



OAASIS INFORMATION SHEET

Useful Contacts and Websites

This information sheet covers the following areas:

ADHD, Autistic Spectrum Disorders (including Asperger Syndrome), Brain Injury, Bullying, Carers, Challenging Behaviour, Communication/Speech and Language, Counselling, Dyslexia, Dyspraxia, Epilepsy, Gifted Children, Home Learning, Mental Health, OCD, Siblings, Other Useful Contacts, Parent Information/Support/Training Organisations

OAASIS The Croft, Southlands School, Vicar's Hill, Boldre, Lymington, Hants, SO41 5QB

Helpline: 0800 902 0732

Please ring or email us for help or advice on any aspect of SEN issues.

Website: www.oaasis.co.uk

Email: oaasis@cambiangroup.com

OAASIS is supported by the **Cambian Group** who are a specialist provider of residential schools, post 16 and adult provision for people on the autistic spectrum, including those with complex needs and severe learning difficulties and Asperger Syndrome. Please contact OAASIS for further information.

Office for
Advice
Assistance
Support
and
Information
on
Special needs

Helpline:
0800 902 0732

www.oaasis.co.uk

The Croft
Southlands School
Vicar's Hill
Boldre
Lymington
Hants
SO41 5QB

OAASIS
A part of
Cambian Education
Services



ADHD

ADDISS (Attention Deficit Disorder Information and Support Service)

Provides information and support for parents, sufferers and professionals, keeps an extremely good book list and provide conferences and training.

Web: www.addiss.co.uk

Email: info@addiss.co.uk

Dore Achievement Centres

Web: www.dore.co.uk

Tel: 01926 800010

Based in Kenilworth, Warks, help children and adults affected by learning difficulties, including ADHD/ADD, improve reading, writing and learning skills through an internet-based programme with exercises to improve the performance of the cerebellum.

Web: www.dore.co.uk

Email: info@dore.co.uk

The Hyperactive Children's Support Group

Tel (10am-12.30pm, excp Wed 2.30-4.30): 01243 539966

Supports a dietary approach to the problem of hyperactivity. They offer support to children and families, and run inset days for schools and health professionals. Their website has lots of information on foods and substances that affect children and teenagers with ADHD/hyperactivity.

Email: hacsg@hacsg.org.uk

Web: www.hacsg.org.uk

Thanet ADDers

Website: www.adders.org

Tel: 0871 59 3693

Useful information for parents and teachers, including list of support groups run by parents. Email: support@adders.org

Milton Keynes ADHD Family Support Group

Tel: 01908 676779 / 01908 675110

This group and its website have a lot of information and support wherever you are in the country.

Email: info@mkadhd.org.uk

Website: www.mkadhd.org.uk

The pharmaceutical company Janssen-Cilag have an informative ADHD website which has been produced with advice from a group of European specialists. It includes information for parents, teenagers, teachers and healthcare professionals. To find it search google with the wording Janssen-Cilag ADHD.

Try the American website: www.help4adhd.org which has a lot of information on all aspects of ADHD for both children and adults; also www.addvance.com which has lots of information for all age groups.

AUTISTIC SPECTRUM DISORDERS (Inc Asperger Syndrome, Autism, PDA)

ASD Therapy

Email: david@asdtherapy.co.uk

Tel: 07734 420 997

Training and advice consultancy for ASD - offers assessment and advice to individuals or their families/carers. This includes integrative psychotherapy, hypnotherapy, life coaching and various therapies to deal with stress. Based in Cambridge with appointments available in Cambridge, Colchester and Norwich.

Web: www.asdtherapy.co.uk

Asperger Training

Tel: 01273 711258

Provides training, counselling, assessments, partner/relationship support and advice to organisations and parents, partners and individuals themselves with Asperger Syndrome.

Web: www.asperger-training.com

Email: info@asperger-training.com

Asperger East Anglia

Tel: 01603 620500

For children and adults in East Anglia - diagnosis, education, housing, social skills.

Website: www.asperger.org.uk

Aspergers Network (Northern Ireland)

Web: www.aspergersnetwork.org.uk

Helpline: 028 92611851

A charity in N. Ireland run by parents/carers and those with Asperger Syndrome. They offers information and advice and run parent support groups, social groups, adults groups, a teens and twenties social outing group and offer advocacy.

Autism Independent UK (SFTAH)

Tel: 01536 523274

Offers information on their website, a diagnostic and assessment resource centre, helpline, quarterly newsletter, training, library of books and videos.

Email: autism@autism.com

Website: www.autismuk.com

Autism Initiatives

Tel: 0151 3309 500

Offers support in the North West, Scotland, NI, IOM and Wales for children through outreach, family support, practice teams and Peterhouse School. For adults through residential, respite, day services etc.

Web: www.autisminitiatives.org

They also run **OSSME Outreach Support Services for Mainstream Education**

Tel: 0151 924 5656

Autism London

They provide impartial support, advice and information to individuals, their families and carers, and professionals affected by autism and Asperger syndrome living in Greater London. Also run activities and events and a residential home for adults.
 Email: info@autismlondon.org.uk Website: www.autismlondon.org.uk

Helpline: 0845 603 7954**Autism NI (PAPA)** The Northern Ireland Autism CharityWebsite: www.autismni.org**Tel: 028 90 401729****Autism Research Centre**Website: www.autismresearchcentre.com**Tel: 01223 746057**

Based at Cambridge University, ARC does research to understand the causes of autism and develop new methods for assessment and intervention. You can download from their website various tests for autism and asperger syndrome.

BIBIC (British Institute for Brain Injured Children)Website: www.bibic.org.uk**Tel: 01278 684060**

Offer an inter-disciplinary assessment and produce tailored programmes to improve the quality of life for the child and family. Work with children and young people with neurological problems including autism. Email: info@bibic.org.uk

Big (Behavioural Intervention Group)Website: www.big4autism.com**Tel: 01483 206996**

Big is founded on ABA (Applied Behaviour Analysis) and works with families with a child with autism to set up ABA programmes to help their child's development. Based in London, they cover the London and Surrey area, but prepared to travel further afield. Parents can self-refer and fees either paid by families or through local authority funding.

Bill Goodyear: Asperger Coach (London)**Tel: 020 8871 1241**

Offers different types of coaching designed to help families with a member who has Asperger's Syndrome overcome problems and build a satisfactory life. Packages include Family Coaching, One to One phone coaching (or face to face in London), Teleconferencing and Kickstart Coaching. They also run workshops for people with AS, families and professionals.

Web: www.billgoodyear.org**Connexions direct****Tel: 080 800 13219**

A service aimed at 13-19 year olds (up to 25 years old for those with learning disabilities) giving direct expert confidential advice on careers, further education and a range of issues including autism/Asperger Syndrome.

Txt: 07766 413219**Webchat/Email: www.connexions-direct.com****The Disabilities Trust**Web: www.disabilities-trust.org.uk**Tel: 01444 239123**

Provides a range of specialist education services, housing and support for children and adults with autism; also has an Autism Awareness website - a meeting point for people concerned with autism. Web: www.autism-awareness.org.uk

Irish Autism Action Web: www.autismireland.ieEmail: info@autismireland.ie**Helpline: 1890 818 518**

Organisation of parents for parents, with first hand knowledge of discovering and coping with autism.

National Autistic SocietyWebsite: www.autism.org.uk

The largest autism charity in the UK. They can help with local support groups; information on autism and Asperger Syndrome for individuals, parents, professionals; befriending; training; links and much more.

Autism Helpline**Tel: 0845 070 4004****Befriending Scheme****Tel: 0115 911 3369****Parent-to-Parent Advice Line****Tel: 0800 9520 520****Advocacy for Education Line/Tribunal Support Scheme****Tel: 0845 070 4002**

- **Assessment Service:** The NAS Lorna Wing Centre for Autism, Bromley Kent

Tel: 020 8466 0098

Referral from your health professional and for first assessments only, no second opinions.

- **Community Care Service:** advice and info about community care issues, including accessing help from social services. Phone NAS helpline to arrange a telephone appointment with the case worker: **Tel: 0845 070 4004**

- **Publications Department:** Order on line or call Central Books **Tel: 0845 458 9911**

- **Prospects:** ASD-specific training and support for employees, employers, students and people looking for work.

Email: prospects-london@nas.org.uk**Tel: 0207 704 7450**

- **NAS regional offices:** some have an Asperger Family Support worker. Contact the NAS above.

- **Legacy Department:** offers advice and a free booklet called *Guides to Wills and Trusts*. **Tel: 0207 903 3551**

The National Centre for High Functioning Autism (Social Communication Disorders Clinic) **Tel: 020 7829 8679**

Based at Great Ormond Street Hospital, this is a national resource for children with suspected high functioning autism or Asperger Syndrome who have social, educational or behavioural difficulties. The team provide a comprehensive assessment/diagnosis of the child by a highly qualified multi-disciplinary team. Referrals by local CAMHS or Paediatrician.

http://www.ich.ucl.ac.uk/gosh/clinicals/services/autism_services/Homepage**NORSACA**Website: www.norsaca.org.uk**Tel: 0115 976 1805**

A support and advice charity covering the Nottinghamshire area – support includes training for parents/carers, counselling and advocacy. They have Sutherland House Children's Services which has a school, diagnosis and assessment centre and offers family support (incl. siblings). Also has a residential & day service for adults.

Peach (Parents for the Early Intervention of Autism)**Tel: 01344 882248**

A parent-led charity to promote early behavioural intervention for young children with autism, Applied Behavioural Analysis (ABA), often called the Lovaas Programme. Provide information to families starting a home programme and can put them in touch with other families in their area.

Website: www.peach.org.uk**The PDA Contact Group****Tel: 0114 258 9670**

Offers support, advice, information and contact with other parents. Has an informative website and an online forum, providing advice and information for parents & professionals.

Website: www.pdacontact.org.uk**The Scottish Society for Autism****Tel: 01259 720044**

Offers support and services to children and people of all ages.

Website: www.autism-in-scotland.org.uk

Studio3 Clinical Services - Autism

Tel: 01225 334111

A private company, who offer diagnosis from a multi disciplinary team who will travel across the UK and Ireland. They also offer advice to parents with a new diagnosis who are in need of support to cope with the condition, recommendations to external services, functional behaviour analysis, appropriate communication systems.

Web: www.studio3.org/clinical/autism.php

Useful Websites:

www.aboutautism.org.uk/index.html is a website offering a parents' perspective of bringing up their daughter, who has autism

www.aspergersyndrome.info/Asperger_diagnostic_website/frame1.html takes you to ASHTA, the Asperger Syndrome Helpline for Teenagers & Adults

www.autism-awareness.org.uk a site run by The Disabilities Trust where people share ideas, views and information.

www.autism-help.org a site set up by an Australian social worker/parent of an autistic child. It has a huge amount of information on every aspect you can think of.

www.autismmedical.com the website for the UK charity Allergy Induced Autism.

www.autism.com the website of the Autism Research Institute in US which contains lots on information for families and individual.

www.autism-smile.co.uk is the website of the Smile Programme which provides home-based supportive strategies that focus on creating play activities to develop the child's communication, social understanding and emotional well-being.

www.autismuk.com website of Autism Independent UK, clearly laid out with much information.

www.autisticsociety.org a UK site for parents, families, professionals with a wide range of information from news, education, law, therapies, statistics, personal stories, forums and much more.

www.faaas.org a good American site for families and partners of people with Asperger Syndrome

www.healthtalkonline.org has two sections called 'Parents of Children with Autism' and 'Life on the Autistic Spectrum' which features the everyday experiences of parents and adults affected by the condition.

www.maapservices.org a US site for More advanced individuals with Autism, Asperger syndrome and Pervasive developmental disorder.

www.mic.mypodcast.com is the website of Midnight in Chicago, offering free, informative web seminars/podcasts to provide information about ASDs.

www.mugsy.org website of The NAS (Surrey Branch). This is an excellent site with lots of up to date information, news, and resources wherever you are in the country.

www.teachernet.gov.uk/wholeschool/sen/asds/beansdfriendlyschool/ provides info for schools on how to be ASD friendly.

www.udel.edu/bkirby/asperger/ this is a very informative and full American site, run by OASIS (On-Line Asperger Syndrome Information and Support). It covers autism as well as AS.

www.users.dircon.co.uk/~cns/ is a site for Students with autism & AS at college or university.

www.wrongplanet.net run by Tony Attwood is a web community designed for individuals (and parents of those) with Asperger syndrome, Autism, ADHD, and other PDDs, includes a discussion forum, articles section, chatroom, etc:

ARTICLES BY PEOPLE WHO HAVE HFA/AS

Temple Grandin has several articles at the Autism Research Institute site, some for teachers.

Try www.autism.com/families/grandin_articles.htm.

Positive papers by Stephen M. Shore entitled "One Child's Story", "Survival in the workplace" and "A day in the life" are at www.udel.edu/bkirby/asperger/survival_shore.html.

Papers written by those who are different, for those who think they aren't -

Jim Sinclair's "Don't Mourn for us" <http://web.syr.edu/~jisincla/dontmourn.htm>.

This paper came originally from Autism International Network, an On-line network especially for adults or young people with autism or Asperger Syndrome. You can find them at <http://ani.autistics.org/>.

There's an On-line support group for people with ASD called Independent Living on the Autistic Spectrum which can be found at www.inlv.demon.nl.

Marg Segar's (1974-1997) down to earth book *A Survival Guide for People with Asperger Syndrome* can be viewed at www.asperger-marriage.info/survguide/contents.html.

STUDENTS

Claire Sainsbury's site at www.users.dircon.co.uk/~cns/ is extremely useful and helpful.

See the NAS website <http://www.autism.org.uk/nas/jsp/polopoly.jsp?d=1244&a=12595> for advice for University students.

TEACHERS/LECTURERS

Downloadable information from The NAS <http://www.autism.org.uk/nas/jsp/polopoly.jsp?d=129> and www.teacch.com and www.autism.com/families/grandin_articles.htm.

BRAIN INJURY

BIRD Brain Injury Rehabilitation & Development Centre (Chester)

Helpline: 0800 0286256

Provides neurodevelopmental treatment to improve the quality of life for people with brain injuries of ALL types, and learning difficulties e.g. dyslexia, dyspraxia, epilepsy, autism, communication disorders etc. Website: www.b-i-r-d.org.uk

bibic

Website: www.bibic.org.uk

Tel: 01278 684060

Offer an inter-disciplinary assessment and produce tailored programmes to improve the quality of life for children and young adults with neurological problems including brain injury, autism, Cerebral Palsy and Down's Syndrome, and support to their families.

Cerebra: for brain injured children & young people**Tel: 0800 328 1159**

For parents of children with brain injuries, neurological disorders, learning disabilities or physical disabilities. Has a helpline, telephone counselling service, DLA Guides, Personal Portfolios, grants and speech therapy vouchers, holiday home, sleep problem solving service and more.

Website: www.cerebra.org.uk**Child Brain Injury Trust (CBIT)****Helpline: 0845 6014 939**

Support, info, local groups, small grants for families and children with acquired brain injury, plus training for professionals and parents.

Website: www.cbituk.org**Headway Brain Injuries Association Ltd**Website: www.headway.org.uk**Helpline: 0808 800 2244**

Information for people affected by acquired brain injury as well as local groups and branches.

BULLYING**Bullying UK**Website: www.bullying.co.uk

A website with advice for everyone: parents, children, pupils, schools, adults. Tips, links, email contact and much more.

Anti Bullying Network**Childline Scotland: 0800 44 1111**

For children, teachers and parents in Scotland.

Parentline Scotland: 0808 800 2222Email: info@antibullying.netWebsite: www.antibullying.net**Childline****Free Helpline: 0800 1111 (for children & young people)**

A free Helpline for children and a website with lots of information and downloadable information sheets for children (including section on bullying), parents, and teachers.

Website: www.childline.org.uk**Tackling School Bullying**Website: <http://www.teachernet.gov.uk/wholeschool/behaviour/tacklingbullying>

Information and links for teachers on tackling school bullying.

Kidscape**Helpline for Parents: 08451 205 204**

A Helpline and internet resource for parents of bullied children and also booklets, literature, training plus confidence building sessions for children.

Website: www.kidscape.org.uk**Make Them Go Away**www.takeoneproductions.co.uk

A new DVD that addresses the controversial issue of SEN and bullying. This DVD is for screening in assemblies and classrooms. It aims to bring home to young people the message that it is unacceptable to bully fellow pupils who have SEN and disabilities. The DVD is supported by the DCSF.

The BBC has info on bullying at http://www.bbc.co.uk/schools/parents/life/health_happiness/problems/bullying.shtml.

Also try www.anti-bullyingalliance.org.uk and the NAS has a guide on bullying for young people with an autistic spectrum disorder, which can be found at: <http://www.nas.org.uk/nas/jsp/polopoly.jsp?d=1245&a=18935>.

CARERS**Carers Direct****Helpline: 0808 802 0202**

A helpline, run by the Department for Health, to offer carers free, confidential information and advice to help them in their role as a carer. There is also an informative website including information on caring, money and legal matters, young carers, etc:

Web: www.nhs.uk/carersdirect**Carers UK – the voice of carers****Helpline: 0808 808 7777**

Information on assessments, benefits, carer's allowance, taking a break, your rights, work etc. Offices in Scotland, Wales and NI too.

Web: www.carersuk.org

It also runs **Employers for Carers** an interest group that is working with a partnership of major employers who want to help their staff who have caring responsibilities.

Web: <http://www.carersuk.org/Aboutus/WorkingwithEmployers>**Cool2care****Tel: 0845 123 5484**

An organisation to help parents choose the right care-worker for them and their child. All care-workers are trained, CRB checked and registered with CSCI. They also advise on financial help and recommend ways to pay for childcare. The service is compatible with direct payments. They currently cover the following areas: Surrey, Birmingham, Essex, London, Gloucestershire, Barnet, Worcester and the Isle of Wight.

Website: www.cool2care.co.uk**The Princess Royal Trust for Carers****Tel: 0844 800 4361**

Through its unique network of 144 independently managed Carers' Centres, 85 young carers' services and interactive websites, www.carers.org and www.youngcarers.net. The Trust currently provides quality information, advice and support services on a range of issues.

CHALLENGING BEHAVIOUR**Challenging Behaviour Foundation**Web: www.challengingbehaviour.org.uk**Support Line: 0845 602 7885**

A charity providing information and support for families caring for children and adults with severe learning difficulties and challenging behaviour. They provide individual support by telephone through their Family Support Worker, have a family support network as well as produce lots of information, regular newsletters and DVDs.

Behaviour Management in Education Foundation at www.bmef.org provides training days and programmes for schools on behaviour management and Help Files on topics such as swearing/answering back/stealing etc.

www.kidsbehaviour.co.uk is a website offering a reference point on understanding children and dealing with behaviour.

Information on and links for many different behavioural disorders (including Conduct Disorder, Bipolar Disorder), behavioural problems, discipline and respect and managing behaviour.

www.additionalneeds.net has info/resources/activities for teachers, pupils, parents and others.

www.behaviour4learning.ac.uk a network and website supported by Training & Development Agency for Schools to provide online resources for tutors and their trainees but useful to all professionals.

COMMUNICATION / SPEECH AND LANGUAGE

AFASIC

Offer advice, support, information, publications, courses and conferences and activity days for young people and have local support groups. Website: www.afasic.org.uk Email: info@afasic.org.uk

Helpline (Mon-Fri 10.30-2.30): 0845 355 5577

I CAN

Offer advice, support, information and training courses for parents and professionals. They run Early Years Centres and two Special Schools (both with assessment centres). Website: www.ican.org.uk Email: info@ican.org.uk

Tel: 0845 225 4071

The Association of Speech & Language Therapists in Independent Practice

Find your nearest freelance Speech and Language Therapist (SALT) on their website or send an email to asltip@awdry.demon.co.uk Website: www.helpwithtalking.com

Tel: 01494 488306

Cerebra: for brain injured children and young people

For parents of children with brain injuries, neurological disorders, learning disabilities or physical disabilities. Phone their helpline for more information about their speech and language therapy vouchers. Website: www.cerebra.org.uk

Tel: 0800328 1159

Not Just Talking

They specialise in teaching children (from 0 – 19) vital non-verbal-communication skills and also in behaviour problems (including those with autism and Asperger's syndrome). Assessments, intervention, training and support for parents and professionals. Email: info@notjusttalking.co.uk Website: www.notjusttalking.co.uk

Tel: 01962 852007

Royal College of Speech and Language Therapists

They have details of local NHS speech and language departments and lists of independent Speech and Language Therapists. Website: www.rcslt.org

Tel: 020 7378 1200

www.talkingpoint.org.uk is a one stop shop for information on communication disorders and communication development. A clear, informative website with separate sections for parents and professionals covers many areas including information, support and education. Also has Talking Links section with post code search of speech and language provision. Developed by I CAN, RCSLT and Afasic.

www.hyperlexia.org/ The American Hyperlexia Association.

Semantic Pragmatic Disorder and other communication disorders information can be found via links from the Surrey NAS website at www.mugsy.org and at Barb Kirby's US based Asperger site at www.udel.edu/bkirby/asperger

COUNSELLING

Organisations to contact if you need to find a counsellor:

British Association for Behavioural and Cognitive Psychotherapists (BABCP)

Website: www.babcp.com

Tel: 0161 797 4484

The British Association of Counselling and Psychotherapy

Website: www.bacp.co.uk

Tel: 01455 883300

UK Council for Psychotherapy (UKCP)

Website: www.psychotherapy.org.uk

Tel: 020 7014 9955

ASD Therapy (Counselling), David Moat, Cambridge

David offers counselling, psychotherapy, hypnotherapy, life skills coaching and advice to individuals with autistic spectrum disorders, families and carers. Also provides training and consultancy services around the UK.

Tel: 07734 420997

ASPECT (Autism Spectrum Counselling and Training), London

Use Cognitive Behaviour Therapy (CBT) as well as integrative and Mindfulness-based models of counselling and therapy. Offer counselling for young people and adults with Asperger Syndrome or High Functioning Autism and parents of children diagnosed with ASD. Website: <http://aspectcounsel.co.uk/>

Tel: 07981 323015

Cerebra

Cerebra is for parents of children with brain injuries and neurological problems, including autism, ADHD, behaviour and emotional difficulties. They offer a freephone counselling service for parents to provide support to those feeling stressed due to their caring role. Web: www.cerebra.org.uk/parent_support/support/stress.htm

Freephone Counselling Helpline : 0800 043 9385

DYSLEXIA

British Dyslexia Association

Has information for anyone with an interest in dyslexia, run conferences and training. Their website lists local dyslexia association helplines. Their website talks and can change colour.

Helpline : 0845 251 9002

Website: www.bdadyslexia.org.uk

Email: helpline@bdadyslexia.org.uk

CRESTeD (Council for the Registration of Schools Teaching Dyslexic Pupils)

Helps parents choose schools for dyslexic children - holds a list of schools which have met agreed criteria for dyslexia-friendly education. Website: www.crested.org.uk Email: crested@crested.org.uk

Tel: 01242 604852

Dore

Email: info@dore.co.uk

Web: www.dore.co.uk

Tel: 0333 123 0100

Dore has a centre in Kenilworth, Warwickshire and specialise in the treatment of learning difficulties including dyslexia, dyspraxia, autism, Asperger Syndrome and ADHD. They previously were in administration but in January 2009 found new investors.

Dyslexia Action (formerly Dyslexia Institute)

Largest UK charity for specialist assessment and teaching of dyslexic people and the supply of teacher training courses. Achieves this through their 25 centres around the country.

Tel: 01784 222300

Website: www.dyslexiaaction.org.uk

Email: info@dyslexiaaction.org.uk

Gifted Children's Information Centre/Dyslexia Books Website: www.dyslexiabooks.biz Tel: 0121 705 4547
The Centre supplies Books, Guides, Teaching Packs and Equipment for Dyslexic Children and gifted children. Run by Dr Peter Congdon, Educational Psychologist. Email: petercongdon@blueyonder.co.uk

The 3D Centre for Specific Learning (Halifax) Website: www.the3dcentre.co.uk Tel: 01422 365500
Diagnostic assessments and tuition for children with dyslexia, dyspraxia and dyscalculia and training courses for teachers.

www.beingdyslexic.co.uk is a website for of info, advice, support and products relating to dyslexia.

www.dyslexic.com & www.iANSYST.co.uk are sites for info & specialist products for people with dyslexia.

www.fiveminutebox.com a multi-sensory system for teaching early literacy and numeracy skills and early recognition of difficulties.

www.davislearningfoundation.org.uk for more info on the Davis method to overcome difficulties with dyslexia.

www.centra.org.uk provides support services to individuals and schools for dyslexia.

www.penfriend.biz/ offer different computer products to increase reading & writing skills.

The Literacy Trust at www.literacytrust.org.uk and the National Literacy Association at www.nla.org.uk.

For adults the Adult Dyslexia Association the British Dyslexia Association have an adult checklist, which can be found at <http://www.dbadyslexia.org.uk/adultchecklistp.html>.

DYSPRAXIA

The Dyspraxia Foundation

Helpline: 01462 454986

Support and information for individuals, families and professionals affected by dyspraxia. They also run local support groups.

Web: www.dyspraxiafoundation.org.uk

Email: dyspraxia@dyspraxiafoundation.org.uk

Dore Achievement Centres Email: info@dore.co.uk

Web: www.dore.co.uk

Tel: 01926 800010

Dore has a centre in Kenilworth, Warwickshire and specialise in the treatment of learning difficulties including dyslexia, dyspraxia, autism, Asperger Syndrome and ADHD. They previously were in administration but in January 2009 found new investors.

The Dyscovery Centre, Newport, Wales

Tel: 01633 432330

Assessment, advice for parents and schools, tailor-made services, training and access to specific resources.

Web: <http://dyscovery.co.uk>

Email: dyscoverycentre@newport.ac.uk

Therapy in Praxis Ltd PO, York

Tel: 01751 432298

A paediatric therapy and assessment service for children.

Web: www.therapy-in-praxis-ltd.co.uk

Anything Left Handed Ltd

Web: www.anythingleft-handed.co.uk

Tel: 0845 872 3272

All staff are left-handed; they produce a range of 200 items. Have a fact sheet on handwriting for left-handed children.

The Foundation for Conductive Education, Birmingham

Tel: 0121 449 1569

A charity for children and adults with incurable movement disabilities. Programmes for children with dyspraxia aged 3-14 years at four levels for progressing at their own rate. Services are free for 0-3's, fees for over 3's. Parents can self-refer.

Website: www.conductive-education.org.uk

The 3D Centre for Specific Learning, Halifax

Website: www.the3dcentre.co.uk

Tel: 01422 365500

Offers diagnostic assessments for children with dyslexia, dyspraxia and dyscalculia and training courses for teachers.

www-unix.oit.umass.edu/~velleman/cas.html is a US paper on apraxia (verbal Dyspraxia) and has a link to www.apraxia-kids.org the Childhood Apraxia of Speech Association of North America (CASANA).

www.matts-hideout.co.uk a website set up and run by a teenage boy, aimed at other kids with dyspraxia.

For adults with Dyspraxia: www.dyspraxiaconnexion.org.uk is the website for Dyspraxia Connection and <http://www.daa.colsal.org.uk> for Dyspraxia Adult's Action!

EPILEPSY

Epilepsy Action (formerly The British Epilepsy Association)

Free helpline: 0808 800 5050

Web: www.epilepsy.org.uk Email: helpline@epilepsy.org.uk

Text advice service: 07797 805390

Everything you need to know for those affected by epilepsy including children, teenagers, parents, carers etc.

Epilepsy Scotland

Free helpline: 0808 800 2200

Information, support and training plus they have a local community 1:1 support service.

Web: www.epilepsyscotland.org.uk

Email: enquiries@epilepsyscotland.org.uk

NCYPE - The National Centre for Young People with Epilepsy

Tel: 01342 832243

Services offered include diagnosis, assessment, treatment, research and rehabilitation. Also run St Piers School up to 19 and a FE College.

Website: www.ncype.org.uk

The National Society for Epilepsy

Helpline: 01494 601400

Offers information, emotional support, respite care, rehabilitation and long term residential care. They produce an award winning info pack for people covering all aspects of epilepsy and learning difficulties.

Web: www.epilepsynse.org.uk

Epilepsy Awareness

Tel Sally Gomersall: 01636 682888

Provides tailor-made training courses for a variety of authorities and social care organisations.

www.epilepsyawareness.co.uk

Email: info@epilepsyawereness.co.uk

GIFTED CHILDREN

Gifted Children's Information Centre/Dyslexia Books

Website: www.dyslexiabooks.biz

Tel: 0121 705 4547

The Centre supplies Books, Guides, Teaching Packs and Equipment for Gifted Children, Dyslexic Children and Left-Handed Children. Run by Dr Peter Congdon, Educational Psychologist.

Email: petercongdon@blueyonder.co.uk

MENSA The High IQ Society **Tel: 01902 772771**
For people of all ages who's IQ is in the top 2%. Also offer supervised IQ tests. Web: www.mensa.org.uk
National Association For Able Children In Education Website: www.nace.co.uk **Tel: 01865 861879**
Supports teachers in getting the best from able, gifted and talented pupils in the everyday classroom.

The National Association for Gifted Children (NAGC) **Helpline Tel: 0845 450 0295**
Support those who are directly involved with gifted children - parents, teachers, schools and medical professionals - as well as advising policy makers at national and local levels. Website: www.nagcbrtain.org.uk

HOME LEARNING

Education Otherwise **HelplineTel: 0845 478 6345**
A UK based membership organisation, which provides support and information for families whose children are educated outside school. Lists local HE groups. Enclose SAE with enquiry. Website: www.education-otherwise.org

HE Special (Home Education in the UK – Special Educational Needs) Website: www.he-special.org.uk
This is a website for families who home educate children with Special Educational Needs. There is a new section on the website for families who have children with Asperger Syndrome and also one for Dyslexia.

Home Education Advisory Service **Tel: 01707 371854**
Set up in 1995 by a group of experienced home educators to provide good quality information on the legal and practical aspects of home education. Offers practical support for families who wish to educate children at home including SEN, educational materials, resources, exams, curriculum design, etc. Website: www.heas.org.uk

Home-School Tutoring UK Website: www.homeschooltutoring.co.uk
An established home tuition service, operating in various parts of the UK, which recommends qualified tutors to help with subjects for all ages at all levels, including children with special needs, learning difficulties and dyslexia.

The NISAI Virtual Academy **Tel: 020 8424 8475**
Offers distance learning with daily live virtual lessons following the UK National Curriculum for children aged 5-18 who are, for one reason or another, at home and not at school, including those who are ill, have been injured, have special needs, have been excluded, etc. Fees can be paid by LEAs, parents or schools. Website: www.nisai.com

The Student Support Centre **Tel: 0800 132277**
The largest supplier of home-based learning materials specialising in home-based tuition in mathematics and English. Website has Kids' Pages, Parents' Corner, and Pass Masters. Website: www.student-support.co.uk/

MENTAL HEALTH

HandsOnScotland Website: www.handsonscotland.co.uk
The HandsOnScotland Toolkit is an online resource for anybody working with children and young people. It is a one-stop shop for practical information and techniques on how to respond helpfully to children and young people's troubling behaviour, build up their self-esteem and promote positive mental wellbeing. Has a useful index to search for information under child's area of difficulty.

Mental Health Foundation **Tel: 020 7803 1101**
Email: mfh@mfh.org.uk Website: www.mentalhealth.org.uk **Scotland: Tel: 0141 572 0125**
Aims to help people survive, recover from and prevent mental health problems however they are caused. Easy to use website.

Mind Website: www.mind.org.uk **Helpline: 0845 766 0163**
Offers support and information about mental health, provides a specific legal service and has local Mind network.

Rethink Email: info@rethink.org Website: www.rethink.org **Tel: 0845 456 0455**
Offers services, information and support for those with a severe mental illness and carers and professional. Also have a section on their website called **Rethink Siblings** designed to provide information and support if your brother or sister has experienced, or is living with, severe mental illness. Email: siblings@rethink.org
Website: www.rethink.org/how_we_can_help/rethink_siblings/about_rethink_siblings/

Sane (6pm-11pm everyday) **SANeline: 0845 767 8000**
Help and information to those experiencing mental health problems, their families and carers through SANeline and SANemail. Email: SANEmail@sane.org.uk Website: www.sane.org.uk

Scottish Association for Mental Health Website: www.samh.org.uk **Tel: 0141 5687000**
Scotland's leading mental health charity, works to support people who experience mental health problems, homelessness, addictions and other forms of social exclusion Email: enquire@samh.org.uk

The Anna Freud Centre Website: www.annafreudcentre.org **Tel: 020 7794 2313**
Supports and advises parents who have a child with mental health problems and provides specialist help for children and young people in emotional distress. Run a Young People's Project for 14-18 year olds feeling depressed, isolated or struggling with relationships and also offer intensive psychotherapy for those that need specialist one-to-one help.

Young Minds **Parents helpline: 0808 802 5544**
A National Charity committed to improving mental health of all children and young people. Website has sections for children, young people and parents. Website: www.youngminds.org.uk

OCD (OBSESSIVE COMPULSIVE DISORDER)

First Steps to Freedom

Practical help and support with OCD/Anxiety Disorders/Phobias (adults only).

Website: www.first-steps.org

Helpline: 0845 120 2916

Email: first.steps@btconnect.com

OCD Action

Web: www.ocdaction.org.uk

Helpline: 0845 390 6232

Info and support for sufferers, their families and professionals and local UK support groups. Also has lots of helpful literature.

E-mail: info@ocdaction.org.uk

Anxiety UK (formerly National Phobias Society)

Tel: 08444 775 774

Offers advice and support, with referrals to various therapy and counselling services. Provides fact sheets and tapes.

Web: www.anxietyuk.org.uk

E-mail: info@anxietyuk.org.uk

OCD Clinic

Tel: 020 3228 5222

Michael Rutter Centre for Children & Adolescents, Maudsley Hospital, London

Assessment, discussion and written report for families and referrers; treatment packages – for up to 18 year olds. Adults are seen at the Centre for Anxiety Disorders at Maudsley Hospital.

Website: www.slam.nhs.uk/services

Northern Ireland Agoraphobia and Anxiety Society (NIAAS)

Helpline: 0845 122 8630

Offers support services for people with anxiety-related difficulties including face-to-face counselling, telephone counselling, self-help groups and a telephone helpline. Web: www.praxiscaregroup.org.uk

Also in NI look at www.anapsys.co.uk and www.ulsterhypnotherapy.com

Other UK sites - www.psychnet-uk.com/dsm_iv/obsessive_compulsive_disorder.htm and www.nomorepanic.co.uk and www.topuk.org and www.ocdyouth.info

Many in the US: try www.ocfoundation.org and www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd/index.shtml.

SIBLINGS

Many of the organisations and websites listed in this information sheet have sections on/for siblings.

Sibs

Web: www.sibs.org.uk

Tel: 01535 645453

A registered UK charity for child and adult siblings of a brother or sister with special needs. Their purpose is to make a positive difference to the lives of siblings through information and support – to make growing up with someone with special needs a bit easier. Their website has information for young siblings, adult siblings, parents and professionals.

Rethink Siblings

Website: www.rethink.org/how_we_can_help/rethink_siblings/about_rethink_siblings/

Rethink, a Mental Health charity, have a section on their website designed to provide information and support if your brother or sister has experienced, or is living with, severe mental illness.

Email: siblings@rethink.org

NORSACA (Nottingham Regional Society for Adults and Children with Autism)

Tel: 0115 976 1805

NORSACA operates Sutherland House Children's Services, who run an annual workshop for brothers and sisters who's sibling has autism (usually runs one evening a week during the month of May).

Web: www.norsaca.org.uk

Both the NAS (www.nas.org.uk) and Contact a Family (www.cafamily.org.uk) have pages for siblings on their websites.

OTHER USEFUL CONTACTS

Adoption UK

Helpline: 0844 848 7900

Provides support, information and training for parents, foster carers, practitioners, teachers etc.

Email: helpdesk@adoptionuk.org.uk

Website: www.adoptionuk.org

After 16 – what's new? A website for section for *young people* in the UK who have an impairment or disability and are in transition to adulthood and wondering what opportunities and services there should be when they leave school. For parents and professionals too! Covers money, housing, friends, employment, education, relationships, etc.

Web: www.after16.org.uk

BIBIC – British Institute for Brain Injured Children

Tel: 01278 684060

BIBIC works with parents and carers offering a support system with time to talk, expert advice and practical help. Offer an inter-disciplinary assessment with tailored programmes to help improve the child's quality of life. Parents are taught how to implement programmes at home to help their child. For children with brain injuries, Down Syndrome, autism, genetic disorders and specific learning difficulties (like ADHD, dyslexia and dyspraxia).

Web: www.bibic.org.uk

Cerebral Palsy: SCOPE

Website: www.scope.org.uk

Helpline (Scope Response): 0808 800 3333

Scope is a national disability organisation focussing on cerebral palsy whose services include creating early years, education, and independent living and employment opportunities for disabled people.

Email: response@scope.org.uk

The Foundation for Conductive Education (Birmingham)

Tel: 0121 449 1569

A registered charity which teaches children and adults with physical disabilities such as cerebral palsy, dyspraxia, multiple sclerosis, Parkinson's, stroke and head injury how to overcome their movement difficulties.

Website: www.conductive-education.org.uk

Check The Map

Website: www.checkthemap.org

A website for anyone to search to find learning disability services/resources.

Connexions direct

Webchat/Email: www.connexions-direct.com

Tel: 080 800 13219

A service aimed at 13-19 year olds (up to 25 years old for those with learning disabilities) giving direct expert confidential advice on careers, further education and a range of issues, experience in learning difficulties and challenging behaviour.

Txt: 07766 413219

Cystic Fibrosis Trust

Provides information, advice and support to anyone affected by Cystic Fibrosis.

Helpline: 0845 859 1000Website: www.cftrust.org.uk**DIAL UK**Web: www.dialuk.info**Tel: 01302 310123**

Information and advice services based throughout the UK to provide information and advice to disabled people and others on all aspects of living with any disability.

The Disabilities Trust**Tel: 01444 239123**

An organisation for people with autism, acquired brain injury, physical disability, learning disability. Offers information, personal care, rehabilitation and specialist housing.

Web: www.disabilities-trust.org.uk**Down's Syndrome Association**Web: www.downs-syndrome.org.uk**Helpline: 0845 230 0372**

They provide support and information for people with Downs Syndrome, families, carers and professionals. Their website has excellent information for teachers, as well as downloadable booklets for parents, grandparents and others.

Email: info@downs-syndrome.org.uk**Enable Scotland**Email: enable@enable.org.ukWebsite: www.enable.org.uk**Telephone: 0141 226 4541**

Provides services to support children and adults with learning disabilities and their family, carers.

Foundation for People with Learning Disabilities**Tel: 020 7803 1100**

The biggest, most comprehensive website on learning disabilities/difficulties in the UK. Has publications, getting help, online forum and more.

Website: www.learningdisabilities.org.uk**Mencap****England Learning Disability Helpline: 0800 808 1111**

For children and adults with a learning disability and their families and carers, services include education, family support, housing, independent living, etc.

Website: www.mencap.org.uk/**Cymru Learning Disability Helpline: 0808 808 1111****N.I. Learning Disability Helpline: 0808 808 1111****One For Us.com**Website: www.oneforus.com

A website for people who have a learning difficulty, not for their parents or carers! Clear explanations and information on health, housing, money, work, relationships and more.

Speaking UpWebsite: www.speakingup.org**Tel: 01223 566258**

Speaking Up supports and empowers people with learning difficulties, physical disabilities and mental health problems to speak up for themselves through advocacy services, self advocacy based projects and resources for people with learning difficulties, physical disabilities and mental health problems.

Email: info@speakingup.org**Tourettes Action**Website: www.tourettes-action.org.uk**Helpline: 0845 458 1252**

This organisation has helpful leaflets, a reading list, a frequently asked questions section on their website covering many areas, and hold regular family networking events for members.

Email: help@tourettes-action.org.uk**Williams Syndrome Foundation Ltd****Tel: 01732 365152**

Provides information and a list of local support groups.

Website: www.williams-syndrome.org.uk

And the American WS Foundation has several helpful papers at

Website: www.wsf.org

Also the US Williams Syndrome Association whose website is

Website: www.williams-syndrome.org**Youthinmind Ltd**Website: www.youthinmind.co.uk

An organisation set up by Professor Robert Goodman and his family, a doctor who has worked for over 20 years with children with SEN. They run a website to help stressed children and teenagers and those who care for them, which has sections for parents, teachers, and young people, finding services, books and websites.

PARENT INFORMATION / SUPPORT / TRAINING ORGANISATIONS**Advisory Centre for Education (ACE)****Helpline (open 10am to 5pm): 0808 800 5793**Website: www.ace-ed.org.uk**Exclusion Advice Line: 0808 800 0327**

ACE offers free advice and support to parents on issues in England and Wales including SEN, exclusion, bullying, admissions and attendance. They publish many helpful handbooks including the ACE Special Educational Handbook; Tribunal Toolkit: Going to the SEN Tribunal; Appealing for a School; Getting Extra Help, Early Years Extra Help and various Summaries of the Law and examples of letters to write.

Airport Awareness**Tel: 0161 489 2700**

Manchester Airport produce a booklet of travel advice for parents and carers of children on the Autistic Spectrum covering all aspects of a journey on a plane from arriving at the terminal, checking in, boarding, etc. Either phone for a copy or you can find it on their website www.manchesterairport.co.uk by typing autism in the search box.

BILD (British Institute of Learning Disabilities)Website: www.bild.org.uk**Tel: 01562 723010**

Information, publications, training and conferences on special needs.

Email: enquiries@bild.org.uk**Cerebra****Parent Support Helpline: 0800 32 81 159**

For parents of children with brain injuries and neurological problems, including autism, ADHD, behaviour and emotional difficulties. Has a helpline, telephone counselling service, sleep service, DLA Guides, grants scheme, speech and language therapy voucher scheme, holiday home and more.

Web: www.cerebra.org.uk**Children's Education Advisory Service****Tel: 01980 618244**Website: <http://www.mod.uk/DefenceInternet/DefenceFor/ServiceCommunity/Education/ChildrensEducationAdvisoryService.htm>

Supports families in the armed forces to secure appropriate educational provision for their children (UK and overseas), including children with special educational needs.

Email: enquiries@ceas.detsa.co.uk**Contact A Family**Email: helpline@cafamily.org.ukWebsite: www.cafamily.org.uk**Helpline: 0808 808 3555**

If your child has a disability or rare disorder, CAF can help with information and support groups, advice for siblings etc.

Scotland: 0131 659 2930**Wales: 029 2039 6624****N. Ireland: 028 9262 7552**

For **Dads** Contact a Family has pages covering relationships, rights, family, other dads etc.

Website: www.cafamily.org.uk/dads.html

Disabled Parents Network (DPN) Website: www.disabledparentsnetwork.org.uk **Tel: 0300 3300 639**

A national organisation providing information, advice and peer support to disabled parents, their families and supporters.

Face2Face Website: www.face2facenetwork.org.uk **Tel: 0844 800 9189**

Face 2 Face is a network of trained volunteer befrienders who offer a 1-1 befriending services to parents who have a child with a disability, helping through emotional and practical support. Phone or look at the website to find your nearest group.

IPSEA **Freephone Helpline (England and Wales): 0800 018 4016**

Free advice and support with Statements and Appeals from professionals acting in a voluntary capacity. Their website

offers model letters to send to your LEA. Website: www.ipsea.org.uk

Tribunal Advice Line (Mon, Wed, Thurs 10am – 1pm): 0845 602 9579

ISEA (Scotland) Website: www.isea.org.uk **Advice Line: 0131 454 0096**

Provides free, independent advice, information and support to parents who have a child/young person with additional support needs, including advice on assessments, placements, appeals, etc. Email: isea@isea.org.uk

Legal Advice - see the OAASIS free information sheet *Legal Help* at www.oaasis.co.uk.

Grandparents' Association Web: www.grandparents-association.org.uk **Helpline: 0845 434 9585**

Aims to improve the lives of children by working with and for all grandparents, especially those who have lost contact with grandchildren or are caring for their grandchildren on a full time basis.

Mindroom Web: www.mindroom.org **Tel: 0131 653 6235**

A charity dedicated to helping children and adults with learning difficulties. They offer a direct help and support service by phone, email and in person. Email: mig@mindroom.org

Network 81 **National Helpline: 0845 077 4055**

A network of parents working towards properly resourced inclusive education for children with SEN. They have befrienders, trained in Code of Practice and Education Law, who can support parents at meetings and through the assessment procedures, and helpful publications. Website: www.network81.org

The New Learning Centre (London) Website: www.tnlc.info **Tel: 020 7794 0321**

Introductory talks, programmes and training for parents, pupils, families and schools for children with dyslexia, dyspraxia, AD(H)D, Asperger Syndrome and those experiencing behavioural, social and emotional difficulties.

Email: admin@tnlc.info

Parentline Plus **Tel (24 hours a day): 0808 800 2222**

A national charity set up to offer help and support to parents on parenting issues from 0-18+ years e.g. challenging behaviour, emotional wellbeing, teenagers etc. Offers parenting courses, publications, an email support service, local support offices and training for professionals. Website: www.parentlineplus.org.uk

ParentsCentre Website: www.parentscentre.gov.uk

Provides information and support for parents on how to help your child's learning, including advice on choosing a school and finding childcare. They have lots of information on special educational needs issues and an online forum.

The Parent Support Service, Bristol **Tel: 0117 924 4800**

Provides support for children struggling with a ranges of difficulties, both behavioural and emotional, through offering parenting support (with a clinical psychologist), child and adolescent therapy (at Spire Bristol Hospital). Fees are charged at an hourly rate. Website: www.parentsupportservice.co.uk

The Royal College of Psychiatrists Website: www.rcpsych.ac.uk

The have very clear downloadable fact sheets on a whole range of learning difficulties and other child related topics.

SENAC (Special Educational Needs Advice Centre) **Advice Line: 028 9079 5779**

The **Northern Ireland** advice line service for information on the ELBs duty towards children with SEN, especially assessments and statementing issues, also assistance for parents appealing to SENDIST. Web: www.senac.co.uk

Sibs Web: www.sibs.org.uk **Tel: 01535 645453**

A registered UK charity for child and adult siblings of a brother or sister with special needs. Their purpose is to make a positive difference to the lives of siblings through information and support – to make growing up with someone with special needs a bit easier. Their website has information for young siblings, adult siblings, parents and professionals.

SKILL: National Bureau for Students with Disabilities Website: www.skill.org.uk **Tel: 0800 328 5050**

Promotes opportunities and provides information for young people and adults with any kind of disability on Post 16 education, training, employment. They have sections on their website for Scotland, Northern Ireland and Wales.

UPDATE Scotland's National Disability Information Service **Tel: 0131 669 1600**

Gives general advice and signposting to the public. Email: info@update.org.uk Web: www.update.org.uk

Working Families **Helpline: 0800 013 0313**

Email: office@workingfamilies.org.uk Website: www.workingfamilies.org.uk

Helps children, working parents, carers and employers find a better balance by offering advice and practical solutions.

OAASIS produces a wide range of **free Information Sheets**, **8 publications** entitled 'First Guide to...' and **wallet sized cards** explaining 9 learning disabilities. Please contact OAASIS (see front of sheet for contact details) for the full list, or view and download them on the website at www.oaasis.co.uk. All sheets are checked annually; please ensure you have the current version.