

USEFUL WEBSITES

Where to go for support/advice/information:

- **National Autistic Society** - <https://www.autism.org.uk/> Information and advice for autistic people, family and friends.
- **National Autistic Society, Bexhill and Hastings** - <http://nasbexhillandhastings.webeden.co.uk/> Offers support groups, family activities, workshops, autistic speaker events and raising autism awareness in the community.
- **Autism Sussex Children (East Sussex)** – <http://www.autismsussex.org.uk/> Offers support groups, workshops, and advice to families, providing activities for young people to give families respite.
- **Spectrum – Autism Support in East Sussex** - <https://www.facebook.com/SpectrumAutismSupport> Works across East Sussex to support young people with autism to independently access their community.
- **CLASS+ for East Sussex ISEND Communication, Learning and Autism Support Service** - <https://czone.eastsussex.gov.uk/inclusion-and-send/isend-services/communication-learning-and-autism-support-service-class/classplus/>
Contact for advice, coffee mornings, workshops and short term support in the home.
- **One of a Kind Autism Support Services** (supporting children and adolescents with autism) – oneofakind.autismservices@gmail.com tel: 07762027777 – Sally Wood. Session topics include: communication, anxiety, anger/aggression, social skills, coping skills, emotional management. Additional support – family sessions, sibling sessions, community access. Personalised 1:1 access. Free consultation.
- **Special Kids, Bexhill** - <http://www.specialkidsbexhill.com/> Offers activities, to enable children and young adults with special needs, and their families and siblings, to access activities and have fun within a supportive environment during the school holidays.
- **Embrace (Eastbourne)** - <http://embracees.org.uk/> - Offers inclusion through clubs, outreach and advocacy. Legal support service to help with benefits and education.
Session and centre bookings/enquiries: leannaforse.embrace@gmail.com
Saturday club bookings/enquiries: lauramiles.embrace@gmail.com
- **Information for Families, East Sussex** - <https://www.eastsussex1space.co.uk/Services/1315/Information-for-Fami>
Provides advice for families and young people with learning and physical difficulties.
- **igoEastSussex (facebook)** – A useful group to keep up to date with events, courses, CLASS+ groups, available in the area.
- **I Contact Autism East Sussex (Lewes)** - <http://icontactautism.org/> - Runs workshops, support groups, events and campaigns.
- **Home-Start East Sussex** - <https://www.hses.org.uk/> - Supports vulnerable families, working in family homes, running support groups and delivering in-depth group support and training.
- **Special Parents for Eastbourne and Surrounding Areas** – <https://www.facebook.com/Special-Parents-for-Eastbourne-and-Surrounding-Areas-248527028507293/> A support group for parents of children with special needs.
- **Autism Awareness** - <https://autismawareness.com/> A global community interested in exploring and learning more about autism through social comments and shares.
- **Amaze SENDIASS** - <https://amazesussex.org.uk/> Offers advice on anything to do with special educational needs, including support with Disability Living Allowance.
- **ESCIS (East Sussex Community Information Service)** - <https://www.escis.org.uk/directory-2/> A computer database of local and community information.

- **FSN Supporting children and families** - <http://www.fsncharity.co.uk/young-peoples-bereavement-mental-health/my-time-now/> 'My Time Now' allows young people who are experiencing a variety of mental health issues to get together to explore their feelings through talking and creative/therapeutic activities.
- **Autism Stress Alert (Eastbourne)** - <https://www.autismstressalert.org/> Stress alert card scheme raising awareness of sensory issues in Autism with commercial and public service providers in the community.
- **Special Learning (Eastbourne, Seaford, Lewes and surrounding areas)** - <http://www.special-learning.co.uk/> Interaction and communication for children with additional needs.
- **Hastings i-Rock Drop in for Young People** – a service for 14-25 year olds, advice and support on emotional and mental wellbeing, jobs, education and housing. <https://www.facebook.com/Hastings-Rother-i-Rock-690750187734077/>

Funding/discount schemes:

- **East Sussex I-Go** – <https://www.eastsussex.gov.uk/childrenandfamilies/specialneeds/leisure/i-go/> I-go leisure card offers and discounts so you can enjoy your favourite places more.
- **Family Fund** – <https://www.familyfund.org.uk/our-mission> Provides grants for families with disabled or seriously ill children or young people.
- **Disability Living Allowance (DLA)** – <https://www.gov.uk/dla-disability-living-allowance-benefit> Help with the extra costs of looking after a child who is under 16 and has difficulties walking or needs more looking after than a child of the same age who doesn't have a disability.
- **East Sussex Carers Card** - <https://www.eastsussex.gov.uk/socialcare/carers/carers-card/> Offers carers savings at a range of retail and leisure venues.
- **The CEA Card** - <https://www.ceacard.co.uk/> The card enables a disabled cinema guest 8 years+ to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

Resources:

- **ASD Bright Ideas** – https://asdbrightideas.co.uk/asd/index.php?main_page&zenid=3m21nl6sce93a1vl6itb155r45 Resources/SEN awareness products and visual aids to help autistic/special needs children with visual auditory processing skills.
- **Multi-Sensory World** – <https://www.multi-sensoryworld.co.uk/> Sensory and fidget toys and gifts for all children to help them explore their senses, especially those with special needs such as autism/ADHD/downs syndrome.
- **Sensory Education** - sensory toys for children with special needs - <https://www.cheapdisabilityaids.co.uk/>
- **Leanne's Weighted Blankets** - <http://www.leannesweightedblankets.co.uk/weighted-therapy/4587762086> Handmade weighted blankets used to apply pressure to the body, enabling those who are "sensory seeking" to relax, focus and have a greater awareness of their body.

Parent/carer courses

- **Triple P Parenting Programmes** –Offers a variety of programmes to parents/carers including children with special needs –Contact: tripleteam@eastsussex.gov.uk Tel: 01424 725800
- **Open for Parents Contact:** parent advice line and lists the variety of parenting courses available across East Sussex for parents with children 0-19 years including children with additional needs. <https://www.openforparents.org.uk/>

Activities/events/clubs

- **Owlets (Sidley Children's Centre)** - <https://www.facebook.com/asdsupport/>
Parent group for children under 5 with ASD and speech and language delay.
- **Small Beginnings (ISEND, East Sussex)** – *A parent and child stay, play and learn session for those concerned about the development of their pre-school child. Sessions in Eastbourne (01323 432300), St Leonards (01424 726790), Crowborough and Ringmer (01892 669393).*
- **Families for Autism (Eastbourne)** - <http://www.familiesforautism.com/> *Provides clubs and activities for children and young people, offering respite to families while in their care, social events and outings.*
- **Trampolining for Special Needs (Seaford)** - <https://www.waveleisure.co.uk/trampolining/> *Held on Saturdays.*
- **Riding for the Disabled Association (Hastings)** – *Tel 07843446924, no previous experience necessary.*
- **Lego Club** - <https://seasidecommunityhub.com/lego-club-at-the-hub/> *Every Tuesday, 4-6pm.*
- **Holly Tree Yoga (Kids Yoga and Wellbeing class 4-12 years) (St Leonards)** – <https://www.hollytreeyoga.com> , email: holly@kingsroad.studio Tel: 07375 725194 - *Thursdays 4-4.55pm (4-7 yrs) 5-6pm (8-12 yrs)*
- **Blue Lagoon Warm Water Swimming Pool, Hampden Park, Eastbourne** – *smaller, warmer pool; Autism friendly sessions – contact to book. Tel: 01323 325556.*
- **St Mary's Swimming Pool, St Mary's School & College, Bexhill-on-Sea** – *smaller, quieter pool, open to the public at certain times – Call 01424 730740 or email admin@stmarysbexhill.org*

Health/self-care

- **ERIC's Guide for Children with Additional Needs** - <https://www.eric.org.uk/Handlers/Download.ashx?IDMF=9b1c4466-ef97-436f-ad8a-9d53ffddb6a9> *Information for when toilet training is not so straight forward, and for those children for whom it is unlikely to be possible.*
- **Millpond Sleep Clinic** - <https://millpondsleepclinic.com/> *Identify sleep problems in children, providing advice and solutions.*

