

Support for Parents and Carers and Young People from

# Berkshire West Autism & ADHD Support Service



**Providing free information, advice, workshops and courses about Autism and ADHD for**

children and young people aged 5 to 25 and their parents and carers who are registered with GP surgeries that are part of the Berkshire West NHS Clinical Commissioning Group

## Berkshire West

Autism & ADHD Support Service

Autism  
Berkshire

Parents Speak  
for  
CHILDREN

NHS

Berkshire West  
Clinical Commissioning Group

Contact

Twitter icon Helpline: 01189 594 594 Facebook icon  
[www.autismberkshire.org.uk](http://www.autismberkshire.org.uk)  
[contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk)



## Helpline

The free and confidential Helpline service is available by telephone and email to provide information about the services that are available, plus advice and support.

To contact our family support workers, **email [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk) or call 01189 594 594 (option 1),**

Please include a daytime phone number in your message so we can contact you.

## Support available for parents and carers

These services are suitable for parents and carers whose children have an autism or ADHD diagnosis or are on the Berkshire CAMHS waiting lists for an autism or ADHD assessment.

## Home Visits

These provide extended support, information and advice on a one-to-one basis to parents and carers of children who are autistic, or

waiting for an autism assessment, to help them:

1. While waiting for an autism assessment for your child
2. After a child's diagnosis of autism
3. During a crisis or period of difficulty.

After an initial home visit there will be a follow-up telephone call.

## Autism advice workshops and courses

Three workshops for parents and carers are available from the National Autistic Society\* Family Seminars programme: Understanding Autism; Managing Anger; and Meeting Sensory Needs, plus a workshop about Autism in Girls, with Carly Jones MBE.

Parents and carers of autistic 10 to 16-year-olds can also benefit from National Autistic Society\* Teen Life courses, which run over six weeks. Education professionals who work with their children are also encouraged to take part.

## ADHD advice workshops

Three workshops for parents and carers are available, led by trainers from Parenting Special Children: An Introduction to ADHD; Anxiety and ADHD; and Managing ADHD Behaviours. Please note that these are delivered as a linked series of workshops, rather than individual sessions.

## Joint Autism and ADHD advice workshops

These are suitable for parents and carers of children and young people who are autistic or have ADHD, or are waiting for assessment. They explore the following topics and include advice and strategies to help families address these issues:

- Emotional Regulation
- Food Refusal
- Sleep Difficulties
- Transitions to Adulthood

## Support for autistic and ADHD children & young people

These services are suitable for children and young people aged 5 to 25 who have an autism or ADHD diagnosis or are on the Berkshire CAMHS waiting lists for an autism or ADHD assessment.

## Tailored interventions for young children

Tailored support for 5 to 7-year-olds, based on a child's individual needs, which will be assessed in discussion with parents and carers.

## Social interaction and skills groups

These after-school short courses are for small groups of children and young people aged

8 to 10, and 11 to 16, who are educated in mainstream settings. Led by trainers from Parenting Special Children's Auticulate programme, the sessions aim to develop children's confidence and emotional wellbeing through meeting their peers and exploring the social world in a friendly and supportive setting. They look at topics including knowing ourselves, developing and maintaining friendships, self-esteem, independence and self-advocacy.

## SocialEyes

A National Autistic Society\* course available to 17 to 25-year-olds, looking at further social interaction skills and strategies to boost wellbeing and independence. It focuses on key social skills that neurodiverse young people can have difficulty with, including starting and ending a conversation, body language and facial expressions, eye contact and personal space.



\*Autism Berkshire is a licensed National Autistic Society training provider

## About the service

The Berkshire West Autism & ADHD Support Service provides free information, advice, workshops and courses for children and young people aged 5 to 25 who are autistic or have ADHD – or are waiting for assessment – and their parents and carers.

The service is a partnership between Autism Berkshire, Parenting Special Children and the Berkshire West NHS Clinical Commissioning Group.

Please note that to be supported by the service you must be registered with a GP surgery that is part of the CCG, which serves the Reading, Wokingham and West Berkshire unitary council areas. For a list of surgeries, see [www.berkshirewestccg.nhs.uk/about-us/primary-care/gp-practices/](http://www.berkshirewestccg.nhs.uk/about-us/primary-care/gp-practices/)

## Find out more and Contact us

Details of the support that the service provides and how to register for workshops and courses are available at:

[www.autismberkshire.org.uk/berkshirewest](http://www.autismberkshire.org.uk/berkshirewest)

You can also:

**Call: 01189 594 594 (option 1)**

**Email: [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk)**



Autism Berkshire and Parenting Special Children also provide other support and leisure services for families and children and young people, see [www.autismberkshire.org.uk](http://www.autismberkshire.org.uk) or [www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk) for more information



Autism Berkshire – the working name for Berkshire Autistic Society.

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Charity no: 1076217, Company number: 3750656

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