

HELP FROM NATIONAL AND INTERNATIONAL ORGANISATIONS

ADHD

The NHS provides information on ADHD here: www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/

Information from Great Ormond Street Hospital for Children about ADHD: www.gosh.nhs.uk/conditions-and-treatments/conditions-we-treat/attention-deficit-hyperactivity-disorder-adhd

ADDers.org

■ www.adders.org

Set up to promote awareness of ADD (Attention Deficit Disorder) and ADHD, and to provide information and as much free practical help as it

can to those affected by the condition, both adults and children and their families.

ADDISS

■ www.addiss.co.uk

An ADHD information service that provides training and support for parents, sufferers and professionals in the fields of ADHD and related learning and behavioural difficulties.

ADDUP

■ www.addup.co.uk

Addup was set up to bring families together, to guide parents in the right direction to find the practical help they need for their children and to promote both public and professional awareness of ADHD.

ADHD Foundation

- www.adhd.foundation.org.uk

Works in partnership with individuals, families, doctors, teachers and other agencies to improve emotional wellbeing, educational attainment, behaviour and life chances through better understanding and self-management of ADHD, ASD and related learning difficulties such as dyslexia, dyspraxia, Irlen's Syndrome, dyscalculia and Tourette's Syndrome.

ADHD Kids

- www.adhdkids.org.uk

A website set up by a parent who shares her experiences of parenting her son, Daniel, who has ADHD and what she has learnt that might help other families.

Living with ADHD

- www.livingwithadhd.co.uk

Provides advice whether you are a teenager who has been diagnosed with ADHD, or you are the parent/carer or teacher of someone who has the condition.

UKAP – the UK ADHD Partnership

- www.ukadhd.com/

Established by mental health and allied professionals to improve outcomes and secure better futures for children and young people affected by Attention Deficit Hyperactivity Disorder (ADHD), together with their carers and families.

Young Minds

- www.youngminds.org.uk/find-help/conditions/adhd-and-mental-health
- www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-adhd/

An organisation that is there to make sure young minds get the best possible mental health support. They have an explanation of ADHD and some advice for parents on their website.

AUTISM

The NHS provides information on autism here: www.nhs.uk/conditions/autism/

Ambitious about Autism

- www.ambitiousaboutautism.org.uk

Provide services, raise awareness, offer training, support and advice for children and young people with autism and their families.

Autism Awareness Centre Inc.

- www.autismawarenesscentre.com

The Autism Awareness Centre Inc. believes that education is the key to success in assisting individuals with autism and other conditions. They are committed to ensuring their extensive autism resource selection features the newest titles available in North America.

Their blog post about Sensory Processing Disorder (SPD) contains a link to a set of checklists from infants to adulthood.

The Autism Directory Charity

- www.autismdirectorycharity.com

A directory of autism related services, products and autism friendly business in your local area and beyond. They also run a national helpline on a range of issues such as benefits, diagnosis, employment and education.

Autism links

- www.autismlinks.co.uk

Information and vital links to help you find resources, information, support groups and good ideas to support someone living with autism.

Child Autism UK

- www.childautism.org.uk

Provide services to enable children to overcome difficulties with communication, learning and life skills and give families the techniques and strategies to cope with autism through the use of Applied Behaviour Analysis (ABA).

The Curly Hair Project

- www.thegirlwiththecurlyhair.co.uk/

The Curly Hair Project is an award-winning social enterprise founded by autistic author and entrepreneur Alis Rowe. The Girl with the Curly Hair is a character created by Alis to communicate the feelings and thoughts of a person who has autism. Curly Hair Project resources are used by individuals, families and professionals worldwide.

The National Autistic Society

■ www.autism.org.uk

Offer practical help, information and advice for people with autistic spectrum disorders and their families.

GENERAL SUPPORT

AFASIC

■ www.afasic.org.uk

Helping families to understand speech, language and communication needs (SLCN) and Development Language Disorder (DLD). Provides support, information and advice.

The British Dyslexia Association

■ www.bda-dyslexia.org.uk

Confidential information, advice and signposting

dyslexia-related queries including assessment and specialist teacher-training.

Cauldwell Children

■ www.cauldwellchildren.com

Provide family support services, equipment, treatment and therapies for disabled children and their families across the UK.

Changing Places toilets

■ www.changingplaces.uktoiletmap.org/

Changing Places toilets have extra features to meet the needs of people with a range of disabilities. The toilets provide enough space and the right equipment, including a hoist and height adjustable changing bench. To see where the Changing Places toilets are in Kent search by postcode on the Changing Places website.

Contact

■ www.contact.org.uk

Provide support, information, fact sheets, workshops and events to families of children with any kind of disability. They can also put families in touch with each other or local groups.

The Continence Foundation

■ www.continence-foundation.org.uk

Provide information, advice and expertise on all bladder and bowel problems.

The Disability Law Service

■ www.dls.org.uk

Provide free legal advice to people with disabilities and their carers to ensure that they have access to their rights and justice.

Epilepsy Action

■ www.epilepsy.org.uk

Offers advice, information and factsheets.

ERIC (Enuresis Resource and Information Centre)

■ www.eric.org.uk

Provides information and advice on the common condition of nocturnal enuresis or bedwetting. Also offer advice on childhood day-time wetting and soiling.

Hidden Disabilities Sunflower

■ www.hidden-disabilitiesstore.com

The Hidden Disabilities Sunflower originated in 2016 when Gatwick Airport asked 'How can we recognise that one of our passengers may have a non-obvious disability?' The answer was to create a lanyard with a simple sunflower design on a green

background as a subtle but visible sign enabling airport staff to recognise that the wearer (or someone with them) may require some extra help, time or assistance. It's starting to be recognised globally and has been adopted in the UK by all major airports, many supermarkets, railway stations, leisure facilities, in the NHS and an increasing number of small and large businesses and organisations.

Listening Books

- www.listening-books.org.uk

Provides an audio book library for anyone who has difficulty reading the usual way. Can be downloaded to a portable player.

Mencap

- www.mencap.org.uk

Provide information, advice and support for people with learning disabilities.

National Center for Child Anxiety Resilience Education and Support

- www.carescenter.ucla.edu/

The UCLA Child Anxiety Resilience Education and Support (CARES) Center is an innovative American centre dedicated to supporting the development of resilient, emotionally healthy children. The centre is also focused on training, research, and community outreach to help clinicians, researchers, school staff, and parents recognize the early signs of childhood anxiety and support families in accessing resources to build family strengths and resilience.

Selective Mutism Information & Research Association (SMiRA)

- www.selectivemutism.org.uk/

SMiRA's team consists mainly of volunteers who all have knowledge of selective mutism, whether as parents, professionals or from their own personal experience. SMiRA operates a very active Facebook page, and has links to other groups and professionals throughout the world.

Sibs

- www.sibs.org.uk

Provide support and information for people who grow up with a brother or sister with a disability.

Winston's Wish

- www.winstonswish.org

Winston's Wish provides bereavement support for children after the death of a parent or sibling. Autistic people can sometimes understand death in a very concrete way and so may benefit from the resources used for younger children.

Check this information is up to date by visiting www.kent.gov.uk/localoffer – this website explains what the Local Offer is for families with children with special educational needs. As a printed document this handbook can go out of date so it is always best to check online.

NOTES

This image shows a single sheet of white paper with horizontal blue lines, similar to standard notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.