



croydonvoluntaryaction

Building Stronger Communities for Social Change

Autism Support in Croydon



croydon**voluntary**action

**CVA supporting the growth and development of
community organisations in Croydon**

Croydon Simply Connect Directory Autism Support: <https://rb.gy/dxwsjk>





A2ndvoice: Supports autistic people and their families, raising awareness and understanding from different perspectives, tackling the taboos and myths around Autism. We host a range of events and activities looking at the needs of the family. W: www.a2ndvoice.com / www.autismthriveservices.com | E: info@a2ndvoice.com / admin@a2ndvoice.com



Ambitious about Autism: Supporting children, young people, their parents and carers. Ambitious Youth Network for people aged 14-25 with autism.

- Talk about Autism forum (Discuss anything related to autism).
- Free 'Right from the Start' toolkit (information for parents of children with autism).
- Understanding Autism (information/signposting to services).
- Information on a diagnosis for adults.
- Employment section (Current employment and work experience opportunities).

W: www.ambitiousaboutautism.org.uk | E: info@ambitiousaboutautism.org.uk | T: 0208 815 5444



Autism and ADHD: Campaigns for change, provides specialist training and support plus we're a friend you can call on for help. W: <https://www.autismandadhd.org> | E: info@autismandadhd.org



Autistica: UK's leading autism research and campaigning charity. Their vision is a world where every autistic person lives a happy, healthy, long life. They enable breakthroughs by funding research, shaping policy and working with autistic people to make a difference. W: <https://www.autistica.org.uk> / **Molehill Mountain (free app)** co-owned by Autistica and King's College London, helping autistic people understand and self-manage anxiety. W: <https://www.autistica.org.uk/molehill-mountain>



Autus: Charity creating opportunities for growth, learning and work for young people with Autistic Spectrum Conditions. Using an innovative and engaging virtual environment we offer a range of programmes, activities and support to help build confidence and develop social communication, digital and employability skills. T: 07432 300287 | E: info@autus.org.uk | W: www.autus.org.uk



AutiQuest: Supporting autistic adults to achieve more in their lives, especially with regard to gaining and maintaining employment.

- Job Link: Linking autistic job seekers with employers who value autistic talent and who seek to include autistic candidates in their recruitment and selection process.
- Free monthly job interview training (via Zoom) for autistic job seekers!
- Job Interviewer training

To find out more: W: <https://autiquest.com/> | E: admin@autiquest.com



CASPA: Providing virtual and face to face meetings for parents, autistic children and adults, regular newsletters, supported trips, events, drop-ins, holiday clubs and youth clubs. W: www.caspabromley.org.uk | E: membership@caspabromley.org.uk



Challenging Behaviour Foundation - Family Support Service: Telephone support for families of children and adults with severe learning disabilities and behaviour described as challenging. T: 0300 666 0126 (Monday to Thursday: 9am to 5pm, Friday: 9am to 3pm) E: info@theCBF.org.uk / support@theCBF.org.uk | T: 01634 838739 | W: <https://www.challengingbehaviour.org.uk/>

Croydon Autism Service Croydon Council

Croydon Autism Pub Experience Group: This group is for people with Autism who would like to explore Croydon's Pubs and cafes with other people. We meet every last Thursday of the month in different venues in Croydon. A facilitator will be at the venue between 18:00-20:00. To find out more, contact Maria Esteban T: 020 8255 5473 | 07742 405 348 | E: maria.esteban@croydon.gov.uk

Access Studio: runs in partnership with Croydon Council SEND service weekly dance and drama sessions for young people aged 13 – 25 at the Waddon Youth Centre on Thursday from 5 – 7pm. Referrals: <https://www.croydonmusicandarts.co.uk/access-studio>

Cherry Hub: Autism Family Carers Group: A support group for parents, families and carers of adults and teenagers with autism, offering mutual support and a space to talk about their issues. Every second Monday of each month from 6.30 pm – 8 pm. The group is supported by the Autism Service Croydon and is run by family carers. No need to book, no referrals. T: 020 8255 5473 Extension: 88920 | E: nickyselwyn@talktalk.net or Maria.Esteban@croydon.gov.uk

These clubs delivered by Croydon Council support young people with autism, but are not autism specific clubs and have children and young people with varying needs and abilities attending.

Monday SEND Youth Club (Waddon Youth Centre): Informal education, social, positive life skills activities; including arts, music, sports, and cooking for young people with autism (16-25). Monday from 6:45 pm - 9:00 pm (£3.00). Contact: E: luke.stevens@croydon.gov.uk | T: 07701398442 (Mon-Wed) | Referrals contact CYDP@croydon.gov.uk

Tuesday SEND Youth Club (Bensham Manor School): Informal education and social skills activities; including sports, arts, and adventure playground. For children and young people with autism, disabilities and additional needs aged 8-18. Tuesday from 3:00 pm – 5:30 pm (£3.00). E: Anne-Marie.Abalo@croydon.gov.uk | T: 07587656449 (Tues-Thurs). For referrals contact CYDP@croydon.gov.uk

Tuesday SEND Youth Club (Waddon Youth Centre): Informal education and social skills activities; including sports, arts, music, and cooking. For children and young people with autism, disabilities and additional needs aged 8-18 years on Tuesday from 3:00pm – 6:00pm (£3.00). T: 07732074288 | E: Wayne.stevens@croydon.gov.uk | For referrals: CYDP@croydon.gov.uk

Wednesday SEND Youth Club (Waddon Youth Centre): Informal education and social skills activities; including sports, arts, music, and cooking. For children and young people with autism, disabilities and additional needs aged 8-18 years on Wednesday from 3:00pm – 6:00pm (£3.00). E: Wayne.stevens@croydon.gov.uk | 07732074288 | For referrals: CYDP@croydon.gov.uk

Thursday SEND Youth Club (Bensham Manor School): Informal education and social skills activities; including sports, arts, music and cooking. For children and young people with autism, disabilities and additional needs aged 8-18 years. Thursday from 3:00 pm – 5:30 pm (£3.00). E: Anne-Marie.Abalo@croydon.gov.uk | T: 07587656449 (Tues-Thurs) | For referrals CYDP@croydon.gov.uk





Croydon's Special Educational Needs and Disabilities Information Advice and Support Service (SENDIAS): Free, confidential and impartial information, advice and support.

We aim to promote good working relationships between children, young people, parents, education settings and the Local Authority (Croydon Council), whilst seeking to empower parents to play an active and informed role in their child's education. We can support children, young people, parents and carers, in a number of ways and provide a range of services for more information - W: <https://www.kids.org.uk/croydon-sendias> | E: croydon@kids.org.uk



SEND Drop In: Every Friday 10 – 12 noon (Term time only) at the Carers Information Centre, 24 George Street, CR0 1PB. No need to pre-book.



Croydon Drop In: Free Confidential Counselling for 10-25 year olds with Autism (6 days per week operating after school and Saturdays). E: enquiries@croydondropin.org.uk | W: <https://www.croydondropin.org.uk> | T: 020 8680 0404



Croydon Mencap: Provides support services, and a voice for Croydon children and residents with autism, and/or learning disabilities, their families and carers, promoting positive attitudes and improving the quality of their lives. T: 020 8684 5890 | info@croydonmencap.org.uk | <https://www.croydonmencap.org.uk/>



Employment Autism: Supporting autistic people to have fulfilling, productive working relationships in inclusive and positive environments. We do this by enabling autistic people to find, and be successful in suitable work. Encouraging providers of work to employ autistic people and recognise the benefits they can bring to the workplace. T: 07703 666401 | E: contact@employmentautism.org.uk | W: <https://www.employmentautism.org.uk/> Contact Form: <https://www.employmentautism.org.uk/forms/contact-us>



Inaspectrum: Adult Autism for free adult autism support & self-help - Social, educational, employment, health and well-being in neurodiversity. Inaspectrum Women in Autism, run by women for women W: <https://www.inaspectrum.com/women-in-autism> E: inaspectrum@hotmail.com | T: 07900990292 | W: <https://inaspectrum.home.blog/> <https://www.meetup.com/inaspectrum/>



Gig Buddies Croydon: matches adults with learning disabilities and autism to volunteers who have similar interests to go to events together that they both love. Gig Buddies is about empowering people, building friendships and giving people choice about what they do with their own lives. We run monthly social events in local venues. E: cherilyn@gigbuddiescroydon.co.uk | W: www.gigbuddiescroydon.co.uk



LWFCI UK: Provides tutoring and creative social activities for children with autism/special needs, also free support group forum for their parents and carers.

- Destiny Children SEN Club: Ages 5 - 14 years on Monday from 5-7pm (Orpington) and Wednesday from 5-7pm (on Zoom)
- Inclusive Football club: Ages 8-15 year on Saturdays from 2-3:30pm (Orpington)
- Inclusive Basketball: Ages 11 -16 years on Tuesday 5:30pm to 6:30pm (Bromley).
- Parents/Carers support forum: 1st Monday of each month on Zoom (11am to 1pm).
- Holiday activities and information shared locally, or you can connect with us on our official Facebook: <https://www.facebook.com/LWFCIUK/>

For more information T:0203 583 3005 | M: 0795 074 6544 | E: info@lwfc.org.uk



National Police Autism Association: The NPAA offers free membership to all UK police officers and civilian staff (including special constables and police volunteers). We host the Police Neurodiversity Forum, a unique online support and knowledge hub, and we maintain a network of champions: offering provide peer support to officers, staff and volunteers through our team of coordinators. Membership: <https://www.npaa.org.uk/membership/> | Police Neurodiversity Forum & network of champions: <https://www.npaa.org.uk/coordinators/>



National Autistic Society (NAS): National charity supporting people with autism to be independent, to build confidence in day-to-day activities, training for families, carers and communities. Providing Autism support, information and advice services, one-to-one or small group support to help deal with difficult issues, autism-friendly events and clubs, autism awareness sessions for support staff, employers, parents, professionals and local communities. W: <https://www.autism.org.uk/>

National Autistic Society - Croydon Family Support Service: Support for families after diagnosis. Practical and emotional support, advice, information and strategies for families of autistic children and young people living in Croydon.

Courses:

- 'Stepping up for Autism' 8-week course for parents and carers of primary & secondary aged autistic children in mainstream schools following post-diagnosis consultation.
 - 'Supporting children who experience Social & Communication Difficulties' 8-week course for families of pre-school children who experience Social & Communication Difficulties.
- For informal chat about courses contact Alex Dimond - E: croydonscd@nas.org.uk*

Post-diagnosis consultation: Opportunity for parents and carers to meet with our Family Support team (via home visit, online or telephone). **Booking only via Family Support Team.**

Social Skills groups: Fun, interactive Football & Lego Skills sessions for autistic children and young people aged 5 - 18 years who attend mainstream school, and live in Croydon on Tuesdays after school. **Booking only via Family Support Team.**

Clubs and Fun days: Activities & days out during school holidays.

- **Youth Club:** Our 'Cool Club' is a place to take part in fun activities and outing, meet others and make new friends. Ages 11-18 years on Saturdays from 10 am - 1pm. **Booking only via Family Support Team.**
- **Online Fitness Sessions:** Ages 5-18 years on Tuesdays after school. **Booking only via Family Support Team.**

Contact: T: 0203 005 433 5

Family Support Team - E: croydon.familysupport@nas.org.uk

Short Breaks/clubs Team - E: NASCroydonClubs@nas.org.uk



IPSEA (Independent Provider of Special Educational Advice): Support for Special Educational Needs. Free legally based advice. You can book an appointment online - W: <https://www.ipsea.org.uk/>



SOS!SEN: Independent charity providing free, independent and confidential telephone helpline for parents and others looking for information and advice on Special Educational Needs and Disability (SEND) advice nationwide. W: <https://sossen.org.uk/> | T: 0300 302 3731 or 0208 538 3731



Willow Learning for Life: Offers a mix of education, training, and work experience for people with a learning disability and/or autism who live in Croydon. T: 07515 028382 E: tanya@willowlearningforlife.org | W: www.willowlearningforlife.org

Autism Resources

‘Right from the Start’ toolkit (information for parents of children with autism):

<https://www.ambitiousaboutautism.org.uk/sites/default/files/toolkits/right-from-the-start-toolkit-ambitious-about-autism.pdf>

Information & tips for maintaining oral health in children with autism – pdf:

<https://www.dentalhealthcareeoe.nhs.uk/wp-content/uploads/2021/03/0007-Dental-Care-Autism-Information.pdf>

Autism and Dental Care:

<https://www.autism.org.uk/advice-and-guidance/topics/physical-health/going-to-the-dentist/dentists>

Autism and Bereavment:

- <https://www.purpleella.com/2018/03/01/autism-and-bereavement/>
- <https://www.autism.org.uk/advice-and-guidance/topics/mental-health/bereavement/parents>
- <https://thinkingautismguide.com/2012/08/autistic-grief-is-not-like-neurotypical.html>

Autism Eye: Free digital subscription to Magazine and Newsletter for Parents and Professional

To subscribe: <https://www.autismeye.com/subscribe/>

Beyond Autism: Employability Toolkit giving people with autism improved access to, and support in, employment. Download the free toolkit and additional resources

W: <https://www.beyondautism.org.uk/professionals/employability/toolkit/employment-toolkit/>

Tel: 020 3031 9705 | E: info@beyondautism.org.uk

Molehill Mountain (free app) helping autistic people understand and self-manage anxiety:

W: <https://www.autistica.org.uk/molehill-mountain>

Robyn Steward (Autistic speaker, trainer, consultant and author):

Autism friendly Guide to Self-Employment and The Autism Friendly Guide to Periods

W: <https://www.robysteward.com/> | <https://www.robysteward.com/books-and-media>



Croydon Voluntary Action, CVA Resource Centre, 82 London Road, Croydon CR0 2TB
www.cvalive.org.uk - 020 8253 7060 - @croydonVA - www.cvalive.org.uk/calendar



#strongercommunitiescroydon