We apologise for any wait that your family may have experienced for an assessment for Autism Spectrum Condition here at The Lord Lister Health Centre. We are experiencing a very high demand for these services and many families are in a similar position due to the impact of reduced staffing. We are working hard to ensure that the wait times to be seen in our clinics are being improved. We understand that it can be incredibly difficult for families who are on the waitlist for an assessment with our services. Whilst you are waiting for your autism assessment slot, please use the following resources to support you with your child’s needs.

Firstly, a short video which explains what Autism is:

Amazing Things Happen - <https://www.youtube.com/watch?v=RbwRrVw-CRo>

**Sleep**

If your child is not sleeping well, we recommend you register now for Sleep Right, you can register online here: <https://www.scope.org.uk/family-services/sleep-right/>

0808 800 3333. It has a waiting list, so we recommend you sign up as soon as you can. We hear lots of positive feedback from families once they are seen.

**Behaviour**

For support with behaviour, the National Autistic Society have excellent resources available online: <https://www.autism.org.uk/advice-and-guidance/topics/behaviour>

We also really recommend using Social Stories. These are short stories that you can write to support your child with a change. They can read them back and it helps make the change more manageable. Some information can be found here: <https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-coversations>

Supporting young people with additional needs can require additional patience and additional skills. To build your confidence and toolkit with how best to support your child, sign up to one of our parenting courses through this link:

https://families.newham.gov.uk/kb5/newham/directory/family.page?familychannel=1-1

**Speech and Language**

We encourage you to spend some time looking at videos on our SCYPS YouTube page compiled by the therapy teams. These can support with making progress with activities of daily living and building communication.

The first step is to interact on your child’s terms, by echoing what they are doing. This is usually referred to as ‘Intensive Interaction’. Wanting to interact is the building block of developing language.

<https://www.youtube.com/watch?v=DF3gk0yNuU0>

C:\Users\CobbF\AppData\Local\Microsoft\Windows\Clipboard\HistoryData\{20DB39A5-6EFE-4721-BDF0-518B2B593A36}\{123AAA09-E070-499F-A860-A5B5DA8738B2}\ResourceMap\{F9755B31-89CB-4603-B83E-255AFCD7FF1B} SaLT advice hotline for parents **pre-nursery and nursery aged children**. If you have specific questions or need support, give them a call!

Call 0208 586 6245: Tuesdays 10:00 – 16:00

(1st Tuesday of the month, a Bengali speaker is available; on 2nd Tuesday of the month, a Tamil speaker is available; English available on all weeks)

**Support for young people’s mental wellbeing**

Available through the following resources:

• Kooth – free online counselling and emotion well-being platform for ages 10-16, www.kooth.com

• Young Minds – young people’s section, including information about anxiety: https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/

• Childline has lots of support and information about different areas of pressure and difficulty for young people, including a calm zone with a toolbox to support young people feel better: https://www.childline.org.uk/toolbox/calm-zone/

• Happy Maps signposts to resources available for parents and children: https://happymaps.co.uk/

• CAMHS resources also offers signposting to resources available:

<https://www.camhs-resources.co.uk/websites>

If you are unsure about how best to support your child with their feelings, Young Minds have a parents section, including Parents Helpline and Webchat: https://www.youngminds.org.uk/parent/

Workshops are available on the CAMHS Eventbrite page, such as Pop-Up CAMHS, where you can book a 40minute slot to receive support, help, and consultation about any mental health queries. Families and young people will be seen virtually during their timeslot.

https://www.eventbrite.co.uk/e/online-pop-up-camhs-newham-registration-102088330946?aff=ebdsoporgprofile

**Activities**

You can use this page to find out about local activities and resources: Newham Local Offer  - directory of services in the borough [www.families.newham.gov.uk](http://www.families.newham.gov.uk)

The Being a Parent workshops, has had some really great feedback from the families we see. It is an opportunity to meet other families in a supportive environment. <https://www.headstartnewham.co.uk/get_involved/events/parent-peer-parenting-course-2/>

Locally, an organisation which gets families together and offers support is called Mencap. If you’d like to contact them, you could email [ieva.jupe@mencap.org.uk](mailto:ieva.jupe@mencap.org.uk) or call 07814 078247.

**Financial support**

Family Fund may be able to direct you towards other financial support, as with Our Newham Money.

[www.familyfund.org.uk](http://www.familyfund.org.uk)

https://www.ournewhammoney.co.uk/

**Support**

Parent Forum  - for parents and carers of children with a disability in Newham to support each other and work to shape the services their children receive: [www.newhamparentforum.co.uk/](http://www.newhamparentforum.co.uk/)

It really is important to prioritise yourself as well as your child.  Lots of parents who go through this process find it helpful to talk to someone who is not directly involved with the child’s care.  You can sign up to <https://newhamtalkingtherapies.nhs.uk> and they will call you to discuss how they can support you.  You can also call the Samaritans at any time on 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org) – they are there for anyone who is going through something difficult.

Please do keep in touch if things change and you have concerns which are not covered here and we will do our best to signpost you to the best resources. The team at Lord Lister Health Centre will send you a letter and a text message when an assessment has been booked for your child

All the best,

The CHildren with Autism in Newham Diagnosis team