



supporting Berkshire families!

## SUPPORT

### NATIONAL

- **Ambitious about Autism** – National charity for children and young people with autism. They provide services, raise awareness and understanding, and campaign for change - <https://www.ambitiousaboutautism.org.uk/> - 020 8815 5444
- **Autism Education Trust (AET)** - The purpose of the Autism Education Trust (AET) is to improve the education of children and young people with autism. With content for children and young people - <http://www.autismeducationtrust.org.uk> – 020 7903 650
- **Autistica** – National charity which funds and campaigns for research to understand the causes of autism, improve diagnosis, and develop evidence-based interventions. <https://www.autistica.org.uk/>
- **Bullying UK** - <http://www.bullying.co.uk/> - 0808 800 222
- **Cerebra** - Cerebra is a unique national charity that strives to improve the lives of children with neurological conditions, through research, information and direct, on-going support. <http://w3.cerebra.org.uk/> - 0800 328 1159
- **Contact A Family** - Provide information, advice and support. We bring families together so they can support each other. We campaign to improve their circumstances, and for their right to be included and equal in society. - <http://www.cafamily.org.uk/> - 0808 808 3555
- **IPSEA** – Independent Parental Special Education Advice - <https://www.ipsea.org.uk/> - 0800 018 4016
- **MIND** – provide advice and support to empower anyone experiencing a mental health problem - <http://www.mind.org.uk/> - 0300 123 3393
- **National Autistic Society** - <http://www.autism.org.uk> – 0808 800 4104
- **Research Autism** - The only UK charity exclusively dedicated to research into interventions in autism - <http://researchautism.net> – 020 3490 3091
- **SIBS** - <https://www.sibs.org.uk/> - For brothers and sisters of disabled children or adults
- **SOS!SEN** – Independent helpline for Special Educational Needs - <http://www.sossen.org.uk> – 020 8538 3731
- **Young Minds** - charity committed to improving the emotional wellbeing and mental health of children and young people <http://www.youngminds.org.uk/> - 0808 802 5544

### LOCAL

- **Alafia at ACRE** - supports black and minority ethnic families with a child aged between 0-25 years with disabilities and additional needs. <https://www.acre-reading.org/alafia-support-team> - 0118 951 0279

# PARENTING SPECIAL CHILDREN

supporting Berkshire families!

- **Autism Berkshire** - leading autism charity in Berkshire and deliver quality specialist services, training and social and leisure activities throughout the county  
<http://www.autismberkshire.org.uk/> - 0118 9594 594
- **Building for the Future** – Play, therapy and support for kids with additional needs and their families <http://www.bftf.org.uk> – 0118 970 6704
- **Camp Mohawk** - a multi-functional day centre for children with special needs and their families - <http://www.campmohawk.org.uk/> - 0118 9404 045
- **DISC – Disability Information Scheme (Reading)** – <http://servicesguide.reading.gov.uk/> - 0118 937 3777 Option 2
- **Disability Information (West Berkshire)** - <http://fis.westberks.gov.uk/kb5/westberkshire/fsd/localoffer.page> - 01635 503100
- **Disability Information (Wokingham)** - <http://www.wokingham.gov.uk/our-local-offer/> - 0118 974 6000
- **HomeStart (Reading)** -offering a unique service: recruiting and training volunteers – who are parents themselves – to visit and support young families with at least one child under five years old. <http://home-start-reading.org.uk/> - 0118 956 0050
- **HomeStart (West Berks)** - <http://www.home-startwestberks.org.uk/> - 01635 760 310
- **HomeStart (Wokingham)** - <http://home-startwd.org.uk/> - 0118 988 8025
- **IASS** - IAS Services have a duty to provide information, advice and support to disabled children and young people, and those with SEN, and their parents - <http://www.iassnetwork.org.uk/> - 0118 937 3421 (Reading), 0300 303 2644 (West Berks), 0118 9088 233 (Wokingham)
- **Parenting Special Children** – [www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk) – 0118 986 3532
- **RAFT** – The club employs DBS checked play workers who organise activities for ASD children and their siblings aged 4-12+ years – Email [michelepage22@hotmail.co.uk](mailto:michelepage22@hotmail.co.uk) – 0118 947 1438
- **Mencap** - We work in partnership with people with a learning disability, and all our services support people to live life as they choose.- <https://www.mencap.org.uk> – 0808 808 1111
- **Talking Therapies** - an NHS service that offers help and support to people in Berkshire suffering with depression or anxiety based problems  
<http://www.talkingtherapies.berkshire.nhs.uk> – 0300 365 2000