Kari Dunn Buron & Mitzi Curtis	An excellent book which will help children with autism understand and control their emotions and ultimately self-manage their behaviour.
Challenging behaviour and autism Making sense – making progress	Philip Whitaker	Practical strategies to prevent challenging behaviour in school and home settings.

Books on Education

Title	Author	Note
Asperger's Syndrome - What Teachers Need to Know	Matt Winter	An essential book for teachers and support assistants to understand their students with ASD.
Inclusion in the Primary Classroom – support materials for children with ASD	Joy Beaney & Penny Kershaw	A very clear, informative book with examples of plans and visuals.
Inclusion in the Secondary School – support materials for children with ASD	Joy Beaney & Penny Kershaw	An essential resource to help an ASD student in secondary school.

Asperger syndrome – practical strategies for the classroom. A teacher's guide	Leicester City Council and Leicestershire County Council	This book is full of examples of issues with an explanation under 'making sense of it' and then 'things to try'.
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Books for Young People

Title	Author	Note
Different Like Me – My book of autism heroes	Jennifer Elder	A positive look at famous people whose achievements can be attributed to their autistic skills.
Finding Out About Asperger Syndrome, High Functioning Autism and PDD	Gunilla Gerland	Very short book aimed at young people recently diagnosed with ASD.
What is Asperger Syndrome and how will it affect me? A guide for young people.	NAS	A booklet explaining ASD in simple language.
All Cats have Asperger Syndrome	Kathy Hoopmann	A fun look at autism using cats' characteristics.
It's Raining Cats and Dogs – An Autism Spectrum Guide to the Confusing World of Idioms, Metaphors and Everyday Expressions	Michael Barton	A book full of literal interpretations of everyday language. Amusing and very informative.
A Different Kettle of Fish – A Day in the Life of a Physics Student with Autism	Michael Barton	A positive and clear account of how an autistic student thinks and sees the world.
Dude, I'm an Aspie! - ~Thoughts and illustrations on living with Asperger's Syndrome	Matt Friedman	A wonderful booklet with cartoons that explain his autism traits.
Asperger Syndrome, the Universe and Everything	Kenneth Hall	The 10 year old author describes his life.
When My Worries Get Too Big – A Relaxation Book for Children who live with Anxiety	Kari Dunn Buron	A very child friendly manual which will help children with ASD recognise anxiety and teaches relaxation techniques.
The Red Beast – Controlling Anger in Children with Asperger's Syndrome	K I Al-Ghani	A fantastic book for all ages.

Many of the books for young people are also good for parents, carers and other family members to read.

Information Sheet of Short Cuts from the National Autistic Society

Behaviour guidelines

<http://www.autism.org.uk/19044>

Communication and interaction

<http://www.autism.org.uk/about/communication/tips-parents.aspx>

Social skills in young children

<http://www.autism.org.uk/about/communication/social-skills/young-children.aspx>

Social stories and comic strip conversations

<http://www.autism.org.uk/16261>

TEACCH

<http://www.autism.org.uk/006197>

Sensory Differences

<http://www.autism.org.uk/15691>

Visual supports

<http://www.autism.org.uk/24388>

Printing tips:

When printing from the NAS Website **www.autism.org.uk** (or any other website):.

To avoid having to print multiple pages, there are a couple of ways to make the documents smaller:

- If using **Google Chrome**: please right click on your chosen page. Select print, choose 'simplify page' option from the left hand menu. This will reduce the amount of pages to print.
-
- If using **Internet Explorer** to access the page: Use the following link <http://www.printfriendly.com> to access a print friendly website where you can enter the URL you require for printing.

Approaches to Autism

There is no cure for Autism; however some families choose to use different types of therapies to support their child or young person.

For information on the effectiveness of each therapy, visit www.researchautism.net

Music Therapy

<http://www.bamt.org/music-therapy.html>

Lego Therapy

<http://www.bricks-for-autism.co.uk>

Animal Therapy & Horse-riding

<https://supportdogs.org.uk/our-work/autism-assistance-dogs/>

<http://www.rda.org.uk/#>

ABA (Applied Behavioural Analysis)

<http://www.childautism.org.uk/for-families/applied-behaviour-analysis-aba-programmes/>

CBT (Cognitive Behavioural Therapy)

<http://researchautism.net/interventions/15/cognitive-behavioural-therapy-and-autism>

SPELL (an approach developed by the National Autistic Society)

<http://www.autism.org.uk/about/strategies/spell.aspx>

TEACCH

<http://www.autism.org.uk/about/strategies/teacch.aspx>

Early Bird Programme

<http://www.autism.org.uk/earlybird>

Dance and Drama Therapy

<http://www.themarydollyfoundation.co.uk/what-we-do>

Diagnosis Process for Autism in Bromley

If a parent or school has concerns regarding a child or young persons social communication the first port of call is to be referred for a Neurodevelopmental check with a community paediatrician. This referral can either be made by your school, GP or Health Visitor.

When a child is showing social communication difficulties the community paediatrician will firstly – but not always – send questionnaires to the parents, school/pre school to get further information on these.

Depending on the outcome of your appointment and the questionnaires, you may then be referred to the Complex Communications Diagnostic Service (CCDS.) The CCDS assessment can take around nine months, sometimes longer to complete.

When you are seen by the CCDS the appointment is broken up into two or three segments, these can be weeks apart and may not always be in the same order.

A play based assessment (Autism Diagnostic Observation Schedule -ADOS) or a structured observation is done with your child and this is usually recorded for the benefit of the examiner or may be observed using a two way mirror depending on who is conducting the assessment. Normally this is conducted by a speech and language therapist.

Depending on whether further information is required on your child's difficulties you may meet with the paediatrician for an interview. This is usually done without the child being present and can take 2-3 hours.

After the ADOS (and Diagnostic interview) is completed you will then be invited to a feedback meeting to discuss the results.

The diagnosis criteria is based on scores across the board and by referring to the guidelines as shown in the DSM 5 manual, see the link below for further information on the diagnostic criteria.

<http://www.autism.org.uk/about/diagnosis/criteria-changes.aspx>

Unless your child has any further medical issues, or medication is involved you are likely to be discharged from the community paediatrician. Children who have not started in school are also usually followed up to ensure they make a good transition to school.

If you have any concerns in the future which the community paediatricians can help with you can ask for a re referral back to the community paediatricians.

Education

Special Educational Needs (SEN)

A child or young person has SEN if they have a learning difficulty or disability which calls for special educational provision to be made for him or her.

xiv. A child of compulsory school age or a young person has a learning difficulty or disability if he or she:

- *has a significantly greater difficulty in learning than the majority of others of the same age, or*
- *has a disability which prevents or hinders him or her from making use of facilities of a kind generally provided for others of the same age in mainstream schools or mainstream post-16 institutions xv. For children aged two or more, special educational provision is educational or training provision that is additional to or different from that made generally for other children or young people of the same age by mainstream schools, maintained nursery schools, mainstream post-16 institutions or by relevant early years providers. For a child under two years of age, special educational provision means educational provision of any kind.*

A child under compulsory school age has special educational needs if he or she is likely to fall within the definition in paragraph xiv. above when they reach compulsory school age or would do so if special educational provision was not made for them (Section 20 Children and Families Act 2014).

For more information please see:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/398815/SEND_Code_of_Practice_January_2015.pdf

SENCO

The "**Special Educational Needs Coordinator**". (**SENCO**) is responsible for the day-to-day operation of the school's SEN policy. All mainstream schools must appoint a teacher to be their **SENCO**.

IEP

IEPs are no longer used in most schools in England, however some schools may still refer to them. If a school or nursery draws up an IEP for a child identified as having SEN, it should detail any support specifically given to address the special needs. IEPs should be reviewed regularly, generally 2 – 3 times per year, and parents should be fully involved in the process of issuing and reviewing IEPs.

Banded Funding Guide

Detailing the levels of funded support

https://bromley.mylifeportal.co.uk/uploadedFiles/Bromley/Bromley_Homepage/QuicklinkContent/The_Local_Offer_-_Special_Educational_Needs_and_Disabilities/Banded%20Funding%20Guide.pdf

Educational Health & Care (EHC) Plans and Pupil Resource Agreements (PRA)

These are both ways that schools can access extra funding to support a child with additional needs.

The amount of extra funding will depend on the provision that is required to meet the need, rather than on any diagnosis that a child has.

For more information please visit

http://www.bromley.gov.uk/info/8/special_educational_needs/55/statutory_assessment_of_special_educational_needs and

<http://www.bromleyparentvoice.org.uk/independent-support/>

Provision Maps

These are an efficient way of showing all the provision that the school makes which is additional to and different from that which is offered through the school's curriculum; however it is not a compulsory document

School Years / Key Transition Phases

Primary: Key Stage 1: Year groups 1,2,

Primary: Key Stage 2: Year groups 3, 4, 5, 6

Secondary: Key Stage 3: Year groups 7, 8, 9

Secondary: Key Stage 4: Year groups 10,11

School Lists – Independent school and colleges the LA can consult with

<https://www.gov.uk/government/publications/independent-special-schools-and-colleges>

Independent Educational Advice

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



Services in Bromley

Phoenix Children's Resource Centre

The Phoenix Centre offers a range of developmental, educational, therapy and medical services for children who have, or who are likely to have, additional needs or disabilities. Multi-agency services are located at the Phoenix and work with children and families across the borough.

They offer assessment advice and support services for children with developmental delay, speech/language delay/disorder, motor co-ordination difficulties, autistic spectrum disorder, ADHD and emotional or behavioural difficulties.

Professionals you might see

- Community Pediatrician
- Occupational Therapist (OT)
- Speech and Language Therapist (SALT)
- Children's Mental Health Team (CAMHS)
- Physiotherapist (PT)

Other Facilities Offered

- Assessment classrooms, medical rooms and a sensory room
- soft play;
- hydrotherapy pool;
- gym;
- specialist ICT equipment;
- specialist resources, equipment, toy and book library;
- specialist outdoor play facilities.

The Pre-School Specialist Support & Disability Service (PSS&DS)

The Pre-School Specialist Support & Disability Service (PSS&DS), based at the Phoenix Children's Resource Centre, provides early identification, assessment, specialist teaching intervention and transition support for children of pre-school age with special educational needs and/or disability (SEND), who are resident in Bromley. This includes children with social and communication needs. The service promotes inclusion and works directly with children, families and Early Years practitioners, in liaison with other professionals from health, social care and the voluntary sector. Access to individual child/family support is through referral to Specialist Early Years Education Services and referrals are accepted from professionals or parents/carers. For further details, including referral form, please see the Local Offer website (see below).

Short breaks for disabled children and young people and their carers

Short breaks provide opportunities for disabled children and young people to have enjoyable social experiences as well as providing a valuable break for their parents or carers. Short breaks can enhance social development and reduce social isolation. Short breaks include day, evening, overnight or weekend activities and can take place in the child's own home, the home of a carer, a residential or community setting.

For more information please visit:

[https://bromley.mylifeportal.co.uk/uploadedFiles/Bromley/Bromley_Homepage/QuicklinkContent/The_Local_Offer_-_Special_Educational_Needs_and_Disabilities/Local%20Offer_Short%20Breaks%20Statement%20\(September%202014\).pdf](https://bromley.mylifeportal.co.uk/uploadedFiles/Bromley/Bromley_Homepage/QuicklinkContent/The_Local_Offer_-_Special_Educational_Needs_and_Disabilities/Local%20Offer_Short%20Breaks%20Statement%20(September%202014).pdf)

Hollybank

Hollybank is a specialist short breaks provision offering overnight care for disabled children.

For more information please visit

<http://www.bromleyhealthcare.org.uk/explore-our-services/hollybank/>

Bromley Clinical Commissioning Group (CCG)

An overview of health services in Bromley

For more information please visit <http://www.bromleyccg.nhs.uk/>

Bromley Community Wellbeing Service

A single point of access for the emotional wellbeing of young people under the age of 18 in Bromley.

Anyone can make a referral including parents, schools and other professionals.

For more information please call 0203 770 8848 or email info@bromley.org

<http://www.bromleywellbeingcyp.org/how-to-refer/>

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

Talk Together Bromley

Free therapies to treat anxiety and depression for adults registered with a Bromley GP. This service takes self-referrals.

You can call **0300 003 3000** or see website <http://www.talktogetherbromley.co.uk/>

The Local Offer



The Bromley MyLife website can help you learn how to find extra support to help with your care needs by helping you - or the person you care for - see more clearly what services are available in the local area and how to access them. It pulls together support and services from birth up to old age, across social care, health, education and wider support within the community.

<https://bromley.mylifeportal.co.uk/lbb-local-offer.aspx>

Bromley Children Project (BCP) Children and Family Centres

The Bromley Children Project is a borough-wide service that supports families living in Bromley to create a safe, secure and happy environment for all children, particularly those who are struggling and are in need of additional help.



The project is linked to Children and Family Centres, and works with private, voluntary and independent Early Years providers in the borough.

For more information, see

http://www.bromley.gov.uk/info/200071/parental_support/769/bromley_children_project

The Children and Family Centres produce timetables of their services/events. These can include extra holiday sessions.

http://www.bromley.gov.uk/downloads/download/491/children_and_family_centres

Information, Advice and Support Service (IASS)

If you have concerns about your child's special educational needs IASS can provide free, impartial information, advice and support in confidence. If you have concerns about a young person or are a young person with concerns around SEND, IASS can also offer you this service.

IASS offer support from birth to 25 years old:

IASS services include:

- *Helpline and email support (phone lines are open between 9.30am and 4pm)*
- *Meetings in a local Children & Family Centres to discuss difficulties*
- *Independent Parental Supporter (IPS) assistance at meetings*
- *Help communicating with professionals (letter writing, emails, phone calls)*
- *Support to achieve positive outcomes at meetings and reviews about your child* □
- *Help understanding reports by professionals* □
- *Advice on SEN systems, procedures , processes and systems*
- *Guidance on Statements of SEN and Education Health & Care Plans (EHCPs)*
- *Mediation at all stages with schools and the Local Authority*
- *Information on Health and Social Care policies and procedures*
- *Support with the transition between each educational stage*
- *Support and advice with Post 16 options*
- *Support with SEND Tribunals*
- *SEN focussed workshops and sessions at Children & Family Centres*
- *Signposting to other support services*
- *Website (limited information available)*
- *Information leaflets (limited information available)*

Parents can self-refer at:

http://www.bromley.gov.uk/info/200071/parental_support/64/information_advice_and_support_service_iass

Tel no: 01689 881024 Email: iass@bromley.gov.uk

My Max Card discount card

This is a discount card for families of children with additional needs and disabilities. It can help you save money on great days out at castles, zoos, bowling alleys and more.

Your child needs to be under 25 and live in Bromley. Also they must have an EHC (or PRA) or get DLA or have a complex medical condition that impacts their life.

Please see <https://bromley.mylifeportal.co.uk/maxcard> for more information.

Voluntary Organisations

Advocacy for All

Advocacy for people with a learning disability in Kent

<http://www.advocacyforall.org.uk/advocacy.php>

Petts Wood Play Group



PWPG provides free pre-school education for children with special needs from birth to five years. The special need includes physical disabilities, developmental delay behavioral and social difficulties.

PWPG have their own mini bus that can pick up and drop of children in most areas. Fifteen children is the maximum number of children per session and a minimum of six to eight volunteers in addition to full time staff.

Referral is open to anyone involved in the child's care including parents.

Bromley Parent Voice



Bromley Parent Voice is a forum that aims to be a voice to inform service providers of the need of children and young people with a disability or additional need and their families in the London Borough of Bromley.

The forum believes that by working cooperatively with local service providers parents can contribute to improvements in services delivered for children and young people with additional needs. Parents and carers can get involved at different levels, their mission is:

- To improve services for children and young people with additional needs or disabilities and their families, by working in partnership with statutory and voluntary agencies and by contributing towards the development of policies and practice.
- To work in partnership with statutory and voluntary agencies to support the development of services within the London Borough of Bromley.
- To give parents a voice, offer mutual support, raise awareness of unmet needs and the difficulties children and young people with additional needs and disabilities and their families face.
- To empower parents of children and young people with additional needs or disabilities to obtain the best possible care and services.

- To facilitate and support our Bromley Parents to becoming partners in the shaping of family focused services.
- To have parental representatives sitting on statutory focus/strategy groups.

<http://www.bromleyparentvoice.org.uk/> info@bromleyparentvoice.org.uk

Mobile: 07803 287838 (monitored daily)

Telephone: 0208 776 3170 (limited access)

Support for carers through Bromley Well



A **carer** is someone who, without payment, provides help and support to a friend, neighbour or relative who could not manage otherwise because of frailty, illness or disability.

A **young carer** is a young person aged between 4-18 years who lives in a family where someone is affected by a long term illness, disability, mental health issue, alcohol or substance misuse or HIV who supports by helping with housework, cooking, shopping, personal or health care.

Bromley Well is a new service to help support residents to remain independent which launched in October. It focuses on the needs of different service user groups in Bromley and, through support and self-management, ensures that individuals are able to remain independent in the community for as long as possible. The services include support services for carers, both adult and young carers; older frail residents; those with long term conditions; people with learning disabilities; people with physical disabilities and mental health support services.

The new arrangements are being provided through a partnership of local service providers called the Bromley Third Sector Enterprise, made up of Age UK Bromley and Greenwich, Bromley and Lewisham Mind, Bromley Citizens Advice Bureau, Bromley Mencap and Community Links Bromley.

The council and the CCG have worked closely with the new partnership to ensure that carers' services continue to be provided at a similar level to what is currently available, as well as taking account of what carers needs are likely to be in the future.

All of these services, including support for carers and for young carers, are accessed through the Single Point of Access (SPA) – telephone 0300 3309 039 or email spa@bromleywell.org.uk

Relationship Breakdowns

Bromley Relate

<https://www.relate.org.uk/find-my-nearest-relate/outpost/bromley-relate>

<http://www.counsellinginbromley.co.uk/pages/index.html>

Leisure Opportunities

For activities and events for children with additional needs, please see Time for Me within the Bromley Local Offer <https://bromley.mylifeportal.co.uk/leisurelo/>

Here are a selection of activities:

Gambados Autism Friendly Sessions

These sessions usually run monthly. For more information please see <http://www.gambado.com/events/beckenham/autism-friendly-sessions/>

Bromley MyTime

Bromley MyTime provide exclusive sessions for children with special educational needs. For an up to date timetable of sessions, please see <http://www.mytimeactive.co.uk/news/sen-sessions-launch-pavilion> (link on the page to the timetable)

Rainbow Room at Christ Church Orpington

This provides soft play opportunities for children with additional needs
For more information please see http://ccorpington.org/additional_needs/rainbow_room.aspx

Sensory rooms at Children and Family Centres

There is a sensory room available to book for one hour slots at Blenheim Children and Family Centre. There is no cost but the room is small so only suitable for 1 or 2 children

The sensory room at Community Vision, Penge is only suitable for very young children (up to 18 months).

Airjump Trampoline Park, Orpington

There are specific sessions for children and young people with additional needs on Wednesday at 14.00 and on Sunday at 9.00

<https://airjumptrampolinepark.co.uk/activities/air-care/>

Parent Support Groups

Destiny Children and Family Support Group

Provides Tutorial Classes, Creative social activities for Children with Special Educational Needs and a Support Group for families who have children with Autism, ADHD or other learning difficulties.

Every Monday and Wednesday from 5pm-7pm at Bromley URC, 20 Widmore Road, Bromley, BR1 1RY

Call 0203 583 3005. Mob: 0795 074 6544, or email: info@lwfc.org.uk
For more information please visit www.Lwfc.org.uk

Amaze Penge

This friendly parent support group welcomes parents/carers of children with additional needs and meets every Tuesday during term time. There is tea, coffee and lovely cake available and only a donation of £1 is asked for per visit. The Group meets at Anerley Methodist Church, Oakfield Road, Anerley, SE20 8QA.

For further information please call **Cherry Blundell on 07882 760 828**

Parents Are Special Too

Support group run by parents for parents, informal chats, workshops with a chance to engage with other parents in similar situations. Sessions held at Children's Centres within the Borough

Please contact Bromley Parent Voice or call 0208 464 0276

Bromley Mencap Drop Ins

The Family Support Service for Children and Young People with Social Communication Needs runs a twice monthly drop in at various venues in the borough. This is an opportunity to meet with other parents as well as talk to a support worker or volunteer about challenges that you might be facing.

For the current dates, please contact jasmine.berry@bromleymencap.org or sarah.jefferies@bromleymencap.org

Possible Benefits / Grants Available

Children

Disability Living Allowance

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

Family Fund

<http://www.familyfund.org.uk/>

Merlin's Magic Wand

<https://www.merlinsmagicwand.org/>

Adults

PIP

<https://www.gov.uk/pip/overview>

ESA

<https://www.gov.uk/employment-support-allowance>

JSA

<https://www.gov.uk/jobseekers-allowance>

UC

<https://www.gov.uk/universal-credit>

Carers Allowance

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

Housing / Council Tax Benefit

<https://www.gov.uk/housing-benefit/overview>

Tax Credits

<https://www.gov.uk/browse/benefits/tax-credits>

CEA Card

<https://www.ceacard.co.uk/>

Freedom Pass

http://www.bromley.gov.uk/info/200078/public_transport/120/freedom_passes_for_people_with_disabilities

Warm Air Discount Scheme

<https://www.gov.uk/the-warm-home-discount-scheme/what-youll-get>

Post 16/18 Services

Apprenticeships, Colleges & Employment

Supported internships can be implemented from age 16-24 for young people with learning difficulties to help find work; they are run by further education colleges, sixth forms and independent specialist providers.

This can be funded by an EHCP or as an adult learner funded by the SFA
Apprenticeships and traineeships are also available however there is often less support available.

Mental Health Services

<http://oxleas.nhs.uk/>

Housing

There are a number of options for housing, they include:

- Residential Care
- Supported Living
- Shared Lives
- Renting from the LEA or Private Landlord
- Private Sector Leasing
- Shared Ownership
- Family

For more information please visit <http://www.housingandsupport.org.uk/home>

Wills and Trusts

If you leave your child or young person or inheritance it may affect means tested benefits, it may go to the court of protection or they may not have the capacity to accept the money.

You may consider trusts as an alternative, either as a discretionary trust or a disabled person's trust.

For further information please contact

<https://www.mencap.org.uk/willsandtrusts>

<https://www.mencap.org.uk/advice-and-support/services-you-can-count/mencap-trust-company-ltd>

Short Breaks

http://www.bromley.gov.uk/info/200050/help_for_adults/529/short_breaks_for_adults_respite_care

National Websites to aid and support

Visual timetables & Social Stories

<http://www.autism.org.uk/visualsupports>

<http://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>

<http://booksbeyondwords.co.uk/>

Day time incontinence and bedwetting

<http://www.eric.org.uk/>

Road Safety

<http://www.brake.org.uk/top-level/21-facts-a-resources/resources/562-road-safety-for-pupils-with-special-educational-needs>

Resources

<http://www.specialneedsjungle.com/>

<http://www.autism.org.uk/>

<https://www.ambitiousaboutautism.org.uk/training-and-consultancy>

<https://www.ambitiousaboutautism.org.uk/understanding-autism>

<http://www.autism.org.uk/about/what-is.aspx>

<http://www.autism.org.uk/shop/books.aspx>

<http://researchautism.net/>

<http://www.specialneedstoys.com/uk/>

<https://www.completecareshop.co.uk/further-information/advice-and-guides/>

<https://crm.disabilityrightsuk.org/radar-nks-key>

<http://www.thetransporters.com/>

Speech and Language

<http://www.talkingpoint.org.uk/>

<http://www.hanen.org/Home.aspx>

<http://www.ican.org.uk/>

Sleeping & Behaviour

<https://www.familyfund.org.uk/news/new-sleep-support-hub-tackles-sleep-deprivation-for-families-raising-disabled-children>

<http://www.challengingbehaviour.org.uk/>

<http://www.overcoming.co.uk/single.htm?ipg=5079>

Cerebra Sleep Service

<https://w3.cerebra.org.uk/help-and-information/sleep-service/>



Useful Abbreviations, Acronyms and Terms

ABA - Applied Behavioural Analysis.

ADD - Attention Deficit Disorder.

ADHD - Attention-Deficit Hyperactivity Disorder.

APD - Auditory Processing Disorder.

AS - Asperger's Syndrome.

ASC - Autism Spectrum Condition

BT - Behaviour Therapy OR Behavioural Techniques.

CA - Carers Allowance.

CAB - Citizens Advice Bureau.

CAF - Common Assessment Framework.

CAMHS - Child and Adolescent Mental Health Services.

CBT - Cognitive Behavioural Therapy.

CDT - Children's Disability Team.

DCD - Developmental Co-ordination Disorder.

DfE - Department for Education.

DLA - Disability Living Allowance

DAMP - Deficits in Attention, Motor control and Perception.

DP - Direct Payments

EA - Equality Act.

EBD - Emotional and Behavioural Difficulties

Echolalia - Repeating Speech.

EP - Educational Psychologist.

EHCP – Education, Health and Care Plan

EI - Early Intervention.

EM - Elective Mutism.

GDD - Global Development Delay.

HMS - Hyper-Mobility Syndrome.

IASS – Information, Advice and Support Service.

IEP - Individual Education Plan.

IPT – Interpersonal Therapy

IS - Independent Supporter/Support.

LA – Local Authority

LAC - Looked After Child.

LD - Learning Disability OR Language Disorder.

LEA - Local Education Authority.

LSA - Learning Support Assistant.

MLD - Moderate Learning Difficulties

OCD - Obsessive Compulsive Disorder.

ODD - Oppositional Defiance Disorder.

OT - Occupational Therapist/Therapy.

PCP - Person Centred Planning.

PCT - Primary Care Trust (UK)

PDD NOS - Pervasive Developmental Disorder, Not Otherwise Specified.

PECS - Picture Exchange Communication System.

PIP - Personal Independence Plan OR Personal Independence Payment (replaces DLA for post 16yrs)

PLD - Profound Learning Difficulty.

PMLD - Profound and Multiple Learning Difficulties.

PRU - Pupil Referral Unit.

PT - Physiotherapy.

SALT - Speech and Language Therapy/Therapist.

SEBD - Social, Emotional and Behavioural Difficulties.

SEN - Special Educational Needs.

SENCO - Special Educational Needs Coordinator.

SEND A - Special Educational Needs and Disability Act.

SIPS – Support in Preschool

SLD – Severe Learning Difficulties

SPD - Sensory Processing Disorder.

SPLD - Specific Learning Disability.

SPELL - Structure, Positive approaches and expectations, Empathy, Low arousal, Links – an approach developed by the National Autistic Society in their schools

Statement – colloquialism for Statement of SEN, now replaced with EHCP

SWAN - Syndromes Without A Name.

TA – Teaching Assistant

Tactile Defensiveness - Abnormal Sensitivity to Touch.

TEACCH – Teaching, Expanding, Appreciating, Collaborating and Cooperating, Holistic – an approach to ASD; many of the principles are incorporated in other approaches

TS - Tourette's Syndrome.