

Information and Advice for Neurodivergent People and their Families

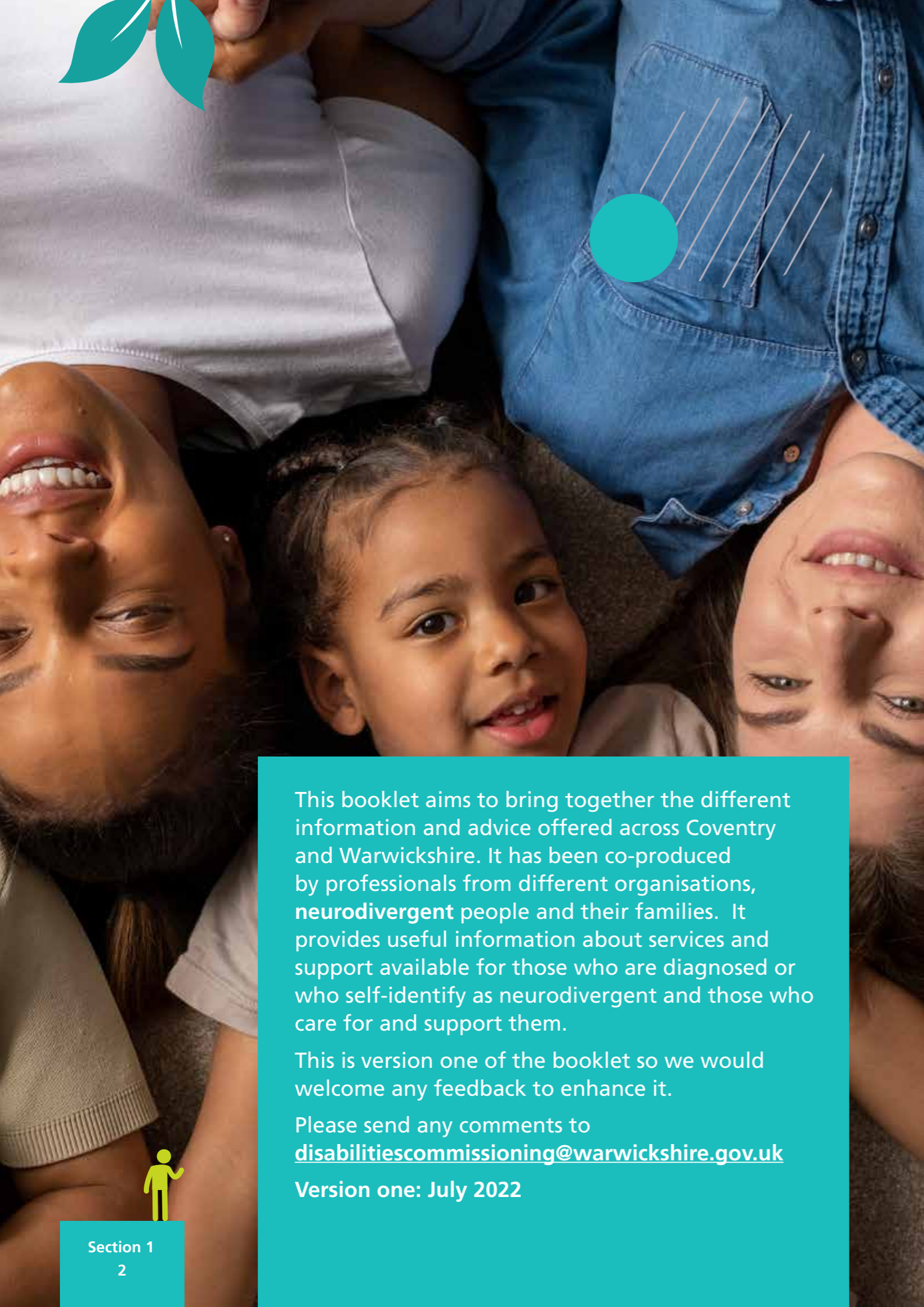
Autism

Attention Deficit
Hyperactivity
Disorder (ADHD)

Developmental
Co-ordination
Disorder
(Dyspraxia)



Version one: July 2022



Section 1

About this booklet

What is Neurodiversity?

Our understanding of **neurodiversity** and the way we refer to it is personal and evolving. We understand that there are different ideas, thoughts, and definitions that exist to identify the differences that can be referred to as neurodivergence. In this booklet, we have outlined some of the current understanding and this will enable you to consider your own views and preferred language.

Click links to find out more



Below are a few different website links and videos explaining some of these views and definitions. Please choose the ones you feel are most relevant for you.

 [Terms & Definitions](#)

 [Explanation by Genius Within](#)

 [Understanding terminology](#)

 [Explanation for Children](#)

 [Explanation for Adults](#)

 [Explained by Clinician](#)

We've also included a **glossary** of terms to help you understand some of the words you will encounter while reading this booklet and later when accessing support.

Use the Glossary Page 106

The information in this booklet is specifically related to **Autism** and **Attention Deficit Hyperactivity Disorder (ADHD)** and **Developmental Co-ordination Disorder (DCD)**. It is recognised however that this does not fully represent the neurodivergent community and people who identify with having a different neurotype than those listed may also find the information useful.

We understand that neurodivergent people may experience challenges and need support. This booklet aims to provide the signposting, advice and support that is commonly requested for children or young people, adults and their families.

This booklet aims to bring together the different information and advice offered across Coventry and Warwickshire. It has been co-produced by professionals from different organisations, **neurodivergent** people and their families. It provides useful information about services and support available for those who are diagnosed or who self-identify as neurodivergent and those who care for and support them.

This is version one of the booklet so we would welcome any feedback to enhance it.

Please send any comments to disabilitiescommissioning@warwickshire.gov.uk

Version one: July 2022



What you said



This booklet addresses some of the issues raised by people who have contacted the neurodevelopmental diagnostic service. This document also addresses the issues reported in a survey by people in Coventry and Warwickshire about support whilst waiting for an Autism or ADHD assessment (2021). The comments from the survey are outlined in the diagram below:



If you require further information and support, please visit www.dimensions.covwarkpt.nhs.uk



How to use this booklet

Section 2: Where to start

With so much information available, it can be difficult to know where to start. This section provides information about support and services that maybe useful to understand the support you need.

We have listed where to find support in Coventry and Warwickshire and national organisation. Some services may have eligibility criteria or require referrals from professionals. **Click on the words to skip to the area that is of interest to you.**

Children and Young People

- Local Authority Services
- Education Services
- Health Services

Adult

- Local Authority Services
- Education Services
- Health Services

All Age

- Community Support
- Peer Support
- National Support

Section 3: Questions and answers Children and young people

We have gathered frequently asked questions and collated useful information and advice to help answer those questions for you in Section 3. **Click on the words to skip to the area that is of interest to you**

Feelings and Self Control

- Worrying and Anxiety
- Behaviour
- Mood and Enjoyment
- Flexibility
- Managing Impulses and Urges

Relating to People

- Relationships with Parents or Carers
- Social Communication
- Sexual and Sexualised Behaviour
- Offending Behaviour
- Friendships
- Family Situation
- Relationship with Siblings

Body and Health

- Eating
- Motor Skills and Co-ordination
- Sensory Responses
- Gender Identity
- Sleep
- Using the Toilet

Thinking and Learning

- Attention and Concentration
- Education
- Connection to Reality



Section 3: Questions and answers

Adult



We have gathered the frequently asked questions asked by adults and have collated useful information and advice to help answer those questions.

Click on the words below to skip to the area that is of interest to you.

Emotional Wellbeing and Mental Health

- Worrying, Stress and Anxiety

Physical Wellbeing

- Sleep
- Eating
- Physical Health and Wellbeing
- Sensory Responses

Security, Work, and Education

- Finance
- Housing and Accommodation
- Work (Paid/Unpaid/Voluntary) and Education

Relationships and Connections

- Roles and Responsibilities
- Relationships
- Connections with Others

Safety

- Addictions
- Suicide, Self-harm, and Risk to Self

Booklet symbols

We have used a number of symbols in this booklet to help you when looking for support or services.

To find out the age range and who can refer to the support and services in Section 2, please look out for these symbols

People ages 0-19* (* age range will be different across the organisations.)

People up to age 25 with Special Educational Needs (SEND)

Open to all

Professional referral

Parent referral

Self-referral

School referral

Privacy notice

Please note: Coventry and Warwickshire Integrated Care System is not responsible for the content or reliability of the websites, apps, videos, podcasts and further reading linked to in this document and do not necessarily endorse the views expressed within them.

Please refer to our individual privacy policies/notices.

[Privacy Policy - NHS CWPT](#)

[Privacy Policy - Coventry & Warwickshire CCG](#)

[Privacy Notice – Coventry City Council](#)

[Privacy Notice – Warwickshire County Council](#)

Urgent help

If you require urgent help or support, you can find useful contact details here. If you need further help for your mental health, you can visit your G.P.

Coventry and Warwickshire 24/7
Mental Health Helpline **0800 616171**

Samaritans **116 123**

NHS Helpline **111**

NHS Mental Health Access Hubs 24/7 **08081 966798**

Option 1 - Adults

Option 2 - Children and Young People -
Rise Crisis & Home Treatment Team

Coventry and Warwickshire mental health and suicide prevention information

[Dear Life](#)

[NHS CWPT Urgent Support](#)





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Section 2: Where to start

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- Peer Support
- National Support

Dimensions of Health and Wellbeing



Dimensions of Health and Wellbeing is a free online tool providing self-care information to support adults, children and young people in Coventry and Warwickshire.

You can rate yourself or another person against a number of dimensions related to health and wellbeing.

The Dimensions tool is available 24/7 and creates a Dimensions report, which provides information about self-care, local services and support.

www.dimensions.covwarkpt.nhs.uk

What is Dimensions of Health and Wellbeing?



Click image to find out more



Local Authority Services Children and Young People



Family Information Service



The Family Information Service provide information and advice for families with children and young people on issues including family relationships, finance, housing, parenting support, **special educational needs and disabilities** (SEND), childcare, and health and wellbeing.

Coventry

[Family Information Service](#)
 024 7697 5451

Warwickshire

[Family Information Service](#)
 01926 742274



Early Help Support Team



Early Help family support workers offer advice and support to families who are seeking help with parenting concerns such as challenging behaviour or sleep issues. The service offers a spectrum of support from parenting workshops to a more targeted and **personalised** approach provided through the Early Help pathway.

Coventry

To find your local Family Hub and their contact details, click on the Family Hub link below:

[Early Help](#)
 [Family Hubs](#)
 earlyhelp@coventry.gov.uk
 08085 834333

Warwickshire

You can speak to a family support worker over the telephone, Monday to Friday: 9am to 4pm. Email addresses for the different districts can be found on the Children and Family Centre link below:

[Early Help parenting support](#)
 [What is early help?](#)
 [Children and Family Centres](#)
 01926 742274

SEND Local Offer



The SEND Local Offer brings together information about local services and support available across education, health and social care for families with children and young people who have special educational needs and/or disabilities, such as childcare, independent schools or colleges, care placements, apprenticeships, transport arrangements between home and education settings (such as nurseries, schools and learning centres), specialist teachers, therapy services, and other specialist support.

The offer should detail support for both those with Education, Health, and Care (EHC) plans and those without.

Coventry

[Coventry City Council's SEND Local Offer](#)
 [About Coventry's Local Offer](#)

Warwickshire

[Warwickshire County Council's SEND Local Offer](#)
 [About Warwickshire's Local Offer](#)

Preparing for Adulthood



Planning or preparing for adulthood is a term used to describe the period of time in your life when you move from being a child to a young adult. It helps to start thinking about this transition early. If you have an education, health and care plan (EHCP), this preparation should be included in your annual review from year 9.

Coventry

[Coventry City Council All-Age Disability Service](#)

Warwickshire

[Warwickshire County Council Disabilities Transition Service](#)



Education Services Children and Young People



SEND Information Advice and Support Service (SENDIASS)



SENDIASS offers **impartial** and confidential Special Educational Needs and Disability information, advice and support for parents/carers, children and young people. SENDIASS does not take sides. They aim to offer a wide range of services to help families make informed decisions which enable them to take an active role in the education of their child/young person.

Coventry

[Coventry SENDIASS](#)
024 7669 4307

Warwickshire

[Warwickshire SENDIASS](#)
024 7636 6054

SENDIASS have answers to the most common questions parents ask about education in their FAQs.

[Coventry FAQs](#)

[Warwickshire FAQs](#)



SEND Support in Education



The majority of **neurodiverse** children and young people will access education through a **mainstream** early years provider, school or college/post-16 provider. The **SEND Code of Practice (2015)** provides guidance on how SEND is identified and supported in Early years (Chapter 5), Schools (Chapter 6), Further Education (Chapter 7).

It also contains information about reasonable adjustments, "Preparing for Adulthood" and Education Health and Care plans (EHCP).

[SEND Code of Practice \(2015\)](#)

Education settings, including early years providers, schools, and colleges, all have a duty to identify and support children and young people who have or may have SEND. Much of this support will initially come from teachers and staff in the school itself, co-ordinated by a SENCO (Special Educational Needs' Co-Ordinator). However, there may be times that settings need additional support to help them identify needs or provision.

Please see the glossary on page 106 for explanation of terms such as "Traded Services"

Both Coventry and Warwickshire Local Authority offer specialist services to settings. Most of these are **"traded" services**, meaning that the settings pay for them to carry out their work. When discussing your child's SEND, it may be useful to find out if any of these services will be involved. Schools and colleges **do not** have to use these services as they can also source their own support from other specialist professionals or organisations.

Every school must also publish a "SEN Information Report" – these must be published on the school's website and be available to parents.

Coventry

SEND Support Service consists of a number of teams which support different areas of need.

- [Overview](#)
- [Complex Communication Team](#)
- [Educational Psychology Service](#)
- [SEND Early Years Team](#)
- [Sensory Team](#)
- [Social, Emotional, Mental Health and Learning Team](#)



Warwickshire

SEND Support Service offer a wide range of specialisms to help support children and young people in education settings.


- [Overview](#)
- [Integrated Disability Services \(IDS\)](#)
- [IDS Hearing Team](#)
- [Specialist Teaching Service schools](#)
- [Educational Psychology Service](#)
- [Vision Support Service](#)
- [Flexible Learning Team](#)




Education, Health and Care Plans (EHC / EHCP)



 **0-25**  An Education, Health and Care Plan is for children and young people who need extra educational support over and above what a mainstream setting is expected to provide.

Young people can undertake an Early Health and Care Needs Assessment (EHCNA) and the Local Authority responds with an EHC Plan, which identifies the educational, health and social needs and additional support for each person. Young people aged 16 to 25 can request an assessment themselves.

 [Department of Education Guidance on EHCPs](#)

 [Independent Provider of Special Education Advice \(IPSEA\) Guidance on EHCPs](#)

Elective Home Education

 **5-16**  All parents have the option to consider Elective Home Education. This is where a parent is responsible for providing education for their child. If you are considering whether this is the best solution for a child, a good place to start is the information provided by the Local Authority's Elective Home Education officer.

Please keep in mind there is **no** financial support available when you home educate.



Coventry

 [Elective Home Education](#)

Warwickshire

 [Elective Home Education](#)

Alternative Provision

 **5-16**  Some schools will be able to look at alternative provisions for some students. This might be either on a short-term or longer-term basis and there are generally more options for secondary-aged pupils. Alternative provisions are normally used where a pupil cannot attend a mainstream school due to exclusion, medical difficulties or another reason.

Coventry



 [KS 1 and 2 Alternate Provision](#)

 [KS 3 and 4 Alternate Provision](#)

Warwickshire

 [Alternate Provision](#)

Specialist School Provision

 **2-19**  Specialist school provision is only accessible to those pupils with an Education Health and Care Plan (EHCP). This includes all maintained special schools and any non-maintained independent schools. Most specialist provision is provided by the Broad Spectrum special primary and secondary. There are also some Enhanced Resource Bases, which are attached to mainstream schools and support young people with speech and language needs, **autism** social and communication needs and hearing impairments.

Coventry

 [Specialist Schools](#)

Warwickshire

 [Specialist Schools](#)





Health Services Children and Young People

Coventry and Warwickshire Rise is a family of NHS-led services providing emotional wellbeing and mental health support for children and young people. It is comprised of several different specialist services, including the Neurodevelopmental Team.

What is Rise

No matter why or how you access Rise, the team wants you to receive the right support at the right time and the Rise Navigation Hub helps you to navigate the numerous services. To find out how the different Rise services can support you, visit www.cwrise.com

You may need to access one of these services at various points throughout your child's journey.

- [Dimensions](#)
- [Mental Health in Schools Teams](#)
- [Primary Mental Health Teams](#)
- Targeted Emotional & Mental Health Support
- [Looked After Children \(LAC\)](#)
- [Youth Justice Service](#)
- [Specialist Mental Health Services](#)
- [Eating Disorders](#)
- [Neurodevelopmental Service \(conditions such as Autism and Attention Deficit Disorder\)](#)
- [Crisis and Home Treatment Team](#)





Neurodevelopmental Services FAQs

Coventry and Warwickshire Neurodevelopmental service for children and adults requiring specialist support.

[Take a look at our frequently asked questions for more information about the assessment process.](#)

Preschool Neurodevelopmental Service



There are two Preschool services, the **Warwickshire Preschool Autism Service (WPAS)**, and the **Coventry Neurodevelopmental Pre-school Service**.

Assessment always includes information from different professionals. The professionals involved will depend on your child's needs but support is always led by one person. Your child's assessment will include:

- A medical screen
- A detailed developmental history
- Information about their behaviour, interactions, skills, and development in all environments including home and nursery
- Observations of their play and interactions (this could be via a virtual platform, or face-to-face)

Further assessment maybe required which could be:

- Autism Diagnostic Observation Schedule - an assessment tool carried out in a clinic setting.

Coventry Neurodevelopmental Preschool Service

Referrals can be made by your child's Health Visitor, Speech and Language Therapist or a professional working with your child. If you are concerned your child might have autism then speak to your child's Health Visitor.

The Coventry service has a three-phase assessment process.

- One – Your child's Health Visitor will carry out an Ages and Stages Questionnaire and, if appropriate, a Wellcomm language screen
- Two- Your child's Speech and Language Therapist will assess your child's communication skills and provide you with advice and strategies on how you can support your child
- Three - Once all information has been collected from the team of professionals and they feel your child meets the criteria for assessment they will be seen by a Paediatrician. The Paediatrician will let you know whether your child has an Autism diagnosis or not.

Warwickshire Preschool Autism Service (WPAS)

Referrals can be made by any professional working with a child when supported by signed consent from the parent. Information will be requested regarding any services your child is currently accessing. Assessments are offered based on your child's and family's needs.

[Further service information can be found on the Warwickshire Preschool Autism Service website, which can be found here](#)

Pre-Assessment

A telephone appointment clinic service is available while waiting for assessment where you can discuss specific developmental, behavioural concerns with a Neurodevelopmental Practitioner who will give advice and suggest strategies on a 1:1 basis.

Coventry

[024 7696 1226](tel:02476961226)

Warwickshire

[0300 303 1255](tel:03003031255)



Post Assessment:

The Neurodevelopmental Team's Jigsaw session videos will help you to understand more about Autism and how it may affect your child's day-to-day experiences. There are four videos for you to watch:

- [Understanding Autism](#)
- [The diagnosis and emotional regulation](#)
- [The diagnosis and communication](#)
- [Understanding your child's sensory needs](#)

School Age Neurodevelopmental Service



The School-Age Neurodevelopmental Team work closely with the Rise colleagues, including Core Specialist Mental Health. They provide assessments for a diagnosis of autism and/or ADHD and DCD as an additional diagnosis. The team includes Speech and Language Therapists, Occupational Therapists and Psychologists, they also have strong links with paediatricians and psychiatrists. Most children and young people may not see all the team, but they may seek advice from other colleagues to help the team to give you the best advice. The team members have a high level of training, expertise and experience in autism and ADHD and we try to help children, young people and their parents to understand and learn how to support their child.

- [Neurodevelopmental Team Support](#)
- [What your assessment will look like](#)
- [Recommended resources](#)

Referrals are accepted from any professional working with a school aged child, supported by signed consent from the parent. See the Rise website for more information how to refer to the Neurodevelopmental Service.

[How to Refer to the Neurodevelopmental Service](#)



Rise Core Specialist Mental Health



Rise's Core Specialist Mental Health Services can help your child if they:

- feel sad or like they don't want to be here any more
- have problems with family, friends or at school
- hurt themselves or want to hurt themselves
- feel anxious and scared
- have problems with eating and food
- have trouble talking or sleeping
- hear voices or see things
- feel angry or are struggling to control their behaviour or temper
- find it hard to concentrate or get on with friends
- have to check or repeat things, or worry about germs
- don't like themselves or have low self-confidence

Referrals are accepted for children and young people from professionals who are involved with or working with the young person and/or family, e.g., GPs, Schools, Social Care, School Nurses, Health Visitors.

If you have any queries regarding referrals, please contact the Navigation Hub anytime Monday to Friday between 8.00am to 6.00pm.

 **Specialist Mental Health**

 0300 200 2021

Rise Crisis & Home Treatment Team



The Rise Crisis & Home Treatment team (Coventry & Warwickshire Partnership NHS Trust) provides multi-disciplinary support to children and young people (under 18s) who present in mental health crisis.

For urgent calls for children and young people who are experiencing a mental health crisis please contact the Rise Crisis Team between 8am-8pm 7 days a week. Outside of these hours the advice-only service is available, providing support 24-hours a day, 7-days a week.

 **Crisis and Home Treatment Team**

 08081 966798 (select Option 2)



Health Visiting



Health Visitors work to improve the health and wellbeing of children and families in the crucial first years of life, up until a child starts school. They deliver the Healthy Child programme for preschool children, offering friendly support and advice, working closely with GPs, midwives, school nurses and the wider local community. The service is universal to all children and families, with a wider service to those with additional needs.

Coventry

 **Health Visiting**

 024 7518 9190

Warwickshire

 **Health Visiting**

 07520 615293 (Text chat only)

School Nursing



School Nursing supports school age children, young people and their families. They deliver the Healthy Child programme 4-19, working to identify and meet the health and wellbeing needs of the schoolage population and encouraging them to take responsibility for their own health and to adopt a healthy lifestyle. Parents can call the School Nurses to discuss any child health concerns they may have.

Young people aged 11-19 can use ChatHealth to send confidential text messages to School Nurses who will provide impartial advice and support.

Coventry

 **School Nursing**

 024 7518 9190

 07507 331 525

Warwickshire

 **School Nursing**

 0300 245 204

 07520 619 376



Local Authority Services

Adults

Social Care



Adults who are finding it difficult to live independently and require support with day-to-day living can have an **assessment** or access support offered by adult social care or local organisations.

Coventry

[Coventry City Council Adult Social Care](#)

Warwickshire

[Warwickshire County Council Adult Social Care](#)

Education Services

Adults

Young people in training and further education up to the age of 25 may still be eligible for SEND support.

- SEND Information Advice and Support Service (SENDIASS)
- SEND Support in Education
- Education, Health and Care Plans (EHC / EHCP)
- Elective Home Education
- Alternative Provision
- Specialist School Provision

Adult Education



Local Councils provide a range of courses for adults in friendly, encouraging and supportive environments.

Coventry City Council

[Adult education](#)
[Courses for Adults with Learning Difficulties.](#)

Warwickshire County Council

[Adult education](#)
[Courses for Adults with Learning Difficulties.](#)

University Student Support Services



Support is available for those currently at University and are struggling. Contact your universities student support services to seek support.

Disabled Students' Allowance (DSA)



DSA is a fund that can provide additional support and **assistive technology** to support undergraduates or postgraduates at university. The university student support service can guide students through the process.

Currently DSA requests evidence of a disability. For neurodevelopmental conditions it will ask for a medical practitioner to provide a post 16 **diagnostic** report. If a person's mental health has been impacted for 12 months or longer it is possible to obtain support on this basis. Please ask your GP to complete this form:

[Disabled Students' Allowance](#)

[Disability Evidence Form](#)

Health Services

Adults

Adult Neurodevelopmental Service



The **Neurodevelopmental Service** is a specialist service consisting of a highly skilled **multidisciplinary team** responsible for the assessment and diagnosis of neurodevelopmental disorders including autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD) and dyspraxia (as a co-occurring disorder).

Eligibility Criteria

You would be eligible for our service if you are registered with a GP in Coventry or Warwickshire, are over 17 years of age, have no known learning disability and are not currently under the care of Acute or Community Mental Health Services. You would not be eligible for an ASD assessment with our service if you have been previously diagnosed with ASD. You would not be eligible for an ADHD assessment with our service if you have previously had a diagnosis of ADHD.

Please speak to your GP about a referral to the Neurodevelopmental Service. Your GP will ask you to complete a brief questionnaire an AQ10 for Autism and an ASRS for ADHD. Both are available on the internet. The GP will also need to include the impact of the suspected ASD or/ADHD which will give us more information about your difficulties.

[Adult Neurodevelopmental Service](#)



Healthy Mind Service (IAPT)



The Healthy Mind Service offers free, evidence-based therapy for a range of mental health problems in Coventry, Solihull and Warwickshire. You can refer yourself online through their website. They also have lots of useful resources on their website. Their telephone and referral centre is open Monday to Friday, 9am to 4.30pm.

📞 024 7667 1090

🌐 [Healthy Mind Service](#)

The Recovery and Wellbeing Academy



The Recovery and Wellbeing Academy has helpful information on self-care and self-management courses for your mental health and wellbeing for people living in Coventry and Warwickshire.

The course categories mirror that of the Dimensions of Health and Wellbeing. If you are unsure which courses or areas may benefit you, please use the Dimensions tool to create your own wellbeing report.

🌐 [The Recovery and Wellbeing Academy](#)

📞 024 7622 9988

✉ Recovery.Academy@covwarkpt.nhs.uk



Community Support

Listed below are some useful local organisations, which offer a variety of support and advice.

Act for Autism



Act for Autism is a **social enterprise** that provides unique insights about autism via specialist workshops and coaching for parents, carers and teachers, autistic children and young adults. They have an Instagram page where you can find out about their webinars and a YouTube channel with lots of useful videos.

🌐 [Act for Autism](#)

📺 [Act for Autism YouTube Channel](#)

📺 [Act for Autism Instagram](#)

📖 [Act for Autism Book - Connecting and Communicating with Your Autistic Child](#)

📺 [Understanding Autism Training](#)

Course and booking information can be found on the flyer under the 'Autism support programme' section of the website below.

🌐 [Autism support programme](#)





Kooth



Kooth (not autism specific) is an anonymous, free online mental health and emotional wellbeing support service for children and young people living in Coventry and Warwickshire. It offers one online session with a qualified counsellor, peer-to-peer support through moderated online forums, and the opportunity to read and contribute articles.

[Kooth](#)

Qwell



Qwell (not autism specific) is an anonymous, free online mental health and emotional wellbeing support service for adults living in Warwickshire offering:

- flexible online messaging at a time that suits you
- community support – moderated peer forums
- booked chat sessions and drop-in chats from midday to 10pm weekdays and 6pm to 10pm on weekends, all year long.

[Qwell](#)

Children and young people - Community Autism Support Service (CASS)



The children and young people Community Autism Support Service is provided by Coventry and Warwickshire Mind (pre assessment or post diagnostic). The service can provide one-to-one or group support for children and their families. The service can help children, young people and families with setting goals related to management of the young person's neurodevelopmental needs and achieving them to improve the lived experience of the child.

[Children and Young People CASS](#)

024 7663 1835

autismsupport@cwmind.org.uk

Adults -

Community Autism Support Service (CASS)



The Adult Community Autism Support Service is provided by Coventry and Warwickshire Mind for autistic adults (diagnosed, awaiting diagnosis or those that think they may be autistic), living in Coventry and Warwickshire.

The service can provide one to one support, peer support groups (self-referral) and an education programme.

[Adult CASS](#)

024 7771 4545

caass@cwmind.org.uk

Warwickshire Wellbeing Hub Services



The Warwickshire Wellbeing service offer information, advice, signposting and support to empower individuals with a Learning Disability or Autism. To speak to your local hub advisor, use the links below:

[Individual Support Solutions - North Warwickshire, Rugby, Nuneaton and Bedworth.](#)

Team Leader 07415 302859

rachel@isswarks.com

[Turning point - South Warwickshire](#)

01926 423029

Georgina.Deanie@turning-point.co.uk

Coventry Parent Carer Forum

Contact* is currently supporting local parent carers to build a new parent carer forum for Coventry.

[Coventry Parent Carer Forum](#)

Warwickshire Parent Carer Voice

Warwickshire parent carer voice (WPCV) is a voluntary group of parent carers with a lived understanding of how challenging accessing the right services and receiving a good level of support can be when raising a child with additional needs and / or disabilities . Their aim is to gather the voices of Warwickshire parent carers and let these be heard to ensure that services meet the needs of our children and our families. Their meetings are mostly virtual to fit in with family life, and new parent carers are always welcome to join us.

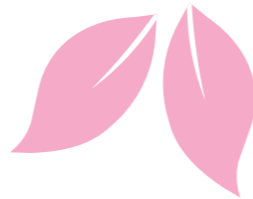
[Warwickshire Parent Carer Voice](#)

[Warwickshire Parent Carer Voice Facebook page](#)

hello@warwickshireparentcarervoic.org



Voluntary and Community Sector Support Helpline



Coventry and Warwickshire confidential 24/7 mental health helpline provides emotional support to residents in Coventry and Warwickshire. It connects you with highly skilled, trained and compassionate staff that can offer you a listening ear and put you in touch with a wider network of support provided by the voluntary sector in collaboration with the Trust. This service also provides webchat functionality if you feel speaking with someone over the phone is too difficult.

This helpline is currently provided by Wellbeing for Warwickshire for Coventry and Warwickshire Residents. ☎️ **0800 616 171**

Coventry

[Helpline](#)

Warwickshire

[Helpline, courses, drop-in hubs and other support](#)

Mind



Mind have a variety of services to ensure everyone with a mental health problem gets the support they need and the respect they deserve. This could mean having access to information, courses for you and your employer, a listening ear, or more specialist support and services to help someone to live and recover from their mental health problem.

[Mind \(Coventry & Warwickshire\)](#)

[Mind \(South Warwickshire & Worcestershire\)](#)

Grapevine Coventry and Warwickshire



Grapevine helps all kinds of people experiencing isolation, poverty and disadvantage in Coventry and Warwickshire. They work with individuals and communities connecting people together in activities which include, employment support, community-led campaigns and youth programmes, including Accelerate, Help and Connect, Teenvine Plus, Coventry Youth Activists and Connecting for Good.

[Grapevine](#)

Entrust Care Partnership



Entrust Care Partnership offer a range of services for children, young people and adults with a disability, including one-to-one support, support around the family home, friendship groups, sports groups and life skills group training. They also support parents and carers by running courses and support groups.

[Entrust Care Partnership](#)

Warwickshire County Council's Creative Health programme



Warwickshire's creative health programme incorporates six commissioned projects involving dance, music, storytelling, art and more to promote social connectivity and improve wellbeing.

[Creative Health programme](#)

Safe Havens



Safe Havens offer a walk-in service - there's no need to be referred by your GP or Care Coordinator. The Safe Haven offers a welcoming, safe, comfortable, non-judgmental and non-clinical environment. At the Safe Haven, we will be able to provide information and emotional support if you are in crisis or feel you are heading towards a crisis situation.

Opening hours are from 6pm - 11pm every evening. Email and telephone support is also available. Full contact information can be found using the links below:



Coventry Safe Haven

Broad Street Centre, Broad Street, Coventry, CV6 5AX.

[Coventry Safe Haven](#)

07921 876 065

coventryhaven.mhm@nhs.net



Warwickshire

Nuneaton Wellbeing Hub, Newtown Chambers, Corporation Street, Nuneaton, CV11 5XR.

[Warwickshire Safe Haven](#)

024 7771 4554

07970 042 270

safehaven@cwmind.org.uk



Peer Support



Peer support groups available locally enable you to connect with people with similar experiences. You don't necessarily need to live in the area to join these.

Coventry

Roots to Branches Autism Network is a support group for families with Autism and hold monthly meetings in Coventry.

Roots to Branches Autism Network

CAFAG (Coventry Action for Autism Group) is a support group and they run meetings for parents and have regular events which are designed to be suitable for children with Autism.

CAFAG

 024 7672 8988

Warwickshire

Autism One on One offer support in a Facebook group and hold monthly meetings on a Wednesday in Kenilworth.

Autism One on One

Rugby Autism Network offer local support and information, including support groups in Rugby and a Facebook page.

Rugby Autism Network

Rugby Autism Network Facebook

 admin@rugbyautismnetwork.co.uk

Little Pegs Autism Support Group offer support to families living with Autism and related conditions. They hold monthly Family Support Groups in Nuneaton.

Little Pegs

Embrace Special Needs provides friendship and support to families and carers of adults or children with special needs. Your child does not need to have a full diagnosis. Meetings are held in Coleshill on the first Friday of the month.

Embrace Special Needs

 07503 002948

 embrace-sn@mail.com

Asperger's United the group meets regularly and are committed to offering advice and support to each other, gained through their own very real and often difficult personal experiences. Formed in 2003 based in Nuneaton.

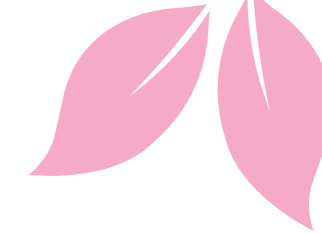
Asperger's United

Asperger's United Facebook



Quirky Kids is a support group run by a group of parents who are passionate to provide fun for kids with disabilities. They are based in North Warwickshire.

Quirky Kids

National Support



Mind provides information and support for those experiencing a range of mental health problems. Their Infoline provides an information and signposting service. You can contact the Infoline by text. Opening hours are Monday – Friday 9am – 6pm (except for Bank Holidays).

 **Mind**
 0300 123 3393
 info@mind.org.uk



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a wide variety of self-help leaflets for mental health and wellbeing. They are available in many formats (including translations, BSL, video, audio).

Self-help leaflets







Family Lives can support families with family breakdown, challenging relationships and behaviour, debt, and emotional and mental wellbeing. The service offers support through a helpline, online chat and an email service. Online chat is available Monday – Friday 1.30pm – 9pm. Helpline is open: Monday – Friday 9am – 9pm and Saturday/Sunday 10am – 3pm.

 **Family Lives**
 **Family Lives Forum**
 0808 800 2222
 askus@familylives.org.uk



The Mix takes on the embarrassing problems, weird questions, and 'please-don't-make-me-say-it-out-loud' thoughts that young people have and provides support through its digital and phone services.

 **The Mix**
 **Contact The Mix**
 0808 808 4994 Phone lines and chat are open 3pm-12am every day.
 **Crisis Messenger text THEMIX to 85258**



If you require further information and support, please visit www.dimensions.covwarkpt.nhs.uk



Young Minds provides support, information and advice for young people on mental health issues, including topics such as social media, racism, university, sexuality and gender and more. Helpline Monday - Friday 9.30am - 4pm.

[Resources for Parents](#)

[Parent Chat](#)

0808 802 5544



Samaritans free, confidential service offering non-judgemental emotional support at any time of the day or night.

[Samaritans](#)

116 123

jo@samaritans.org (response time 24 hours)



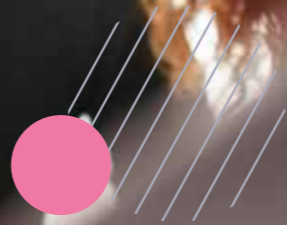
Childline will help children and young people when they are feeling overwhelmed and need to talk. Sometimes it helps to speak to someone outside the family and / or. Childline also provides an alternative of someone to talk to when other family members, teachers or friends might not be available. All calls are strictly confidential.

[Childline](#)

[Ask Sam](#)

[Email Childline](#)

0800 111



Autism Support



These websites have lots of information about Autism which is relevant for people with or without a diagnosis. Autism Support has practical advice for managing various issues in life, at home, school and work.

[The National Autistic Society](#)

[Autistica](#)

[Options Autism](#)

[Ambitious About Autism](#)

[Autism West Midlands](#)

[The Girl with the Curly Hair](#)

[Autism education trust](#)

Attention Deficit Hyperactivity Disorder (ADHD)

These websites are about ADHD, which is relevant for people with or without a diagnosis. ADHD Support has practical advice for managing various issues in life, at home, school and work.

[The ADHD Foundation](#)

[Young Minds](#)

[AADDUK](#)

[ADHD UK](#)

[ADDISS](#)

[Adult ADHD UK](#)

[ADHD](#)

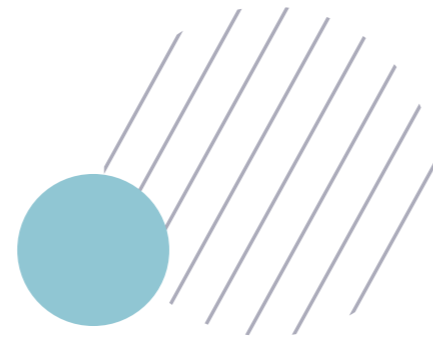
Developmental Co-ordination Disorder (DCD) Support

These websites are about DCD which is relevant for people with or without a diagnosis. They have practical advice for managing various issues in life, at home, school and work.

[The Dyspraxia Foundation](#)

[Dyspraxia Foundation West Midlands](#)





Section 3: Questions and Answers Children and Young People

Parent Carers frequently ask questions about a number of issues. We have collated useful information and advice to help answer these questions

You can access this information and resources, whether you have a diagnosis, you are seeking a diagnosis, identify as neurodivergent, or just exploring.

Feelings and Self Control

Worrying and Anxiety

What can I do to help my anxious child?

What do I do when my child stims to control their anxiety?

My child's mood is affected by anxiety which can lead to physical complaints such as feeling sick.



Anxiety can feel overwhelming and can be triggered by simple things such as an unexpected change in your child's day or routine. Anxiety is made up of thoughts and feelings that can be manifested physically. Examples of this include feeling sick or crying or through observable behaviours such as stimming.

The following resources may help you to understand more about your child's anxiety and give you strategies to support them when they are feeling anxious.



This section includes frequently asked questions about a number of issues. We have collated useful information and advice to help answer these questions. You can access this information and resources, whether you have a diagnosis, you are seeking a diagnosis, identify as neurodivergent, or just exploring.





Rise clinicians talk about anxiety with top tips and videos to help you to help your child to cope with anxiety, plus further resources you can use.

[cwriase.com/coping-with-anxiety](https://www.cwriase.com/coping-with-anxiety)

Stress management

Rise Contact details. Skip to page 17

Autistica explains signs and symptoms of anxiety and what you can do to help.

Signs and symptoms of anxiety

Anxiety UK is a charity formed for those affected by anxiety disorders. It is led by sufferers and ex-sufferers of anxiety disorders. The charity aims to respond to texts or email within one working day. Phone support is available Monday to Friday 9:30am to 5:30pm.

03444 775774

07537 416905

support@anxietyuk.org.uk

www.anxietyuk.org.uk

Childline has advice on anxiety, stress, and panic.

www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic

Childline Contact details, skip to page 32

The Mix has information about anxiety, Obsessive Compulsive Disorder (OCD) and phobias.

www.themix.org.uk/mental-health/anxiety-ocd-and-phobias

The Mix Contact details, skip to page 31

The National Autistic Society has information about anxiety.

www.autism.org.uk/advice-and-guidance/topics/mental-health/anxiety

The NHS has advice for parents about anxiety in children as well as talking to your children and/or teenager about feelings.

www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents

Child Mind Institute has information on autism and stimming. It explains what's behind this self-soothing behaviour and how parents can help children avoid stimming that might be harmful to them.

childmind.org/article/autism-and-stimming

Ambitious about Autism explains repetitive behaviours and stimming and explain how this can be an essential way of regulating emotion.

www.ambitiousaboutautism.org.uk/information-about-autism/behaviour/repetitive-behaviours-and-stimming



Behaviour

My child gets very angry and loses their temper.

How can I support my child to regulate their emotions to avoid meltdowns?



My child has difficulty complying with demands.

Behaviours often communicate a need. Children and young people with neurodevelopmental differences or emotional regulation difficulties may not always be able to understand or explain how they are feeling. They may express their feelings in ways that challenge us as parents and carers. We need to be able to take a step back to work out what they might be struggling with so we can best respond and help them.

RISE Neurodevelopment Team These Emotional Regulation workshop videos and presentations explain what emotional regulation is, what the challenges are and provides advice and strategies.

- ▶ [Emotional regulation Part 1](#)
- ▶ [Emotional regulation Part 2](#)
- ▶ [Emotional regulation Part 3](#)
- ▶ [Emotional regulation Part 4](#)
- ▶ [Emotional regulation presentation](#)

Rise 26 phrases to calm an angry child:

cwrise.com/download.cfm?doc=docm93jjjm4n6267.pdf&ver=8527

Rise [Contact details, skip to page 17](#)

Lives in the Balance is the website of Ross Greene, the author of *The Explosive Child*. It has parent-friendly ways to manage difficult behaviours around change.

livesinthebalance.org

▶ [Explosive kids](#)

▶ [The Explosive Child by Ross Greene](#)

Cerebra has a parent's guide to emotional outbursts.

cerebra.org.uk/wp-content/uploads/2022/04/Emotional-Outbursts-low-res.pdf

The National Autistic Society provides a range of helpful advice and information about managing **meltdowns**.

www.autism.org.uk/advice-and-guidance/topics/behaviour/meltdowns/all-audiences

Ambitious about Autism publishes a guide to meltdowns and **shutdowns** and how to support someone when it happens.

www.ambitiousaboutautism.org.uk/information-about-autism/behaviour/meltdowns-and-shutdowns

Thriving with ADHD parent resources include minimising meltdowns, listening with empathy and fostering self-esteem.

▶ [Parental resources](#)

▶ [Emotional self-regulation](#)

Family Lives has information and a useful video about managing aggression in children and teenagers.

▶ [Challenging behaviour](#)

▶ [Teen violence at home](#)

Family Lives [Contact details, skip to page 31](#)

Act for Autism has produced some videos to demonstrate calming techniques and relaxation strategies for children and young people with autism.

▶ [Strategies for children with autism](#)

Act for Autism [Contact details, skip to page 25](#)

Kids want to know has an animated video for children.

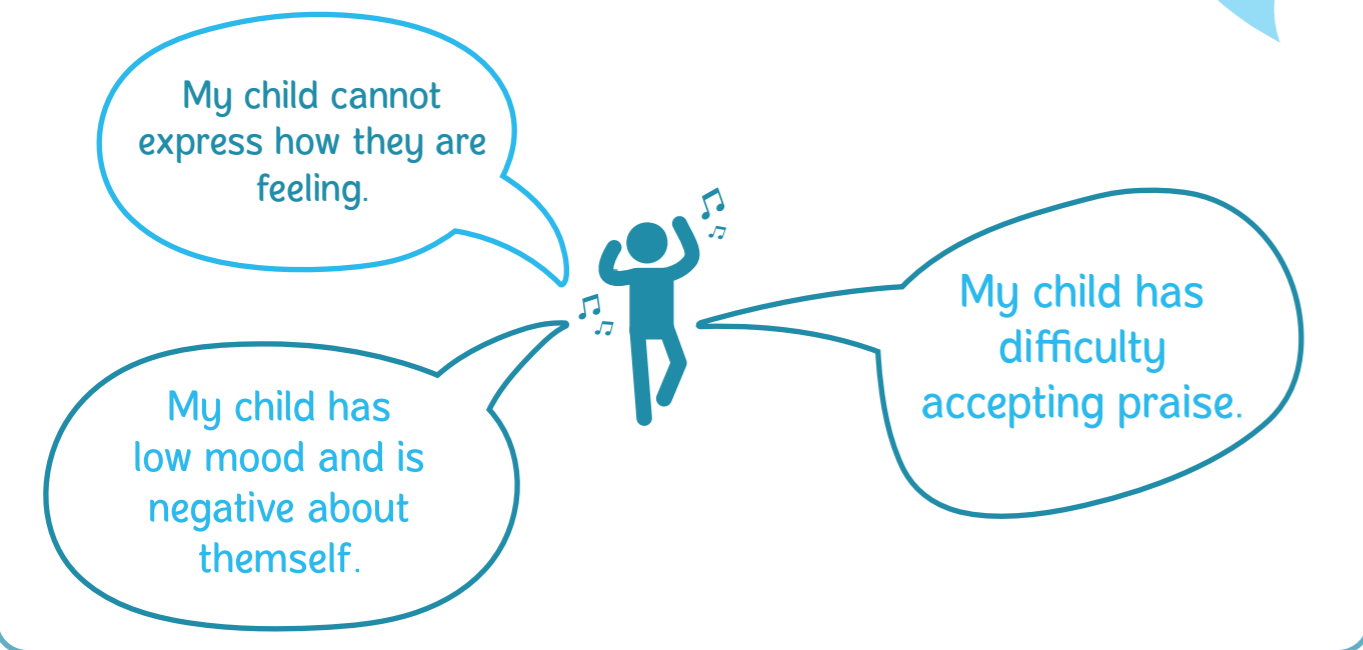
▶ [Why do we Lose Control of our Emotions?](#)

Reading:

▶ [A Volcano in my Tummy is about learning to understand and manage extreme emotions, anxiety and anger through activities, stories, articles, and games.](#)



Mood and Enjoyment



Some children who are neurodivergent may have difficulty in identifying and expressing their feelings. However, all children and young people will go through some big changes in their lives that can affect them in different ways. We may not realise how hard this can be for some children. If a child or young person has additional needs, they may find it difficult to express how they are feeling.

Compass provides resources and activities for children and young people with special educational needs and disabilities (SEND).

www.compass-uk.org/services/c4h/send-resources

Standing in the Gap helps families with children aged 0-11 to recognise and manage big emotions.

www.sitgap.org

CAMHS Resources contains resources for young people, carers and professionals to support mental health and well-being.

www.camhs-resources.co.uk

Raising Children has published an online article on building confidence in autistic children and teenagers:

raisingchildren.net.au/autism/behaviour/understanding-behaviour/building-confidence-asd

Kids Health explains what depression is, how to recognise it and ways to help.

[Coping with Sad Feelings](#)

[Managing Sad Feelings](#)

[Understanding depression](#)

The Mix has information and advice about depression here:

www.themix.org.uk/mental-health/depression-mental-health

The Mix Contact details, skip to page 31

Young Minds has published a guide to depression, which can be found here:

youngminds.org.uk/find-help/conditions/depression

Young Minds Contact details, skip to page 32

Sweet Treats video is a short film for young children:

[When I'm feeling sad](#)

Fixers for teens.

[Lies my anxiety tells me](#)

Reading:

[Don't be sad, Sam: It's OK \(You Choose\) by Lisa Regan](#) is aimed at younger children, this book is an illustrated story of Sam as he finds himself in situations that make him feel sad and there are three ways he can act in every situation.

[Banish Your Self-esteem thief: A cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People by Kate Collins-Donnelly](#), has activities and real life stories to help children and young people to understand self-esteem and build positive self-esteem.



Flexibility

How can I help my child deal with changes to their routine?

My child does not cope with changes easily without planning or advance information



My child refuses to do things because of the stress this will cause. (e.g. will not visit a new café, will not go into another area of the school, will not change clothing).

Coping with change can be hard for some children and young people, which may create heightened anxiety where feelings are expressed physically and emotionally.

RISE clinicians share useful information and advice on how to cope with change and uncertainty, which can be found here:

cwrise.com/coping-with-change-and-uncertainty

Rise Contact details, skip to page 17

The National Autistic Society offers useful advice on dealing with changes to routines.

[Dealing with change](#)

[Going on holiday](#)

CBeebies offers great tips on helping young children deal with change.

www.bbc.co.uk/cbeebies/grownups/helping-children-deal-with-change

Raising Children has guidance on helping children and teenagers with planning and preparing for a change in routine, which can be found here:

raisingchildren.net.au/autism/behaviour/understanding-behaviour/changing-routines-asd

Autism West Midlands has some useful visual resources.

[Travelling through Birmingham Airport](#)

[Visual resources](#)

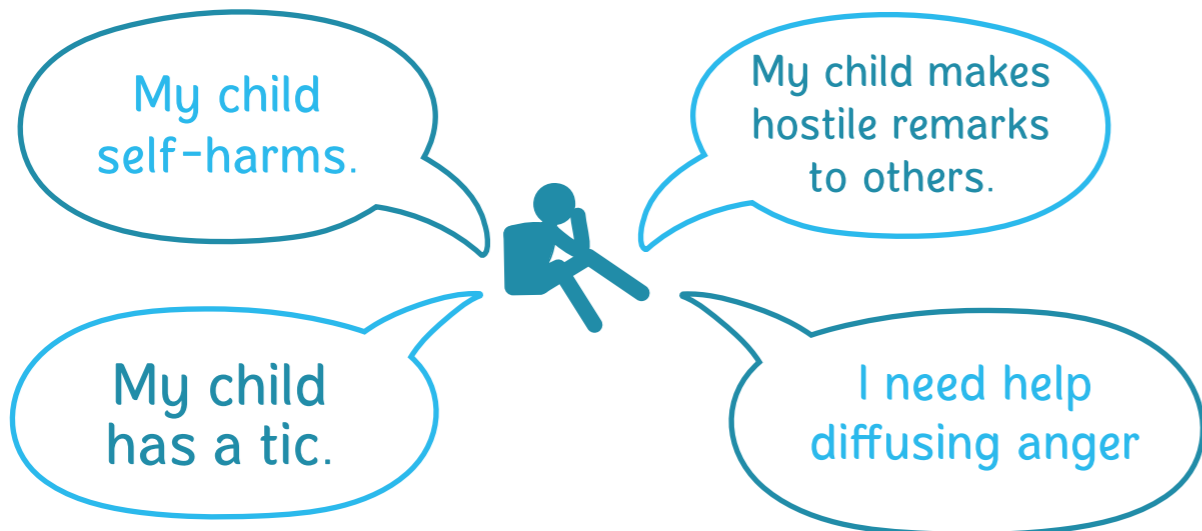
Too much information and Us explains the problems experienced by some autistic people. Useful for parents, carers and to help teenagers to start a discussion about their own problems.

[Unexpected Change.](#)



If you require further information and support, please visit www.dimensions.covwarkpt.nhs.uk

Managing Impulses and Urges



Impulses are often involuntary and can be difficult to control. Impulses and compulsions can become obsessive and at times, your child may act on these impulses in order to feel some relief.

In the case of self-harm, there is often a bigger, underlying reason that prompts the self-harm. This can be very concerning for parents, carers and the child themselves. In these situations we would encourage you to seek additional support. The links below may be able to support you with this:

Amaze have a useful fact sheet for helping young people who has difficulties with stress and anger management:

www.amaze.org.au/wp-content/uploads/2019/08/Amaze-Information-Sheet-Stress-and-anger-management-for-autistic-people.pdf

Kids want to Know animation for children.

[Why Do We Lose Control of Our Emotions?](#)

Don't Panic is an app which can help older children deal with anger, stress and anxiety,

www.covwarkpt.nhs.uk/dont-panic

Childline has information on self-harm, which can be found here:

www.childline.org.uk/info-advice/your-feelings/self-harm

Childline Contact details, skip to page 33

Harmless offers support to people who self-harm, their friends, families and those supporting them.

harmless.org.uk/resource-hub

National Self-Harm Network is a survivor-led organisation offering an online support forum and information about self-harm.

www.nshn.co.uk/downloads.html

The Mix provides information and advice around self-harm for young people.

www.themix.org.uk/mental-health/self-harm

The Mix Contact details, skip to page 31

Stem4 is an organisation that supports positive mental health in teenagers.

stem4.org.uk/self-harm

Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.

calmharm.co.uk

Young Minds has a series of videos to help people understand self-harm better.

[Responding to self-harm](#) [A parent's journey](#)

[Things can change](#)

Young Minds Contact details, skip to page 32

You Tubers Luke Cutforth and Evan Edinger talk about self-harm, health and happiness.

[Coping with self-harm](#)

[It's okay to be NOT okay](#)

Tourette's Action supports children and adults with Tourette's syndrome.

[Support for young people](#)

[Support for co-occurring symptoms](#)

Tourette's Hero celebrates the humour and creativity of Tourette's syndrome.

[Tics](#)

[Letter to a teacher](#)

Videos on Tourette's

[A day with my Tourette's](#)

[Living with Tourette's syndrome](#)

More self-help information for anxiety and anger can be found earlier in this section.



Relating to people

Relationships with Parents or Carers

How can I reduce my child's separation anxiety we are apart?



My child is very controlling, how can I manage this?

Some children may struggle with separation anxiety. While this is quite normal in young children, neurodivergent people may continue to struggle with this as they get older. This can be due to several factors including their desire for routine, predictability and familiarity.

MindEd for Families offers comprehensive information about what attachment is, how to spot the issues, how it may present and tips on how to cope when your child presents with attachment issues.

mindedforfamilies.org.uk/Content/attachment/#/id/5e2f59fc248b101ab8074c31

The NHS outlines why separation anxiety occurs and provides tips for separation anxiety, particularly for young children.

www.nhs.uk/Conditions/pregnancy-and-baby/Pages/separation-anxiety.aspx

Anxiety Canada has information about separation anxiety and how it can affect children of different ages. They also have audio stories.

www.anxietycanada.com/anxiety-disorder/separation-anxiety

www.anxietycanada.com/articles/child-separation-anxiety-disorder

Warwickshire County Council has a range of information and online parenting courses available to help with understanding your child with additional needs.

www.warwickshire.gov.uk/parentguides

Coventry City Council organises and coordinates parenting courses in Coventry for all parents, carers, grandparents, foster carers, connected persons and for those with a Special Guardianship Order.

www.coventry.gov.uk/children-families/positive-parenting

The Royal College of Psychiatrists has produced a leaflet on why parenting is important and tips for good parenting.

www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/goodparenting.aspx

Attachment books are useful to help your child's teachers understand more about attachment and learning.

Teenagers and Attachment. Helping adolescents engage with life and learning Edited by Andrea Perry.

Attachment in the Classroom: The links between children's early experience, emotional well-being and performance in school: A Practical Guide for Schools by Heather Geddes.

Inside I'm Hurting: Practical Strategies for Supporting Children with Attachment Difficulties in Schools by Louise Bomber.



Social Communication

My child avoids social situations.

My child struggles to communicate with others.

Where can I get peer support for me / my child?

My child doesn't understand facial expressions or body language.

My child appears rude when interacting with people.



Neurodivergent children can often struggle with their social interaction and communication. This means they may find it difficult to understand facial expressions, body language and maintain eye contact. They may also struggle with understanding social cues and maintaining or initiating conversation with their peers or adults.

Community Support skip to page 25

Peer Support skip to page 30

Autism Support skip to page 33



Raising Children has practical strategies to help your child develop social skills.

raisingchildren.net.au/articles/autism_spectrum_disorder_social_skills.html/context/1234

Social stories and social autopsies can be very useful to help children to better understand social communication and social interactions.

[Social stories](#)

[Social autopsies](#)

The Friendship Circle has 12 activities to develop social skills such as eye contact, idioms, interpreting facial expressions and staying on topic. These can be found here:

www.friendshipcircle.org/blog/2011/03/28/12-activities-to-help-your-child-with-social-skills

Dr Susan Young has a video for parents.

[Top tips – social relationships](#)

Time to talk Warwickshire offers support and information about the development of speech, language and communication skills.

timetotalkwarwickshire.com

Everyday Speech has lots of videos on how to relate to other people and understand interactions. There are games and quizzes as well as video explanations.

[Everyday Speech Channel](#)

[Think it or Say it](#)

TED Talk

[Autism Playlist](#)

[10 ways to have a better conversation](#)

Brain in Hand is a subscription service which has an app to promote independence and to offer personally designed support to the user. It is more suited to older children and young people.

braininhand.co.uk/who-we-help/schools-colleges



Sexual and Sexualised Behaviour

How can I help my child through puberty?



I need tips to manage sexual and sexualised behaviour.

Neurodivergent children and young people may find it difficult to navigate through puberty and adolescence. This can be due to difficulties understanding appropriate sexual behaviour especially as they explore sexual relationships.

Think U Know has information and advice for parents who are concerned about their child, and presents information about sexual abuse, sex, relationships, and internet use.

www.thinkuknow.co.uk/parents/Concerned-about-your-child

Respect Yourself has information suitable for children, teenagers and parents, with advice and support to deal with issues that arise from sexting incidents.

respectyourself.org.uk/consequences-sexting

The National Autistic Society has useful information for people with autism and their carers.

www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/sex-education

The NHS offers a range of contraception and sexual health services including pregnancy testing and testing for sexually transmitted diseases.

Coventry

☎ 0300 020 0027

www.ishs.org.uk

Warwickshire

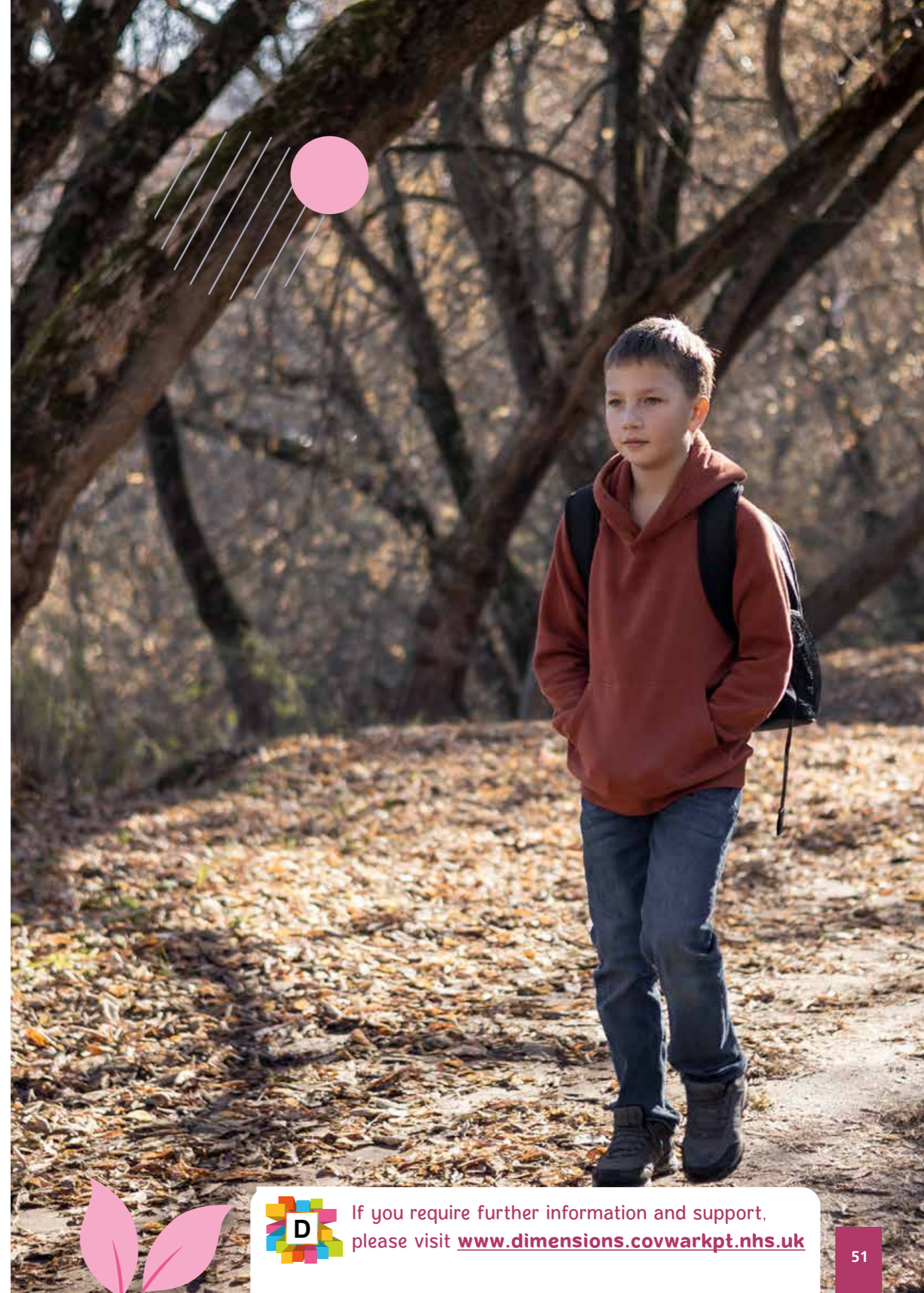
☎ 0300 123 6644

www.sexualhealthwarwickshire.nhs.uk

📖 *10 tips to support children with autism through puberty, adolescence and beyond* by Davida Hartman blog.jkp.com/2014/04/10-tips-to-support-children-with-autism-through-puberty-adolescence-and-beyond

📖 *An exceptional children's guide to touch* by Hunter Manasco is a child-friendly picture book that explains how to tell the difference between acceptable and inappropriate touch.

📖 *Making sense of sex: A forthright guide to sex, puberty and relationships for people with Asperger's Syndrome* by Sarah Attwood. This is a good book with information about relationships and sex that would suit people who need very clear information.



Offending Behaviour

My child has violent and challenging behaviour.



My child gets violent and hurts people and damages property.

Neurodivergent children may experience high levels of frustration and may struggle with impulse control, which sometimes can result in impulsive and violent behaviour. This may include violence towards family members or damaging property, which can be very distressing for them and those around them.

Neurodivergent children can also sometimes be more vulnerable to negative influences including becoming involved in offending behaviour, or for example, substance misuse.

Yvonne Newbold provides advice and courses for parents on special educational needs and disabilities, as well as violent and challenging behaviour:

yvonnenebold.com

The **NSPCC** provides useful information for parents and carers about how to keep your child safe from drugs and alcohol and protecting them from gangs:

[Drugs and alcohol](#)

[Gangs and young people](#)

Autism West Midlands offers an Autism Alert Card recognised by West Midlands, West Merica and Warwickshire Police. It alerts people in authority that the individual is autistic and may has communication difficulties:

autismwestmidlands.org.uk/home/alert-cards

The **Mix** has information and support for older children including how to break free from crime, how to get legal aid and your rights. This can be found here:

[Crime and safety](#)

[How to break free from crime](#)

The Mix Contact details, skip to page 31

The **Youth Justice Service** helps young people who are referred to them by the justice system with their offending behaviours.



Coventry

[024 7683 1414](tel:02476831414)

www.coventry.gov.uk/yos

Warwickshire

[Nuneaton 024 7648 2900](tel:02476482900)

[Leamington 01926 682650](tel:01926682650)

www.warwickshire.gov.uk/youthjustice

Fixers

■ [Behind the scenes of youth offending](#)

■ [Urging young people not to get involved in crime](#)

■ [Music helped me break away from crime](#)

Dr Susan Young has a video for parents.

■ [Top tips - Manage feelings of frustration and anger](#)



Friendships



My child struggles to make and keep friends.

Neurodivergent children may find it difficult to initiate and/or maintain social relationships with their peers. This is an area that many neurodivergent children struggle with because of difficulties with following social cues, maintaining eye contact, staying on 'topic' and seeing things from others' points of view. This can be very challenging for them and may feel isolating.

There are a number of community peer support groups in Coventry and Warwickshire which can be found in Section 2.

Peer Support Contact Details, skip to page 30

Coventry Youth Activists CYA is a group of young activists fighting for disabled people's right to have a good life.

www.facebook.com/covactivists

Positive Youth Foundation supports young people aged 8 to 25 in the Coventry area. It runs programmes for young people including education, employment and training and arts and culture.

positiveyouthfoundation.org

Entrust Care Partnership run a number of clubs for neurodivergent people and their families. These are listed here:

entrustcarepartnership.org.uk/family-participation

The Prince's Trust works across Coventry and Warwickshire, offering courses for young people up to 30 years old, with the aim of empowering them to get into jobs, education and training:

www.princes-trust.org.uk

Groundwork in Coventry and Warwickshire help young people within the community by giving them practical skills in gardening and landscaping in a safe and fun environment. Visit here for more information:

www.groundwork.org.uk/hubs/westmidlands

Kidscape supports children with social communication difficulties who find it hard to make friends, as well as help determining who their friends are and what is a healthy friendship.

www.kidscape.org.uk/advice/advice-for-young-people/friendships-and-frenemies

Raising Children has information and advice about supporting your child to make friends.

raisingchildren.net.au/articles/autism_spectrum_disorder_friends.html/context/1234

Youth clubs are a place young people can meet up with others and get support from youth workers and volunteers.

[Coventry](#)

[Warwickshire](#)



ChildLine has lots of advice about friends and dealing with friendship problems.

www.childline.org.uk/info-advice/friends-relationships-sex/friends/friendships

Childline Contact details, skip to page 32

The Mix offers information and support for loneliness.

www.themix.org.uk/loneliness-support

The Mix Contact details, skip to page 31

Young Minds provide support on friends and friendships.

youngminds.org.uk/find-help/looking-after-yourself/friends-and-family

Young Minds Contact details, skip to page 32



Family Situation

How can the family / home environment impact on my child behaviour?



How do difficult experiences affect my child? (Bereavement, divorce, moving house etc.)

While many children struggle with changes to the family environment and dynamics, children who are neurodivergent may find this even more challenging. This can be due to struggling with flexibility and adapting to changes in environments and relationships.

Warwickshire County Council's family support workers offer a range of workshops that cover common concerns such as eating, sleeping, behaviour and emotions. Parents and carers can book online here:

www.warwickshire.gov.uk/children-families/parenting-support/4

Warwickshire County Council has information on separation and co-parenting for parents separating or getting divorced:

www.warwickshire.gov.uk/family-relationships-1

Childline provides a range of useful information and advice to support with family situations, including divorce and separation. They also have a message board.

[Family relationships](#)

[Feelings and emotions](#)

[Issues at home and with family](#)

Childline Contact details, skip to page 32

The Mix is a support service for young people.

[Family life](#)

[Housing](#)

The Mix Contact details, skip to page 31

Talk to Frank can support young people who are worried about their parent's drug use. There is also general information about drugs and drug use. It has a 24-hour helpline that is open 7 days a week and can be contacted on this number:

[0300 123 6600](tel:03001236600)

www.talktofrank.com/get-help/concerned-about-a-friend

[Local support](#)

Winston's Wish has information and support for families bereaved by and coping with a serious illness.

[08088 020 021](tel:08088020021)

www.winstonswish.org

www.winstonswish.org.uk/serious-illness

Guys Gift provides bereavement support for children, young people and their families across Coventry and Warwickshire.

[0845 467 3035](tel:08454673035)

info@guysgift.co.uk

www.guysgift.co.uk

Young Minds can help young people to find the right type of support for dealing with death and loss.

www.youngminds.org.uk/young-person/my-feelings/grief-and-loss

Young Minds Contact details, skip to page 32

Our Time has information and support for children looking after a parent with a mental illness. There is also a number of activities and videos which may be helpful.

ourtime.org.uk

[When a parent has a mental illness](#)



Relationship with Siblings



What support is there for siblings?

We understand that siblings may find living with someone with additional needs challenging. Below are some links that may help you and your family with this:

Warwickshire Young Carers offers free and confidential support to help improve the lives of young carers across Warwickshire.

www.warwickshireyoungcarers.org.uk

Young Sibs provides support for brothers and sisters of disabled children and adults.

www.sibs.org.uk

The National Autistic Society provides a guide for siblings of autistic people.

www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/family-life/siblings

Young minds has information about what young carers do, how to spot if it's getting too much and what to do about it. The site can be accessed here:

www.youngminds.org.uk/young-person/coping-with-life/young-carers

Young Minds Contact details, skip to page 32

Contact for families with disabled children has an article that highlights issues that may crop up for siblings of a disabled child and give tips to respond to them.

contact.org.uk/help-for-families/information-advice-services/your-child-your-family/supporting-siblings

The centre for siblings provides useful tools and resources to support siblings.

siblingcenter.org/tools-and-resources



Body and Health

Eating



It is common for children and young people with Neurodevelopmental differences to have difficulties at mealtimes. These difficulties include not wanting to eat the same food as others, struggling to try new and different foods, as well as limiting the amount of food they eat. There can be a variety of reasons for this including sensory differences, the need for routine, underlying anxiety, and many other more complex factors.

Rise Neurodevelopmental Team's workshop provides useful advice and strategies on mealtimes:

■ Managing Mealtimes

Rise Contact details, skip to page 17

Local Authorities have a number of services related to healthy eating.

Coventry City Council

Warwickshire County Council

The National Autistic Society has guides to understanding issues with eating and diet in people with autism:

www.autism.org.uk/advice-and-guidance/topics/behaviour/eating/all-audiences

ARFID Awareness has information about ARFID and two Facebook communities to offer support:

www.arfidawarenessuk.org/about

BEAT (Beat Eating Disorders) has information on eating disorders including avoidant/restrictive food intake disorder (ARFID) and Pica, a feeding disorder, in which someone eats non-food substances that has no nutritional value, such as paper, soap, paint, chalk or ice. Information can be accessed here:

[ARFID](#)

[Pica](#)

Ted-Ed has animations about food and eating:

■ [How the food you eat affects your brain](#)

■ [How you know when you are full](#)



Motor Skills and Co-ordination

My child is clumsy and trips over.

My child finds it difficult to tie their shoelaces.

My child has poor balance and co-ordination.



Neurodivergent children and young people often experience difficulties with day-to-day tasks that require motor skills and co-ordination such as dressing, learning to ride a bike, handwriting and sports. Difficulties with motor skills and co-ordination may not require an assessment and/or diagnosis but helping to develop these skills can really help the child or young person's self-esteem, confidence and engagement in activities.

Rise

- **Neurodevelopmental Occupational Therapy Team** provides ideas to support everyday activities with the aim of increasing independence, engagement and motivation. Information can be found at the links below:

■ Practical life skills

■ Neurodevelopmental Occupational Therapy Team explains how to understand Developmental Co-ordination Disorder (DND).

- Development Dyspraxia parent education session.

cwrise.com/download.cfm?doc=docm93jjm4n4741.pdf&ver=6594

[Link to presentation](#)

[Rise Contact details, skip to page 17](#)

The **Dyspraxia Foundation** runs local groups around the UK. Although there isn't a local group for Coventry and Warwickshire, there are groups in the surrounding areas such as the West Midlands and Leicestershire. Please refer to the website below for contact details and further information:

dyspraxiafoundation.org.uk/groups

Children and Young People's Occupation Therapy in Coventry has useful resource packs for schools which has helpful advice on motor skills and Co-ordination difficulties:

www.covkidsot.co.uk/pages/resources.html

Tree Fu Tom is a CBeebies programme that was co-created with an occupational therapist and can help children with Co-ordination difficulties:

www.bbc.co.uk/cbeebies/shows/tree-fu-tom

Swiss Ball Exercises is an app that has exercises to improve balance using a stability ball. Information can be found here:

apps.apple.com/us/app/swiss-ball-exercises-stability-fit-workout-program/id1125960467

OT with apps provides a list of apps that for help with handwriting, a common problem for people with Co-ordination difficulties:

otswithapps.com/ots-with-apps-mtool-kit-6-2-2013/ots-with-apps-handwriting-apps



Sensory Responses

I need advice on managing sensory behaviours, such as chewing, fidgeting etc.

How can I get a sensory assessment?



My child engages in repetitive sensory seeking behaviours (rocking, stimming, head banging)

My child reacts to environmental changes e.g. light/noise.

We all have our own sensory preferences, but we can usually manage these with strategies and choice of environment and activity. However, some sensory preferences can be overwhelming and children and young people with neurodevelopmental differences can often experience sensation more intensely and/or struggle to make sense of it and respond as expected. It is important that people are aware of a child or young person's sensory preferences so that they can use strategies to change the environment or task, allowing them to fully engage in everyday tasks.

The **Neurodevelopmental Occupational Therapy Team** talks about understanding a child's sensory needs and their impact on anxiety in these videos:

- [Supporting sensory difficulties](#)
- [Sensory and anxiety](#)

Sensory Integration Education explains sensory integration here:

www.sensoryintegrationeducation.com/pages/what-is-si

All about Sensory has specific suggestions about school uniform and its impact on sensory issues, which can be found here:

www.allaboutsensory.com/how-school-uniform-affects-sensory-issues

The **Spiral Foundation** has a free downloadable handbook: 'A Guide to Sensory Integration for Parents'.

thespiralfoundation.org/parent-toolkit



If you require further information and support, please visit www.dimensions.covwarkpt.nhs.uk

Sensory Processing Disorder There are a number of useful videos about sensory processing disorder.

- [What is sensory processing disorder?](#)
- [Possible signs of sensory issues in young children](#)
- [A child's view of sensory processing](#)
- [How occupational therapy can help](#)
- [Importance of sensory integration:](#)

The **Kinesthetic Classroom** is a Ted Talk about teaching and learning through movement:

■ www.youtube.com/watch?v=41gtxgDfY4s

The **Sensory Project Show** is a podcast by occupational therapists about sensory processing:

🎧 podcasts.apple.com/us/podcast/the-sensory-project/id1404416537?mt=2

The **Zones of Regulation** was developed with input from an occupational therapist. It is a game that helps to teach self-regulation, using colour-coded 'zones'. You can access the game here:

🔗 www.zonesofregulation.com/the-zones-of-regulation-app.html

Talking Tom is an app that encourages social interaction, acceptance of touch and clothing tolerance through a virtual friend, Tom Cat. It can be found here:

🔗 talkingtomandfriends.com/homepage

📖 [Raising a sensory smart child: The definitive handbook for helping your child with sensory processing issues](#) by Lindsey Biel, for parents of children with sensory difficulties.



Gender Identity



How can I support my child with questions about gender identity?

Neurodivergent children and young people may experience issues related to discomfort with gender. The following information may help you support children and young people with this.

Prism Youth Group is a local LGBTQ+ Youth Group, offering a free weekly social group for LGBTQ+ young people aged between 13 and 18, from Coventry and the surrounding areas:

prismlgbtq.org

Pride provides advice and support for all the family around issues of gender and sexual identity. This can be accessed through the following links:

[Coventry](#)

[Warwickshire](#)



Mermaids supports children and young people up to 20 years old who are gender diverse, and their families, and professionals involved in their care,

www.mermaidsuk.org.uk

Young Stonewall provides advice and support around issues of sexuality and gender.

www.youngstonewall.org.uk

The Gender Identity Research and Education Society (GIRES) has lots of articles that could be useful to parent, carers, teachers and young people. They can be found here:

www.gires.org.uk/resources

The **Gender Identity Development Service** at the Tavistock and Portman NHS Trust has information for young people about their service and the experiences of young people. This can be found here:

gids.nhs.uk

There are number of useful talks and programmes to watch on this topic:

[The gender machine](#)

[Just a girl](#)

[Becoming a trans man.](#)

[How I help transgender teens become who they want to be.](#)

[The Boy in the Dress by David Walliams](#)

[Parrotfish by Ellen Wittlinger \(teenage readers\)](#)

[10,000 Dresses by Marcus Ewert \(child / teen\)](#)



Sleep

My child wakes through the night.

My child struggles to sleep.

Lack of sleep is having an impact on my child's mood and behaviour.



My child won't sleep without a parent in their room.

Neurodivergent children and young people can often have trouble getting to sleep and suffer with disturbed sleep. There are a range of reasons for this, including difficulties relaxing or winding down and irregular melatonin (sleep hormone) levels.

Cerebra is a sleep advice service.

[cerebra.org.uk/get-advice-support/sleep-advice-service](https://www.cerebra.org.uk/get-advice-support/sleep-advice-service)

Childline is a useful advice for children and young people.

www.childline.org.uk/info-advice/your-feelings/feelings-emotions/problems-sleeping

Childline Contact details, skip to page 32

Health for Teens has some very useful information and advice about ways to get better sleep.

www.healthforteens.co.uk/lifestyle/sleeping

The Mix has information and support for older children on sleep.

www.themix.org.uk/search/sleep

The Mix Contact details, skip to page 31

Young Minds provides support, information, and advice for young people under the age of 25 on sleep.

www.youngminds.org.uk/search/?query=sleep

Young Minds Contact details, skip to page 32

The NHS recommends keeping a sleep diary as this can identify any unusual patterns of sleep.

www.nhs.uk/Livewell/insomnia/Documents/sleepdiary.pdf

Ted Talk has lots of useful videos on sleep.

[What would happen if you didn't sleep?](#)

[Why do we sleep?](#)

[Sleep is your superpower](#)

[What causes insomnia?](#)

[Sleep Fairy by Janie Peterson and Macy Peterson is a children's book which teaches your child to go to sleep in their own bed. It includes explanatory notes for parents.](#)



Using the Toilet

My child has difficulties with toileting/continence.



My child smears.

Establishing an independent toileting routine can be difficult for all children, however for children and young people with neurodevelopmental differences it can take longer and there may be other challenges.

South Warwickshire NHS Foundation Trust provides toileting advice for autistic children.

www.swft.nhs.uk/application/files/4414/5995/2572/toileting_advice_for_children_with_asd.pdf

The National Autistic Society has lots of useful information on toileting and smearing for parents and carers.

[Toileting](#)

[Smearing](#)

[Toilet Training](#)

Eric, the children's bowel and bladder charity, gives advice and information about tackling the challenges of bowel and bladder conditions.

www.eric.org.uk

Cerebra can help if your child has difficulties with the toilet as a result of their physical, behavioural, or sensory differences.

cerebra.org.uk/download/toilet-training-a-guide-for-parents

I communicate has visuals and a useful story about using the toilet.

www.icommunicatetherapy.com/wp-content/uploads/2012/09/Toilet-Story1.pdf

Contact has advice on potty/toilet training.

contact.org.uk/wp-content/uploads/2021/03/potty_toilet_training.pdf

Family Fund gives grants to low-income families for washing machines, tumble driers or money towards the cost of bedding and clothing.

www.familyfund.org.uk



Thinking and learning



Attention and Concentration

I need ADHD support.

My child doesn't follow instructions.

My child has difficulties planning and organising themselves.

My child has no awareness of danger e.g. climbing too high, safety near roads.

My child has issues with attention and concentration.

A child or young person with ADHD is likely to struggle with self-organisation, following instructions, time awareness, attention and concentration, as well as impulse control. You may find some of the links below useful. Please note a number of these websites are about ADHD, but they are also helpful to people without a diagnosis as they have practical advice for managing various issues at home school and work. These strategies would help many young people that are struggling in these areas, whether they have a diagnosis of ADHD or not.

The **ADHD Foundation** has a wide range of resources, and personal stories, about neurodiversity and managing different experiences.

www.adhdfoundation.org.uk/resources

ADDitude has information and tips for parents across a range of topics including attention and concentration.

www.additudemag.com/category/parenting-adhd-kids

ADHD and You has a range of practical resources to help both at home and elsewhere around planning and organisation.

www.adhdandyou.co.uk/child-with-adhd

The **OT Toolbox** has activities and courses to help with a wide variety of needs including concentration, planning and organisation.

www.theottoolbox.com

Young Minds provide information for those who want more details about ADHD.

www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health

Young Minds Contact details, skip to page 32

St Louis Children's Hospital has videos that give advice for parents.

[Get attention](#)

[Listen and behave](#)

www.cntw.nhs.uk/resource-library/relaxation-techniques

Hello Psychologist

[Ten ways to improve your child's concentration](#)

The **Royal Society for the Prevention of Accidents (RoSPA)** has produced a document to support children and young people, and their parents, with strategies around road safety. This can be accessed here:

www.rospace.com/media/documents/road-safety/Teaching-road-safety-skills-to-children-with-additional-needs.pdf

[Driven To Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood.](#) Edward Hallowell and Jogn Ratey

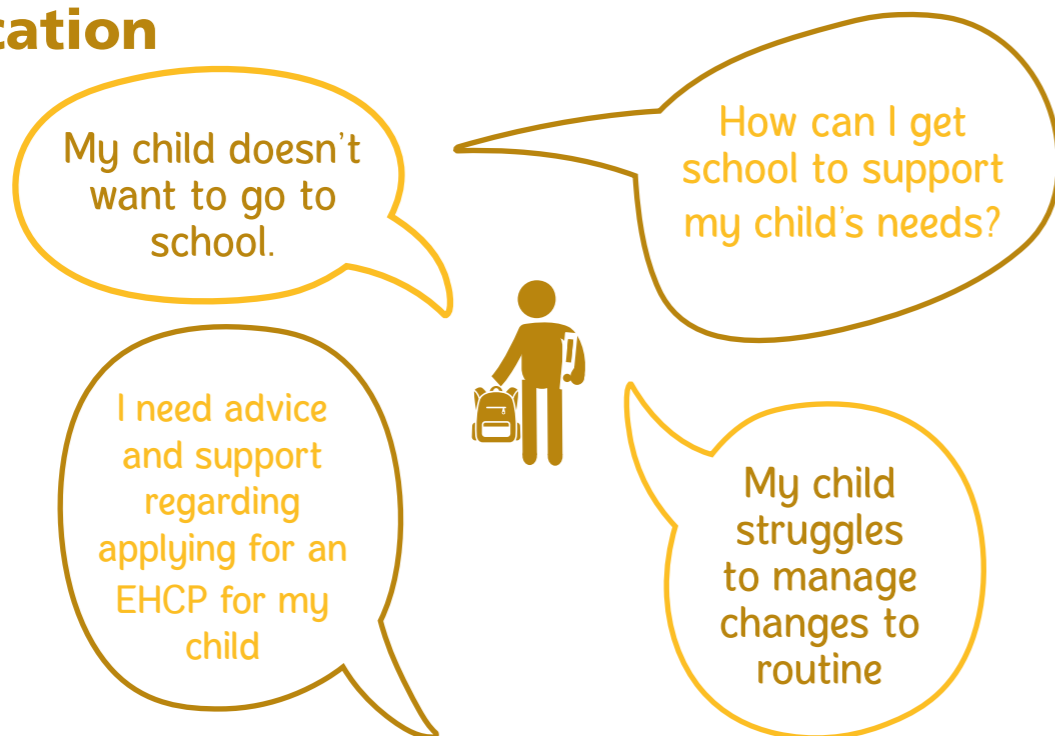
[Joey Pigza Swallowed the Key](#) by Jack Gantos and the other Joey Pigza stories are really entertaining and funny. Joey has ADHD and will help children to understand what it is.



If you require further information and support, please visit www.dimensions.covwarkpt.nhs.uk



Education



Additional support for education can be found in [Section 2 Education skip to page 12](#)

SENDIASS have answers to the most common questions parents ask about education in their FAQs.

[Coventry FAQs](#)

[Warwickshire FAQs](#)

The National Autistic Society offers useful advice on dealing with change:

- [Transitions](#)
- [Difficulties at lunch and break times](#)
- [Less structured times](#)
- [Different behaviour between home and school](#)
- [What can I do if my child won't go to school?](#)

Coventry's Complex Communications Team/SENDIASS has produced some videos and resources which can help when transitioning at school. They can be found here:

www.coventry.gov.uk/back2school

Young Minds has strategies and resources on school anxiety and refusal, which can be accessed here:

www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal

Anna Kennedy Online has a range of education resources and information, which can be accessed here:

www.annakennedyonline.com/resources

The Autism Education Trust has examples and templates for helping a child with transitions at school:

[Early years to primary school](#)

[Secondary school](#)

Ambitious About Autism has a toolkit for young people to help autistic young people prepare for the transition to higher education or employment:

[Toolkit for Young People](#)

Independent Provider of Special Education Advice (IPSEA) has information about the duties education settings to support children and young people including help in exams:

www.ipsea.org.uk/Pages/Category/how-should-your-nursery-school-or-college-help

Contact offers information and advice on topics across education:

contact.org.uk/help-for-families/information-advice-services/education-learning

The Mix has information and support for under 25s on studying, which can be found here:

www.themix.org.uk/work-and-study

The Mix Contact details, skip to page 31

The Campaign Against Living Miserably (CALM) has provided information about exam stress here:

[Exam stress](#)

[Going Up!: The No-worries Guide to Secondary School](#) by Jenny Alexander addresses many common anxieties that children have when moving from primary to secondary school.



Connection to Reality

My child has unusual obsessions/personal beliefs e.g. death.



My child takes on different personas.

My child hears voices.

Children and young people can have unusual experiences that can lead to feeling perplexed, confused and hearing voices. It is important to talk to your child to determine whether the voice your child is hearing is inside or outside their head.

This could also include seeing things, jumbled thoughts, and not feeling as though their thoughts are their own. Children and young people may also have thoughts and/or feelings that people are out to harm them or has difficulty working out what is real. This may be due to the individual ruminating to try to process what has happened in the day and replaying certain situations to make sense of them.

Psychology Today has an article about imaginary friends, which can be found here:

www.psychologytoday.com/blog/growing-friendships/201301/imaginary-friends

The Guardian has an article about children who hear voices or has visions – ‘Childhood Hallucinations are Surprisingly Common – but Why?’

www.theguardian.com/science/2015/jun/07/childhood-hallucinations-common-research-psychotic-schizophrenia-why

The Hearing Voices Network has local support groups across and an online forum. Groups are usually for older children, however, and are listed here:

www.hearing-voices.org/area/west-midlands



Headspace provides information and guidance about voice hearing in young people:

headspace.org.au/young-people/understanding-psychosis-for-young-people

NHS CAMHS North Derbyshire has information on hearing voices in Autism:

www.camhsnorthderbyshire.nhs.uk/anxiety-in-asd-2

Mind suggests a number of self-help techniques that may help children and young people deal with the overwhelming feeling of experiencing a loss of connection with reality. These can be found here:

www.mind.org.uk/information-support/types-of-mental-health-problems/dissociation-and-dissociative-disorders/self-care

Mind Contact details, skip to page 31

The National Autistic Society has support on obsessions and repetitive behaviours.

www.autism.org.uk/advice-and-guidance/topics/behaviour/obsessions

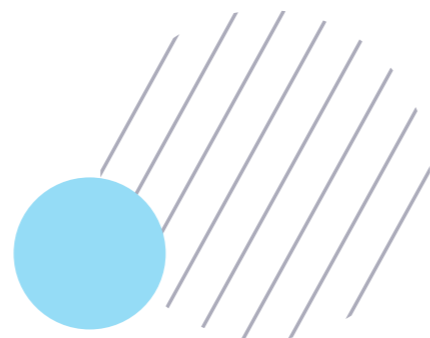
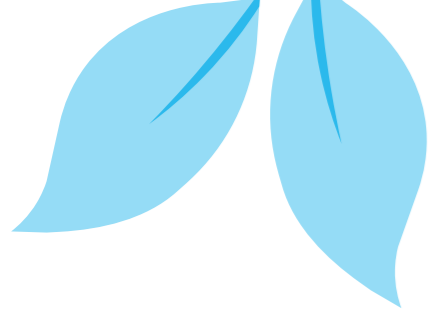
SciFri has an easy-to-watch ‘Real Guide to Imaginary Companions’ where psychologists explain research tells us about imaginary friends. The videos can be accessed here:

[Episode 1](#)

[Episode 2](#)

[Episode 3](#)





Adult Questions and Answers

Emotional Wellbeing and Mental Health

The Recovery and Wellbeing Academy has helpful information on self-care and self-management courses for your mental health and wellbeing for people living in Coventry and Warwickshire. Choose one of the [Emotional Wellbeing and Mental Health Courses](#).

[Recovery and Wellbeing Academy Contact Details](#) skip to page 24

Worrying, Stress and Anxiety



Anxiety can feel overwhelming and difficult to understand. However, we know that it is made up of thoughts and feelings (physical and emotional) that make us behave in ways that can make the anxiety feel worse.



We have gathered frequently asked questions and collated useful information and advice to help answer those questions for you.

It is not necessary for you to have a formal diagnosis, you can identify as being neurodivergent, to access some of the support services listed in this booklet.



If you require further information and support, please visit www.dimensions.covwarkpt.nhs.uk

Anxiety UK is a charity formed for those affected by anxiety disorders. It is led by sufferers and ex-sufferers of anxiety disorders. They aim to respond within one working day. Phone support is available Monday-Friday 9:30am-5:30pm.

☎ 03444 775774 ✉ support@anxietyuk.org.uk

🌐 07537 416905 🌐 www.anxietyuk.org.uk

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Samaritans offer free, confidential and non-judgemental emotional support at any time of the day or night.

🌐 www.samaritans.org/how-we-can-help/contact-samaritan

Samaritans Contact Details. Skip to page 32

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Safe Havens offer drop in, email and telephone support from 6pm - 11pm every evening.

Warwickshire Safe Haven

🌐 [Coventry Safe Haven](#)

🌐 [Warwickshire Safe Haven](#)



Safe Havens Contact Details, skip to page 29

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Mind provides information and support for those experiencing a range of mental health problems. There are also local branches in Coventry and Warwickshire.

🌐 [Peer Support](#)

Mind Contact Details, skip to page 31

Mind (Coventry & Warwickshire) Contact Details, skip to page 28

Mind (South Warwickshire & Worcestershire) Contact Details, skip to page 28

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Coventry & Warwickshire Partnership Trust

🌐 [Managing Anxiety](#)

🌐 [Managing Stress](#)

🌐 [Managing Depression](#)

.....
Warwickshire County Council Safe Places

🌐 www.warwickshire.gov.uk/safeplaces

.....
Wellbeing for Warwickshire has a confidential 24/7 mental health helpline for Coventry and Warwickshire Residents.

Wellbeing for Warwickshire Contact Details, skip to page 28

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Local Authority links to mental health and wellbeing support can be found here:

🌐 [Coventry City Council](#)

🌐 [Warwickshire County Council](#)



Physical Wellbeing

The Recovery and Wellbeing Academy has helpful information on self-care and self-management courses for your mental health and wellbeing for people living in Coventry and Warwickshire. **Choose one of the Physical Wellbeing Courses.**

Recovery and Wellbeing Academy Contact details, skip to page 24

Sleep

I'm struggling to switch off so I can relax and go to sleep.

Why can't I stay asleep?

My irregular sleep patterns are affecting my mood.

How can I get a good night's sleep?

What tips can I use to get to sleep?

People can have difficulty managing and keeping a healthy sleep routine. This may include problems such as falling asleep, staying asleep, frequent or early waking, sleep apnoea, disrupted sleeping routines and sleep paralysis.

We are aware that many generic sleep strategies may not be helpful for neurodivergent people, so we have included a variety of resources. These can be accessed via the following links:

Calm is a sleep, meditation and relaxation app You can access some free resources via their website. You also have the option to pay for a subscription to gain access to more resources.

www.calm.com/blog/mindfulness-resources

The Kaleidoscope Group champions change, promotes positive mental health and wellbeing and provides useful information on getting a good night's sleep. This can be accessed via the following link:

www.kaleidoscopeplus.org.uk/self-help-tool-box

Mind provides useful tips on improving sleep here:

www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/tips-to-improve-your-sleep

NHS has information on sleep and insomnia with helpful tips and advice. There is also a link to Sleepio (app), which offers tailored advice and guidance. This can be accessed here:

www.nhs.uk/Conditions/Insomnia

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust NHS has a leaflet about sleeping problems.'

web.ntw.nhs.uk/selfhelp/leaflets/Sleeping%20Problems.pdf

The Sleep Foundation offers a wealth of information on sleep, including sleep and ADHD. This can be accessed here:

www.sleepfoundation.org

ADHD and Sleep: www.sleepfoundation.org/mental-health/adhd-and-sleep



Eating

I don't like different food textures.

How can I improve my diet?

I worry about eating in front of other people.

I'm worried that I want to make myself sick after eating.

What tips can I use to get to sleep?



People can have difficulty with eating or managing their thoughts and feelings about eating and food. This might involve eating very little and losing weight, having rigid routines around food and eating, binge eating, making themselves sick and/or using laxatives, or have difficulty eating more than a small range of foods and textures of food.

These resources are to help people to find support for problems with eating and attitudes to food. There could be a physical cause for eating problems and weight change so in all cases, please visit your GP for a physical health check and a discussion first.

Local Authority links to services relating to healthy eating

[Coventry City Council](#)

[Warwickshire County Council](#)

NHS Live Well has information and guidance about eating a healthy, balanced diet. Information is available via the link below:

www.nhs.uk/live-well/eat-well

Mind has a guide to food and mood. This can be accessed here:

www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood

BEAT is a UK eating disorder charity that provides information, support and resources for people experiencing disordered eating including ARFID (Avoidant/restrictive food intake disorder). Information can be accessed here:

www.beateatingdisorders.org.uk

www.arfidawarenessuk.org/about

ARFID Awareness has information about ARFID and two Facebook communities to offer support. This can be accessed via the following link:

www.arfidawarenessuk.org/about

Peace Pathway has eating disorders and Autism information for individuals, carers and clinicians via the following link:

www.peacepathway.org

Intuitive eating has a useful article with tips for a non-dieting approach to changing your eating habits

www.intuitiveeating.org/10-principles-of-intuitive-eating



Physical Health and Wellbeing



I want to feel better about myself but don't know what to do.

I feel like I have no energy.

Are there groups for people with the same condition as me?

Why should I exercise?

How will exercising help me?

People can have difficulties with their physical health, wellbeing and fitness and this can affect everyday life and mental health.

Local Authority links to services relating to becoming more active.'

[Coventry City Council](#)

[Warwickshire County Council](#)

Local Authority Directories provide information about locally-available activities.

[Coventry City Council](#)

[Warwickshire County Council](#)

Ask SARA is an award-winning online self-help guide providing expert advice and information including physical health. The guide can be accessed here:

warwickshire.livingmadeeasy.org.uk

Healthwatch is the independent consumer champion for health and social care in England. They can help you to get the support you need. For further details visit:

[Coventry City Council](#)

[Warwickshire County Council](#)

Mind factsheet on physical activity and your mental health. This can be accessed here:

www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health

Mind Contact details, skip to page 31

Sky blues in the community have a number of free health related projects.

www.cfc.co.uk/community/sbitc-health

The Dyspraxia Foundation West Midlands has a Facebook support group for people in the West Midlands.

dyspraxiafoundation.org.uk/groups

Swiss Ball Exercises is an app that has exercises to improve balance through activities using a stability ball. Visit the following link for more information:

apps.apple.com/us/app/swiss-ball-exercises-stability-fit-workout-program/id1125960467

Royal College of Psychiatrists animation explains the impact of having a chronic illness on mood. This can viewed here:

www.rcpsych.ac.uk/mental-health/problems-disorders/physical-illness

Hypermobility

A hypermobile joint can bend beyond the typical range of movement. For a smaller number of people hypermobility is accompanied by other symptoms. The links below offer support and explain the different types of hypermobility syndromes:

[What Is Hypermobile Spectrum Disorder?](#)

[Managing Hypermobile Spectrum Disorder](#)

[Ehlers-Danlos Syndrome Hypermobility](#)

[Understanding Ehlers-Danlos Syndrome and Joint Hypermobility](#)

[Living with hypermobility syndromes](#)



Sensory Responses



People can experience differences in how they notice, understand and/or react to sensations. This may be to sounds, sights, smells, taste, textures, movement, touch and internal sensations, such as hunger, thirst or pain. The following links point to useful resources about sensory issues:

The OT Toolbox has lots of resources to support individuals with sensory difficulties. These can be accessed here:

www.theottoolbox.com/2017/08/adult-sensory-processing-disorder.html

Eating Off Plastic is a blog with a post about Sensory Processing Disorder.

[Sensory Anxiety](#)

[The Sensory Onion](#)

Kelly Mahler explains what **Interoception** is and how people can improve **interoceptive** awareness here:

www.kelly-mahler.com/interoception-for-self-helpers

21 and sensory is an illustrated blog by Emily, a graphic designer who has Sensory Processing Disorder (SPD) and autism. She produces useful graphic explanations of issues which can be viewed here:

21andsensory.wordpress.com

What is Sensory Processing Disorder?

Sensory Meltdowns in Adolescents and Adults

Living Sensationally: Understanding Your Senses. Winnie Dunn This book is written by an occupational therapist in the USA. She is a leading authority on sensory processing.

The Out-Of-Sync Child Grows Up: Coping with Sensory Processing Disorder in the Adolescent and Young Adult Years. Carol Kranowitz Provides information and advice for young adults and teenagers living with Sensory Processing Disorder and their parents.

Too Loud, Too Bright, Too Fast, Too Tight: What to Do If You Are Sensory Defensive in an Overstimulating World. Sharon Heller A comprehensive and practical book on Sensory Processing Disorder in adults.

Uptight & Off Center: How Sensory Processing Disorder Throws Adults off Balance & How to Create Stability. Sharon Heller Written by a psychologist, this book provides information and tips to address the symptoms, causes and treatments for Sensory Processing Disorder.



Security, Work and Education

The **Recovery and Wellbeing Academy** has helpful information on self-care and self-management courses for your mental health and wellbeing for people living in Coventry and Warwickshire. **Choose one of the Security, Work, and Education Courses.**

Recovery and Wellbeing Academy Contact details, skip to page 24

Finance

I can't manage money and struggle to budget..

I'm in debt and don't know what to do.

I feel I have to buy stuff to keep my friends.

I spend without thinking.

What benefits are available and how do I apply for them?



People can experience difficulties in managing finances. This can include changes in financial circumstances, debt or spending habits.

Local Authorities offer support with finance difficulties and debt.

 [Coventry City Council](#)

 [Warwickshire County Council](#)



Keyring Living Support Networks is a registered charity working to support individuals who have a learning disability or a mental health condition. Their Financial Freedom Project is available to people living in North Warwickshire and supports the individual to manage their money/debts. Information can be accessed via the following link:

 www.keyring.org/where-we-work/midlands-and-lincolnshire#ShortTerm

Act on Energy offer a full home energy support service and free, impartial advice from energy bill advice, fuel Switching, referrals for physical measures, grant availability and onwards referrals to other agencies if appropriate. The office is open 9.00am to 5.00pm Monday to Friday, excluding public holidays.

 0800 988 2881

 www.actonenergy.org.uk

The Rowan Organisation is a leading provider of Direct Payments, Personal Budgets and Personal Health Budgets support services in England and Wales. For more information visit the link below:

 therowan.org/Independent%20Living.php

Citizens Advice Bureau provide free online advice on a range of issues affecting an individual's life such as benefits, debt and money. Their Debt Helpline offers free debt advice Monday-Friday, 9am-5pm.

 0800 240 4420

 www.citizensadvice.org.uk

Benefits

There are benefits available to support people with long-term ill-health or a disability. They can help with some of the extra costs this causes if you're unable to work, or need personalised help so that you can work. If you need help with applying for benefits or appealing a decision, contact Citizens Advice Bureau. The following websites provide useful information:

 [Personal Independence Payment \(PIP\)](#)

 [Employment and Support Allowance \(ESA\)](#)



Housing and Accommodation



People can experience difficulties with housing and their environment. Difficulties may include inappropriate housing, maintenance, hoarding, accessibility and accommodation status (rented, no fixed abode and/or homeowner).

Local Authority

Links to housing support from councils in Coventry and Warwickshire:

- [Coventry City Council](#)
- [Rugby Borough Council](#)
- [North Warwickshire Borough Council](#)
- [Stratford District Council](#)
- [Nuneaton and Bedworth Borough Council](#)
- [Warwick District Council](#)

Coventry Cyrenians provides individualised support and enhance the life chances of people in Coventry and Warwickshire who are homeless or at risk of homelessness and empower them to live as independently as possible. Information can be accessed here:

www.coventrycyrenians.co.uk

P3 provides direct support to people in Warwickshire and can resolve any issues causing a risk of homelessness. They can also provide supported accommodation to people who are not currently in suitable accommodation and require a support package to help them manage a tenancy. Information can be accessed here:

[Coventry](#)

[Warwickshire](#)

St Basils works with young people to enable them to find and keep a home, grow their confidence, develop their skills, increase opportunities and prevent homelessness. For more information visit the link below:

stbasils.org.uk/about-us/services

Hoarding there is practical advice and support on hoarding on the following websites:

- [Mind](#)
- [Enabling Spaces CIC](#)
- [Help for Hoarder](#)
- [Hoarding Disorders UK provides help and support including practical hands on help within people's homes. Information is available here](#)

Together for Mental Wellbeing (Warwickshire) believes that people with mental health issues have the right and the abilities to lead independent, fulfilling lives as part of their communities. The following links provide more information:

www.together-uk.org/projects/warwickshire-housing-related-support

Warwickshire County Council provides information on independent living and life skills here:

www.warwickshire.gov.uk/homepage/329/supported-independent-living



Work (Paid / Unpaid / Voluntary) and Education



People may need support to help gain and maintain work (paid, unpaid and/or voluntary) that is meaningful for them.

Jobcentre Plus provides resources to enable job-searchers to find work and administer claims for benefits. These are available via the link below:

www.jobcentreguide.co.uk/jobcentre-plus-guide/4/what-is-the-jobcentre-plus

Access to Work assessment is a publicly funded employment support grant scheme that aims to support disabled people to start or stay in work. Visit the link below for more information:

www.gov.uk/access-to-work

The Occupational Health Team at your current place of work is there to support people who are employed and experiencing difficulties within the workplace. Please contact your HR department for details.

ACAS (Advisory, Conciliation and Arbitration Service) provides information and advice regarding neurodiversity in the workplace, including common adjustments that might be appropriate for a neurodivergent team member. Visit the link below for more information:

webarchive.nationalarchives.gov.uk/20210104114252/https://archive.acas.org.uk/index.aspx?articleid=6677

Ground Work Progress helps young people aged 15-24 across Coventry and Warwickshire get into education, work or training. Information is available here:

www.groundwork.org.uk/about-progress

Accelerate is a free, local employment support service that helps people build confidence, provides training, and develop skills. Accelerate also offers valuable work experience opportunities. For more information visit:

www.accelerate.org.uk

Thrive into Work offers free one-to-one employment support to people with specific health needs. They support people looking for work and those already working to maintain employment.

beta.wmca.org.uk/what-we-do/thrive-into-work

Voluntary Action Coventry (VACoventry) provides information to support people who want to start volunteering. Information on this can be accessed here:

www.vacoventry.org.uk

Warwickshire Community and Voluntary Action (WCAVA) offers support in accessing volunteering opportunities via the following link:

www.wcava.org.uk/volunteering-individuals

Rethink's Advice Service has information on reasonable adjustments at work. This can be found here:

www.rethink.org/advice-and-information/living-with-mental-illness/wellbeing-physical-health/reasonable-adjustments-at-work

The Campaign Against Living Miserably have some useful tips to help you with work issues and exam stress.

www.thecalmzone.net/guides/exam-stress

www.thecalmzone.net/guides/work-issues

The Mix has information and support for under 25s on working and studying.

www.themix.org.uk/work-and-study

The Mix Contact details, skip to page 31

Additional support for education can be found in Section 2 Education. Skip to page 22



Relationships and Connections

The **Recovery and Wellbeing Academy** has helpful information on self-care and self-management courses for your mental health and wellbeing for people living in Coventry and Warwickshire. [Choose one of the Relationships and Connections Courses](#)

[Recovery and Wellbeing Academy Contact details, skip to page 24](#)

Roles and Responsibilities



People can have difficulty managing everyday roles and responsibilities. This could be managing adjustments and changes in roles and responsibilities, overwhelming and/or underwhelming feelings and resentment.

Carers Trust Heart of England offers a wide range of information, advice, support and services to improve the lives of family carers and the people they care for in Coventry and Warwickshire. They can also provide a carers assessment.

www.carerstrusthfe.org.uk

www.carerstrusthfe.org.uk/help_and_advice/assessments

Carers Trust is a major charity for carers. It works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. More information can be found via the following links:

carers.org

Carers UK provides advice, information and support for those who are unpaid carers for family or loved ones. Factsheets relating to caring, finances and housing are available. Please visit the following link for more information:

www.carersuk.org/help-and-advice/get-resources/our-factsheets

[Fill in personal details to receive information relevant to caring and benefits.](#)

Rethink has a carers hub for those supporting someone with a mental illness. This can be accessed here:

www.rethink.org/advice-and-information/carers-hub

Local Authorities offer support for carers. More information is available via the following links:

[Coventry](#)

[Warwickshire](#)

MIND has information to support carers and this can be found via the following links:

[Top tips on how to support someone with a mental health problem](#)

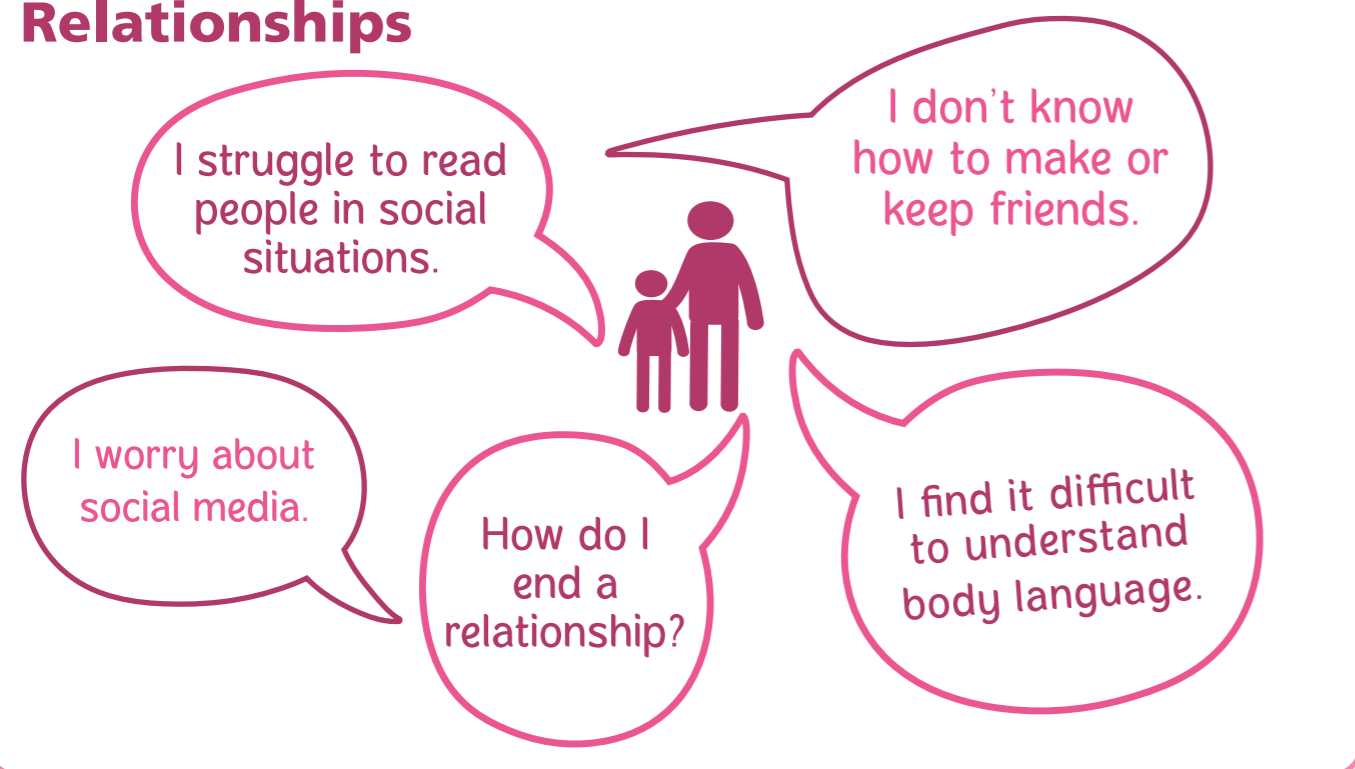
[Supporting someone who feels suicidal](#)

[How to cope as a carer](#)

[Coping as a carer](#)



Relationships



People may have difficulty in relationships with family, carers, friends, colleagues and others.

Relate provides relationship counselling, family counselling, mediation and sex therapy. Please visit the following link for more information:

www.relate.org.uk/find-your-nearest-relate

The Campaign Against Living Miserably have some useful tips to help you with relationships and loneliness.

[Relationship Breakdown](#)

[Loneliness and Social Isolation](#)

Brook explains sexual orientations and offers information and advice here:

www.brook.org.uk/your-life/category/sexuality

ADDitude provides advice, resources and support for people with ADHD. This can be accessed via the following links:

www.additudemag.com

[How to Make Friends — and Keep Them.](#)

The National Autistic Society has information and advice on making friends here:

www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/making-friends/autistic-adults

Wrong Planet is an online community designed for individuals with Autism, ADHD and other neurological differences. For more information visit:

www.wrongplanet.net

Autism Hangout has lots of videos with autism specialist Tony Attwood and these can be viewed here:

www.youtube.com/user/autismhangout

Learning Disability Today

[This charity offers information on improving communication and improving lives](#)

Thames Valley Police

[explains consent in a simple way](#)

[The Unwritten Rules of Social Relationships: Decoding Social Mysteries Through the Unique Perspectives of Autism by Temple Grandin and Sean Barron \(2005\)](#) Written by two people with Autism who are now well known, this book is focused on social relationships.

[Making sense of sex: A forthright guide to sex, puberty and relationships for people with Asperger's Syndrome](#) by Sarah Attwood. This is a good book with information about relationships and sex that would suit people who need very clear information.



Connection with Others



I don't know how or where to go to meet people.

Am I making the right connections?

Are these people good for me?

I feel lonely but meeting new people makes me very anxious.

I am too anxious to make contact with new groups by myself

People may have limited opportunities to connect with others and this can lead to feelings such as loneliness, isolation and no sense of belonging. People may also experience a lack of opportunity to access support, and their connection to others is restricted or prevented.

Local Authority service and support for loneliness and isolation can be found here:

 [Coventry](#)

 [Warwickshire](#)



There are a number of community peer support groups in Coventry and Warwickshire which can be found in Section 2.

Peer Support Contact Details, skip to page 30

The Circles Network offers support to people who are feeling socially isolated. They arrange Circles of Support, where a group of people meet to help a person to accomplish their goals in life. For more information visit:

 www.circlesnetwork.org.uk

KeyRing provides a support service to individuals with low-level mental ill health. It aims to reduce isolation by getting people out and about in their communities, alongside accessing other services and activities. For more information visit:

 www.keyring.org/where-we-work/midlands-and-lincolnshire#ShortTerm

EKTA-Unity is a local organisation who organise activities to promote community cohesion and health and wellbeing. They are expanding and opening centres across Coventry and Warwickshire. For more information visit:

 www.ekta-unity.org/our-sessions

 www.facebook.com/ektaunitycoventry

Sahil Project is a local organisation offering practical and emotional support for South Asian Communities.

 www.sahilproject.co.uk/what-we-do

Autistic Parents UK offers peer support for Autistic parents and this can be accessed here:

 www.autisticparentsuk.org

Aut Angel offers peer support and training by adults who identify as autistic for other autistic adults.

 www.autangel.org.uk

Aupeer offers peer support and training by adults who identify as autistic for other autistic adults.

 www.aupeer.org.uk

Mind offers practical tips to help manage loneliness. These can be found here:

 www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/tips-to-manage-loneliness

Mind Contact details, skip to page 31

Grapevine works with individuals and communities connecting people together across Coventry and Warwickshire. For more information visit the links below:

 [Help and Connect Coventry](#)

 [Connecting for Good Coventry](#)

 [Other Projects](#)

Action for Happiness is a movement of people committed to building a happier and more caring society. Information on the organisation is available here:

 www.actionforhappiness.org



Safety

The Recovery and Wellbeing Academy The Recovery and Wellbeing Academy has helpful information on self-care and self-management courses for your mental health and wellbeing for people living in Coventry and Warwickshire. [Choose one of the Safety courses](#)

[Recovery and Wellbeing Academy Contact details, skip to page 24](#)

Addictions

My drinking is affecting my day-to-day life.

I am putting myself at risk to pay for my habit.

I think I may be dependent on drugs.

I think I may have an addiction.

I can't afford the things I am buying but I find it difficult to stop.?

People can develop addictions to substances, such as alcohol, smoking, drugs and medication. People may also become addicted to doing something, such as gambling, gaming, shopping and sex.

Change Grow Live (CGL) provides Drug and Alcohol Services in Coventry, Leamington, Nuneaton and Rugby. They offer a recovery-focused service with a full range of treatments and interventions.

You can call or email enquiries.

CGL Coventry

☎ 024 7601 0241

✉ coventryreferralsandenquiries@cgl.org.uk

🌐 www.changegrowlive.org/drug-alcohol-service-coventry/info

CGL Warwickshire

☎ 01926 353 513

✉ Warwickshire.Info@cgl.org.uk

🌐 changegrowlive.org/drug-alcohol-service-warwickshire

Local Authority offer a range of services available for drug and alcohol users and their families and friends. These can be found via the following links:

🌐 [Coventry City Council](#)

🌐 [Warwickshire County Council](#)

NHS has information and signposting about addictions. This can be accessed through the following links:

🌐 [Alcohol Support](#)

🌐 [Tips for cutting down drinking](#)

🌐 [Quit Smoking](#)

🌐 [Gambling Addiction.](#)

Coventry Recovery Community is a Facebook support and mutual aid to those in recovery. Visit the link below for more information:

🌐 www.facebook.com/coventryrecoverycommunity

Mind offer information and support on addiction and dependency.

🌐 www.mind.org.uk/information-support/guides-to-support-and-services/addiction-and-dependency/addiction-and-dependency-resources

[Mind Contact details, skip to page 31](#)

Be Gamble Aware is a national treatment service for gambling which offers advice for safer gambling here:

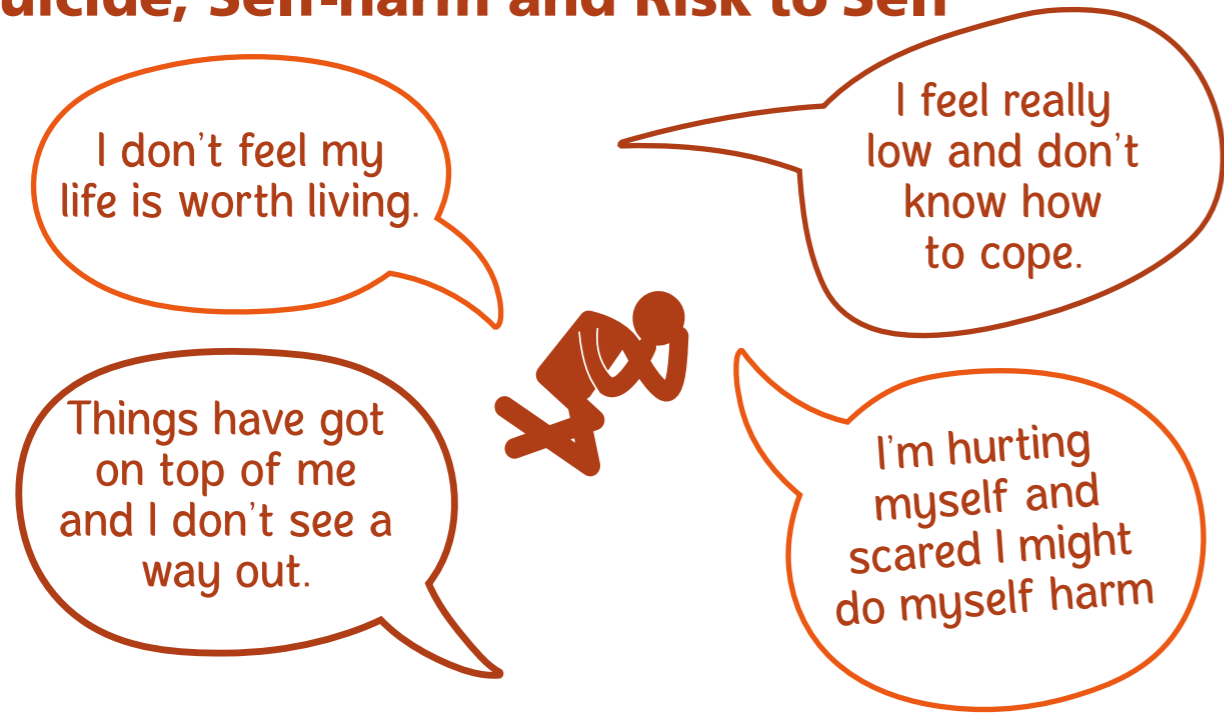
🌐 www.begambleaware.org/advice-for-safer-gambling

Frank offer honest information about drugs and have a 24/7 helpline.

🌐 www.talktofrank.com/contact



Suicide, Self-harm and Risk to Self



People can experience suicidal thoughts, actions, and intentions. People can also deliberately harm and injure themselves in response to difficult feelings, overwhelming situations or experiences. Risks include getting into risky situations or doing risky things that could be harmful.

Dear Life aims to reach people in Coventry and Warwickshire who are desperately seeking support or anyone who is worried about a loved one or someone they know. Visit the link below for more information:

www.dearlife.org.uk/need-help-now

Stay Alive App is a pocket suicide prevention resource packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. You can download this from your App Store. Visit the following link for more information:

prevent-suicide.org.uk/find-help-now/stay-alive-app

The Campaign Against Living Miserably (CALM) has information on self-harm and suicide.

www.thecalmzone.net/guides/self-harm

www.thecalmzone.net/guides/suicidal-thoughts

Rethink has articles on self-harm and how to cope with suicidal thoughts.

www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/suicidal-thoughts-how-to-cope

www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/self-harm

Mind has articles and videos on self-harm and how to cope with suicidal thoughts.

www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/about-self-harm

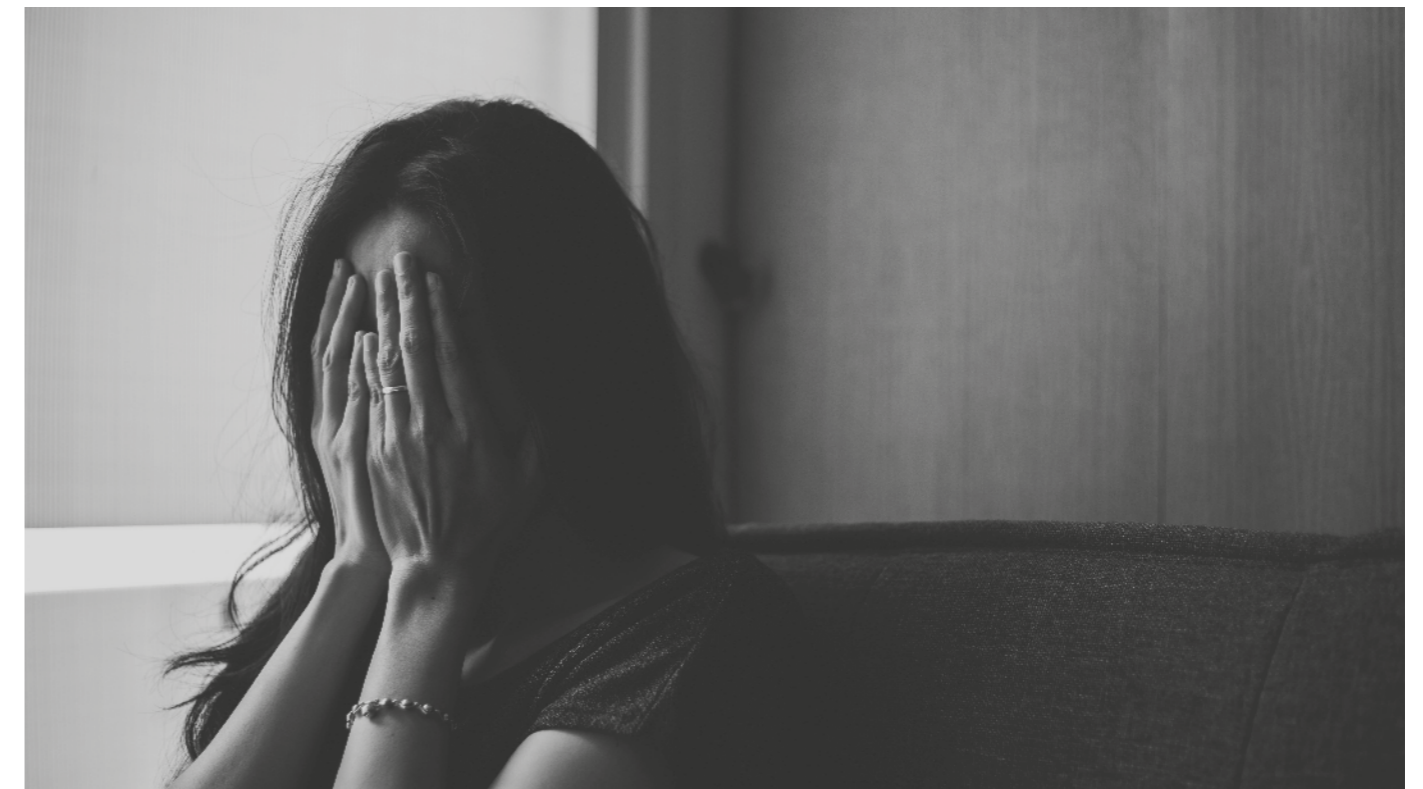
www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings

Mind Contact details, skip to page 31

NHS This website signposts the different services available for people struggling with suicidal thoughts.

www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help

Self-Harm and Me is a short BBC Radio 1 film about self-harm made by Rebecca Coxon, who won a Radio 1 competition at Sheffield Documentary festival.



Glossary

Language used in the booklet	Definitions
ADHD (Attention Deficit Hyperactivity Disorder)	Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating, and may act on impulse. www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd
Assessment	This is where a person meets a Health Professional and they listen and ask the person about their current difficulties. They may also ask about their past history. They will tell the person if they need to talk to other professionals, before offering something that may help them. This could include arranging for the person being assessed to see someone else who is more specialist. cwrise.com/your-autism-assessment
Assistive Technology	Assistive technology is often used to describe products or systems that support and assist people to perform functions that might otherwise be difficult or impossible.
Autism	A lifelong neurodevelopmental condition that affects how a person communicates with and relates to other people, and the world around them. Being autistic means your brain works in a different way to other people's. Although there are common characteristics, each person's experience of autism is different. Autism is not a medical condition with treatments or a "cure", but some people need support to help them with certain things. For more information on autism visit the Autism Strategy page 8 www.warwickshire.gov.uk/allageautismstrategy
Autistic Spectrum Disorder	Autism is also referred to as autism spectrum disorder (ASD). Other terms used for autism include autism spectrum condition (ASC) or Asperger's (this used to be a diagnosis, but is now categorised as autism). Use of the term 'disorder' makes many autistic people feel like there is something wrong with them or that they need fixing. The preferred term to use is Autism.
Developmental Co-ordination Disorder (DCD) or Dyspraxia	A condition which can affect movement, balance and co-ordination skills. It can also cause difficulties with planning and organising, and may make everyday tasks more difficult to do. dyspraxiafoundation.org.uk/about-dyspraxia
Diagnosis	A decision about what a particular illness or condition is, made by a clinician after an assessment.

Language used in the booklet	Definitions
Diagnostic	The process used to identify a particular illness, using a combination of signs and symptoms.
Districts (geographical areas)	Warwickshire is subdivided into 5 districts, for which there is an independent district council responsible for local services. These are North Warwickshire, Nuneaton and Bedworth, Rugby, Warwick and Stratford-upon-Avon.
Eligibility Criteria	A set of requirements that must be met for someone to be considered eligible for something.
Emotional Regulation	Emotion regulation is a term generally used to describe a person's ability to effectively manage and respond to an emotional experience. thrivingwithadhd.com.au/emotional-dysregulation
Exclusion (school)	School exclusion is when a child is removed from school, either on a temporary or permanent basis for disciplinary reasons. www.warwickshire.gov.uk/exclusions www.coventry.gov.uk/attendance-inclusion/inclusion
Impartial	Someone who is impartial is not directly involved in a particular situation, and is therefore able to give a fair opinion or decision about it.
Interoception	Interoception is the feeling of knowing what is going on inside our body, like recognising hunger, body temperature and pain.
Intervention	An intervention is a short-term focused teaching approach that will typically have a specific set of outcomes that have been planned for a child with additional needs.
Mainstream	A mainstream school is any school that principally meets the needs of pupils who do not have special educational needs.
Masking	Hiding or minimising autistic traits to appear less autistic. www.autismunderstanding.scot/information-hub/wellbeing/#masking
Meltdown	A meltdown is an intense response which happens when a person's mind or body becomes overwhelmed by their current situation, and they temporarily lose control of their behaviour. www.autism.org.uk/advice-and-guidance/topics/behaviour/meltdowns



Language used in the booklet	Definitions
Multidisciplinary Team Meeting (MDT)	A meeting where relevant healthcare professionals, who may have different expertise, will review all the evidence obtained from the assessments. A decision will then be made as to whether a person meets the criteria needed for a diagnosis.
Neurodivergent	Having a brain that is built significantly differently from most others. This term is used to describe a range of conditions and differences, including autism, ADHD, developmental Co-Ordination disorder (Dyspraxia) etc.
Neurodiverse	All brains, autistic or not, are neurodiverse, as all brains have subtle differences.
Neurodiversity	This term encompasses all of humanity. All the diverse human neurologies that exist in the world are included and valued equally. "Below are a few different website links and videos explaining some of these views and definitions. Please choose the ones you feel are most relevant for you." - Terms & Definitions www.planetneurodivergent.com/neurodiversity-and-neurodivergent-basic-terminology - Explanation by Genius Within www.geniuswithin.org/what-is-neurodiversity - Understanding terminology neurodiversity2.blogspot.com/p/what.html - Explanation for Children youtu.be/HOoASAnYvKc - Explanation for Adults youtu.be/xsfml3yVh1g - Explained by Clinician youtu.be/FHFwAwT1RQw
Neurotype	"Neurotypes are groupings of similar brain structures. OR A type of brain, in terms of how a person interprets and responds to social cues, etc."
Paediatrician	Paediatricians are doctors who specialise in medical conditions affecting children and young people.
Peer support	Peer support is when people use their own experiences to help each other.
Personalised	Means that something has been created to meet the individual needs of a specific person.
Pica	"Pica is defined as an abnormal craving for non-food substances such as dirt, grass, paint, or clay."
Provider	A person or thing that is giving a service



Language used in the booklet	Definitions
Psychiatrist	Psychiatrists are medical doctors who are experts in mental health. They specialise in diagnosing and treating people with mental illness.
Reasonable Adjustment	Changes that can be made that allow people with disabilities or health conditions to access the same opportunities and services as everyone else, where possible.
Self-harm	Self-harm is when somebody intentionally damages or injures their body.
Self-referral	Self-referral means people are able to refer themselves to a health service without having to see their GP first.
Sensory Response	A sensory response is how we react to the signals our senses send to our brain. Neurodivergent people often over or under react to these signals.
Shutdown	Shutdowns are a response to a person feeling overwhelmed. Their brain goes into a protective mode, where it 'shuts off' for an undetermined amount of time. Individuals experiencing shutdown may not feel able to move and can appear completely still, may struggle to communicate, and may withdraw to somewhere away from the cause of their shutdown. www.autismparentingmagazine.com/manage-autism-shutdown
Social Enterprise	Social enterprises are businesses that put the interests of people and the planet ahead of profit.
Special education needs and disabilities	The difficulties and disabilities that can affect a someone's ability to learn.
Spectrum	A spectrum in the context of autism refers to the broad range of different characteristics and experiences relating to being autistic. Every autistic person's experience is different; they're likely to show some, but not all of the characteristics associated with autism, and may show them to very different degrees.
Stimming	An action that gives sought after sensory feedback, and often helps a person to regulate how they are feeling, or is used as a way of managing a situation which may be stressful. Examples include; listening to the same songs repetitively, hand flapping, tapping, rocking, or repeating words or noises.
Traded services	Education settings pay for traded services to carry out work for them.
Webchat Functionality	A webchat allows people to communicate with other people online, often on their websites and in real time.



If you require further information and support, please visit www.dimensions.covwarkpt.nhs.uk

