








## Support for Parents

**Please see attached some resources and websites which may be helpful to support you and your child.**

<p><b>National Autistic Society</b></p> 	<p style="text-align: center;"><a href="http://www.autism.org.uk">www.autism.org.uk</a></p> <p>For parents of children with autism, young people and adults with autism</p> <p>Call: <b>08088004104</b> (Monday to Thursday 10am to 4pm, Friday 9am to 3pm)</p>
<p><b>Zigzag Parent support group In Cookridge</b></p> 	<p style="text-align: center;"><a href="https://www.facebook.com/zigzag.leeds.autism.support/">https://www.facebook.com/zigzag.leeds.autism.support/</a></p> <p>Zigzag Leeds is a parent led support group offering parents and carers advice, support and guidance for those who care for a child or young person with an Autistic Spectrum Condition or similar conditions. The group offers help and support for families with or without a diagnosis and events such as trampolining, family fun day</p> <p>Contact : 07733129695 <a href="mailto:ljanejames@yahoo.co.uk">ljanejames@yahoo.co.uk</a></p>
<p><b>STARS TEAM</b></p> 	<p style="text-align: center;"><a href="http://www.starsteam.org.uk/support-for-parents-of-children-with-autism">http://www.starsteam.org.uk/support-for-parents-of-children-with-autism</a></p> <p>Drop in service: Drop In available to book for a half hour appointment through the STARS website. If you would like to request an appointment please contact the STARS Team on <a href="mailto:starsteam@leeds.gov.uk">starsteam@leeds.gov.uk</a> or <b>0113 3789792</b></p>
<p><b>Autism Education Trust</b></p> 	<p style="text-align: center;"><a href="https://www.autismeducationtrust.org.uk/for-parents/">https://www.autismeducationtrust.org.uk/for-parents/</a></p> <p>All children with autism are different. Our tools and resources – developed in collaboration with parents, practitioners and consultants with expertise in autism – are designed to explore and build on these differences to support every single child with autism to reach their full potential. Although our training materials and most of our resources are aimed at teaching professionals, you, as a parent, can help your child by recommending AET training to your child's teachers and SENCO.</p>
<p><b>ABC Parent support Group Autism Specific</b></p> 	<p>ABC Parent support group (Autism specific):</p> <p>We aim to provide help, support and advice about services, facilities education, care and welfare for parents and families of children displaying Autistic Spectrum Conditions including Asperger's Syndrome in the local community of residents in Leeds and surrounding areas.</p> <p>Contact: <a href="https://leedsabgroup.wordpress.com/contact/">https://leedsabgroup.wordpress.com/contact/</a></p>
<p><b>Little Hiccups Parent and family support group</b></p> 	<p>Little Hiccups parent and family support group: Tel: <b>0783 123 0741</b> Email: <a href="mailto:info@littlehiccups.co.uk">info@littlehiccups.co.uk</a> Website: <a href="https://www.littlehiccups.co.uk/">https://www.littlehiccups.co.uk/</a></p> <p>Little Hiccups is a Leeds based support group that has been set up by parents who have children with additional needs and disabilities.</p>
<p><b>Hawthorn Nursery/family support</b></p>	<p>Hawthorn Nursery/family support</p> <p>Hawthorn is the only centre of its kind in Leeds and we provide support to families who have a very young child with additional</p>

	<p>needs. Hawthorn welcomes families to attend for one day per week. Up to nine families attend a group on a Monday, Tuesday or Friday. Tel: 0113 235 1331 email: <a href="mailto:kath.surtees@leedsmencap.org.uk">kath.surtees@leedsmencap.org.uk</a> or <a href="mailto:abigail.cunningham@leedsmencap.org.uk">abigail.cunningham@leedsmencap.org.uk</a></p>
	<p>Summer playscheme in holidays (for chn aged 4-7) at the Vinery Centre, Leeds LS9 9LU To download a booking an/or application form or to find out more details, visit mencaps playscheme booking page, email <a href="mailto:activities@leedsmencap.org.uk">activities@leedsmencap.org.uk</a> or call 0113 235 1331.</p>
<p>Epic</p> 	<p>Epic offer support and activities for families of children with additional needs Epic Leeds is a parent, carer and families participation forum in Leeds which aims to empower parents, carers and families to work in partnership with services, organisations and professionals. <a href="https://www.through-the-maze.org.uk/organisation/epic-leeds/">https://www.through-the-maze.org.uk/organisation/epic-leeds/</a></p>
<p>Scope</p> 	<p>Scope offer Parent connect training We're Scope, the disability equality charity in England and Wales. We provide practical information and emotional support when it's most needed and campaign relentlessly to create a fairer society. Apply via: <a href="https://www.scope.org.uk/family-services/parents-connect/">https://www.scope.org.uk/family-services/parents-connect/</a> Scope family services 'Activities: <a href="https://www.scope.org.uk/family-services/family-activities-leeds/parents-carers/">https://www.scope.org.uk/family-services/family-activities-leeds/parents-carers/</a> Also offer holiday clubs (£20 a day but have different age groups)</p>
<p>Rising for the disabled</p> 	<p>RDA is an inclusive and diverse organisation. We welcome clients with physical and learning disabilities and autism, and there are no age restrictions. Through our network of member groups, RDA is at work in every corner of the UK, in our cities and remote rural areas, bringing the therapy, achievement and fun of horses to as many people as we can. Riding for the disabled has several groups in Leeds: Tel: <b>01926 492915</b>; website: <a href="https://www.rda.org.uk/about-us/">https://www.rda.org.uk/about-us/</a></p>