

## Support services

There are lots of local and national services that can support children/young people and their families while they are waiting for an ASD assessment and after a diagnosis.

## Support, information and training around ASD

**SEFTON & LIVERPOOL** (families with a Knowsley GP can access the national offers but not services which are specific to Liverpool or Sefton)

- **ADDvanced Solutions Community Network**  
Advice, support and training to families of children across Liverpool and Sefton (they also have an offer for families in St Helens, Warrington, Knowsley & Halton).  
[www.addvancedsolutions.co.uk](http://www.addvancedsolutions.co.uk)
- **The National Autistic Society (NAS)**  
The National Autistic Society website has lots of information about ASD. It can be used by young people, families and schools. They also offer access to training.  
[www.autism.org.uk](http://www.autism.org.uk)
- **Hub of Hope** - [Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)
- **Autistic Girl's Network** - [Welcome to the | Autistic Girls Network](#)
- **Neurowild** – This is a really good resource which uses neuro affirmative language and helps explain ASD to children and YP [NeuroWild | Facebook](#)
- **Autism Foundation** - [Autism Foundation](#)
- **Autism Initiatives** - work alongside autistic people their families and carers providing specialist services tailored to individual needs <https://www.autisminitiatives.org/>
- **Together Trust** - champion the rights of children, young people and adults across the North West <https://www.togethertrust.org.uk/>

### **Liverpool GP ONLY:**

- **Liverpool ASD Training Team**  
Pre- and post-diagnosis training, email support and 1:1 Zoom or telephone advice sessions <https://fsd.liverpool.gov.uk/kb5/liverpool/fsd/service.page?id=8VkJg0iBBA>
- **Liverpool Parent & Carer Forum (LivPac)** - Advice, support and training to families  
<https://livpac.org.uk>

- **Liverpool Children's Centres (children under 5)** – 'stay and play' sessions for pre-school children and targeted groups for children with communication difficulties or additional needs. To find your local centre in Liverpool, please visit: <https://fsd.liverpool.gov.uk/kb5/liverpool/fsd/results.page?localofferchannel=2-5> (You can then filter by postcode)
- **Liverpool Parents' Interest Group** The group is for Parents, Grandparents & Carers of children with ASD, ADHD & related conditions. They meet once a month and all are welcome. They sometimes ask professionals to do talks. Contact: Babbs Blueet-Duncan (Email: [babs.bd100@gmail.com](mailto:babs.bd100@gmail.com))
- **School Health Team** - <https://www.merseycare.nhs.uk/our-services/liverpool/school-health-service>

### **Sefton GP ONLY:**

- **Sefton Autism & Social Communication Team.** Training for parents and schools. <https://www.seftondirectory.com/kb5/sefton/directory/advice.page?id=XtBcf2jlbXo&localofferchannel=0>
- **Sefton Family Wellbeing Centres** – 'stay and play' sessions for pre-school children and targeted groups for children with communication difficulties or additional needs. To find your local centre in Sefton, please visit: <https://www.sefton.gov.uk/schools-learning/family-wellbeing-centres/>
- **Sefton Carers Centre** If you care for someone under 18 years old who has a physical disability, learning disability or emotional/behavioural condition (diagnosed or undiagnosed) then Sefton carers provide a variety of parent advice and support [www.sefton-carers.org.uk](http://www.sefton-carers.org.uk)
- **Aiming High (school need to refer)** - This group provide sessions during term-time and holidays for young people with needs. They give support when young people reach key 'transition points', such as moving from school into work <https://www.sefton.gov.uk/aiminghigh>
- **Sefton Council for Voluntary Service (CVS)** A charity that provides a project called 'Buddy Up'. This is a mentoring & befriending project for young people aged between 13 and 18 who have additional needs & are at risk of social isolation [www.seftoncvsvs.org.uk](http://www.seftoncvsvs.org.uk)
- **South Sefton School Health Team** - <https://www.merseycare.nhs.uk/our-services/south-sefton/school-health-team>
- **North Sefton School Health Team** - <https://www.merseycare.nhs.uk/our-services/southport-formby/school-health-team>

## **Support with mental health/emotional wellbeing**

- **Alder Hey Mental Health Hub** - <https://www.alderhey.nhs.uk/services/mental-health-hub/>
- **Young Person's Advisory Service (YPAS)** YPAS support the mental health and emotional wellbeing of children & young people aged between 5 – 25 years & their families. They provide support and therapeutic services such as counselling, psychotherapy & family work. [www.ypas.org.uk](http://www.ypas.org.uk)
- **Parenting 2000** - They provide information about a range of topics, therapeutic services & counselling to children, young people, families, adults & groups. They run Alchemy Youth Club for young people to meet friends and increase their confidence [www.parenting2000.org.uk](http://www.parenting2000.org.uk)

## **Support with education/finances/legal**

- **Special Educational Needs & Disability Independent Advisory Service (SEND IASS)** Free and confidential, impartial information around Special Educational Needs. Advice on legal rights, the EHCP process and advocacy support.  
**Liverpool & Knowsley** <https://barnardosendiass.org.uk/liverpool-and-knowsley-sendiass>  
**Sefton** <https://barnardosendiass.org.uk/sefton-sendiass/>
- **Liverpool SEND Law Clinic** A service which provides free and confidential legal advice to members of the public in the Liverpool area <https://www.liverpool.ac.uk/law/liverpool-law-clinic/clients/children-with-sen-or-disability/>
- **Turn to us** - [Tackling Financial Insecurity Together | Turn2us](#)
- **DLA** - [Disability Living Allowance \(DLA\) for children claim form - GOV.UK \(www.gov.uk\)](#)
- **Carers allowance** - [Carer's Allowance claim form - GOV.UK \(www.gov.uk\)](#)
- **Cerebra DLA guide** - [Disability Living Allowance \(DLA\) - Cerebra](#)
- **Blue badge** - [Thousands with hidden disabilities benefit from extended Blue Badge scheme - GOV.UK \(www.gov.uk\)](#)
- **Newlife** A charity that helps families to get equipment they may need to improve their child's quality of life [www.newlifecharity.co.uk](http://www.newlifecharity.co.uk)
- **Boparan Charity** - [Home Page |The Boparan Charitable Trust](#)

- **Family Fund** - [Family Fund](#)
- **Disability social worker** - [Help if you have a disabled child: Overview - GOV.UK \(www.gov.uk\)](#)
- **EHAT** - [Early Help Assessment Tool \(EHAT\) | Liverpool Family Information & SEND Directory and Early Help \(sefton.gov.uk\)](#)

## **Support with sensory differences**

- **ADDvanced Solutions Community Network** – Understanding sensory processing difficulties workshop: <https://www.advancedsolutions.co.uk/our-offers/family-learning-programmes-and-workshops.html>
- **Liverpool Children’s Occupational Therapy:** [https://fsd.liverpool.gov.uk/kb5/liverpool/fsd/service.page?id=wcz\\_pXKyJCY](https://fsd.liverpool.gov.uk/kb5/liverpool/fsd/service.page?id=wcz_pXKyJCY)
- **Sefton Children’s Occupational Therapy:** <https://www.alderhey.nhs.uk/services/occupational-therapy/occupational-therapy/>
- **Sensory Hive:** [Specialist Sensory Integration Centre | The Sensory Hive | Whiston](#)

## **Support with eating**

- **ADDvanced Solutions Community Network** – Understanding eating difficulties workshop: <https://www.advancedsolutions.co.uk/our-offers/family-learning-programmes-and-workshops.html>
- **Alder Hey EDYS** - <https://www.alderhey.nhs.uk/services/mental-health-hub/eating-disorder-service/>
- **ARFID** - [WHAT IS ARFID? | ARFID Awareness UK](#) and [Avoidant Restrictive Food Intake Disorder - NEDA \(nationaleatingdisorders.org\)](#)
- **BEAT** - [The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](#)

## **Support with sleep**

- **ADDvanced Solutions Community Network** – Understanding sleep difficulties workshop: <https://www.advancedsolutions.co.uk/our-offers/family-learning-programmes-and-workshops.html>
- **Cerebra** They know how hard it can be to get a good night’s sleep. They have online sleep guides and a sleep advice service [www.cerebra.org.uk](http://www.cerebra.org.uk)

- **The Sleep Charity** A national charity supporting children with sleep difficulties. [www.thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk) and <https://teensleephub.org.uk>

## Support with toileting

- **ADDvanced Solutions Community Network** – Understanding toileting difficulties workshop: <https://www.addvancedsolutions.co.uk/our-offers/family-learning-programmes-and-workshops.html>
- **Liverpool Children’s Community Bladder and Bowel service** - <https://www.merseyscare.nhs.uk/our-services/liverpool/adult-bladder-and-bowel-services>
- **Sefton Children & Young People Continence Service** <https://www.seftondirectory.com/kb5/sefton/directory/service.page?id=jEossNyRenU>
- **Bladder & Bowel UK** The Bladder & Bowel UK website has a range of resource leaflets you can download for free in relation to toilet training. They have articles and resources about ASD & toilet training too. [www.bbuk.org.uk](http://www.bbuk.org.uk)
- **ERIC** - [Home](#) - ERIC

## Support with speech and language

- **Sefton Community Speech and Language Therapy:** <https://www.alderhey.nhs.uk/services/speech-and-language-therapy/community-speech-and-language-therapy-sefton/>
- **Liverpool Community Speech and Language Therapy:** <https://www.alderhey.nhs.uk/services/speech-and-language-therapy/community-speech-and-language-therapy-liverpool/>

## Jobs/careers

- **Steps at Strawberry Fields** - <https://strawberryfieldliverpool.com/steps-strawberry-field>
- **Apprenticeships** - <https://www.gov.uk/apply-apprenticeship>
- **Bemore** is a local service for searching apprenticeships <https://lcrbemore.co.uk/>
- **Career Connect** help young people with career options <https://careerconnect.org.uk/>

## **Accessibility**

- **Sunflower lanyards** - [Hidden Disabilities Sunflower \(hdsunflower.com\)](http://hdsunflower.com)
- **Nimbus Access Card** - [Access Card: Making access easy](#)
- **Carers Card UK** <https://www.carerscarduk.co.uk/>
- **Carers Trust** <https://carers.org/out-and-about/days-out>
- **CEA cinema and theatre cards** - [Home - CEA Card](#) Most cinemas offer ASD friendly hours
- **Carers Discount** - [Discounts For Carers: Exclusive Discounts, Offers & Codes](#)

## **Short breaks / Social activities**

- **Merseyside Autistic Adults** - Support and social group that run regular drop-in sessions, meetings and trips out. There is a separate young adults group for 16-25 year olds <https://www.thelivewelldirectory.com/Services/1583> OR: <https://www.facebook.com/merseysideautisticadults>
- **Jakes Sensory World & Garden** at Netherton Activity Centre, this is a place for children to access soft play, stay & play and sensory experiences. They also help organise birthday parties. <https://www.seftondirectory.com/kb5/sefton/directory/service.page?id=3l1eYvgsrwk>
- **Fusion Project (LIVERPOOL ONLY)** helps children & parents/ carers access a variety of 'breaks' such as leisure & play breaks, friendship groups & holiday breaks. <https://liverpool.gov.uk/children-and-families/childrens-social-care/short-breaks-for-disabled-children/>
- **Autism in Motion** - [Home - Autism in Motion Liverpool](#), our aim is to support and enhance the lives of families and children on the Autism Spectrum. ([aimautism.com](http://aimautism.com))
- **Young Carers** - [Young Carers \(sefton-carers.org.uk\)](http://sefton-carers.org.uk) and [Young carers - Liverpool City Council](#)
- **Merlin's Magic Wand** - [Home | Merlin's Magic Wand Children Charity \(merlinsmagicwand.org\)](#)
- **Everton in the community** - [Everton in the Community](#)
- **Liverpool Fire Fit** - [FireFit Hub | Home](#)

- **Autism Adventures** - [Autism Adventures UK Ltd](#)
- **Theatre Porto** in Ellesmere Port. Relaxed and inclusive performances  
<https://theatreporto.org/info-for-visitors/>
- **Caudwell Children** - [Home - Caudwell Children](#)
- **Carefree Breaks** - [Take a break - Carefree \(carefreespace.org\)](#)