

Useful Websites



- www.nas.org.uk The National Autistic Society.
- www.mugsy.org Surrey Branch of The National Autistic Society.
- www.cafamily.org.uk Contact a Family.
- www.priorywoods.co.uk is a website that provides some fun online activities.
- www.cerebra.org.uk A national voluntary organisation for family members caring for a child with a brain-related injury.
- www.oaasis.co.uk Office for advice, assistance, support and information on special needs.
- www.do2learn.com for free downloadable visual cues/cards.
- www.talkingpoint.org.uk A speech and language site for parents and professionals.
- www.Cbeebies.co.uk BBC website for children.
- www.sibs.org.uk This is for people growing up with a brother or sister with special needs.
- www.sensory-processing-disorder.com This was created by an Occupational Therapist, who has a daughter with sensory processing disorder.
- www.sensoryintegration.org.uk This website has information for parents and professionals and an excellent research and knowledge base.
- www.learningspaceni.co.uk This website specialises in educational resources.
- www.exploreyoursenses.co.uk This website provides a carefully selected innovative range of sensory resources.
- <http://www.google.com/imghp> Google images.
- www.researchautism.org A research website on Autism.
- www.sutton.gov.uk The London Borough of Sutton main home page.

A Sutton Parent's Guide to services for children with complex communication needs including Autism (under 5 years)



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General Information



Sutton Contact a Family

Contact a Family (CaF) provides information and support to parents caring for children with any disability or special need between the ages of 0-19 years. CaF can also support professionals working with families. Sutton CaF is part of a national organisation. **Tel: 020 8640 5525.**

National CaF Freephone Helpline.

Tel: 080 8808 3555, Mon-Fri 10-4pm.

Sutton Carer's Centre

Provides information, advice and support to all carers in the London Borough of Sutton, and aims to be the first point of contact whatever the illness or disability of the person you care for. Their many services include a regular newsletter, help to complete benefit forms, complementary therapies, Young Carer's Project, Carer's Mental Health Project and Siblings Groups.

Tel: 020 8296 5611.

Email: sutton.carers@dial.pipex.com

SCILL Disability Information

Contact SCILL for the RADAR key, which opens the disability toilets in Sutton.

Tel: 020 8770 4065.

The National Autistic Society

National voluntary organisation concerned with children, young people and adults with an autism spectrum disorder. Provides a range of different services including parents' helpline offering advice and information, publications, a diagnostic centre and advocacy for education, among other services. **Helpline Tel: 0845 070 4004.**

Email: nas@nas.org.uk

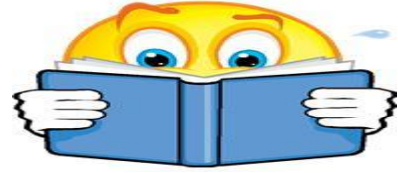
ACCESS POINT is the first point of contact for the services for disabled children, young people and their families.

Tel: 020 8770 4690.

Email: accesspoint@sutton.gov.uk



Useful Books



About Autism

'It can get better...Dealing with Common Behaviour Problems in Young Autistic Children - A Guide for Parents and Carers' by Paul Dickinson and Liz Hannah. National Autistic Society.

'Ten Things Every Child with Autism Wishes You Knew' by Ellen Notbohm'.

'Playing, Laughing and Learning with Children on the Autism Spectrum: A Practical Resource of Play Ideas for Parents and Carers' by Julia Moor.

'Thinking in Pictures' by Temple Grandin.

'My Brother is Different' by Louise Gorrod. A Book for Young Children Who Have a Brother or Sister with Autism.



About Sensory Issues

'The Sensory Processing Disorder Answer Book: Practical Answers to the Top 250 Questions Parents Ask' by Tara Delaney.

'Too Loud, Too Bright, Too Fast, Too Tight: What to do if you are Sensory Defensive in an Over stimulating world' by Sharon Heller.

'Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Integration Issues' by Lindsey Biel and Nancy Peske.

'Starting Sensory Integration Therapy: Fun activities that won't destroy your home or classroom' by Bonnie Arnwine.



Children's Centres



Sutton Family Information Service will give you the name of your local Children's Centre. They provide a wealth of information about settings, activities, support groups and child minding. **Tel: 020 8770 6000.**

Thomas Wall Children's Centre, 69 Western Road, Sutton. SM1 2TF: 020 8722 0280.

Tweeddale Children's Centre, Tweeddale Road, Carshalton, SM5 1SW: 020 8404 1640.

Spencer Children's Centre, Spencer Road, Mitcham Junction. CR4 4JP: 020 8648 4126.

Beddington Park Children's Centre, Mallinson Road, CR0 4UA: 020 8405 2047.

Amy Johnson Children's Centre, Brabazon Avenue, Wallington. SM6 9ET: 020 8647 3183.

Manor Park Children's Centre, Myrtle Road, Sutton, Surrey, SM1 4BX: 020 8405 2070.

Victor Seymour Children's Centre, Denmark Road, Carshalton. SM5 2JE: 020 8410 5003.

Shanklin Community Children's Centre, Community Hall, 25 Rookley Close, Shanklin Village, Sutton. SM2 6TT: 020 8406 1354.

Stanley Park Children's Centre, Stanley Park Road, Carshalton. SM5 3JL: 020 8647 6771.

The Grange Children's Centre, Beddington Park, London Road, Wallington. SM6 7BT: 020 8404 3145.

Stonecot and Worcester Park Children's Centre, Stone Place, Windsor Road, Worcester Park. KT4 8ES: 020 8770 4660.

Nonsuch and Cheam Sure Start, Church Road, Cheam. SM3 8QH: 020 8770 4660.

Muschamp Children's Centre, Muschamp Road, Carshalton. SM5 2SE: 020 8773 4980.

High View Sure Start Children's Centre, The Chase, Wallington, SM6 8JT: 020 8404 3145.

Dentist Service - For children with challenging behaviour and/ or special needs and disability that means that you cannot otherwise access an NHS dentist. Referrals are via the General Practitioner or Health Visitor. **Tel: 020 8700 0588.**

Resources and Equipment



Resource Centre at Sutton Library (Extended Service & Early Years). A lending service offering a wide range of toys, educational equipment and resources to help meet the developmental needs of all children.

Tel: 020 8770 6713.

Parents Support Groups



EarlyBird A National Autistic Society accredited 3-months parent programme combining group training sessions with individual home visits, where video feedback is used to help parents to combine theory with practice. The programme is for families of a pre-school child with a diagnosis of an Autism Spectrum Disorder.

Sutton Early Bird Team: ASD Service 0208 404 4032

Sutton Parents Forum is run by parents of disabled children for parents of disabled children who live in the London Borough of Sutton. They aim to work alongside the Sutton Disability Partnership Board and other decision making groups as one collective voice to inform service providers of the needs of all disabled children, young people and their families in Sutton. By doing this, they aim to promote excellence in the quality, range and accessibility of service provision for all disabled children, young people and their families.

info@suttonparentsforum.org.uk
www.suttonparentsforum.org.uk

Interaktive - A parents' support group for parents, siblings and families of children with complex communication disorders, such as autism and Asperger's syndrome. Financial contributions are required.

Tel: 07876 762178 or 08000 192 062.
www.interaktive.org.uk

Parents Support Groups

Parenting Befriending Group - Home-Start Sutton is a support and befriending scheme for families with at least one child under 5, who are experiencing stress or difficulties.

Tel: 020 8647 6501 www.home-start.org.uk

Early Support Parent Workshops run every term for families where there is a recent awareness of a child's disability or additional needs (0-8years). Parent and Practitioner co-run with crèche. **Tel: 0208 436 1739/1740**

Worcester Park parent support group for parents of children with ASD. They meet on the 2nd Monday of every month, from 7.30-9.00pm, in the upstairs room of the halls at Christ Church and St Phillip Church, Ruskin Drive, Worcester Park. Contact Jennie on **Tel: 0771 103 1068**.

Education

Parent Partnership Service

The Sutton Parent Partnership Service provides support and information for parents and carers of children with special educational needs: **Tel: 020 8770 4541**

Special Educational Needs Team - General information and initial enquiries about statutory assessment and statements for children with complex needs: **Tel: 020 8770 6507**.

Speech and Language Therapy Service provides assessment and advice on speech, language and communication development and children may be referred until the end of Reception year. Referrals are via the General Practitioner, Health Visitor or Nursery Staff.

Educational Psychology Service Supports children's learning and development. Offers advice to help children make progress. Involvement with statutory assessment process. Referrals are made via the pre-school Special Educational Needs Coordinator or the Early Years Advisory Service: **Tel: 020 8770 6780**.

SENCo (Special Educational Needs Co-ordinator) at every pre-school group.

Dragonflies: An assessment and intervention provision for pre-school children with social communication needs. Referrals are made via a health or education professional.

Benefits and Finance



Benefit Enquiry Line For information regarding Disability Living Allowance (DLA) and Carer's Allowance. **Tel: 0800 882200**.

Tax Credits (for working parents)

To find out if you are entitled, contact The Inland Revenue Tax Credit Helpline.

Tel: 08444 770 7143

The Family Fund (for all families who have children under 16 years with complex needs).

Tel: 08449 744 099

The Social Fund (for families on income support or a low income). The Social Fund gives a range of different payments designed to help people on low incomes with specific costs, e.g. maternity grants and community care grants for clothing and household items. **Tel: 020 8652 5000**.

Unsure of where to start? Unsure of whether you are entitled to benefits? You may contact the Carer's Centre or The Citizen's Advice Bureau (CAB). CAB do a full benefits check and both offer help to complete forms.

www.citizensadvice.org.uk

Sutton's Citizen's Advice Bureau

Situated below Sutton Central Library, St Nicholas Way, Sutton. They are open for personal calls from 10am to 12.30pm (If you arrive early at 9.30am you are more likely to ensure being seen). (10am-12.00pm on Mondays, Wednesdays and Thursdays. 2pm-4pm on Thursdays). **Tel: 0870 128 8070**.

Carshalton and Wallington's Citizen's Advice Bureau, 68 Park Gate Road, Carshalton. They are open for personal callers from 10am-12pm on Mondays, Tuesdays and Thursdays. (If you arrive early at 9.30am you are more likely to ensure being seen). **Personal visits only**.

Contact a Family provides advices on income maximisation. **Tel: 020 8640 5525**.

Services for Children under 5 years



Learning Difficulties and Disabilities Service Contacts – a system for coordinating services for children with additional needs, 0-8 years:
Tel: 0208 436 1710.

Impact – a team around the child meeting with your family and your child's specific practitioners:
Tel: 0208 436 1710.

Key working – help with coordination of services and support by a lead practitioner for families where the child has complex needs arising from disability: **Tel: 0208 8436 1710.**

Sleep Counselling – help to secure a better night's sleep for your child and the whole family. Children and young people 2-18 years:
Tel: 0208 436 1739

Sutton Portage - A home visiting education service for children aged 0 to 3 years, who have additional needs and disability. Portage works in partnership with parents to support the child's development and learning needs: **Tel: 020 8436 1717. email:portage@sutton.gov.uk**

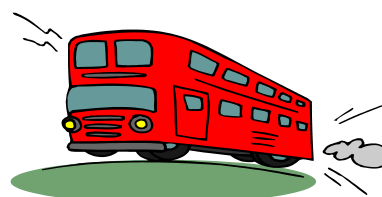
Early Years Special Educational Needs Advisor provides support on special educational needs issues to all early years providers who offer the foundation stage curriculum, including private, voluntary, independent and LEA maintained settings. **Tel: 0208 288 5641.**

Early Intervention & Prevention Service (EIPS) works closely with other agencies to deliver support services for families deemed to be particularly in need of assistance.
Tel: 020 8770 6855. eips@sutton.gov.uk

The Continence Service provides free nappies for children over 4 years. Referrals via Health Visitor or a School Nurse. The **Enuresis Service** (i.e. toileting, bedwetting) can be accessed through your school nurse, via the Special Educational Needs Coordinator.

Dentist Service for children with challenging behaviour and/ or special needs and disability that means that you cannot otherwise access an NHS dentist. Referrals are made through the General Practitioner or Health Visitor.

Out and About



For a free booklet 'Helping you to get out and about – assisted transport in Greater London' call: **Tel: 020 7222 1234.**

Dial-a-ride, Taxicard and Sutton Community Transport, all provide assisted transport locally for people with high care needs who are unable to use public transport and their carers. Each has its own criteria and application process. You may be entitled to a buggy. Contact your health visitor or school nurse.



If you need to complete forms, etc. remember that The Carer's Centre or The Citizen's Advice Bureau will be able to assist you.

Dial-a-ride: Tel: 0207 309 8900 / 0845 999 1999 (Transport For London).

Taxicard Scheme: Tel: 020 8770 4542.
www.taxicard.org.uk

Sutton Community Transport: 020 8683 3944.

Sutton Volunteers Bureau: 020 8661 5900.

London Borough of Sutton Parking Dept: Tel: 020 8770 5070.

You may be eligible for a **Freedom Pass** (Tel: 0208 770 4537) or a **Blue Badge** www.sutton.gov.uk/index.aspx?articleid=1011 via Sutton Children's Information Centre
Tel: 020 8770 6000. childcare@sutton.gov.uk

www.i-count.org An I-Count card can be used as proof of a disability and enable access to available concessions. Please ask about discounts when you are out and about and for fast track if your child has difficulties waiting.
Tel: 020 8770 8238.

Childcare and Play Activities



Inclusion Co-ordinator, Sutton Early Years Development and Childcare Service

For information and advice on local childcare, holiday and after school play and youth schemes, leisure and recreation opportunities for children aged 0-16. For an informal chat about what's available for your child or to arrange home visits if preferred, please call.

Tel: 020 8409 7247.

Sutton Community and Support Childminding Network Tel: 020 8409 7249.

Play Date Play & Stay sessions for children aged 0-5 years with a range of disabilities. There are a range of activities and exclusive use of the soft play and sensory room. It is based at the Tweeddale Children's Centre.

Tel: 020 8410 3472.

Tweeddale Holiday Play & Stay Regular Play and Stay sessions for children with disabilities and their siblings, aged 0-10 years in main school holidays. It runs on Tues/Thursdays, usually during Easter and Summer holidays. Parents must stay with their children.

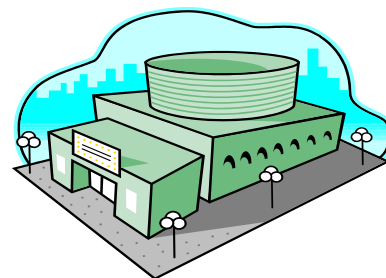
Tel: 020 8770 6000.



Short Breaks

Supporting disabled children and families; enabling children and young people to experience new relationships, environments, experiences and other positive activities and giving families a break. There is a range of short breaks, which you may be able to access depending on the needs and wishes of your child. **Tel: 0208 770 4690.**

Health and Community Services



Your child may benefit from additional support from various Children Therapies. To find out more, discuss with your Health Visitor or the Special Educational Needs Coordinator (SENCo) in your pre-school setting.

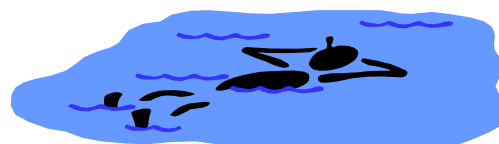
Sutton Learning Difficulties and Disabilities Service. Tel: 020 8770 4690.

Occupational Therapy Service

They provide assessment and advice on sensory processing and integration and promote functional independence in the activities of daily living for children with autism. This can be accessed via the General Practitioner, School Nurse and Speech and Language Therapist.

Referrals to a **specialist dietician** or **physiotherapist** can be made via your General Practitioner or School Nurse.

Leisure Centres



Contact your nearest centre for specific information including swimming, trampoline and soft play sessions etc.

Phoenix Centre: Tel: 020 2770 6006.

Sutton Arena: Tel: 020 8770 4800.

Westcroft: Tel: 020 8669 8666

Cheam Centre: Tel: 020 8770 4830.