



## Autism Signposting Handout

### Further Information about Autism (National)

<b>The National Autistic Society</b>	Information about autism spectrum for parents, carers, relatives, adults with autism and professionals.	<a href="http://www.autism.org.uk">www.autism.org.uk</a>
<b>Ambitious About Autism</b>	Information about autism spectrum and a community to join to gain support or give support to others.	<a href="http://www.ambitiousaboutautism.org.uk">www.ambitiousaboutautism.org.uk</a>

### Local Support Groups and Information

<b>Bolton's Local Offer</b>	A Local Offer details what support services are available within the local area for children and young people with special educational needs or disabilities and their families.	<a href="https://www.bolton.gov.uk/sendlocaloffer/">https://www.bolton.gov.uk/sendlocaloffer/</a>
<b>Bolton Information and Advisory Service</b>	Independent information and advisory service for parents/carers of children and young people with special educational needs.	Email: <a href="mailto:iasoutofhours@outlook.com">iasoutofhours@outlook.com</a> Website: <a href="http://www.iasbolton.com">www.iasbolton.com</a>
<b>I Am Autism</b>	Support and information for parents and carers. Life Skills and Aspirations projects offering social and leisure support in the community available for older children (10 years plus).	<a href="https://i-am-autism.org.uk/">https://i-am-autism.org.uk/</a>
<b>Early Bird Programmes</b>	Programmes for parents of pre-school children, families of children aged 4-9, and families of children aged 10-17.	Email <a href="mailto:outreach@ladywood.bolton.sch.uk">outreach@ladywood.bolton.sch.uk</a> for further information
<b>Kidz2gether</b>	Primarily offers leisure activities but also provides advice, information and support for parents/carers. A mentoring service is also available.	<a href="http://www.kidz2gether.org.uk">www.kidz2gether.org.uk</a>
<b>Breaking Barriers NW</b>	Aim to promote, improve & advance the emotional wellbeing of Parents, Carers & Families of children and young people aged 0-25 years old with special educational needs & disabilities (SEND).	<a href="http://www.breakingbarriersnw.com">www.breakingbarriersnw.com</a>
<b>Bolton Parent Carers</b>	Bolton Parent Carers is a local parent/carer forum which provides information and a voice for families of children and young people aged 0-25 with special educational needs and disabilities.	Website: <a href="http://www.boltonparents.org.uk">www.boltonparents.org.uk</a> Email: <a href="mailto:info@boltonparents.org.uk">info@boltonparents.org.uk</a> Tel: 07715 201798

<b>Daytrippers Bolton</b>	A parent and carer led group offering activities and support for children with disabilities.	<a href="http://www.daytrippersbolton.org.uk/">http://www.daytrippersbolton.org.uk/</a>
<b>Bolton Lads and Girls Club</b>	For young people with different disabilities. An independence group may be offered. A mentoring scheme also available.	Email: <a href="mailto:info@blgc.co.uk">info@blgc.co.uk</a> Tel: 01204 540100

### Resources, Blogs and Useful Links

<b>Special Needs Jungle</b>	Parent-led information, resources and informed opinion about children with SEN, special needs, disabilities, health conditions and rare disorders.	<a href="http://www.specialneedsjungle.com">www.specialneedsjungle.com</a>
<b>Do to Learn</b>	Do2learn provides free resources such as, learning songs and games, communication cards, academic material, and transition guides.	<a href="http://www.do2learn.com">www.do2learn.com</a>
<b>Ask An Autistic Amythyst Schaber</b>	Amythyst Schaber is an adult with autism who makes informative videos on You Tube, under the title 'Ask An Autistic', explaining what it feels like to have autism (e.g. talking about sensory overload, repetitive behaviours, why eye contact is difficult, etc.)	<a href="https://www.youtube.com/@neurowonderful">https://www.youtube.com/@neurowonderful</a>

### Books for children and young people

<b>Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence</b>	A book written by an autistic young person, drawing from his own experiences and gaining information from his teenage brother and sisters. He wrote this to try and address difficult topics such as bullying, friendships, when and how to tell others about autism, school problems, dating, relationships and morality.	<a href="https://www.amazon.co.uk/Freaks-Geeks-Asperger-Syndrome-Adolescence/dp/1843100983">https://www.amazon.co.uk/Freaks-Geeks-Asperger-Syndrome-Adolescence/dp/1843100983</a>
<b>I am Special: A Workbook to Help Children, Teens and Adults with Autism Spectrum Disorders to Understand Their Diagnosis, Gain Confidence and Thrive</b>	Aimed to help children, teens and adults on the autism spectrum to understand themselves and their diagnosis, gain confidence and thrive.	<a href="https://www.amazon.co.uk/Special-Disorders-Understand-Diagnosis-Confidence/dp/1849052662">https://www.amazon.co.uk/Special-Disorders-Understand-Diagnosis-Confidence/dp/1849052662</a>

**The Blue Bottle Mystery books by Kathy Hoopmann**

The issues and frustrations that an autistic child may have are explored within a fictional format (the central character is an autistic boy).

<https://www.amazon.co.uk/Blue-Bottle-Mystery-Adventure-Adventures/dp/1853029785>

**Can You See Me?: A powerful story of autism, empathy and kindness**

Diary entries written by eleven-year-old Libby Scott, based on her own experiences of autism, written in collaboration with author Rebecca Westcott.

<https://www.amazon.co.uk/Can-You-See-Libby-Scott/dp/1407195670>

**The Curly Hair Project**

A social enterprise founded by an autistic author, Alis Rowe. It aims to support autistic people and those around them, using animations and visual tools.

<https://thegirlwiththecurlyhair.co.uk>

**TV programmes and films about Autism**

**Pablo**

Pablo is a television series about a 5-year-old on the autism spectrum. Using his magic crayons Pablo draws his imaginary friends who then come to life. They go on adventures and help him when he is anxious about situations.

**Sesame Street**

Julia joined Sesame Street in 2017 and is a 4-year-old girl on the autism spectrum.

**Loop**

Loop is a short animated film that focuses on a non-verbal autistic girl and a chatty boy, learning to understand each other.

**Daniel Tiger's Neighbourhood**

A TV programme for pre-school children. Max, who has autism, is introduced in Season 5 Episode 14.