

## Autism - Useful Resources

- Websites providing information about Autism
- Information Leaflets
- Education / Training
- Parent / Carer Support Group
- Videos

### [Websites providing information about Autism](#)

The National Autistic Society: [www.autism.org.uk](http://www.autism.org.uk)

Ambitious about autism <https://www.ambitiousaboutautism.org.uk/>

Autism Education Trust: [www.autismeducationtrust.org.uk](http://www.autismeducationtrust.org.uk)

Autism Understood <https://autismunderstood.co.uk/>

Autism Unlimited <https://www.autism-unlimited.org/resources/5897a1c1-549f-4129-8284-0c9949f06f7a/>

Autism Unlimited - Shares resources and provides information to help parents to connect to other services that have the authority to advise them. Telephone appointments with Anna Jakubczyk, Community Connector are available.

<https://www.autism-unlimited.org/support/book-a-call/>

Awesome Archie [www.awesomearchie.co.uk](http://www.awesomearchie.co.uk) – [Celebrating and supporting neurodiversity at school and at home!](#)

NICE guidance ([Overview | Autism spectrum disorder in under 19s: recognition, referral and diagnosis | Guidance | NICE](#))

### [Information Leaflets](#)

The Child Development Centre section on the UHD website has resources, information, advice and support booklets on a range of topics:

[Child Development Centre patient leaflets \(uhd.nhs.uk\)](http://www.uhd.nhs.uk)

The Children's Therapy section on the UHD website has information leaflets on a range of topics: [www.uhd.nhs.uk/visit/patient-information-leaflets/childrens-therapy](http://www.uhd.nhs.uk/visit/patient-information-leaflets/childrens-therapy)

## Education /Training

ADAPT course for parents <https://www.recoverycollegeonline.co.uk/mental-health/autistic-spectrum-disorder-asd/parents>

Skills & Learning Adult Community Education offers a free 3-week course to parents/carers which covers: what is the autistic spectrum, the strengths and talents often associated with autism, myths and facts, support strategies. An autism diagnosis is not required. For further details please see the below link:

[www.skillsandlearningace.com/courses/course/family-learning-understanding-and-supporting-autism/](http://www.skillsandlearningace.com/courses/course/family-learning-understanding-and-supporting-autism/)

SCOPE offer "Navigate" which is a programme of up to 6 sessions with a personal advisor who provides online emotional support for parents and carers who are finding out about their child's additional needs. The personal adviser will help you to talk about your feelings and concern and can help you with: organising your thoughts and feelings, practical advice and suggestions, coping strategies and insights, taking positive actions and helping you with emotional wellbeing.

<https://www.scope.org.uk/family-services/navigate/>

HOPE programme for parents of autistic children - free self-management course. For information email: [contact@h4c.org.uk](mailto:contact@h4c.org.uk) or visit [www.h4c.org.uk](http://www.h4c.org.uk)

## Parent / Carer Support Group

**The Umbrella Group** is a parent led support group for parents/carers of children and young people with ASD.

For details please contact Debbie at [debbiewestbourne@gmail.com](mailto:debbiewestbourne@gmail.com) or Clare Lockyer 07450 210911 <https://m.facebook.com/groups/312179982770667?ref=share>

**Venue** - The Pool room at Portfield School, Parley Lane, Hurn, Christchurch BH23 6BP

**On** - Usually 4th Saturday of the month but occasionally changes due to school holidays and speakers' availability.

**Time** - 10-1230 am approximately. Please note our meetings often over-run to give parents chance to chat to each other but parents can leave at their own convenience.

**Cost** - £1 donation for refreshments and administration.

## Videos

An uplifting introduction to autism for young non-autistic audiences, aiming to raise awareness, understanding and tolerance in future generations

[Amazing Things Happen - by Alexander Amelines - YouTube](#)

Chat and chill autism film for young people recently diagnosed  
[Chat and Chill Autism Film - Whistle Video - YouTube](#)

Videos for parents / carers created by the psychology team at University Hospitals Dorset focusing on understanding challenging behaviour and strategies to support your child and aid communication, and an introduction to autism and how it can affect people.

[Challenging behaviour workshop pre recorded - YouTube](#)

[Post diagnosis ASC group - YouTube](#)

Videos for young people created by the clinical psychology team at Royal Derby Hospital focusing on understanding ASD, understanding emotions and thoughts and strategies to manage emotions and thoughts when they become overwhelming.

[Chapter 1 - Understanding ASD - YouTube](#)

[Chapter 2 - Understanding Emotions - YouTube](#)

[Chapter 3 - Why do we have emotions? - YouTube](#)

[Chapter 4 - Why do emotions feel overwhelming sometimes? - YouTube](#)

[Chapter 5 - Understanding thoughts - YouTube](#)

[Chapter 6 - How do our emotions and thoughts affect our bodies and behaviours? - YouTube](#)

[Chapter 7 - Strategies to manage thoughts and feelings - YouTube](#)

[Chapter 8 - When to use strategies - YouTube](#)

Curly Hair Project's YouTube page is great for all things ASC:  
[the girl with the curly hair - YouTube](#)