

PARENTAL COURSES AND SUPPORT

The **National Autistic Society (NAS)** offers several courses and 1:1 support services for parents and carers of autistic children in Croydon:

1. 'Stepping Up for Autism' Course:

- **Description:** An 8-week programme designed for parents and carers of primary and secondary-aged autistic children in mainstream schools, following post-diagnosis consultation.
- **Contact:** For more details or to enrol, reach out to the Croydon NAS family support team - Email: Croydon.FamilySupport@nas.org.uk; Tel: 0203 005 4335

2. NAS Croydon Family Support Services:

- **Services Offered:** Home Visits/Calls/Virtual meetings: For families with Autistic children of any age, to discuss diagnoses, rights, entitlements, benefits, and other available services and support, Nationally and in their local area.

Contact: Families can self-refer by contacting the Family Support Team:

FamilySupport.London@nas.org.uk

Croydon Drop In (CDI) is a youth information, advice, and counselling service that supports young people and families in the London borough of Croydon, including parents of autistic children, offering services like advice and advocacy, mental health support, and outreach programs. They have also produced some parent-friendly resources and illustrated guides, **A is for Autism** (<https://croydondropin.org.uk/wp-content/uploads/A-for-Autism.pdf>) and **F is for Families** (<https://croydondropin.org.uk/wp-content/uploads/F-for-Families.pdf>).

Contact: <https://croydondropin.org.uk/>

Tel. 020 8680 0404

Email: enquiries@croydondropin.org.uk

Croydon Parent/Carer Forum – Croydon Active Voices (CAV)

Purpose: Croydon Active Voices (CAV) is a parent and carer forum in Croydon, representing local families of children and young people with Special Educational Needs and Disabilities (SEND), aiming to amplify their voices and foster a supportive environment.

Activities:

- Coffee mornings.
- Advice and information sessions.

- Opportunities to connect with other parents and carers in similar situations in a friendly and supportive environment.

Contact: For more information on their current activities, email Coordinator@croydonactivevoices.org.uk

OTHER FAMILY SUPPORT AND ORGANISATIONS:

The A-Word <https://www.bbc.co.uk/programmes/b09flzps>

Advocacy for All <https://www.advocacyforall.org.uk/croydon>

Advocacy for Croydon <https://advocacyforcroydon.org>

Ambitious About Autism National charity for autistic children and young people:
<http://www.Ambitiousaboutautism.org.uk>

AutiQuest <https://autiquest.com>

Autism Eye magazine <https://www.autismeye.com/subscribe>

Autism Thrive Services <https://autismthriveservices.com>

Autistica <https://www.autistica.org.uk/molehillmountain>

Autus Charity creating opportunities for growth, learning and work for young people with autistic spectrum conditions: <http://www.autus.org.uk>

Challenging Behaviour Foundation <https://www.challengingbehaviour.org.uk>

Croydon Council Autism Service <https://www.croydon.gov.uk/adulthealth-and-social-care/specific-needsand-disabilities/active-lives-learningdisability-and-autism-support/autism>

Croydon Council Adult health and social care
<https://www.croydon.gov.uk/adulthealth-and-social-care>

Croydon Carers Information Centre <http://www.carersinfo.org.uk> T: 020 8649 9339

Croydon Drop In <https://croydondropin.org.uk/parents> Parent/carers helpline: 07592 037823

Croydon SENDIASS <https://www.kids.org.uk/sendiaass/services/croydon-sendiaass>

Employment Autism <https://employmentautism.org.uk>

Genius Within <https://www.geniuswithin.org>

Gig Buddies Croydon <http://www.gigbuddiescroydon.co.uk>

Helping Hands <https://www.helpinghandshomecare.co.uk>

How to get a Carer's Assessment Social care and support guide
<https://www.nhs.uk/conditions/socialcare-and-support-guide/support-andbenefits-for-carers/carers-assessments>

Inaspectrum: Croydon, Sutton and The World <https://www.inaspectrum.com>

IPSEA Independent provider of special education advice <https://www.ipsea.org.uk>

Kooth Online support for young people <https://www.kooth.com>

Mind <https://www.mind.org.uk>

Mencap <https://www.mencap.org.uk>

Croydon Mencap <https://www.croydonmencap.org.uk>

National Autistic Society <https://www.autism.org.uk>

National Police Autism Association <https://www.npaa.org.uk/membership>

Off The Record <https://www.talkofftherecord.org/> Telephone: 020 8251 0251

Respond Supporting the lives of people with learning disabilities and autism
<https://respond.org.uk>