

DO YOU KNOW...?

A guide for families with children and teenagers who have social and communication difficulties including autism

Bromley
LOCAL
OFFER.



If you meet one person with autism, you've met one person with autism!

Dr Stephen Shore



Everybody is different but this guide has been pulled together by parents, carers and other professionals across Bromley Local Area as part of the Autism 100 day challenge to share helpful hints and tips for other families which they have found useful. It provides information for those with Social and Communication Difficulties (SCD) and those with an Autistic Spectrum Condition (ASC).

WWW.BROMLEY.GOV.UK/LOCALOFFER

DO YOU KNOW...?

...our six Children and Family Centres provide your first contact point for help and support?

3 Burnt Ash

Rangefield Road
BR1 4QX
020 8697 4503
burntashcfc@bromley.gov.uk

4 Castlecombe

Castlecombe Road
SE9 4AT
020 8857 1185
castlecombecfc@bromley.gov.uk

6 Cotmandene

Cotmandene Crescent
BR5 2RB
020 8300 2548
cotmandenecfc@bromley.gov.uk

5 Community Vision

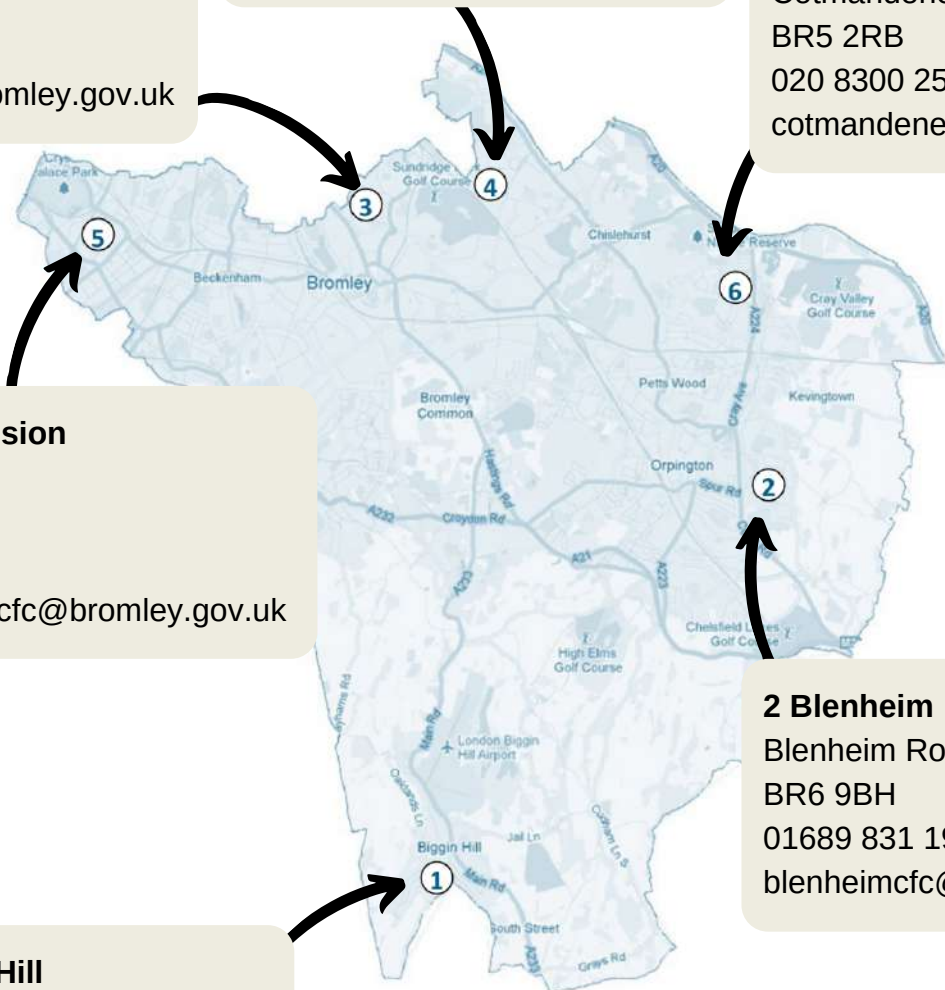
Woodbine Grove
SE20 8UX
020 8778 2970
communityvisioncfc@bromley.gov.uk

2 Blenheim

Blenheim Road
BR6 9BH
01689 831 193
blenheimcfc@bromley.gov.uk

1 Biggin Hill

Sunningvale Avenue
TN16 3TN
01959 571 694
bigginhillcfc@bromley.gov.uk



DO YOU KNOW...?

...about the training available?



The Cygnet Course - Bromley Children Project

A parenting programme for parents.

- DETAILS: 3 hour sessions for six weeks to help you:
- Develop knowledge & understanding of the way your child sees the world
 - Learn strategies & techniques to support your child
 - Share your parenting journey with others who are experiencing a similar journey

HOW TO BOOK: www.bromley.gov.uk/bromleychildrenproject
and download the form for 'parent courses'

Ambitious about Autism - Bromley Mencap

A workshop which provides an introduction to SCD and ASC.

DETAILS:
A two-day workshop

HOW TO BOOK:
autismfamilysupport@bromleymencap.org
or call 020 8466 0790

Training support for Behaviour that Challenges - PACT

A one day training course by Personal Awareness Consultancy & Training (PACT).

- DETAILS:
- Learn a range of methods to manage & prevent behaviours that challenge, including disengagement techniques, Positive Behaviour Support planning & trigger words to avoid.
 - Most suitable for families facing behaviours that challenge as their children enter adolescence and above

HOW TO BOOK:
dawn.andress@bromley.gov.uk
or call 020 8313 4511

Themed workshops - CASPA and Bromley Mencap

Workshops with themes taken from requests from parents & young people.

DETAILS:
4 workshops a year with topics delivered by outside speakers, including behaviours that challenge and relaxation. There is also a workshop for young people.

HOW TO BOOK:
autismfamilysupport@bromleymencap.org
or call 020 8466 0790

Parent/Carer Project - The Council's Complex Needs Team

PILOT SESSIONS - NEW FOR 2020!

DETAILS:
This project will have capacity for 10 families and will run for 2 hours over the following dates: 26 February, 4 March and 11 March 2020. The sessions will run from 7pm to 9pm at the Phoenix Centre.

For families who are at the point of diagnosis and for those where there is recognition of significant social communication needs.

HOW TO BOOK:
emma.donovan-brown@bromley.gov.uk
or call 020 8315 4735

DO YOU KNOW...?

...about specific support groups available?



Monthly themed drop-ins - Bromley Mencap

Sessions take place at different venues around the borough.

DETAILS: Themes have included: diagnostic process; parents taking time for themselves; Child and Adolescent Mental Health Services (CAMHS) Neurodevelopment team; and the Education, Health and Care (EHC) Statutory Assessment Process.

FURTHER INFO: autismfamilysupport@bromleymencap.org or call 020 8466 0790

Support group for parents @ Star and Garter Pub

No professionals, no organisations, just parents!

DETAILS: Organised by parents who want to just get together to have a drink and a chat, share tips or find out things that could help.

FURTHER INFO:

- When: Second Wednesday of the month, starting at 7:30pm
- Where: Star and Garter, 227 High St, Bromley BR1 1NZ

Outside the Box

A day time support group for parent and carers.

DETAILS: Facilitated by Angela Reynolds who is a parent of an autistic child and a qualified counsellor.

FURTHER INFO: Fortnightly meetings on Thursdays from 1pm to 2.30pm at St Edwards Church Hall, St Keverne Road, Mottingham SE9 1AQ.

Contact Angela on outsidethebox123@yahoo.com.

The Edge @The Green

Parents day time meet.

DETAILS: A time to have coffee and cake, share ideas and support each other.

FURTHER INFO:

- When: Every 2nd Monday of each month
- Where: Green Street Green Baptist Church, 1 Worlds End Lane, BR6 6AA
- Contact Becky or Beryl send@gsgbaptist.org.uk.

DO YOU KNOW...?

...about the specific clubs available?



CASPA (Children on the Autistic Spectrum Parents Association)

A local charity providing advice, support & life skill development opportunities.

DETAILS: Social clubs, specialist trampolining and technology projects, holiday programmes, residential trips, family support, and much more.

FURTHER INFO: www.caspabromley.org.uk/clubs-services

Destiny Children and Family Support Group

Tutorial classes, creative social activities and a support group for families.

DETAILS: Runs every Monday and Wednesday from 5pm – 7pm.

FURTHER INFO: www.lwfci.org.uk, info@lwfci.org.uk or call 07950 746544

CASPA and Bromley Well [NEW FOR 2020]

Monthly themed workshops for young people aged 16 plus.

DETAILS: Focused on a range of topics such as: health; mental wellbeing & anxiety; internet safety; relationships & sexual health; and employment, welfare benefits & budgeting.

FURTHER INFO: spa@bromleywell.org.uk or call 0300 3309039



DO YOU KNOW...?

...about the support for families available?



Family support service - Bromley Mencap

A local charity providing advice and independent support & guidance.

DETAILS: Guidance, advice, independent note-taking at meetings and signposting to local and national services. Also available to attend diagnostic assessments with parents and offer support at a follow up meeting after the Complex Communication Diagnostic Service feedback meeting.

FURTHER INFO: autismfamilysupport@bromleymencap.org or call 020 8466 0790

Information, support & guidance for young people - Bromley Well

[NEW FOR 2020]

Support for young people aged 16 plus.

DETAILS: Specialist information, advice and guidance on any issue including welfare benefits, housing, employment, health, transition to adult services, social and leisure activities, and independent living.

FURTHER INFO: spa@bromleywell.org.uk or call 0300 3309039



Useful link

Download an Information Pack produced by Bromley Mencap by visiting:

<http://bit.ly/SCDinfoguide>



DO YOU KNOW...?

...where to get information locally?



Information, Advice and Support Service (IASS)

Free, impartial information, advice and support in confidence.

DETAILS: For children & young people and parents & carers, and support for those transitioning from pre-school to primary school and onto secondary school.

FURTHER INFO: www.bromley.gov.uk/iass, iass@bromley.gov.uk or call 020 8461 7630

Bromley Parent Voice (BPV)

A voluntary group of parents and carers

DETAILS: Signposting, support & empowering families. Giving parents & carers an opportunity to express their views and input into the planning and delivery of local services.

FURTHER INFO: www.bromleyparentvoice.org.uk, info@bromleyparentvoice.org.uk, www.facebook.com/bromleyparentvoice or call 07803 287838

Bromley Children Project (BCP)

Support for expectant parents, current parents & young people aged up to 18 years.

DETAILS: Creating a safe, secure & happy environment for families, particularly those who are struggling & are in need of additional help.

FURTHER INFO: www.bromley.gov.uk/bromleychildrenproject, bcpadmin@bromley.gov.uk or call 020 8461 7259

Specialist Information and Development Officer

DETAILS: Pel Ahmet is based within the Council's Children's Disabilities Service. She works with individual families signposting to local specialist services.

FURTHER INFO: disabledchildrensteam@bromley.gov.uk, Pelin.Ahmet@bromley.gov.uk or call 07850 923088

Choice Support Autism Library - Beckenham

A collection of nearly 1,500 resources, covering all aspects of autism spectrum conditions.

DETAILS: A source of books, booklets, DVDs and folders authored by health professionals, academics and by people with lived experience of autism. There is a £20 one-off, life-time membership fee, which entitles you to borrow 2 books for a month.

FURTHER INFO: The library is open weekdays from 10am until 4pm.
info@choicesupport.org.uk or call **020 8464 2897**.

DO YOU KNOW...?

...where to get information nationally?



National Autistic Society

Expert advice, services & information for families and young people.

www.autism.org.uk
or call 0808 800 4104

Ambitious about Autism

Practical information & resources, including an online community.

www.ambitiousaboutautism.org.uk
or call 020 8815 5444

Independent Provider of Special Educational Advice (IPSEA)

Independent legally based advice, support & training.

www.ipsea.org.uk

Contact

Guidance, information and support for families.

www.contact.org.uk
or call 0808 808 3555

Autism Education Trust (AET)

Information and resources including online training resources.

www.autismeducationtrust.org.uk

The Autism Plan HUB (App)

Free autism support app providing an online autism community.

www.autismplan.co.uk



...about other useful information?



National benefits and grants

Disability Living Allowance Children (for children aged up to 16)

www.gov.uk/disability-living-allowance-children

Personal Independence Payment (aged over 16)

www.gov.uk/pip

Blue Badge Scheme

www.bromley.gov.uk/bluebadge

Employment Support Allowance

www.gov.uk/employment-support-allowance

Carers Allowance

www.gov.uk/carers-allowance

Child Tax Credit

www.gov.uk/child-tax-credit

National disability schemes

Hidden Disabilities Sunflower Lanyard Scheme

A discreet sign that somebody has a hidden disability and requires additional assistance while out in public.

Supermarkets Tesco and Sainsbury's have started using the lanyards. Simply pick one up in a participating store, airport, station or venue at a customer service desk or at checkout.

The lanyards are free, available to keep and you don't need to provide proof of your disability.

Alternatively, you can also purchase one at The Hidden Disabilities Store for 66p plus postage: www.hiddendisabilitiesstore.com

Radar Keys

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country.

www.xbyxbromley.com/services

CEA Card

A national card scheme which enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. The card is available for applicants aged 8 years or above.

www.ceacard.co.uk/apply

Local disability schemes

Max Card

The My Max Card is a discount card for families of children with disabilities. It can help you save money on great days out at castles, zoos, bowling alleys and more across the UK.

To get a My Max card you need to register your child on the Bromley Children's Disability Register.

www.bromley.gov.uk/localoffer

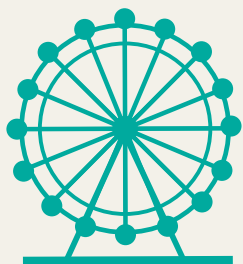
Freedom Pass

Enables young people with disabilities to access free travel on buses, trains and underground in London

www.londoncouncils.gov.uk/freedompass

HANDY TIPS FOR MAKING LIFE EASIER

Did you know that...



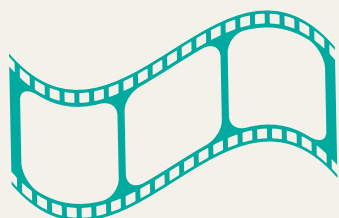
Merlin attractions

All Merlin attractions (including London Eye, Blackpool Tower, Sealife Centres, Alton Towers, Legoland and Thorpe Park) offer a free adult carer ticket if you can evidence your child or young person is in receipt of DLA or PIP.



Shoe fitting

John Lewis Bluewater and Clarkes offer you the opportunity to book autism friendly shoe fittings in a private room and have a dedicated trained staff member helping.



Cinema

Autism-friendly cinema screenings at least once a month at ODEON, Cineworld, Vue, Showcase, Picturehouse and Everyman cinemas.



Museums and galleries

Most of the major museums and galleries in London have quiet mornings several times a year. Look on the websites for details and dates.



Swimming

Mytime Active run swimming lessons at the Walnuts Leisure Centre (Tuesdays 6pm) and Darrick Wood Swimming Pool (Sundays 2:30pm).



Theatre

Autism friendly or relaxed performances at theatres, including The Churchill Theatre.



Toys and sensory products

Toys & sensory products can be bought from a range of sources:

- www.cheapdisabilityaids.co.uk
- www.fledglings.org.uk
- www.sensorydirect.com

These tips have been provided by parents for parents.

If you know of anything that you think other parents would benefit from please email liz.lake@bromley.gov.uk

Bromley LOCAL OFFER.

The Bromley Local Offer website provides information about local services, support and activities available to families, children and young people aged from 0 to 25 years with special educational needs or disabilities.

www.bromley.gov.uk/localoffer
or localoffer@bromley.gov.uk



Bromley
LOCAL
OFFER.

Bromley
THE LONDON BOROUGH

NHS
Bromley
Clinical Commissioning Group