

Local Autism Support Groups (Nottinghamshire, Derbyshire border, South Yorkshire)

Autism East Midlands (formerly NORSACA)

Unit 31, Crag Industrial Estate, Morven Street, Creswell, Worksop S80 4AJ
Telephone 01909 506678

Website www.autismeastmidlands.org.uk

Provides a programme of parent courses and workshops. Monthly parent support hubs take place at Hamilton Lodge Day Service, 10 Hamilton Road Sherwood Rise Nottingham 4-8pm on Mondays; Mundy Street Day Service Heanor 10am-2pm on Saturdays; 91-93 Raines Avenue Worksop 10am-2pm on Saturdays. Worksop Hub is for parents and children aged 11+ only - for younger children in Worksop see **Best that we can be** below. Hubs are planned for Retford (Feb/Mar 16) and Chesterfield, East Leake, Newark and Sutton in Ashfield (later in 2016).

Autism East Midlands also offer information sheets covering a range of topics, links with other parent groups in the region and a siblings group during the summer – referrals accepted throughout the year by phone or email. The Play and Leisure Services for Children and Young People (now including befriending and children's outreach) can be contacted directly on Tel: 07891846905 and dawn.franklin@autismeastmidlands.org.uk

Aspergers Children and Carers Together

Telephone 0114 252 1911 Email enquiries@acctsheffield.org.uk

Website <http://acctsheffield.org.uk>

Drop in coffee morning in the Parish Room at St. Mary's Community Centre, Bramall Lane S2 4QZ every Monday morning 10-12 during termtime. Parents group once a month in the evening at St Mary's Community Centre, Bramall Lane, Sheffield S2 4QZ. Children's (ages 0-12) activities on alternate Saturdays, teenage club alternate Wednesdays 7-9pm.

Best That We Can Be

Contact Linsey Atkins for more details. linsey.atkins@autismeastmidlands.org.uk 01909 506678

Meets third Tuesday of the month 4pm -9pm at the Autism East Midlands Dukeries Centre, Park Street Worksop. Activities for children and young people, speakers, occasional trips etc.

Dads Group(Autistic spectrum disorders)

Groups meets monthly (more details from www.meetup.com/Nottingham-Autism-Dads) Rainbow Parent Carers Forum (see end of list) can also help you get in touch.

Indigo Kids

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

Website www.indigokids.org.uk

Telephone 0115 9521164

Email: indigokids@live.com

Facebook: www.facebook.com/indigokidsevents

A friendly base, where parents and their children on the autistic spectrum and siblings, can get together with others in a similar situation Your child does not need to have a diagnosis to attend During the week they are currently open on Tuesdays, Wednesdays and Thursdays between 10am and 1pm, and parents are always welcome to pop in for a cuppa and chat during these times. Large indoor space for children to play and provide kids clubs.

Long Eaton Autism Support

Facebook group for families.

Mansfield and District Autistic Spectrum Support Group

Website www.mansfieldautismsupport.co.uk

Telephone 01623 454662 (Joyce Betts)

Meet on 1st Monday of the month at Harwood Court, Harwood Close, Sutton in Ashfield from 7-9pm. Members of this group can access a library of books on autistic spectrum disorders, monthly swimming sessions on Sundays at Sutton Pools, family play sessions, computer club, trips, school holiday activities etc.

More Cheers Less Tears

Meets at William Lilley Infant and Nursery School, Halls Road, Stapleford, Nottingham NG9 7FS

Telephone 0115 9179277

Email mclt@hotmail.co.uk

Facebook [facebook.com/mcltgroup](https://www.facebook.com/mcltgroup)

SEND Support Group for parents and carers of children with extra needs, disabilities and behavioural issues up to the age of 11. Meets the last Thursday of every month at 2pm in the community room. Aimed at parents/carers from William Lilley and the linked schools (being Fairfield and George Spencer) but not exclusive, everyone is welcome.

Newark and Sherwood Autism Support Group

Telephone: 07808345211 (Laura) 07960121027 (Rachel)

Email: newarkautismgroup@hotmail.co.uk

Meetings on first Thursday of the month during termtime at William Gladstone School, Holden Crescent, Newark, NG24 4HU 9.30-11.30am. Coffee and a chat (open to families with a child with any disability) on third Thursday of the month from 9.30-11.30am at Young People's Centre, Windsor Road, Newark NG24 4HX. Dates for this may change during school holidays. Siblings group available.

Rushcliffe Parent Support Group (Autistic spectrum disorder)

Poppy and Pint, Pierrepont Road, West Bridgford, Nottinghamshire NG2 5DX

Email rasg@rainbowpcs.org.uk

For families/carers with a child with autistic spectrum disorder. Meets monthly, email for details or call Rainbow Parents Carers Forum: 0115 934 8451 or 07837278981

Sheffield Autistic Society

Telephone 0114 2304839 (Phil)

Website www.sheffieldautisticsociety.org.uk

Email philcooney99@yahoo.co.uk

Daytime 12.30-2.30pm on third Wednesday of month for parents and carers of children and adults and people with autistic spectrum disorders. Meetings in Sheffield. (Families from north Nottinghamshire welcome) Summer playscheme for 2 weeks for ages 8 - 14 years. Adult Asperger group on last Thursday of the month 7-9pm. Newsletter.

Shining Minds ASD Support Group

Meets at Fairfield Primary Academy, Toton Lane, Stapleford, Nottingham NG9 7HB

Telephone 01159179266

Email shiningmindsgroup@hotmail.com

Facebook www.facebook.com/shiningmindsgroup

For parents and carers of children with extra needs, disabilities and behavioural issues between the ages of 7 and 16. Last Tuesday of the month at 9.15am. The meeting is aimed at parents/carers from Fairfield and the linked schools (being William Lilley and George Spencer) although it is not exclusive, everyone is welcome.

Southglade Children's Centre Autism and ASD Support Group

Southglade Access Centre,

Southglade Park, Southglade Road, Bestwood NG5 5GU

Telephone 0115 876 1890

Alternate Wednesdays 9.30-11.30am, no diagnosis needed.

Southwell Support Group for Parents of Children with Aspergers Syndrome

Telephone 01636 816955

Meet at Southwell Care Project, 14 Westgate, Southwell, Nottinghamshire

Spectrum WASP (Autistic Spectrum Disorders, Rainworth)

Telephone 07403089896

Email suzey.edwards@hotmail.com or tinleyjeni@gmail.com

Spectrum Wasp, First Floor, Ransom Hall, Ransom Wood, Mansfield NG21 0ER

www.spectrumwasp.wordpress.com

Monthly meetings, coffee mornings, training for parents and activities to develop confidence and lifeskills of children.

The National Autistic Society

393 City Road, London EC1V 1NG

Telephone 0808 8004104 (helpline & language line)

Website www.autism.org.uk

Also have a Parent to Parent support line Freephone 0808 800 4106

The NAS also have branches in Derby and in Rotherham.

They also have a database of support groups and services for whole country at

www.autism.org.uk/directory.aspx

Other groups, support and information for parents of children with special needs:

APTCCO

Unit 15, Botany Avenue, Mansfield, Nottinghamshire NG18 5NF

Telephone 01623 629902

Website: www.apccoo.co.uk

One to one support for parents. Range of groups for parents, siblings. Sensory room, toy library, chillax room, accessible gardens. Two adapted holiday caravans at Butlins, Skegness.

Groups include:

Pre to 3s group on Mondays 9.30–11.30am

Parent Carer Support Group Tuesdays 9.30-11.30am

Siblings group Tuesdays 4.30-6.30pm

A Voice to Call our Own sessions for young people (14–25 year olds) 7-9pm Tuesdays

APTCCO 3–5s group Wednesdays 1-3pm

APTCCO Kidz on Wednesdays 4–6pm (5–10 year olds)

Youth club on Mondays, Wednesdays and Thursdays 6.30–8.30pm (11–13 year olds)

Wicked Workshops for young people on Saturdays 11am–1pm

Timetables, details of special events available from the website and from Facebook.

Updates on Twitter @APTCCO

Rainbow Parents Carers Forum

7 Mansfield Road, Nottingham NG1 3FB

0115 934 8451 or 07837278981

Email: admin@rainbowparentscarersforum.org.uk

Website: www.rainbowparentscarersforum.org.uk/

A support group and voice for parents/carers who have a child with a disability or additional needs. Hosts regular inclusive family activities including 2 monthly support sessions with advice on education, health, social care and benefits. Participates in and influences local decision making on services for disabled children, young people and their families. Promotes the well being of parents and carers and children via a 'virtual forum' and peer network. Provides training to parents, carers and professionals. Works in partnership with the local authority to deliver person centred support plans for children & young people with disabilities in the city. Parent to Parent helpline on Wednesdays 10-1 except school holidays. Face to face advice sessions can be booked via the helpline or website.

Rainbow 1 meets on second Saturday of the month 2-3.55pm at Monty Hind Youth Club

Rainbow 2 meets on the fourth Saturday of the month 2-3.55pm at Monty Hind Youth Club.

Family swimming monthly on Sundays at Djanogly Community Leisure Centre, Gregory Boulevard NG7 6BR

Other inclusive activities.

PDA Society (Pathological Demand Avoidance syndrome)

www.pdasociety.org.uk

Email: info@pdasociety.org.uk or via website

Support, advice and information to anyone involved with an individual with PDA, whether suspected or diagnosed, child or adult.

Information Service, Children's Centre 0115 8831157/8831158 (last amended Jan 2016)