

INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Autism Spectrum Disorder

Support services in Nottinghamshire

Neurodevelopmental Behaviour Support Service - The Family Service

The Neurodevelopmental Behaviour Support Service is based within the Family Service and provides early support to families where there are concerns that a child has neurodevelopmental behaviour support needs which may be indicative of ASD or ADHD. This includes:

- Triage Assessment to identify if referral to Tier/Level 3 Services is required, and a range of evidence-based interventions for families of children and young people displaying behaviours that cause concern or challenge, both pre and post diagnosis.
- Support will be available where there is no formal diagnosis of ASD or ADHD, but where behaviours may be indicative or characteristic of these conditions, and also for families of children and young people diagnosed with ASD and/or ADHD.

The Neurodevelopmental Behaviour Support Service does not accept self-referrals direct from families. Referrals must be made by a professional involved with your child and/or family. For example, the Healthy Family Team or school setting.

Website: <https://www.nottshelpyourself.org.uk>

E-mail: referralsnbs.familyservice@nottscc.gov.uk

Telephone: 0300 500 80 80

Early Help Unit

Nottinghamshire central support service to all families. This service can provide information and advice to all families within the county with or without a diagnosis. If an early help referral for support is needed, this must be completed online by a professional - this can be your child's teacher.

Telephone: 0115 8041248

Email: early.help@nottscc.gov.uk

Sherwood Forest Hospitals' Community Paediatric website

Information and advice around the assessment process and signposting to post diagnosis support.

Website: <https://www.sfh-tr.nhs.uk/services/childrens-and-young-peoples-services/>

Nottinghamshire Help Yourself website

This website aims to bring together all the information from health, voluntary sector and the county council in one place.

Website: www.nottshelpyourself.org.uk

Child and Adolescent Mental Health Team

The Nottinghamshire CAMHS team provides assessment and support for young people from 0-18 years with emotional and mental health difficulties.

Website: www.nottinghamshirehealthcare.nhs.uk/camhs

Parent or Young person self-referral (age 12-18 years): 0115 854 2299 (calls are taken Monday to Friday, 8-4pm).

Crisis Team - open 24 hours: 0115 844 0560

If you have immediate concerns about your child's mental health, for example they are threatening suicide or they are self-harming, please contact your GP or NHS 111, or take your child to your nearest Emergency Department.

Be U Notts

FREE Early Mental Health and Emotional Wellbeing Support Service.

Website: www.beusupport.co.uk

Email: beu.notts@ablhealth.co.uk

Telephone: 0115 708 0008

Cerebra – Sleep Advice Service

If you have one child that doesn't sleep, the whole family suffers. The range of sleep services will help your child – and everyone in your family – get a good night's sleep.

Website: <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>

Freephone: 0800 328 1159

Telephone: +44 (0) 1267 244200

Email: enquiries@cerebra.org.uk

The National Autistic Society - for Autism and Asperger's syndrome

This website provides a large amount of information for families, including strategies to manage behaviours, with a helpline for parents.

Website: www.autism.org.uk

Telephone: 08088 004104 (Monday to Thursday, 10am-4pm, Friday, 9am-3pm)

Minicom: 0845 0704003

Autism East Midlands - Nottingham autism support group

Website: www.autismeastmidlands.org.uk

Phone: 01909 506 678

School: 0115 960 9263

Email: enquiries@aem.org.uk

NHS website

This provides information about autism assessment, diagnosis and support. It also has easy read information and videos for people with additional needs about autism, appointments and benefits.

Website: <https://www.nhs.uk/conditions/autism/>

Autism Toolbox

Resources designed for Scottish schools, but also helpful for parents and local schools. Including resources for sensory needs.

Website: <http://www.autismtoolbox.co.uk/>

Do2Learn

The website contains useful resources including examples of visual timetables, exercises to learn social skills, now and next strips, keeping safe and behaviour.

Website: <https://do2learn.com/>

Sensory difficulties

There is no current commissioned sensory occupational therapy service within the county. Please see the resources below to support sensory needs.

Online resources can be accessed through the Lincolnshire website:

<https://www.lincolnshirechildrenstherapyservices.nhs.uk/neurodevelopmental-difficulties/sensory-processing-difficulties>

Please note that unfortunately workshops are only available for families living in Lincolnshire.

Falkirk Council

Making sense of sensory behaviours or/and Autistic Spectrum Disorder leaflets contain helpful information to support needs.

Website: <http://www.falkirk.gov.uk/services/social-care/disabilities/young-people-with-disability.aspx>

Local parent support groups

Sutton - Mansfield and District Autistic Spectrum Support Group

Meetings are on the first Monday of the month, 7pm to 9pm, at Harwood Court, Harwood Close. Members of this group can access a library of books on autistic spectrum disorders, monthly swimming sessions on Sundays at Sutton pools, trips, school holiday activities etc.

Telephone: 01623 454662 (Joyce Betts - Committee Member)

Email: mansfieldautismsupport@hotmail.com

Spectrum WASP – We Are Special People (Rainworth)

Parent support group and activities for children and young people.

Website: <https://spectrumwasp.org/>

Email: info@spectrumwasp.org

Telephone: 07746 185 394

Newark and Sherwood Autism Support Group

Parent led support group who meet monthly.

Email: newarkautismgroup@hotmail.co.uk

Website: <https://www.newarkautism.co.uk/>

Facebook and messenger: <https://www.facebook.com/Newark-Sherwood-Autism-Support-group-106800079398471>

Autism East Midlands

Family support hubs.

Website: <http://www.autismeastmidlands.org.uk/>

The Ashwood Centre, Kirkby in Ashfield

Meets every fourth Monday of the month, 4pm to 8pm.

Website: <http://www.autismeastmidlands.org.uk/family-child-services/family-support-hubs/kirkby-in-ashfield-autism-hub/>

Southwell Parent's Support Group

Telephone: 07961038470

Facebook: Southwell ASD Parent Support Group

Email: southwellasdparents@outlook.com

A Place to Call Your Own (APTCOO)

This charity offers support and services to families and siblings of children with additional needs.

Telephone: 01623 629902

Website: www.aptcoo.co.uk

Email: enquiries@aptcoo.org

Information Services

King's Mill Hospital Library and Knowledge Service

The King's Mill Library has a large collection of books and resources to support parents.

Online link to catalogue of books and resources.

Website: <https://koha.healthlibrariesmidlands.nhs.uk/> - click on 'All libraries' on the right hand side and select King's Mill Hospital.

Telephone: 01623 622515, extension 4009

Location: Walk into the hospital from the main entrance past Costa Coffee, walk until you reach a T junction and can go no further, turn right, then take the first set of stairs on your left past the doors to the outside. Go up to the 1st floor, turn left and the library is then on your left.

Ask Us Nottinghamshire – Information Service

This service now combines ASK US Nottinghamshire and ASK Iris. They provide information, advice and support for children and young people with disability or special educational needs and their families.

Website: www.askusnotts.org.uk

Telephone: 0800 121 7772

Education

Ask Us Nottinghamshire – advocacy support for parents

This team can help families understand the process of transition within education.

Website: www.askusnotts.org.uk

Telephone: 0800 121 7772

IPSEA (Independent Parental Special Education)

Telephone: 01799 582030 (Mondays, Tuesdays and Thursdays from 9am-4pm)

Email: office@ipsea.org.uk

Website: <https://www.ipsea.org.uk/>

Schools and Families Specialist Services

Support for children and young people with complex special educational needs and/or disabilities, their families and staff in the early years settings and schools they attend. Please discuss referral with your school.

Puberty, relationships and sexual health

The SEXions team provide support and advice to young people over the age of 13 years.

Telephone: 01623 622515, extension 4094

Phone or text Monday to Friday:

- Ashfield and Mansfield - Claire Smith and Phil Eardley: 07990 585642
- Newark and Sherwood - Sarah Constable and Emma Calhabeu: 07580 749522

Email: sfh-tr.sexions@nhs.net

NSPCC Underwear Rule

Provides parents of children guidance on how they can keep them safe from abuse.

Website: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Benefits and funding

Children's DLA

Website: <https://contact.org.uk/help-for-families/information-advice-services/benefits-financial-help>

Telephone: 0800 121 4600 (8am-7.30pm)

Personal Independence payment (PIP) (young people over 16 years)

Website: <https://contact.org.uk/help-for-families/information-advice-services/benefits-financial-help>

Telephone: 0800 1214433

Family Fund

Means tested yearly financial grant.

Website: www.familyfund.org.uk

Telephone: 01904 550055

Flexible Short Breaks

The Flexible Short Breaks Scheme (FSBS) offers disabled children and young people living short break provision from a menu of services.

Website: <https://www.nottinghamshire.gov.uk/care/childrens-social-care/short-breaks>

Telephone: 0300 500 80 80

Hospital passports

A hospital passport aims to bring useful information to help support a person with a disability in a hospital environment. The passport contains tips to help staff understand individual needs and provide the care they need.

Website: <http://www.autism.org.uk/about/health/hospital-passport.aspx>

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202607-07-ASDCYPN
Created: April 2018 / Revised: July 2026 /
Review Date: July 2028