

## HELPFUL CHARITES

**National Autistic Society (NAS)** [www.autism.org.uk](http://www.autism.org.uk)

For those of you who find it difficult to make the daytime sessions

[www.nascambridge.org.uk/parent-support-groups/](http://www.nascambridge.org.uk/parent-support-groups/)

Advice for teachers in school – useful signposting for your child/Young Person’s teacher:

[www.autism.org.uk/professionals/teachers.aspx](http://www.autism.org.uk/professionals/teachers.aspx)

**Eddies Family Support Service** A family support service volunteer can:

Help a child or young person get out and about and do something they enjoy everything from a walk in the park to a dip in the swimming pool

Look after a child or young person at home while carers can take a well-earned break

[www.eddies.org.uk/what-we-do/children-detail.asp?ItemID=12](http://www.eddies.org.uk/what-we-do/children-detail.asp?ItemID=12)

**Contact a Family** Advice, Information and Support (Including benefits)

[www.cafamily.org.uk/](http://www.cafamily.org.uk/)

**Carer’s Trust** Family prescription, emergency planning, groups, health and well-being.

[www.carerstrustcambridgeshire.org/our-services/support-for-carers/](http://www.carerstrustcambridgeshire.org/our-services/support-for-carers/)

Kids and sibs sessions run by Carer’s Trust – run every first Thursday of each month in Bar Hill Tesco Community Room (also do trips out during the holidays). Contact Victoria Durack

[Victoria.Durack@carerstrustcambridgeshire.org](mailto:Victoria.Durack@carerstrustcambridgeshire.org) for more info. Also they also have a Facebook page to help keep you up to date with things running:

[www.facebook.com/groups/CTC.CYP.NoteIt/253702678294009/?notif\\_t=like](https://www.facebook.com/groups/CTC.CYP.NoteIt/253702678294009/?notif_t=like)

**Think Autism** For parents or professionals that need support and guidance on how to interact with children with autism more effectively. Here you can discover how you can develop emotional connections, teach mindfulness and address the core challenges of autism to improve quality of life for everyone [www.thinkautism.co.uk/home](http://www.thinkautism.co.uk/home)

**ADDISS** The National Attention Deficit Disorder Information and Support Service. Provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals [www.addiss.co.uk/](http://www.addiss.co.uk/)