**Support available for Parents and Carers of children with Autism**

The following information outlines a range of local, regional and national support available for parents and carers of a child with Autism.

**Early Bird Programmes**

**Early Bird** – 3 month programme aimed at parents of pre-school children. Contact the Early Bird Team on 01204 462670

**Early Bird plus** – 8 week programme for families of children aged 4 – 9 years. Contact Ladywood Outreach service on 01204 333400 or via email on outreach@ladywood.bolton.sch.uk

**Teen Life** – 6 week programme for families of children 10 – 17 years. Contact Ladywood Outreach service on 01204 3334000 or via email on outreach@ladywood.bolton.sch.uk

Aim to promote, improve & advance the emotional wellbeing of Parents, Carers & Families of children and young people aged 0-25 years old with special educational needs & disabilities (SEND).

Find out more at [www.breakingbarriersnw.com](http://www.breakingbarriersnw.com) or ring 07717 434840 email: breakbarriers3@gmail.com

Primarily offers leisure activities but also provides advice, information and support for parents/carers. A mentoring service is also available. Contact Jacqueline on 07919864784 or via email on info@kidz2gether.org.uk

See [www.kidz2gether.org.uk](http://www.kidz2gether.org.uk) for more information



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Bolton Parent Carers is a local parent/carer forum which provides information and a voice for families of children and young people aged 0-25 with special educational needs and disabilities.

Website: [www.boltonparents.org.uk](http://www.boltonparents.org.uk) Email: info@boltonparents.org.uk Tel: 07715 201798.

You can also go to Facebook(BoltonParents) Twitter(@BoltonParents) and Instagram(@boltonparents)

**Bolton Information and advisory Service**

Based at COG, Lowndes Street, Bolton. Tel: 01204 848722

email: iasoutofhours@outlook.com website: [www.iasbolton.com](http://www.iasbolton.com)

Independent information and advisory service for parents/carers of children and young people with special educational needs.

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**Health**

There are a range of health services that support a range of needs in Bolton, more information about health services can be found in the SEND Handbook and on the Local Offer

[www.bolton.gov.uk/sendlocaloffer/health](http://www.bolton.gov.uk/sendlocaloffer/health)

**Bolton One Stop Shop**

For enquiries regarding council services and leisure facilities. The One Stop Shop can provide information and advice to help people claim housing and council tax benefits and are able to assist with filling in the forms. Located in the Town Hall. Tel: 01204 333333

**Financial Support**

**Welfare Rights** – Bolton Town Hall, Victoria Square, BL1 1RU. Call 01204 333820 or email welfare.rights@bolton.gov.uk

**Benefits Enquiry Line** – Disability Living Allowance (DLA) application pack. Phone 0800 121 4600 or text 0800 121 4523. Access via <https://www.gov.uk/disability-living-allowance-children> or <https://www.gov.uk/carers-allowance/how-to-claim>

**Citizen’s Advice Bureau** – Call 0808 278 7804 or go to [www.cabb.org.uk](http://www.cabb.org.uk)

**Family Fund** - a charity organisation helping low-income families caring for a disabled child. They support families by providing grants that relate to the needs of their disabled child, for example, washing machines, computers and holidays.

Tel: 01904 550 055 <https://www.familyfund.org.uk/faqs/how-do-we-apply>

**Parent Information and Support Worker**

Elaine gives information, advice, and signposting to local services. She also coordinates The Record (a disability register). If a child has a diagnosis of autism in Bolton, they can apply for a free bus pass and Elaine can apply for this on behalf of a parent or young person.

[www.bolton.gov.uk/therecord](http://www.bolton.gov.uk/therecord) email: elaine.nuttall@bolton.gov.uk

**Activities and Short Breaks**

**SEND Local Offer** – Information about short break activities can be found on the SEND Local Offer via <https://www.bolton.gov.uk/sendlocaloffer/short-breaks-activities-disabled-children>

**Bolton Local Directory** – Up to date information on all local support services can be found on [www.mylifeinbolton.org.uk](http://www.mylifeinbolton.org.uk). All the support groups and leisure activities in this booklet are detailed on the local directory – you can use the search options to make information easier to find.

**Kidz2gether** – Aims to support and introduce children and young people with social and/or communication difficulties and/or autism to inclusive social settings. Activities include swimming, play clubs, youth clubs and sports. Contact 07919 864784 or email info@kidz2gether.org.uk More information can be found on [www.kidz2gether.org.uk](http://www.kidz2gether.org.uk)

**Daytrippers Bolton** - A parent and carer led group offering activities and support for children with disabilities. Eligibility criteria apply (DLA medium rate). Contact on 07742693157 / 07941 747 920 or via email enquiries@daytrippersbolton.org.uk More information can be found on [www.daytrippersbolton.org.uk](http://www.daytrippersbolton.org.uk)

You can Apply for a free family day out [https://www.merlinsmagicwand.org/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.merlinsmagicwand.org%2F&data=05%7C01%7Cjenny.wilkinson5%40nhs.net%7C2f5d8765ef1d41f7c34508db1a472b08%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638132665184539916%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=wBr81Z1QEUOFCv0xQScHIxHciHc5tiKfbj%2Fyukfzjwk%3D&reserved=0)

Apply for a Apply for a cinema card for free carer access [https://www.ceacard.co.uk](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ceacard.co.uk%2F&data=05%7C01%7Cjenny.wilkinson5%40nhs.net%7C2f5d8765ef1d41f7c34508db1a472b08%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638132665184539916%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=VOeE%2B0R%2Bbf0XpGMW3eGOiWgcpcP95F49v7ZihtonGh0%3D&reserved=0)

**Education**

**Choosing the right setting**: The Local Offer provides information about Early Years and School Settings. You can access the using the following web links which provide details of all the mainstream and specialist/resourced settings in the area. Each school provides a “school offer” in their information, detailing how they support children with SEND

<https://www.bolton.gov.uk/sendlocaloffer/additional-support-childcare-settings>

<https://www.bolton.gov.uk/sendlocaloffer/mainstream-schools>

<https://www.bolton.gov.uk/sendlocaloffer/homepage/21/special-schools>

**Education Rights Helpline**: Provides general information about educational rights and entitlements, as well as advice on specific topics such as getting extra help in school, assessments, education plans, reviews or school transport. You can access the [online enquiry form](https://www.autism.org.uk/what-we-do/help-and-support/education-advice-line/education-rights-form) or phone 0808 800 4102. Further information can be found on the National Autistic Society website <https://www.autism.org.uk/what-we-do/help-and-support/education-advice-line>

**I Am**

Provides social and leisure opportunities for young people and adults with autism. Age 10 years and upwards

Contact: 0161 866 8483.

Email: enquiries@i-am-autism.org.uk

Website: <https://i-am-autism.org.uk/>

**Bolton Lads and Girls Club**

For young people with different disabilities. An independence group may be offered. A mentoring scheme also available.

Email: info@blgc.co.uk Tel: 01204 540100

**Regional Support**

**National Autistic Society: Greater Manchester Autism Consortium Project (Previously the Family Services Development Project):** Supports local service development and provides information for parents, professionals and individuals on the autistic spectrum. Contact 0161 998 4667 or go to [www.autismgm.org.uk](http://www.autismgm.org.uk)

**I Am** – Based in Stretford, Manchester. Informal meeting that offers mutual support. Day and evening sessions arranged alternate months. Contact 0161 866 8483 or go to [**http://www.i-am-autism.org.uk**](http://www.i-am-autism.org.uk)

Website: <http://www.reachnorthwest.org>

**National Support**

**National Autistic Society (NAS):** Autism website offers impartial advice and support for people with an autistic spectrum disorder and their families. Advice for families about all aspects of living with autism, including behaviour and transition. Go to [**http://www.autism.org.uk**](http://www.autism.org.uk)

**Contact a Family** – This is a national charity for families with disabled children, providing information, advice and support. It brings families together so they can support each other. Go to [**http://www.cafamily.org.uk**](http://www.cafamily.org.uk/)

**National Autistic Society Community Care Service:** Provides advice and support on accessing support from local authorities, health services, personal budgets, transition support and care plans. Go to <https://www.autism.org.uk/advice-and-guidance/topics/social-care>

**Support for behaviours that challenge**

**Triple P Setting Stones Course:** Parenting support course for parents of children with disabilities age 2-12 years. Group and 1:1 telephone support incorporated into nine weekly sessions. Child must be in receipt of medium/high rate DLA care component. Contact: Tahira Aswat Tel: 01204 463660

**REACH Northwest:** A Bolton based voluntary group that supports autistic children, young people and their families. They are committed to empowering parents and equipping them with the skills and knowledge to enable your children to flourish by creating individualised support packages to meet the whole family’s needs via our ‘Outreach Service’ and through support from our experienced staff. For more information go to <https://reachnorthwest.org/index.php/join-us/why-volunteer/8-information/7-welcome-to-reach-north-westor> or email help@reachnorthwest.org