

Every child deserves to shine!

CHAND

CHildren with **A**utism in
Newham **D**iagnosis Service



INFORMATION FOR PARENTS/CARERS

BACKGROUND

This leaflet has been created to provide parents/carers with information about the new 'CHAND' autism pathway for children and young people under the age of 13 in Newham.





THE MEANING OF 'CHAND'

In Sanskrit based Languages such as Bengali, Urdu, Hindi & Punjabi 'chand' means 'the moon' or 'to shine'. In old English and French, 'chand' comes from the word candle.

WAITING LIST

We acknowledge that around the country across the NHS, waiting times are long for Autism assessments due to increased demand and limited resources. This has been affected further by the COVID-19 pandemic.

We understand that this must have been very difficult for families awaiting their assessment.

Supported by the CCG (Clinical Commissioning Group), we have recently increased the number of clinicians working in the pathway to improve waiting times.



WHAT CAN I DO WHILST I WAIT FOR MY CHILD'S ASSESSMENT?

If you think your child needs support you can start getting help before an assessment. We advise you to speak to your child's health visitor and/or school SENCO about your concerns and how they can be best supported at home and at school.

Children who are under 5 and referred to CHAND will be seen first for an assessment by a Speech and Language Therapist (SLT) who will gather some information from you. The SLT will then observe and assess your child's play and talking. They will offer advice, support and strategies so that you can help your child at home.



WHAT HAPPENS DURING AN AUTISM ASSESSMENT?

You could be seen by any of the following clinicians:

- Speech & Language Therapist
- Paediatrician
- Nurse
- Clinical or Educational Psychologist
- Assistant Psychologist



All of these professionals are specialists trained in Autism diagnosis. Your child will be allocated to an appropriate clinician depending on their individual needs.

You may have one or more appointments with a team of different professionals, these could be both virtual or face-to-face.

You will be interviewed about your child's development, such as when they started talking.

Your child will be observed through a number of activities.

The team will also review previous reports such as those from your child's school or GP. In some cases, we may also carry out a school interview with your child's class teacher to gather more information.



PATHWAY OF THE CHILD & FAMILY



1

Initial referral from school, health visitor or GP

2

Support while you wait from Health Visitor & SENCO

Assessment & Feedback

3



4

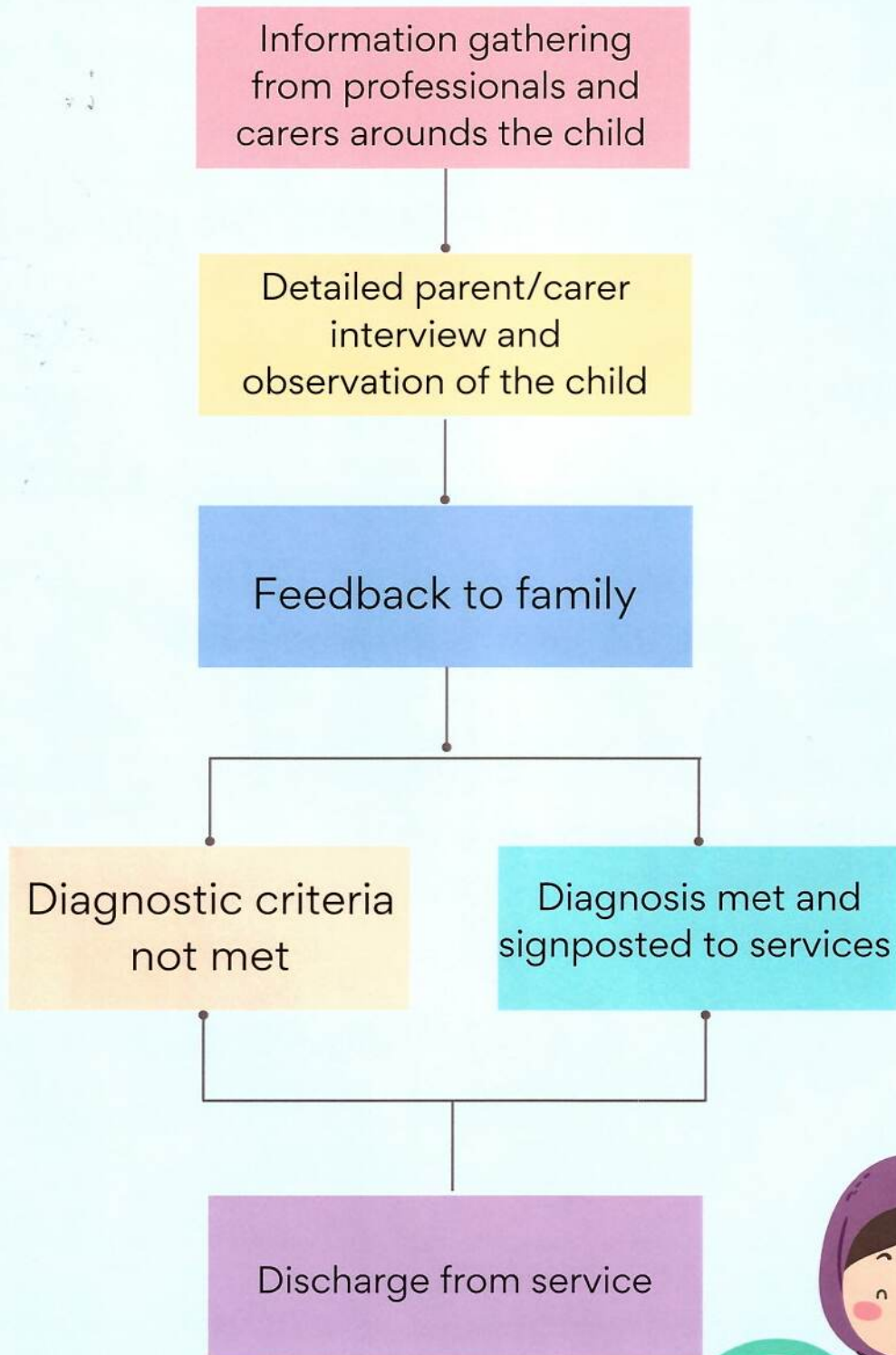
Discharge & sharing of information with GP/school



Multi-disciplinary meeting

Some children's cases can be more complex and need further discussion with a group of senior professionals to decide what happens next. This may require more time.

HOW DO WE GET TO A DIAGNOSIS?



HELPFUL RESOURCES

While children are waiting on our list, we work with our partnerships to ensure you are supported.

Sleep Right Service Newham provides 6-week support for parents of children (2-18 years) experiencing sleeping difficulties.

Telephone: 0808 800 3333

Email: helpline@scope.org.uk

Website: <https://families.newham.gov.uk/kb5/newham/directory/service.page?id=o73BadqsUD8>

Early Start provides parenting support to families in Newham including parenting groups, early communication workshops and toilet training.

Website: <https://www.earlystartgroup.com/parenting/children-aged-under-5/>

Newham Parent Support Group for children and young people with SEND.

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

Specialist Health Visitors for Under 5's

Telephone: 020 8586 6484

Website: www.newham.gov.uk/childrenshealth

Resources for Autism Newham provides practical services for children with autism. This includes; parent & sibling groups, music and art therapy, and behaviour support.

Website: <https://resourcesforautism.org.uk>





HELPFUL RESOURCES

HeadStart Newham provides peer parenting support and coffee morning groups.

Website: www.headstartnewham.co.uk

National Autistic Society Services provides autism support, guidance and advice. They also have a directory of services you can access.

Website: <https://www.autism.org.uk/directory>

Ambitious about Autism have developed a parent toolkit for navigating the Autism journey.

Website: <https://www.ambitiousaboutautism.org.uk/information-about-autism/early-years/parent-toolkit>

Newham CAMHS are running online workshops on EventBrite including Pop-up CAMHS support

Website: <https://www.eventbrite.co.uk/o/newham-camhs-workshops-23209370238>

Autism Support for children aged 0-5 years

[https://families.newham.gov.uk/kb5/newham/directory/advice.page?](https://families.newham.gov.uk/kb5/newham/directory/advice.page?localofferchannel=2&id=hrGFFK8vIJE)

[localofferchannel=2&id=hrGFFK8vIJE](https://families.newham.gov.uk/kb5/newham/directory/advice.page?localofferchannel=2&id=hrGFFK8vIJE)

CONTACT US

Phone: 020 8586 6250/6251

Website t.nhs.uk/SCYPS Email:

elft.scypsasd@nhs.net

WHERE TO FIND US

We are now based at Lord Lister Health Centre.

Address:

121 Woodgrange Road

Forest Gate

London

E7 OEP



Bus Routes: 58, 330, 86, 25

The nearest stations are Wanstead Park (1 min walk) and Forest Gate (4 min walk).



