

The following information has been downloaded from the Support for Families council webpages at www.edinburgh.gov.uk/supportforfamilies for members of the LOGS.

If you require any additional information contact the Parent and Carer Support Team by emailing SupportingParentsandCarers@edinburgh.gov.uk

Autism



Support for children and young people with autism spectrum disorder

Tailor Ed autism friendly play session

These monthly autism friendly play sessions at Time Twisters soft play take place on the last Wednesday of the month between 4pm and 5.45pm. It costs £2 per child and adults are free. These sessions create a less busy play opportunity for children and families, the sessions are closed to the general public but siblings and friends are welcome to attend. A member of Tailor Ed staff will be present to provide support and run some small group games. For more information email Eva

eva@tailoredfoundation.co.uk

Tailor Ed Early Years' Service

This Early Years' Service is for families with a child with a diagnosis of autism, living in The City of Edinburgh and East Lothian. Referrals can be made for children entering their preschool year by parents and professionals in Autumn each year. For more information or to make a referral contact

contact@tailoredfoundation.co.uk

07980 702 962

Tailor Ed virtual support service

Tailor Ed also offer online group sessions to support children with autism and their families. Online support sessions are available during school holidays, including weekday circle times, games sessions of interactive and visually supported activities. For more information or to refer a family to access these events email

contact@tailoredfoundation.co.uk

or phone Roo

07518 040 115

or Kate

07980 702 962

The A Teens group

This relaxed group allows young people with Autism aged 14 or over to meet and socialise with peers. The group runs on a Wednesday afternoon 4pm to 5.30pm at Canongate Youth Centre. Visits can be arranged beforehand. Please contact Cat McMillan, Youth Development Worker, Tuesday to Friday between 9am and 5pm on

07776292632

Brick Club run by the Speech and Language company

This is a social development programme to support children and young people with autism and social communication difficulties. The group work together to build lego models while developing their social and communication skills. This programme runs every Friday afternoon between 2pm and 4.30pm at

Currie Bowling Club
283 Lanark Road West
EH14 5NR.

Support with transport costs may be available.

Email

Families@s-l-co.uk

or phone Judith Woodward

07507 535857.

Post Diagnostic Autism support service

This is a new service funded by the Scottish Government, run by The National Autistic Society and partners. It provides support for young people aged 12 to 18 in Scotland, who have received a diagnosis in recent years. It helps you people to understand and embrace their identity as an autistic person through exploring topics such as understanding autism, managing anxiety and social skills. Six week support is offered, followed by signposting to other supports. For more information email

ScotlandSocialGroups@nas.org.uk.

Support for parents and carers of children with autism spectrum disorder

Cygnnet Autism programme - Barnardos

This course is open to parents, carers and family members who have an autistic child between five and 18 years and live in the Lothians. The course is delivered online via Zoom and consists of six two-hour sessions once a week covering all aspects of autism, including sensory and communication issues. Date and times vary for each course to suit as many people as possible. Information on the content can be found at

<https://barnardos-parenting.org.uk/cygnnet-programme/>.

To register for a place email

simon.robinson@barnardos.org.uk.

Scottish Autism Right Click online support programme

This is for parents and carers of children and young people on the autism spectrum. The programme is a free online support programme specific to the age of their child. Women and girls specific programme are also available. Programmes run for five weeks on a rolling programme. For more information or to register visit

www.scottishautism.org/services-support/support-families/online-support-right-click.

Barnardo's ND Well service

This service is part of a network of community mental health services which runs as part of a partnership with Tailor Ed and Number 6. It's the first port of call for neurodivergent children and young people or their parents, looking for support with their mental health and wellbeing. The service is for children and young people aged between 5 to 24 years old and/or their parents, who live in the City of Edinburgh and

are neurodivergent. This includes children and young people with a diagnosis of autism, ADHD and intellectual disability. At the Community Drop Ins parents or young people can access a sounding board and listening ear from a skilled and experienced support worker. They can provide access to information, resources and guidance as needed. And they can also refer you to their own services where suitable as well as our partners or signpost you to other services across the city that will best fit your needs. Community Drop Ins run each week on

Mondays 1pm to 3pm at Barnardos- 111 Oxfords Road North
Tuesday 10am to 1pm at Kirkliston Community Centre
Wednesday 9am to 12pm at Silverknowes Golf Club

For book a slot at one of the Community Drop In sessions add 'DROP IN' to the subject line of an email to

NDwell@barnardos.org.uk

For more information visit

<https://tailoredfoundation.co.uk/ndwell/>

Scottish Autism Advice Plus

Scottish Autism Advice Plus provide advice line and live chat information, advice and support for individuals and families about autism. It is available on a Tuesday between 10am and 7pm and a Wednesday to Friday between 10am and 4pm.
Contact

01259 222 022

advice@scottishautism.org.

They also offer live Facebook sessions and online groups. For more information visit

<https://bit.ly/PVFB1812>.

Support with speech and communication



NHS Speech and Language Therapy helpline

This is for parents of children looking for advice or support around their child's talking and communication or who may have concerns about their child's speech, language or communication. To speak to a speech and language therapist, phone the number for your local area:

- West Edinburgh: **07774 622 520** available on Tuesdays between 9am and 10am or on Thursdays between 1pm and 2pm
- East Edinburgh: **07971 743 543** available on Tuesdays between 10.30am and 12pm and Wednesdays between 1pm and 2.30pm

<https://www.lets-talk.scot.nhs.uk/parents-families/information-from-your-local-slt-team/edinburgh/>

Let's Talk for Little Ones online webinars

These online webinars provide information and ideas about supporting children's language and communication for parents provided by NHS speech and language therapists. You will learn about typical language development and some strategies and ideas to try at home. Register to attend at

<https://www.eventbrite.co.uk/e/lets-talk-for-little-ones-registration-130428710785>.

For more information, please contact the admin team on

0131 537 7119.

Let's Talk Early Years website

This website provides information for professionals, parents and families to support children's speech, language and communication in the early years from NHS Lothian Speech and Language Therapy team.

www.lets-talk.scot.nhs.uk www.facebook.com/NHSLothianSLT.

For regular ideas to support your child's communication follow the team on

www.facebook.com/NHSLothianSLT or

https://www.instagram.com/nhslothian_speech_and_language/

Hanen More Than Words

This course is for parents of children with autism or social communication difficulties aged 0 to four years. The eight week parent programme delivered by speech and language therapists, helps parents and carers to understand and adapt communication and play with their child. Parents attend group sessions; currently delivered remotely on Microsoft Teams and home visits may be carried out where video feedback of interactions can be used. The course may be recommended by a speech and language therapist to families, a referral is required. For more information, contact your speech and language therapist.

www.lets-talk.scot.nhs.uk

Hanen Talkability

This course is for parents of children with autism or social communication difficulties aged four to eight years. The eight week parent programme delivered by speech and language therapists, helps parents and carers to support their child's communication. Parents attend group sessions; currently delivered remotely on Microsoft Teams and home visits may be carried out where video feedback of interactions can be used. The course may be recommended by a speech and language therapist to families, a referral is required. For more information, contact your speech and language therapist.

www.lets-talk.scot.nhs.uk

Chill Youth Club run by The Speech and Language Company

This supportive and creative social club is for young people aged 16- 25years who experience speech, language and communication barriers. Sessions will help boost self-confidence and build life skills. Sessions will start on Thursday the 4th of August and run weekly at

Fetlor Youth Club
122 Crewe Road South
EH42NY

Contact Judith Woodward

Families@s-l-co.uk

07507 535 857.

Story Club run by The Speech and Language Company

This Story Club is designed to help children aged five to 11 years who may be struggling with literacy skills to have a great time listening and making stories together. Children can have fun and make friendships to help build social communication and storytelling to help build essential literacy skills. Sessions will run on Fridays 2pm to 3.30pm at

Currie Bowling Club
283 Lanark Road West
Currie
EH14 5NR

Contact Judith Woodward

Families@s-l-co.uk

01382 202644

The following information is not listed on the Support for Families Webpages as the ASL service wish a professional to recommend the sessions to families at suitable times.

Parent and Carer Information Sessions on Autism Spectrum Disorders (ASD)

For parents and carers of children in Edinburgh Local Authority mainstream schools. Parents can book to attend any of the sessions which are run by the ASL service, Speech and Language Therapists, Occupational Therapists and CAMHS. The sessions run in blocks for parents and carers of- Pre School, P1-3, P4-7, P1-7 and Secondary.

Sessions will run online or venues will be confirmed on booking, for more information or to book a place contact the Additional Support for Learning Service Tel: 0131 469 2850, email autisminfo@ea.edin.sch.uk

This course is not yet on the website. It is hoped this course will run once per year going forward.

The Incredible Years Autism course

The Incredible Years Autism course is an evidence based course delivered as a 14 week block, 2 hours per week (out with school holidays times).

The course is aimed at parents of children aged 2-5 who have received an autistic diagnosis or are in the process of being assessed for this. It is particularly suitable for children displaying elevated levels of distressed behaviours.

Over the 14 weeks the course covers 3 main areas:

- Promoting Language Development
- Promoting Social Interactions
- Promoting Emotion Literacy and Self-Regulation Skills

For more information contact Helena Reid Helena.Reid@ea.edin.sch.uk