

Do you know...?

A guide for families with children and teenagers who have social and communication difficulties, including autism



Bromley
LOCAL
OFFER.

Bromley
THE LONDON BOROUGH

NHS
South East London

This guide has been pulled together by parents, carers and professionals across the local area as part of Bromley's all-age Autism Partnership (BAAP).

It provides information and signposts families, carers, and those with social communication needs (SCN) including Autism to support.

**If you meet one
person with autism,
you've met one
person with autism!**

Dr Stephen Shore

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DO YOU KNOW...?

...your first point of contact for help and support is?

Social Communication Needs including Autism Family Support Service

Provided by the Bromley Children's Project



Signposting families to local support and services. First point of contact for families and carers, including referral route for short term, more complex support via the Specialist Autism Family Support Service.

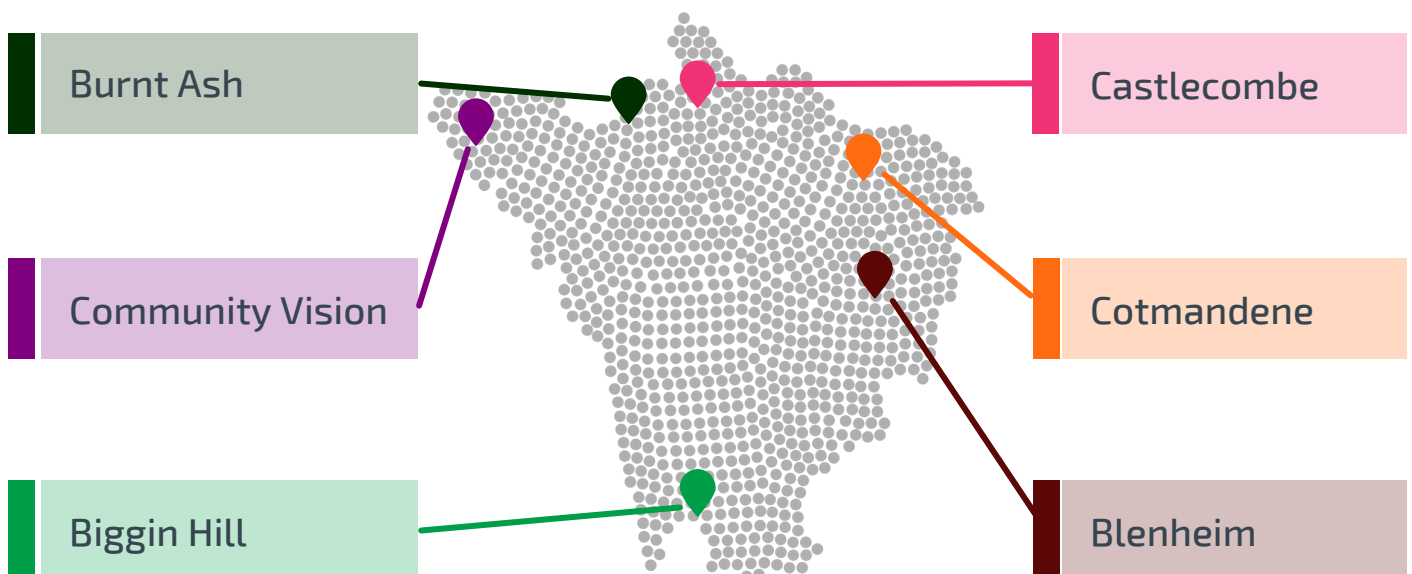


Call **020 8461 7697**



Email **autisticspectrumcondition@bromley.gov.uk**

...and our six Children and Family Centres can also provide help and support?



Biggin Hill

Sunningvale Avenue
Biggin Hill
TN16 3TN

Call 01959 571 694

Blenheim

Blenheim Road
Orpington
BR6 9BH

Call 01689 831193

Burnt Ash

Rangefield Road
Bromley
BR1 4QX

Call 020 8697 4503

Castlecombe

Castlecombe Road
Mottingham
SE9 4AT

Call 020 8857 1185

Community Vision

Woodbine Grove
Penge
SE20 8UX

Call 020 8778 2970

Cotmandene

105-107 Cotmandene Crescent
St Pauls Cray
BR5 2RB

Call 020 8300 2548

DO YOU KNOW...?

...about the training available?

Courses in Autism, including other social communication needs, and core parenting courses

Provided by the Bromley Children's Project

Evidence-based parenting programmes helping to upskill understanding of Social Communication Needs (SCN) and Autism.



Learn some approaches and strategies that can help when parenting. Understanding neurodiversity as just a difference and build confidence discussing your children's needs with professionals.

1 **Cygnnet**

A 6-week course focussing on Autism

2 **'Bite-sized' online webinars**

Topics include: What is Autistic Spectrum Condition (ASC)?; Anxiety; Sensory Needs; and Pathological Demand Avoidance (PDA).



To access the online parenting course application form
bromley.gov.uk/BCPParentingCourseReferralForm

Or for support with making a self-referral



Call **020 8461 7259**



Email bcapadmin@bromley.gov.uk

Training support for Behaviour that Challenges

Provided by Personal Awareness Consultancy and Training (PACT)

Learn a range of methods to manage and prevent behaviours that challenge, including disengagement techniques, Positive Behaviour Support planning and trigger words to avoid.

Most suitable for families facing behaviours that challenge as their children enter adolescence and above.

How to book



Call **020 8313 451**



Email **dawn.andress@bromley.gov.uk**



DO YOU KNOW...?

...about specific support and clubs available?

CASPA

A local charity providing advice, support and life skill development opportunities



Social clubs for all ages including LGBTQA+, specialist projects, holiday programmes, residential trips, family support, monitored Parent/Carer WhatsApp and much more.



Email contactus@caspabromley.org.uk



Visit caspabromley.org.uk/clubs-services

Bromley Well

Bromley Well

Monthly themed workshops for young people aged 16 plus into adulthood

Focused on a range of topics such as: health; mental wellbeing and anxiety; internet safety; relationships and sexual health; and employment, welfare benefits and budgeting.



Email spa@bromleywell.org.uk



Call **020 8278 2898**

Outside the Box

Support for parents and carers of autistic children

Facilitated by Angela Reynolds who is a parent of an autistic child and has relevant academic qualifications.



Email outsidethebox123@yahoo.com

Destiny Children SEN Club

Provided by Personal Awareness Consultancy and Training (PACT)

Drop-in sessions for children aged 8-14 years. To give carers and parents a short break. Offering after school activities such as Arts & crafts, Lego, puzzles, table football, beads making, music, soft play, creative social activities, educational games and life skills.

- **Date:** Wednesday's
- **Time:** From 5pm to 7pm
- **Location:** Mountfield Community Centre, 17 Sandway Road, Orpington, BR5 3TU



Call **07950 746544**



Email **info@lwfci.org.uk**



Visit **lwfci.org.uk**



DO YOU KNOW...?

...about the support for families available?

Social Communication difficulties, including Autism Family Support Service



Provided by Bromley Mencap

This specialist service is delivered by two experienced autism family support workers and offers short term intensive support for families that have multiple complex issues to work through. They will help the family to develop strategies and to have a clear action plan. This service is initially accessed through the SCN Family Support Coordinator.



Call **020 8461 7697**



Email **autisticspectrumcondition@bromley.gov.uk**

Information, support and guidance for young people aged 16+



Bromley Well

Specialist information, advice and guidance on any issue including welfare benefits, housing, employment, health, transition to adult services, social and leisure activities, and independent living.



Email **spa@bromleywell.org.uk**



Call **020 8278 2898**

Maypole Project



Activities and outings for children and young people with complex medical needs, SEN and disabilities.

These activities are designed to bring children and young people together to create peer support, make friends and importantly allow parents and carers to take a well-deserved break.



Call **01689 889889**



Email **helpline@themaypoleproject.co.uk**



Visit **themaypoleproject.co.uk/for-families/activities**



DO YOU KNOW...?

...where to get information locally?

Information, Advice and Support Service (IASS)



Free, impartial information, advice and support in confidence

For children and young people who have SEND and their parents and carers.



Call **020 8461 7630**



Email **iass@bromley.gov.uk**



Visit **bromleyiass.org.uk**

Specialist information

Bromley Council



The Children's Disabilities Service can signpost individual families to local specialist services.



Email **disabledchildrensteam@bromley.gov.uk**

Bromley Children Project (BCP)

Support for expectant parents, current parents and young people aged up to 18 years.



Creating a safe, secure and happy environment for families, particularly those who are struggling and in need of additional help.



Call **020 8461 7259**



Email **bcpadmin@bromley.gov.uk**



Visit **bromley.gov.uk/bromleychildrenproject**

Bromley Parent Voice (BPV)



A local charity and support group run by and for parents and carers of children with SEND.

Working in partnership with service providers to represent the needs of local families of children and young people aged 0-25 with SEND. They provide a signposting service, bi-monthly coffee mornings & a community outreach programme - email for more information.



Call **07803 287838**



Email **info@bromleyparentvoice.org.uk**



Visit **bromleyparentvoice.org.uk**

Experts by Experience (XbyX)



A user-led Charity for Deaf and Disabled People and Carers in Bromley.



Call **020 8650 2102**



Email **info@xbyxbromley.com**



Visit **xbyxbromley.com**



DO YOU KNOW...?

...where to get information nationally?

National Autistic Society

Expert advice, services and information for families and young people.



Call

0808 800 4104



Visit

autism.org.uk

Ambitious about Autism

Practical information and resources, including an online community.



Call

020 8815 5444



Visit

ambitiousaboutautism.org.uk

Contact

Guidance, information and support for families.



Call

0808 808 3555



Visit

contact.org.uk

Independent Provider of Special Educational Advice (IPSEA)

Independent legally based advice, support and training.



Visit

ipsea.org.uk

Autism Education Trust (AET)

Information and resources including online training resources.



Visit

autismeducationtrust.org.uk

Cerebra

Have an array of helpful guides, which include physical and mental health, social services, financial and legal affairs, DLA and education.



Visit cerebra.org.uk/parent-guides

Disability Rights UK

High quality information provision developed by and for disabled people.



Visit disabilityrightsuk.org/guidance-resources



DO YOU KNOW...?

...about other useful information?

National benefits and grants

➤ Disability Living Allowance (DLA) for children (aged under 16)

gov.uk/disability-living-allowance-children

➤ Personal Independence Payment (aged 16 and over)

gov.uk/pip

➤ Carer's Allowance

gov.uk/carers-allowance

➤ Universal Credit

gov.uk/universal-credit

➤ Child Tax Credit (if you already get Working Tax Credit)

gov.uk/child-tax-credit

➤ Employment and Support Allowance (ESA)

gov.uk/employment-support-allowance

Travel and Motability

➤ Blue Badge Scheme

bromley.gov.uk/bluebadges

➤ Motability Scheme

motability.co.uk

> Freedom Pass

Enables young people with disabilities to access free travel on buses, trains and underground in London.

londoncouncils.gov.uk/freedompass

Disability schemes

> My Max discount card

A discount card for families of children with disabilities. It can help you save money on great days out at castles, zoos, bowling alleys and more.

bromley.gov.uk/mymaxcard

> Sunflower Lanyard Scheme

A discreet sign that somebody has a hidden disability and requires additional assistance. The lanyards are often free, and you don't need to provide proof of your disability. Alternatively, you can also purchase one at The Hidden Disabilities Store for 66p plus postage:

hiddendisabilitiesstore.com

> Radar Keys

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country.

xbyxbromley.com/services

> CEA Card

A national card scheme which enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. The card is available for applicants aged 8 years or above.

ceacard.co.uk/apply

> Access Card

The Access Card is a concessionary discount card for attractions such as museums, cinema, events, festivals among many others. Think of it as a Disability Passport that then informs providers quickly and discreetly about the support you need.

[accesscard.online](https://www.accesscard.online)

> Discount for carers

Exclusive discounts, cashback & vouchers for carers, care workers, care assistants, live-in carers and those that care for loved ones.

[discountsforcarers.com](https://www.discountsforcarers.com)

Accessibility schemes

> ATG Tickets

The ATG run Access memberships providing free carers ticket or discounted accessible ticket they can register via

[atgtickets.com/access](https://www.atgtickets.com/access)

> LW Theatres

LW Theatres you can use their access cards as evidence.

[lwtheatres.co.uk/accessibility](https://www.lwtheatres.co.uk/accessibility)

> English Heritage

English Heritage provide free carers ticket with proof of disability.

[english-heritage.org.uk/visit/](https://www.english-heritage.org.uk/visit/)

> National Trust

You can apply for an essential companion card which gives you a free carers tickets on entry.

[nationaltrust.org.uk/access-for-everyone](https://www.nationaltrust.org.uk/access-for-everyone)

> Alma Autism at Christ Church Beckenham

Alma Autism based in Christ Church Beckenham, are making church accessible.

facebook.com/almaautismuk

> Kinship

Kinship care is when a child lives full-time or most of the time with a relative or friend who isn't their parent.

kinship.org.uk/for-kinship-carers



HANDY TIPS FOR MAKING LIFE EASIER



These tips have been provided by parents for parents. If you know of anything that you think other parents would benefit from, please email:

sendmatters@bromley.gov.uk

Did you know that...?

Merlin attractions

All Merlin attractions (including London Eye, Blackpool Tower, Sealife Centres, Alton Towers, Legoland and Thorpe Park) offer a free adult carer ticket if you can evidence your child or young person is in receipt of higher rate DLA or PIP.



Visit merlinentertainments.biz/our-brands

Museums and galleries

Most of the major museums and galleries in London have quiet mornings several times a year. Look on the websites for details and dates.

Sports and leisure

Mytime Active run various MyClub leisure activities across leisure centres for children and young people who have SEND.



Visit mytimeactive.co.uk/myclub

Shoe fitting

John Lewis Bluewater and Clarkes you can book autism friendly shoe fittings in a private room with a dedicated trained staff member helping.

Hoad's Kids Shoe Shop in Sevenoaks offer a specialist shoe fitting service for children with ASC & medical needs such as splints, leg length differences, hypermobility & more.



Visit hoadskidsshoeshop.com

Theatre

Autism friendly or relaxed performances at theatres, including The Churchill Theatre.



Visit churchilltheatre.co.uk/Online/accessibility-churchill

Cinema

Autism-friendly cinema screenings at least once a month at ODEON, Cineworld, Vue, Showcase, Picturehouse and Everyman cinemas.



Visit dimensions-uk.org/autism-friendly-cinema-screenings

Toys and sensory products

Toys & sensory products can be bought from a range of sources:



Visit cheapdisabilityaids.co.uk
fledglings.org.uk
sensorydirect.com

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Produced by:

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South East London

www.bromley.gov.uk/localoffer

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