

Would you like more information about Autistic Spectrum Disorder?

Would you like to join in some activities, such as computer games, going to the cinema, sensory rooms, youth clubs and much more?



The information in this booklet might help you to find what you're looking for

## For information about Autism and Asperger Syndrome see:

- Young Minds website:  
[www.youngminds.org.uk/for\\_children\\_young\\_people/whats\\_worrying\\_you/autism\\_aspergers](http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/autism_aspergers)
- Information from the National Autistic Society:  
[www.autism.org.uk/about-autism/autism-an-introduction/what-is-autism.aspx](http://www.autism.org.uk/about-autism/autism-an-introduction/what-is-autism.aspx)
- A video of Richard Chandler talking about living with Asperger Syndrome:  
<https://www.youtube.com/watch?v=-yh3vTHTJLs>
- A booklet: 'What is Asperger Syndrome and how will it affect me?' produced by the National Autistic Society. Talk to your parent or carer if you would like a copy, as they could buy a copy from: [www.autism.org.uk/products/core-nas-publications/what-is-asperger-syndrome-and-how-will-it-affect-me.aspx](http://www.autism.org.uk/products/core-nas-publications/what-is-asperger-syndrome-and-how-will-it-affect-me.aspx)

## These are some books you may like to read

Many of them are stories about children and young people who have autism.

*Adalyn's Clare*, Kari Dunn Buron.

Adalyn is a very hard working but lonely young girl who has a great interest in animals and science. She isn't got many human friends as she finds them confusing and annoying. But then along comes Clare, a therapy puppy, assigned to help Adalyn make friends

*All cats have Asperger's syndrome*, Kathy Hoopmann.

Using words and photographs of some adorable cats, this book describes the unique qualities of people who have Asperger's syndrome.

*The Asperkids secret book of social rules*, Jennifer O'Toole.

A guide to the hidden social rules in life that can seem so strange and confusing.

*Baj and the word launcher*, P. Victor.

Baj lives in the future, on a planet called Aular. He is just like everyone else, but has difficulties working out what other people are feeling and why. See what happens to Baj when he is given some magical gadgets to help him overcome these difficulties.

*Blue bottle mystery: An Asperger adventure*, Kathy Hoopmann.

Nothing is the same after Ben and his friend Andy find an old bottle in the school yard. What is the strange wisp of smoke that keeps following them around?

*Buster and the amazing Daisy - adventures with Asperger Syndrome*, N. Ogaz.

An engaging story about Daisy, who defeats her bullies and overcomes her fears with the help of Buster, a very special rabbit.

*Can I tell you about autism?* Jude Welton.

Tom explains autism from his perspective, explaining some of the challenges he faces.

*The curious incident of the dog in the night time*, Mark Haddon.

An unusual murder mystery novel. The detective and narrator is Christopher Boone, who is 15 and has Asperger Syndrome.

*A different kettle of fish*, Michael Barton.

A book, illustrated by the author, describing a day trip to London, in which he is amused by notices he sees, announcements he hears and some strange figures of speech.

*Dude I'm an Aspie*, Matt Friedman.

Matt uses cartoons to explain Asperger's syndrome to others.

*Freaks, Geeks and Asperger Syndrome*, Luke Jackson.

Luke has Asperger Syndrome, and writes about his own life, his family, friendships and interests.

*Haze*, Kathy Hoopmann.

A fast-paced story for teenagers, about a boy with Asperger's Syndrome.

*How to be human*, Florida Frenz.

Florida talks about friends, enemies, feelings, growing up and other issues.

*Inside Asperger's looking out*, Kathy Hoopmann.

Delightful photographs of animals with a few words alongside - both illustrating what it is like to have Asperger Syndrome. "...being one's self is an adventure not to be missed"

*It's raining cats and dogs*, Michael Barton.

Illustrated by the author, more explanations of some unusual figures of speech.

*Jay grows an alien*, Carol Levine.

A young boy with Asperger Syndrome befriends a cyborg from outer space and comes to understand that differences in him and others are unique and special.

*Lisa and the Lacemaker : an Asperger Adventure*, Kathy Hoopmann.

When Lisa discovers a derelict hut in her friend Ben's backyard, she delights in exploring the remains of a past era.

*The London eye mystery*, S. Dowd.

A thriller about two children searching for their missing cousin in London.

*Of mice and aliens*, Kathy Hoopmann.

The sequel to 'Blue Bottle Mystery' is a sci-fi novel for children, with a difference.

*A smart girl's guide to friendship troubles*, Patti Kelley Criswell.

How do you speak up when you're afraid of hurting your friend's feelings? This book can help you through problems with friendships.

*The Survival Guide for Kids with autism spectrum disorders*, Elizabeth Verdick.

Written by a mum, this book of brightly coloured text and cartoons is full of positive messages and ideas to support children and young people.

*What did you say? What do you mean?* Jude Welton.

An illustrated book explaining some figures of speech which can be hard to understand.

*What's up with Ben? Medikids explain autism*. Dr. Kim Chilman-Blair.

Ben finds it difficult to talk to and understand people. Luckily the Medikidz are on their way to save the day! A fun comic-style book.

*Wishing on a midnight star*, Nancy Ogaz.

A sibling's view of the joys and frustrations of having a younger brother with Asperger's Syndrome

**The above books are available for loan from the Information Service at the Children's Development Centre, City Hospital (for more details about the Service, see page 12). Please ring first to make sure that a particular book will be available for you, before making a special journey.**

## Leisure Activities for Young People

### Autism East Midlands (formerly NORSACA)

Autism East Midlands provide play and leisure services for children and young people. A befriending service is also available.

Tel: 01909 506678

Website: <http://www.autismeastmidlands.org.uk/>

### Broadway Cinema

Supportive Environment Screenings are shown for people with specific needs, their families, friends and carers. Low lights are left on in the auditorium and the volume of the soundtrack is reduced. Viewers can move around, make a noise or take a break during the film. Tickets are £3.60, or £2 for under 16's.

Broadway Cinema, 14 – 18 Broad Street, Nottingham NG1 3AL, Tel: 0115 9526 611

Email: [info@broadway.org.uk](mailto:info@broadway.org.uk)

Website: [http://www.broadway.org.uk/groups/supportive\\_environment\\_screening](http://www.broadway.org.uk/groups/supportive_environment_screening)

### Bulwell Riverside Play and Youth Centre (BPY)

There are a range of activities provided at the Riverside. Facilities include a play centre, recording studio, basketball courts, chill-out area, 5-a-side pitch, kitchen and health room.

Contact or check website for opening hours.

Bulwell Riverside Play and Youth Centre, Main Street, Bulwell, Nottingham NG8 6QJ

Tel: 0115 8833540

Website: [www.nottinghamcity.gov.uk/article/22359/Bulwell-Riverside-Play-and-Youth-Centre](http://www.nottinghamcity.gov.uk/article/22359/Bulwell-Riverside-Play-and-Youth-Centre)

### Cineworld

Special screenings for those with autism or learning disabilities, and their friends and relatives. Lights are dimmed and the sound is turned down slightly, to produce a sensory friendly environment.

Cineworld Nottingham, The Corner House, 29 Forman Street, Nottingham NG1 4AA

Tel: 0871 200 2000

Website: <http://www1.cineworld.co.uk/cinemas/nottingham>

### Football Club

This club is run by and held at the Aspley YMCA Youth and Community Centre on Melbourne Road, Aspley, NG8 5HL. Tuesdays 6-7pm, termtime only, small charge. Contact Amy Oakes 0115 9135808. Ages 14-30.

## Ice Skating

Skaters who have a disability are welcome to access the ice at any public session. Sledges will be available at sessions which allow ice equipment to be used – check with the Box Office in advance to find out when these sessions are held.

Usual admission charges apply and a carer can skate for free. Proof of eligibility may be required when purchasing a public skating ticket.

For details of sessions and admission prices see: [www.national-ice-centre.com](http://www.national-ice-centre.com)

National Ice Centre, Bolero Square, The Lace Market, Nottingham NG1 1LA

Telephone (Box Office): 0843 373 3000

Email: [general.enquiries@national-ice-centre.com](mailto:general.enquiries@national-ice-centre.com)

## Look Inside

Sensory learning and play for children and adults aged 0 – 25 years with disabilities, special educational needs and behavioural needs. Calm sensory environment for relaxation: DVD projection, bubble tube, interactive light panel, sensory toys and specialist equipment..

Monday – Saturday 10am – 6pm (last entry 5pm)

Look Inside Sensory Learning & Play Ltd, City College Nottingham, Carlton Road NG3 2NR

Telephone: 07424 032564 or 07424 038353, Email: [naomi@lookinside.org.uk](mailto:naomi@lookinside.org.uk) or

[kieran@lookinside.org.uk](mailto:kieran@lookinside.org.uk)

Website: [www.lookinside.org.uk](http://www.lookinside.org.uk)

## Showcase Cinema

Autism friendly film screenings. Lights and volume will be on low, no trailers at the beginning of the film. You'll be able to take your own food and drinks and move around the cinema if you like. Monthly, normally on second Sunday of month.

Redfield Way ,Lenton,Nottingham NG7 2UW

Tel: 0871 220 1000 (ticketline)

Website: <http://www.showcasecinemas.co.uk/events/autism-friendly-screenings>

## Springs Nottingham Resource Centre

Indoor and outdoor facilities are available aimed at encouraging healthy living and developing life skills. Facilities include soft play, sensory room, arts and crafts, computers, gardening area, quiet room, sensory nature trail etc. Ages 14+ Adults and young people who have learning disabilities / are on the autistic spectrum can book a visit with their family or carer. Telephone or email to arrange a free introductory visit.

52 Cordy Lane,Brinsley ,Nottinghamshire NG16 5BY

Tel: 07568087771 or 07742578987

Email: [info@springsnottingham.org.uk](mailto:info@springsnottingham.org.uk)

Web: [www.springsnottingham.org.uk](http://www.springsnottingham.org.uk)

## Want 2 Play FC

Want 2 Play FC allows children with a disability the chance to be in a football team and excel. Weekly training, friendly matches and tournaments give everyone the chance to play.

### **Bingham Outlaws FC: Want 2 Play FC**

*Butt Field, Moorbridge Road East, Bingham, Nottinghamshire NG13 8GG*

Telephone: 07540 438604

Email: [stevemcrobie@ntlword.com](mailto:stevemcrobie@ntlword.com)

Website: [www.binghamtownyouthfc.com](http://www.binghamtownyouthfc.com)

Mondays (but may change to Wednesdays summer 2016) 6.30 – 7.30pm for under 20's pan disability. Bingham Town YFC also specialises in Cerebral Palsy football and hosts the Outlaws who play fixtures against other teams across the country.

### **Blidworth Welfare FC: Want 2 Play FC**

*Joseph Whitaker Sports Centre, Rainworth, Notts, NG21 0AG*

Telephone: 07916 331170

Pan disability football sessions for players aged 8 years to adult. Thursday evenings 5pm-6pm.

### **Calverton Miners Welfare Colts FC: Want 2 Play FC**

*Calverton Miners Welfare, Hollinwood Lane, Calverton, Nottinghamshire NG14 6NR*

Telephone: 07904 458723

Email: [leehomelee@btinternet.com](mailto:leehomelee@btinternet.com)

Mondays 6pm - 7pm

### **Long Eaton: Riverside Inclusive FC: Want 2 Play FC**

*Sports Hall, Long Eaton School, Thoresby Road, Long Eaton, Nottinghamshire NG10 3NPI*

Telephone: 07875555359

Email: [vincentwilde@sky.com](mailto:vincentwilde@sky.com)

Thursdays 6.30 -7.30 for those under 16 years of age. 7.30 – 8.30 for those over 16

### **Mansfield: Woodhouse Colts FC: Want 2 Play FC**

*The Joseph Whitaker School, Warsop Lane, Rainworth, Nottinghamshire NG21 0AG*

Telephone: 07846 306993

Email: [richwev@gmail.com](mailto:richwev@gmail.com)

Tuesdays 5pm -6pm for those aged under 12. 7pm – 8pm for over 12s

### **Newark Flowserve: Want 2 Play FC**

*Newark Flowserve, Hawton Lane, Balderton, Newark NG24 3BU*

Telephone: 07914 382216

Email: [les.bruce86@gmail.com](mailto:les.bruce86@gmail.com)

Mondays 6.30 – 7.45

### **Rainworth Miners Welfare: Want 2 Play FC**

*Bracken Hill School, Chartwell Road, Kirkby in Ashfield, Nottinghamshire NG17 7HZ*

Telephone: 07513954786

Email: [philcolledge@virginmedia.com](mailto:philcolledge@virginmedia.com)

Wednesdays: 3.30-4.30pm

### **Trowell FC: Want 2 Play FC**

*Chilwell Olympia Bye Pass Road, Chilwell, Nottinghamshire NG9 5HR (October – March)*

Monday 6pm – 7pm

*Pit Lane Recreation Area, Stapleford Road, Trowell, Nottinghamshire NG9 3QJ (April-September)*

Wednesday 6pm -7pm

Term-time only. For all ages, pan disability. Siblings welcome. Contact Anthony Beaumont 07747 190341

## **Youth Clubs**

### **Indigo Kids Youth Club**

Thursday Evening – 5:25pm till 7:25pm – for young people 13 years plus, at:

Upper Floor, The Old Town Hall, 3a Watnall Road, Hucknall, Nottinghamshire NG15 7LD

Telephone 0115 9521164

Email: [indigokids@live.com](mailto:indigokids@live.com)

Website [www.indigokids.org.uk](http://www.indigokids.org.uk)

Facebook: [www.facebook.com/indigokidsevents](http://www.facebook.com/indigokidsevents)

### **Jigsaw Youth Group**

For young people aged 10-25 with Aspergers Syndrome and their friends. The club aims to provide a safe, non-judgemental environment for young people to develop friendships, learn social skills and have fun, enjoying a wide range of activities.

#### **Saturdays - 10.00am to 1.00pm at**

Monty Hind Training Centre, Leengate, Lenton, Nottingham NG7 2LX

#### **Mondays - 6.30pm to 8:45pm at**

Oliver Hind Youth Club, Edale Road, Sneinton, Nottingham NG2 4HT

#### **Mondays - 10am to 2pm at**

Orchard House, 2 Sherwood Rise, Nottingham NG7 6JN

#### **Tuesdays - 10am to 2pm at**

NGY Base 51, 29-31 Castle Gate, Nottingham NG1 7AR

#### **Wednesdays - 10am to 2pm at**

Sherwin Road Community Garden, Lenton, Nottingham NG7 2FB

#### **Thursdays 10am – 2pm**

Orchard House, 2 Sherwood Rise, Nottingham NG7 6JN

Tel: 07762 207532 Email: [jigsaw.yc@gmail.com](mailto:jigsaw.yc@gmail.com) Website: [www.jigsaw-yc.org.uk](http://www.jigsaw-yc.org.uk)



## National Autistic Society - Youth Clubs (Mansfield, Newark and Nottingham)

Providing a range of activities such as cooking, bowling, nature walks, Laser Quest, visits to theme parks, pantos, wii games nights, geocaching, swimming, summer fayre, etc. for young people aged 11-19 years who have Asperger Syndrome. The clubs run once a month, cost currently £10.

Mansfield area: Portland College, Nottingham Road, Mansfield, Nottinghamshire NG18 4TJ (Usually Monday 6-8pm)

Newark area: Hope House School, Barnby Road, Newark Nottinghamshire NG24 3NE (Usually Monday 6-8pm)

Nottingham area: Sherwood E-ACT Academy, Wollaton Avenue, Gedling Nottingham NG4 4HX (Usually Tuesday 6.30-8.30pm)

Tel: 07436 262084. Email: [sophie.dunlop@nas.org.uk](mailto:sophie.dunlop@nas.org.uk) National Autistic Society  
Castle Heights (1st Floor) 72 Maid Marian Way, Nottingham NG1 6BJ

## Nottinghamshire Club for Young People

Club for young people with disabilities which meets on Monday evenings from 7.00-9.00 (ages 15-25 years) at the Monty Hind Youth Centre, Leengate, Lenton.  
Tel: 0115 9705405 (Lisa or Rebekah)

## Nottinghamshire County Council Youth Services

Clubs for young people with disabilities around the county who are aged 13-24 years.

**For 4 clubs below contact Carol Greaves 07949270038**

Email [carol.greaves@nottscc.gov.uk](mailto:carol.greaves@nottscc.gov.uk)

### Beeston Youth Link

Beeston Young People's Centre, West End, Beeston NG9 1GL  
Tuesday evenings, from 6.30–9pm.

### Eastwood Youth Link

Eastwood Young People's Centre, Kelham Way, Eastwood, Nottinghamshire NG16 3SG  
Monday evenings, from 6.30–9pm.

### Gedling Youth Link

Redhill Leisure Centre, Redhill Road, Arnold, Nottingham NG5 8GX  
Thursdays 6.30–9pm. For young people 13–24 years with disabilities.

### West Bridgford Youth Link

West Bridgford Young People's Centre, Bridgford Road, West Bridgford, Nottinghamshire NG2 6AT

Wednesdays 6.30–9pm. Centre is next to West Bridgford Library

**For 4 clubs below contact Rachael Peat 01623 624179**

Email [rachael.peat@nottsc.gov.uk](mailto:rachael.peat@nottsc.gov.uk)

**Mansfield (Monday) Youth Link**

Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane,  
Mansfield NG18 1TL

Mondays 6.30–9pm.

**Mansfield (Tuesday) Youth Link**

Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane,  
Mansfield NG18 1TL

Tuesdays 6.30-9pm.

**Mansfield (Wednesday) Youth Link**

Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane,  
Mansfield NG18 1TL

Wednesdays 6.30–9pm.

**Plant Pot Club (Mansfield)**

Myplace@Westfield Mansfield Folkhouse Young People's Centre, Westfield Lane,  
Mansfield NG18 1TL

Saturdays 10.30am–1pm. Environmental, gardening activities.

**For 4 clubs below contact Lyndsey Radford 01623 411300**

Email [lyndsey.radford@nottsc.gov.uk](mailto:lyndsey.radford@nottsc.gov.uk)

**Newark Link Club**

Hawtonville Young People's Centre, Windsor Road, Newark, Notts. NG24 4HX

Wednesdays 6.30–8.30pm

**Ollerton Youth Link**

Dukeries Young People's Centre, Main Road, Boughton, Newark, Notts. NG22 9JE

Monday 7-9pm

**Retford Youth Link**

Retford Young People's Centre, Arlington Way, Retford, Nottinghamshire DN22 6EA

Thursday 6.30–8.30pm

**Worksop Youth Link**

Valley Young People's Centre, 39 Stanley Street, Worksop, Nottinghamshire S81 7JQ

Tuesdays 6.30–8.30pm.

## **NUH Youth Service – Monday Activity Sessions**

NUH Youth Service, Nottingham Children's Hospital Queens Medical Centre Campus,  
Derby Road, Nottingham NG7 2UH

Tel: 0115 9709421 Email: [nuhyouthservice@nuh.nhs.uk](mailto:nuhyouthservice@nuh.nhs.uk)

[www.nuhyouthservice.org.uk/monday-activity-sessions/](http://www.nuhyouthservice.org.uk/monday-activity-sessions/)

Monthly sessions held in the Youth Room, 6.30 – 8.30 with a different theme : 1<sup>st</sup> Monday in the month: Youth Achievement Awards, 2<sup>nd</sup>: Lego, 3<sup>rd</sup> : Cooking, 4<sup>th</sup>: Photography. These sessions are for inpatients, outpatients and their siblings, 11-18 years of age. Contact as above to register.

## **NUH Youth Service – Youth Club**

NUH Youth Service, Nottingham Children's Hospital Queens Medical Centre Campus,  
Derby Road, Nottingham NG7 2UH

Tel: 0115 9709421 Email: [nuhyouthservice@nuh.nhs.uk](mailto:nuhyouthservice@nuh.nhs.uk)

[www.nuhyouthservice.org.uk/youth-club/](http://www.nuhyouthservice.org.uk/youth-club/)

Provides support for young people (11+ years) across Nottingham who have a long-term health condition, and their siblings. Activities include pool, table tennis, computer games, art & crafts, group games, team-building activities, drama and much more. Wednesday evening from 7.00-9pm, at the Monty Hind Youth Centre, Leengate NG7 2LX (behind the QMC)

## **SKY Club (Special Kids Youth Club)**

Club for children and young people with any disability (8–25 years) Runs from 10–11.30am last Saturday of the month. IT Suite, pool room, quiet area, arts and crafts, sport activities, board games, tuck shop, Wii etc.

Loco Youth Centre, Victoria Road, Netherfield, Nottinghamshire NG4 2PD

Telephone 07817 634374

Email [julierastall@gmail.com](mailto:julierastall@gmail.com)

## **Square Peg Inclusive Dance Group**

Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane,  
Mansfield NG18 1TL

Telephone 07749 533626

[squarepeg2014@gmail.com](mailto:squarepeg2014@gmail.com)

Fridays 6-8pm for ages 13-24 years.

## **Square Peg Pride Performing Arts Group**

Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane,  
Mansfield NG18 1TL

Telephone 07749 533626

[squarepeg2014@gmail.com](mailto:squarepeg2014@gmail.com)

Saturdays 1.30-3.30pm for ages 13-24 years.

Please contact us for more information about autism, support, other issues, or if you would like to borrow a particular book.

Phone us on the number below between **9am - 4.30pm**. If you are calling outside these hours please leave a message on the answerphone and we will get back to you.

Phone: 0115 8831157 or 0115 8831158

Text: 07500 102796

Write to us at:

The Information Service

Children's Centre

City Hospital Campus

Hucknall Road

Nottingham

NG5 1PB

Email:

[infoservicescdc@nottshc.nhs.uk](mailto:infoservicescdc@nottshc.nhs.uk)

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