

Do you know...?

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



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

Social Communication Needs, including Autism Family Support Service

*Provided by the Bromley Children Project,
Bromley Council*



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 **SocialCommunicationNeeds@bromley.gov.uk**



Form **www.bromley.gov.uk/SCANEnquiryForm** →



Download or read the flipbook providing information

https://bit.ly/Bromley_SCAN_Guide2024 →

or scan the QR code...



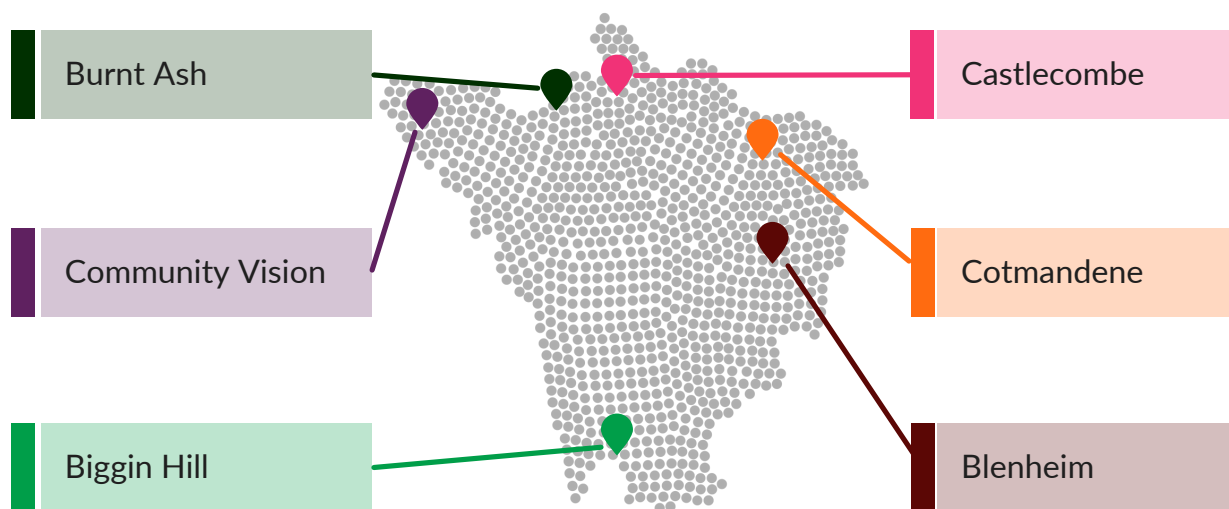
or scan the QR code...



Find out more on the local offer:

www.bromley.gov.uk/special-educational-needs-disability-send-local-offer/local-offer-social-communication-difficulties-including-autism

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



Biggin Hill

Sunningvale Avenue
Biggin Hill
TN16 3TN

Call 01959 571694

Burnt Ash

Rangefield Road
Bromley
BR1 4QX

Call 020 8697 4503

Community Vision

Woodbine Grove
Penge
SE20 8UX

Call 020 8778 2970

Blenheim

Blenheim Road
Orpington
BR6 9BH

Call 01689 831193

Castlecombe

Castlecombe Road
Mottingham
SE9 4AT

Call 020 8857 1185

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 Project,
Bromley Council*



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. Understand 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).



Call **020 8461 7697**



Email **bcapadmin@bromley.gov.uk**



Form **www.bromley.gov.uk/BCPParentingCourseReferralForm**



Download or read the flipbook providing information

https://bit.ly/BCP_ParentCourses_2024



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 4511



Email

DisabledChildrensteam@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.



Call **020 8050 9056**



Email **contactus@caspabromley.org.uk**



Visit **www.caspabromley.org.uk**



Visit **www.facebook.com/CASPAOnline**

Bromley Mencap

A charity supporting disabled people, their families and carers to enjoy better lives offering free advice, support and information. Including All Age Autism welfare benefit support. Become a member to access support and information.



Incorporating Bromley Scope



Call **020 8466 0790**



Email **enquiries@bromleymencap.org**



Visit **www.bromleymencap.org.uk**

Bromley Well



Provide free and confidential services to help improve and maintain health and wellbeing for those 18+. Bromley Well also support young people aged 4-19 who care for others and adults aged 19+ who care for others, including those caring for people with poor mental health.



Call **020 8278 2898**



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



Visit **www.bromleywell.org.uk**

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

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.

When

Wednesdays from
5pm to 7pm

Where

Mountfield Community Centre, 17 Sandway Road, Orpington
BR5 3TU



Call **07950 746544**



Email **info@lwfc.org.uk**



Visit **www.lwfc.org.uk**

DO YOU KNOW...?

...about the **support** available for families?

Social Communication difficulties, including Autism Family Support Service



Incorporating Bromley Scope

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**

Bromley Mencap



Incorporating Bromley Scope

Information, support and guidance for young people aged 16+. Offer monthly workshops, peer support activities, a life admin course and weekly drop in sessions. Specialist information, advice and guidance on any issue including managing money, grants and benefits housing, employment, health, transition to adulthood, social and leisure activities, life skills and independent living.



Call **020 8466 0790**



Email **enquiries@bromleymencap.org**



Visit **www.bromleymencap.org.uk**

Bromley Y

Free support for children, young people and their families. Bromley Y promotes the emotional wellbeing and mental health of children, young people and their parents/carers by enabling change, fostering resilience and helping them build healthy relationships.



Call **020 3770 8848**



Email **info@bromleyy.org**



Form **www.bromley-y.org/refer-now.html**



Visit **www.bromley-y.org**

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 **www.themaypoleproject.co.uk**

DO YOU KNOW...?

...where to get information locally?



Bromley SEND Local Offer

SEND Matters

A source of information for children and young people with Special Educational Needs and Disabilities (SEND). The Bromley SEND Local Offer helps you to find information and support for children, young people and their families in one place.

Scan the QR code...



Visit

www.bromley.gov.uk/SENDLocalOffer



Email

localoffer@bromley.gov.uk



Bromley SEND Local Offer for Young People

Information and advice for teenagers and young adults who have additional needs, special educational needs or disabilities.

Scan the QR code...



Visit

www.young-sendmatters.co.uk



Email

localoffer@bromley.gov.uk

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**



Form **www.bromley.gov.uk/IASServiceReferralForm**



Visit **www.bromleyiass.org.uk**

Specialist information



Provided by Bromley Council

The Disabled Children's Team can signpost individual families to local specialist services and undertake child and family assessments to inform a personalised support plan and suitability for specialist support breaks.



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 **www.bromley.gov.uk/bromleychildrenproject**

b-Hive

A therapy collective for Bromley providing therapy advice, support and services for children, teenagers and young adults in Bromley.



Visit **www.bromleytherapyhub.org.uk**

Bromley Parent Carer Forum



Bromley Parent Carer Forum

Dedicated to giving a voice to local SEND (Special Educational Needs and Disabilities) families as part of part of the National Network of Parent Carer Forums (NNPCF, www.nnpcf.org.uk).



Email **info@bromleypcf.co.uk**



Visit **www.bromleypcf.co.uk**

Simply Connect Bromley



Supporting local residents to find local community services, activities and support. Maybe you're looking to meet new people - or get some advice or support for a friend or family member? Or you might be wanting to find out about exercise or social clubs, or how to get involved in a local charity? This service is funded by London Borough of Bromley and managed and delivered by Community Links Bromley. It is part of a wider programme to address loneliness and social isolation in the Bromley borough.

 Email admin@communitylinksbromley.org.uk

 Visit <https://bromley.simplyconnect.uk>

Experts by Experience (XbyX)



A disabled-led Charity run by and for Deaf and Disabled People and Carers in Bromley. Working within the social model of disability they are open to all people in Bromley who experience disabling barriers, including physical impairments, sensory impairments, mental health conditions, learning disabilities, long-term health conditions and neurodivergence. It is also available for the family, friends, and carers of disabled people.

 Call **020 8650 2102**

 Email info@xbyxbromley.com

 Visit www.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 www.autism.org.uk

Ambitious about Autism

Practical information and resources, including an online community.



Call 020 8815 5444



Visit www.ambitiousaboutautism.org.uk

Contact

Guidance, information and support for families.



Call 0808 808 3555



Visit www.contact.org.uk



Independent Provider of Special Educational Advice (IPSEA)

Independent legally based advice, support and training.



Visit

www.ipsea.org.uk

Autism Education Trust (AET)

Information and resources including online training resources.



Visit

www.autismeducationtrust.org.uk

Cerebra

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



Visit

www.cerebra.org.uk/get-advice-support/parent-guides

Disability Rights UK

High quality information provision developed by and for disabled people.



Visit

www.disabilityrightsuk.org/guidance-resources

DO YOU KNOW...?

...about other useful information?

National benefits and grants

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



Visit

www.gov.uk/disability-living-allowance-children

Personal Independence Payment (aged 16 and over)



Visit

www.gov.uk/pip

Carer's Allowance



Visit

www.gov.uk/carers-allowance

Universal Credit



Visit

www.gov.uk/universal-credit

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



Visit

www.gov.uk/child-tax-credit

Employment and Support Allowance (ESA)



Visit

www.gov.uk/employment-support-allowance

Travel and Motability

Blue Badge Scheme



Visit

www.bromley.gov.uk/bluebadges

Motability Scheme



Visit

www.motability.co.uk

Freedom Pass

Access free travel on buses, trains and underground in London.



Visit

www.londoncouncils.gov.uk/freedompass

Gatwick airport

Offer a special assistance service and sensory room in the north terminal.



Visit

www.gatwickairport.com/passenger-guides/special-assistance.html

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.



Visit

www.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. Some supermarkets and network rail provide lanyards. Alternatively, you can also purchase on at The Hidden Disabilities Store.



Visit

www.hiddendisabilitiesstore.com

Radar Keys

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



Visit

www.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.



Visit

www.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.



Visit

www.accesscard.online

Discount for carers

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



Visit

www.discountsforcarers.com



Accessibility schemes

ATG Tickets

The ATG run Access memberships providing free carer's ticket or discounted accessible ticket.



Visit

www.atgtickets.com/access

LW Theatres

Members of the LW Theatres Access Scheme can book tickets for a companion, and Personal Assistant tickets online for all our Resident Musical productions as well as for all new Gigs and Concerts.



Visit

www.lwtheatres.co.uk/access

Wembley Stadium

Wembley Stadium has two dedicated sensory and inclusion rooms for use on event days.



Visit

www.wembleystadium.com/plan-your-visit/disabled-services-and-accessibility/disabled-services

National Trust

You can apply for an essential companion card which gives you a free carer's tickets on entry. Download their access guide.



Visit

www.nationaltrust.org.uk/access-for-everyone

Alma Autism at Christ Church Beckenham

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



Visit

www.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. Offering independent information, advice and support.



Visit

www.kinship.org.uk/for-kinship-carers

DO YOU KNOW...?

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

Merlin attractions

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



Visit

www.merlinannualpass.co.uk/important-information/passholder-help/passholder-accessibility/

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 activities

Mytime Active - MyClub Junior activities

Various MyClub Junior activities for children and young people who have SEND. For details please check the website.



Visit

www.mytimeactive.co.uk/myclub-junior

Mytime Active - MyClub Adults activities

Mytime Active also run a programme of daytime MyClub activities across different leisure facilities for young people and adults aged 16+. For details please check the website.



Visit

www.mytimeactive.co.uk/myclubadults

Zambezi sports school - swimming

Accessible swimming lesson with Zambezi sports school. Visit their website for more details or call 020 8191 0554.



Visit

www.zambezisportsschool.co.uk

Shoe fitting

John Lewis Bluewater have an autism friendly guide and can offer quieter times and less busy spaces. Clarks can cater for specific needs in a range of ways. Contact your local store for details.

Theatre

Autism friendly or relaxed performances at theatres, including The Churchill Theatre. Details and visual story available on their website.



Visit

www.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

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

Toys and sensory products

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



Visit

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

Do you know...?

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Produced by:

Children, Education and Families
London Borough of Bromley
Civic Centre, Stockwell Close
Bromley BR1 3UH



South East London

www.bromley.gov.uk/sendlocaloffer

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