

SUPPORT AND SOCIAL GROUPS IN LONDON FOR THOSE WITH ASD, AND THEIR FAMILIES

[BARKING AND DAGENHAM](#)

[HARINGEY](#)

[RICHMOND UPON THAMES](#)

[BARNET](#)

[HARROW](#)

[SOUTHWARK](#)

[BEXLEY](#)

[HILLINGDON](#)

[SUTTON](#)

[BROMLEY](#)

[ISLINGTON](#)

[TOWER HAMLETS](#)

[CROYDON](#)

[KINGSTON-UPON-THAMES](#)

[WALTHAM FOREST](#)

[EALING](#)

[LAMBETH](#)

[WANDSWORTH](#)

[ENFIELD](#)

[LEWISHAM](#)

[WESTMINSTER](#)

[GREENWICH](#)

[REDBRIDGE](#)

GROUPS THAT ARE NOT BOROUGH SPECIFIC

DANDA (Developmental Adult Neuro-Diversity Association)

DANDA is a group for people with neurodiverse conditions such as dyspraxia, ADHD, Tourette's Syndrome and Asperger's Syndrome, and is run by people with these conditions. They hold a monthly London social night at a pub in the West End (4th Tuesday of every month) as well as other one off social events, produce a newsletter and factsheets, organise conferences, run a website, and raise awareness of the conditions.

46 Westbere Road

London

NW2 3RU

Telephone number: 020 7435 7891

E-mail mary.colley@danda.org.uk

www.danda.org.uk

The New Learning Centre

211 Sumatra Road

London NW6 1PF

Tel: 020 7794 0321

<http://www.tnlc.info/>

BARKING AND DAGENHAM



Parents of Autistic Children Together (PACT) provides a range of services which at present include an extensive range of structured social activities, youth club provision, football workshop, residential activities week, summer scheme, information and advice, benefits advice, education information, advocacy, specialised library, quarterly newsletter, training workshops, family social activities, outings/discos, parents/carers support group and one-to-one support.

Chris Gillbanks
Director
482 Gale Street
Dagenham
Essex
RM9 4NU

Telephone number: 020 8220 0090
Email: admin.pact@ntlbusiness.com

Lynn Chapman
Administrator
482 Gale Street
Dagenham
Essex
RM9 4NU

Telephone number: 020 8220 0090
Email: info-pact-uk@btconnect.co.uk

BARNET

Barnet Mencap Asperger's Social Group

A social group for adults with Asperger Syndrome. They meet regularly for pub visits in Finchley, Barnet and Edgware, and for restaurant visits. There is also a weekly drop in for members to meet up and have coffee and a chat.

The contact is Shelley Gibbons on 020 8349 3842.

JASPER is a parental support group for Jewish families who have children with Asperger syndrome. The group intends to meet monthly on an informal basis and to arrange speakers on a variety of relevant topics. There will also be meetings arranged for siblings and for children with Asperger syndrome. These will be separate from the regular monthly meetings.

Mrs Avital Fisher
Founder
42 Sherwood Road
Hendon
London NW4 1AD
E-mail: jaspertrust@hotmail.co.uk

NAS Barnet Branch is aimed at people with autism, their families, carers and professionals who work with them. There is a newsletter and a website containing ASD specific information on education, health, play issues, monthly coffee mornings and evening meetings. Committee members provide support and advocacy at meetings with schools, LEA, social services, etc. They also provide help with DLA/CA forms. The branch also provides information, support and advice over the telephone.

Deborah Pakenham
Branch Officer
Barnet EN5
Email: committee@barnetnas.org.uk



SNAAP

SNAAP is a free weekly multi-media after school club specifically for Barnet families affected by autistic spectrum conditions. We cater for children of ages 4-18. All members of the family are welcome, parents/carers, and siblings. Parents or carers must stay on the premises, and there are lots of activities suitable for them too. The group also organises outings and special events. SNAAP meets at

Finchley Catholic High School
Woodside Lane
North Finchley
London N12 7AD

Contact Christine Haugh (christine@snaaponline.co.uk) or Matt Connolly (matt@snaaponline.co.uk) for more details or see www.snaaponline.co.uk

YASS! (Young Autistic Spectrum Socialising) is for children and young people with an ASD up to the age of 19. It arranges outings and events, usually in public places to combat and cope with these difficulties whilst also building confidence and self-esteem. Virtually all the activities of the group are family based, so parents, carers and siblings are included.

The group is run by parents to support each other and share information and experiences. As well as enabling its young people to feel confident, comfortable and have practical experience and understanding of everyday situations it also aims to enable people who are not on the autistic spectrum to understand and be accepting of the idiosyncrasies of its young members with an ASD.

YASS! will act as an independent parental supporter (IPS) for family members at meetings up to and including Special Educational Needs Tribunals. YASS! will also help with writing letters and reports. Its goal is to empower parents to have the confidence to represent themselves. YASS! works with and signposts to similar, related organisations, including the statutory sector, to complement each other's services aiming to fill the gaps and organise provision and strategies to meet highlighted needs. YASS! produces a regular newsletter informing members of all news and local events concerning autism.

Christine Marchesi
Chair and Voluntary Co-ordinator
EN4
United Kingdom
Telephone number: 020 8449 5251
Fax number: 020 8449 5211
Email: jcsMarchesi@btinternet.com

BEXLEY

Bexley SNAP provides information, support and advice to families with a disabled child. It offers a monthly drop-in service for parents/carers with professionals on hand and a specialist library; counselling service and positive parenting courses; workshops; a range of leisure services including Youth Clubs, Saturday Club swimming lessons and holiday schemes and a monthly newsletter for all its members.

Carol McCall
Chief Executive
1st Floor, St Augustine Primary School



St Augustine Road
Belvedere
Kent DA17 5HP
Telephone number: 020 8311 6777
Email: info@bexleysnap.org.uk

Bridging the Gap South East is a registered charity with the aim of helping adults (18+) who have autistic spectrum disorder and/or challenging behaviour. The group holds meetings on the last Thursday of each month at the Maxim Room, St Martins Church, Erith Road, Barnehurst, Kent DA7 6LE at 7.30pm. The meetings are both educational and promotional and speakers are invited on a regular basis. The meetings are also open to carers of children, and new attendees are always welcome. The organisation also holds workshops and fundraising events and networks with other local organisations.

PO Box 166
Sidcup
Kent DA14 4WD
www.btgse.co.uk/ (no phone number or e-mail address)

NAS Bexley Branch offers social and leisure activities at a local youth and community centre during the day at weekends (one three-hour session per month). The community centre provides a safe and secure environment, with large areas of indoor space including a sports hall and also plenty of outdoor space. Other activities include arts and crafts.

NAS Bexley also offers exclusive monthly inflatable swimming and flumes sessions and has its own exclusive cinema screenings once a month, where there is a choice of films suitable for children with an ASD and those with a learning disability. Once a year the branch holds a Christmas party in a play centre opened as a special event for children and families. All the branch activities are catered for all the family to attend and are a chance for parents to socialise, make friends and share information. Also organises coach trips out during school holidays.

Helen Sharp
Branch Officer
Sidcup DA14
Telephone number: 020 8302 6879
Email: bexley@nas.org.uk

BROMLEY

Bromley ADDvice Parent Support Group

Bromley ADDvice is an online information & support group for families affected by ADHD and related conditions including autism/Asperger syndrome. The main focus is for families living in & around the London Borough of Bromley but other families out of Borough will find the website useful too (www.bromley-addvice.co.uk). There is a chatroom and an e-group on the website.

c/o 35 Aviemore Way
Bromley
Kent
BR3 3RP



Tel: 020 8402 6095

Email: lorni01@gmail.com ([launches email software](#))

Bromley Autistic Trust runs a number of services for individuals and families affected by ASC.

Workshops to support people with autism and Aspergers and their families. For any information on this please contact Wendy Warne or Jane Elvin at Bromley Autistic Trust.

Would like to meet service for parents who wish to meet other parents whose children have ASC

Youth Club for 18-25 year olds living in the borough of Bromley. It is held on Wednesday evenings between 7 and 9 at Bromley College. Application for membership of the youth club can be made through Bromley Autistic Trust.

Bromley Autistic Trust
129 Southlands Road
Bromley BR2 9QT
Telephone: 020 8464 2897

NAS Bexley Branch offers social and leisure activities at a local youth and community centre during the day at weekends (one three-hour session per month). The community centre provides a safe and secure environment, with large areas of indoor space including a sports hall and also plenty of outdoor space. Other activities include arts and crafts.

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Helen Sharp
Branch Officer
Sidcup DA14
Telephone number: 020 8302 6879
Email: bexley@nas.org.uk

SIGNAL (Support, Information, Guidance, News, for Autism in Lewisham)

SIGNAL is a local parent support group, based in the London Borough of Lewisham, set up a number of years ago by parents of children who have autism, Asperger syndrome or other autistic spectrum disorders. The group offers emotional support by sharing experiences and putting parents in touch with each other; gives practical help by exchanging ideas about coping with problem behaviours; provides information and advice about education and specialist services; gives hope and celebrates the hard-won successes, large and small, of its very special children. The group hold monthly meetings which include talks from experts on a variety of topics related to autism, including current research and educational provision. Coffee mornings, held in different members' houses, are open to all members to exchange ideas, experiences and information or just have a chat. The group produces a quarterly newsletter and runs a borrowing library with many specialist books, journals and articles, videos, and specially selected children's books. It maintains links with local schools, hold conferences for schools and teachers, organises drama therapy and trampolining activities, provides parent speakers for local functions to raise autism awareness and fundraises within the local community and through grants. It also runs a 16 plus



and a sibling support club, has an annual party, and runs and subsidises holiday outings and other activities for its membership.

Sally Fricker
Chair of Group
PO Box 37814
London SE23 2WU
Email: sally.fricker@ntlworld.com

Jacqui Cook
Parent Contact: though not an advice line
Telephone number: 020 8857 9282
Email: jacqueline.cook@ntlworld.com

CROYDON

Cool Club

This is a group for 11-18 year olds and runs every other Saturday in south Croydon. Activities include a playstation, table football, cooking, art and cricket.

Mellissa Gordon
Resource Centre Manager
Mansfield House
1A Mansfield Place
South Croydon CR2 6HP
Telephone number: 020 8662 4663
Email: mellissa.gordon@nas.org.uk

NAS Croydon

NAS Croydon Branch offers a support group which meets twice a month, once in the morning and once in the evening. The group is for parents or carers of a child or adult with ASD, partners of people with ASD and adult siblings of a person with ASD. The aim of the group is to provide emotional support in a friendly and supportive environment and to give information about local services. It is our intention to also provide speakers and workshops for parents in the future, the topics will be decided by parents who attend the group. We also want to raise awareness with the LA and again parents who attend will help decide the issues we raise.

[The venue for our **morning** meeting is Woodside Family Centre, Woodside Primary School, Morland Road, Croydon CR0 6NF. The group meets from 10am-12noon. It will usually be held on the fourth Tuesday of the month.

The venue for our **evening** meeting is Mansfield House, 1a Mansfield Place, South Croydon, CR2 6HP. The group meets from 7.30pm-9.30pm. It will usually be held on the second Tuesday of the month.]

Jane Kiraly
Branch Officer
Mansfield House
Croydon CR2 6HP
Telephone number: 07747 472 695
Email: croydonbranch@nas.org.uk

EALING

Contact a Family Southall

Southall Contact a Family was established in 1985 to work with Asian families in Southall who have disabled children (0-18 years). It provides support and information about benefits, help with filling in



forms, parent workshops, carers break/holidays, young mothers group, carers groups, cultural events, summer trips and regular newsletters and bulletins.

Raj Kataria
Co-ordinator
St George's Community Centre
8-12 Lancaster Road
Southall
Middlesex UB1 1NW
Telephone number: 020 8571 6381
Email: southall.office@cafamilly.org.uk

ENFIELD

Interkids

Interkids provides advice, support and a sympathetic ear for parents and carers of children and teenagers on the autistic spectrum.

Denise Brownlow
Parent Contact
EN2
Telephone number: 0208 372 6608
Email: denisebrownlow@blueyonder.co.uk

NAS Enfield Branch

ENAS is a support network for families and children with autism/Asperger syndrome. It includes members who are themselves on the autistic spectrum. They welcome people from all cultural and language backgrounds and lobby for better education, health and leisure services locally, and interact with other groups and national campaigns to improve the lives of families living with autism. We have good relationships with local professionals, therapists and voluntary organisations who are involved in helping our children. We are an active community group, playing our part in the voluntary sector here in Enfield, and seeking to raise awareness of autism. We aim to provide a parent-to-parent link, helping people to find the resources that they need quickly. We hold members' meetings once a month with invited speakers on various aspects of autism. These meetings are at Cedar House or Russet House School. Topics have included education, local services, therapies and diet. There is plenty of time for discussion, and to chat to other members. We also hold informal Saturday morning get-togethers once a term at a local soft-play area. We are producing a resource pack, a website, and we are involved in a Steering Group on autism with the LEA.

Sophie Castell
Branch Officer
Palmers Green
London N13
Telephone number: 0782 7081866
Email: enfield@nas.org.uk

NAS Haringey Branch



The branch offers meetings, a newsletter, a parents pack at diagnosis, a website, telephone advice and support, secondhand computer provision and a reference library. It is for parents, grandparents and carers of someone with autism or Asperger syndrome.

Julia Wilkins
Chair
N22
Telephone number: 020 8889 8422
Email: juliayang2@aol.com

Petra Herzig
Secretary
N22
Telephone number: 020 8883 0060
Email: herzig@btinternet.com

PHEAT

PHEAT, based in Hertfordshire, is a parent-run support group. As a parent group of autistic children receiving ABA/Lovaas intensive home therapy, the aim is to offer help, advice and support to families running or starting an ABA (Applied Behaviour Analysis) programme, to raise awareness of autism and ABA therapy, to influence opinion in health, education and government departments and offer advice on dietary and bio-medical intervention. The ultimate aim is to help parents make informed choices. Members receive advice on starting an ABA programme from an experienced family and more information on current costs, funding status, liaison with CSF, tribunal support, therapist recruitment and research.

There are monthly support meetings to exchange news, discuss problems and chat. These are held in Hertfordshire (various venues), with leading speakers once a quarter. PHEAT has a lending library of ABA materials. There is an internet message board (e-group) for members. Membership costs £10 per year, with reduced entrance fee to talks for members. New members are very welcome. PHEAT liaises with the national charity, PEACH (Parents for Early Autism intervention in Children) and the local parent support group HARC (Hertfordshire Autistic Resource Centre).

Helene Baker
Membership Co-ordinator/Trustee
EN6
United Kingdom
Telephone number: 01707 657904
Email: PHEATinHerts@aol.com

YASS! (Young Autistic Spectrum Socialising) is for children and young people with an ASD up to the age of 19. It arranges outings and events, usually in public places to combat and cope with these difficulties whilst also building confidence and self-esteem. Virtually all the activities of the group are family based, so parents, carers and siblings are included.

The group is run by parents to support each other and share information and experiences. As well as enabling its young people to feel confident, comfortable and have practical experience and understanding of everyday situations it also aims to enable people who are not on the autistic spectrum to understand and be accepting of the idiosyncrasies of its young members with an ASD.

YASS! will act as an independent parental supporter (IPS) for family members at meetings up to and including Special Educational Needs Tribunals. YASS! will also help with writing letters and reports. Its goal is to empower parents to have the confidence to represent themselves. YASS! works with and signposts to similar, related organisations, including the statutory sector, to complement each other's services aiming to fill the gaps and organise provision and strategies to meet highlighted needs. YASS! produces a regular newsletter informing members of all news and local events concerning autism.



Christine Marchesi
Chair and Voluntary Co-ordinator
EN4
United Kingdom
Telephone number: 020 8449 5251
Fax number: 020 8449 5211
Email: jcsmarchesi@btinternet.com

GREENWICH

NAS Greenwich

The group is for people with autism, their families, carers and professionals working with them. Extensive library; meetings; workshops; coffee mornings; Saturday drop-in for families; courses of drama therapy for 7-16+ with termly feedback for parents, quarterly newsletter; support; information and advice.

Lesley Davis
NAS Greenwich Branch Manager
c/o 100 Crookston Road
London SE9 1YD
Telephone number: 020 8850 8087
Email: greenwich@nas.org.uk

HARINGEY

Haringey Autism/ NAS Haringey

The branch offers meetings, a newsletter, a parent's pack at diagnosis, a website, telephone advice and support, secondhand computer provision and a reference library. It is for parents, grandparents and carers of someone with autism or Asperger syndrome.

Julia Wilkins
Chair
N22
Telephone number: 020 8889 8422
Email: juliayang2@aol.com

Petra Herzig
Secretary
N22
Telephone number: 020 8883 0060
Email: herzig@btinternet.com

Kith and Kids

Family support group for families with one or more members with a learning disability. Offers support and information to parents, to children and young people (4+) with a learning disability and their siblings. It holds a social development project, weekend clubs, friendship schemes, summer camp and an advocacy project. Nearly 40% of the children involved have ASD. Activities currently have a long waiting list.

Helen Heath
Family Support Officer
The Irish Centre
Pretoria Road
Tottenham
London N17 8DX



Telephone number: 020 8801 7432

Email: projects@kithandkids.org.uk

NAS Enfield Branch

ENAS is a support network for families and children with autism/Asperger syndrome. It includes members who are themselves on the autistic spectrum. They welcome people from all cultural and language backgrounds and lobby for better education, health and leisure services locally, and interact with other groups and national campaigns to improve the lives of families living with autism. We have good relationships with local professionals, therapists and voluntary organisations who are involved in helping our children. We are an active community group, playing our part in the voluntary sector here in Enfield, and seeking to raise awareness of autism. We aim to provide a parent-to-parent link, helping people to find the resources that they need quickly. We hold members' meetings once a month with invited speakers on various aspects of autism. These meetings are at Cedar House or Russet House School. Topics have included education, local services, therapies and diet. There is plenty of time for discussion, and to chat to other members. We also hold informal Saturday morning get-togethers once a term at a local soft-play area. We are producing a resource pack, a website, and we are involved in a Steering Group on autism with the LEA.

Sophie Castell
Branch Officer
Palmers Green

London N13

Telephone number: 0782 7081866

Email: enfield@nas.org.uk

HARROW

NAS Harrow Branch

NAS Harrow Branch (NASH) is a support group for families, carers and people with an ASC, offering meetings, a newsletter, a lending library, a playscheme and events. Twice monthly social support meetings are held at St. Peter's Church, Colbeck Road, West Harrow, for adults (18+) with Asperger's Syndrome and an ASD Youth Club (12-18 yrs) is held weekly at Cedars Youth Centre during term time. Activities have included music, sport, drama, art, computing and fundraising for trips. There is also a support group for parents and carers of teenagers or older people with an ASC which meets in the evening on the second Thursday of every month (contact them for venue details).

Helen Fleetwood

Branch Officer

NASH Office

35 Pinner Green

Pinner

Middlesex HA5 2AF

Telephone number: 020 8866 2244

Email: nasharrow@hotmail.com

HILLINGDON

CHIPS - Children in Hillingdon Parent Support

One of a series of factsheets produced by autism London

Autism London, AS10 Rose Cottage, Aberdeen Centre, 22/24 Highbury Grove, London N5 2EA

Tel. 020 7704 1928 Helpline 0845 603 7954 www.autismlondon.org.uk/

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Registered charity no. 1009720

April 2009



Chips is a support group for parents/carers of children (0-17 years) with a wide range of disabilities and/or special needs including autistic spectrum disorders. It offers support based on personal experience; advice on benefit entitlement; advice on educational needs; advocacy - to access additional services; information on respite; talks on relevant subjects; relaxation; "pamper yourself" days; outings, parties, pantomime and much more for the whole family.

Julie Simmonds
Carer Support Worker
Hillingdon Carers
126 High Street
Uxbridge
Middlesex UB8 1JT
Telephone number: 01895 811206
Email: julie@hillingdoncarers.org.uk

Hillingdon Autistic Care & Support

Offers support to parents, carers and professionals dealing with someone on the autistic spectrum. Workshops and conferences are organised along with monthly support meetings where guest speakers attend to talk on specific topics. Playschemes are run during school holidays, mainly Easter and summer, to provide respite for siblings, carers and parents. This is a structured playscheme with a high level of one to one support. Quarterly newsletters are sent to all members along with any further mailout detailing all social events including respite to carers. Liaises with other voluntary organisations with regard to autism.

Mrs Keoch
Family Support Worker
Vine House
Harlington Road
Hillingdon UB8 3HD
Telephone number: 01895 271211
Email: jackie@hacs.org.uk

ISLINGTON

Autism London Asperger's Group

A social group for adults (18+) with Asperger's Syndrome. It meets on the first Tuesday of every month at the Aberdeen Centre, Highbury (address below) and a talk is arranged for each meeting on a topic such as managing money, growing up with Asperger's or relationships. Those who wish to attend for the first time are asked to let Autism London know in advance.

Ethney Anderson
Autism London
AS10 Rose Cottage
Aberdeen Centre
22/24 Highbury Grove
London N5 2EA
Tel: 020 7704 1928
E-mail: ethney@autismlondon.org.uk



Parents of Adults with Asperger's Syndrome

Support group for parents of adults with Asperger Syndrome who meet on a monthly basis in Islington.

Joyce Pitt or Judy Lynch
c/o NAS South East Region
Unit 9
The Ivories
Northampton Street
London N1 2HY
Telephone number: 020 8460 2809 : 020 7704 3800

KINGSTON-UPON-THAMES

Asperger Syndrome Service (Kingston)

The Asperger Syndrome Service in Kingston is for people of 18 or above who have a diagnosis of Asperger syndrome or high functioning autism, or are actively seeking a diagnosis. They must live in the borough of Kingston or have a GP in Kingston. The service runs training programmes to help with personal development or to prepare for work. It offers individual appointments in which people with Asperger syndrome or their carers can talk about any issues and concerns and get information and advice face-to-face, by telephone or email. It also runs a monthly social group, and a carers' group which meets every six weeks. People can refer themselves to the service or ask their care manager/care co-ordinator to refer them.

Katie Vivian
Co-ordinator
Sherwood Centre
Warren Road
Kingston
Surrey KT2 7HY
Telephone number: 020 8547 6641
Email: asperger.service@rbk.kingston.gov.uk

NAS Kingston

A support group, mainly for carers and parents of those 3-19 years with ASD. The group offers monthly newsletter and evening meetings with speakers, twice monthly family sessions held during term time.

Sian Palin
Branch Officer
KT1
United Kingdom
Telephone number: 020 8241 8700
Email: swapskingston@googlemail.com

LAMBETH

NAS Lambeth Branch (Lambeth Autism Group)

The group is run by parents or carers of people on the autistic spectrum. They offer emotional support by sharing experiences and putting parents in touch with each other, also periodic newsletters, regular



information meetings and meetings for parents/carers of newly diagnosed young people. There is also a parent and pre-schooler group for parents and carers of children (up to 5 years old) who have autism or are suspected of having it. The group meets on Friday mornings during term time.

Email: lambethautismgroup@yahoo.co.uk

<http://www.ukacl.eclipse.co.uk/index.html>

Parents for Inclusion

Pi is part of a growing network of organisations and individuals working together for the real inclusion of all disabled children - Inclusion Now. Pi was set up by parents in 1984, and is still run by parents for parents of disabled children and those said to have special educational needs (including emotional and behavioural difficulties.) Pi provides an inclusion helpline, works closely with disabled adult trainers to provide 'Planning Positive Futures' training for parents and helps parents set up self help groups in school.

Winchester House

Kennington Park Business Estate

Cranmer Road SW9 6EJ

Telephone number: 0800 652 3145 (Helpline); 020 7735 7735 (admin)

Email: info@parentsforinclusion.org

LEWISHAM

SIGNAL (Support, Information, Guidance, News, for Autism in Lewisham)

SIGNAL is a local parent support group, based in the London Borough of Lewisham, set up a number of years ago by parents of children who have autism, Asperger syndrome or other autistic spectrum disorders. The group offers emotional support by sharing experiences and putting parents in touch with each other; gives practical help by exchanging ideas about coping with problem behaviours; provides information and advice about education and specialist services; gives hope and celebrates the hard-won successes, large and small, of its very special children. The group hold monthly meetings which include talks from experts on a variety of topics related to autism, including current research and educational provision. Coffee mornings, held in different members' houses, are open to all members to exchange ideas, experiences and information or just have a chat. The group produces a quarterly newsletter and runs a borrowing library with many specialist books, journals and articles, videos, and specially selected children's books. It maintains links with local schools, hold conferences for schools and teachers, organises drama therapy and trampolining activities, provides parent speakers for local functions to raise autism awareness and fundraises within the local community and through grants. It also runs a 16 plus and a sibling support club, has an annual party, and runs and subsidises holiday outings and other activities for its membership.

Sally Fricker

Chair of Group

PO Box 37814

London SE23 2WU

Email: sally.fricker@ntlworld.com

Jacqui Cook

Parent Contact: though not an advice line

Telephone number: 020 8857 9282

Email: jacqueline.cook@ntlworld.com

REDBRIDGE

Supporting Together those with Autism and Aspergers in Redbridge (STAAR)

One of a series of factsheets produced by autism London

Autism London, AS10 Rose Cottage, Aberdeen Centre, 22/24 Highbury Grove, London N5 2EA

Tel. 020 7704 1928 Helpline 0845 603 7954 www.autismlondon.org.uk/

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Registered charity no. 1009720

April 2009



STAAR is a parent led support group for people with autism and Asperger Syndrome, their families and carers living in Redbridge. As well as offering support, STAAR also provides information, and organises events to bring parents, carers and families together. STAAR issue their own newsletter, which provides information about upcoming events together with other items of local and national interest.

For more information about STAAR, phone 020 8532 2795 or email rennie_Julie@yahoo.co.uk

The Bridge

Free activity sessions (arts and crafts, music, sensory area, book, puzzles etc) for children on the autistic spectrum, or with other communication or social difficulties, and their carers and siblings. The sessions are held every three weeks between 10-12 on Saturdays. To book, or for more information, contact details are below

Rita Beaumont
The Bridge
208 Maybank Road
South Woodford
London E18 1ET
Tel 020 8989 3418
E-mail ericandrita@bigfoot.com

RICHMOND UPON THAMES

NAS Kingston

A support group, mainly for carers and parents of those 3-19 years with ASD. The group offers monthly newsletter and evening meetings with speakers, twice monthly family sessions held during term time.

Sian Palin
Branch Officer
KT1
United Kingdom
Telephone number: 020 8241 8700
Email: swapskingston@googlemail.com

NAS Richmond Branch

The branch aims to support families of children with autistic spectrum disorders living in the borough of Richmond. It provides monthly coffee mornings, a quarterly newsletter and an information pack (this has been produced by the branch for parents). The group also shares information received from the NAS head office and also offers a library. The runs a Kidzactive club on Saturday afternoons, which consists of an OT group and a Dance and Movement with different objectives.

Laura Lennuyeux-Comnene
Branch Officer
SW14
Telephone number: 07810 505982
Email: richmond@nas.org.uk

SOUTHWARK

SIGNAL (Support, Information, Guidance, News, for Autism in Lewisham)

SIGNAL is a local parent support group, based in the London Borough of Lewisham, set up a number of years ago by parents of children who have autism, Asperger syndrome or other autistic spectrum disorders. The group offers emotional support by sharing experiences and putting parents in touch with each other; gives practical help by exchanging ideas about coping with problem behaviours; provides information and advice about education and specialist services; gives hope and celebrates the hard-won successes, large and small, of its very special children. The group hold monthly meetings which include talks from experts on a variety of topics related to autism, including current research and educational provision. Coffee mornings, held in different members' houses, are open to all members to exchange ideas, experiences and information or just have a chat. The group produces a quarterly newsletter and runs a borrowing library with many specialist books, journals and articles, videos, and specially selected children's books. It maintains links with local schools, hold conferences for schools and teachers, organises drama therapy and trampolining activities, provides parent speakers for local functions to raise autism awareness and fundraises within the local community and through grants. It also runs a 16 plus and a sibling support club, has an annual party, and runs and subsidises holiday outings and other activities for its membership.

Sally Fricker
Chair of Group
PO Box 37814
London SE23 2WU
Email: sally.fricker@ntlworld.com

Jacqui Cook
Parent Contact: though not an advice line
Telephone number: 020 8857 9282
Email: jacqueline.cook@ntlworld.com

SUTTON

Sutton Asperger's Syndrome Support Group

Bi-monthly informal meetings on Thursdays, 9.30-11.30 at the Sutton Civic Offices. Coffee/tea and biscuits provided. The group is aimed at parents and carers of children on the autistic spectrum.

Jill Waterman
Project Worker
London Borough of Sutton, Community Services
Civic Offices, St Nicholas Way
Sutton
Surrey SM1 1EA
Telephone number: 020 8770 4547
Email: jill.waterman@sutton.gov.uk

TOWER HAMLETS

"Why does my partner...?"

This support group aims to be a source of strength, encouragement, hope and comfort for people (18+) trying against the odds to make a healthy marital relationship that incorporates a social and communication disorder. It is an informal but confidential group, that provides a much needed opportunity for people who wish to get together regularly in a friendly social setting to share knowledge and experiences with others who face similar challenges.



Delyth Bolt
Organiser
The Spark Centre
1 Smart Street
Bethnal Green
London E2 0SN
Telephone number: 020 8981 4924
Email: info@whydoesmypartner.co.uk

St Margaret's House
21 Old Ford Road
Bethnal Green
London E2 9PL
Telephone number: 020 8980 2092
Email: info@whydoesmypartner.co.uk

WALTHAM FOREST

Barnado's Hamara Family Project

The Early Bird Programme is an early intervention programme for parents of under-5s newly diagnosed with autism, aiming to develop an understanding of autism and strategies for coping. The programme lasts for three months and combines group training sessions for parents with individual home visits. This service is free to parents and carers.

Cartel House
1b Priory Avenue
walthamstow
London E17 7QP
Phone: 020 8503 7270
Email: hamara.walthamstow@barnardos.org.uk

Children with Asperger's, Parents Support (CAPS)

A support group in Waltham Forest for parents or carers of children with an AS diagnosis, or of children who display traits of AS. The group aims to provide mutual support, to share relevant information and to maintain links with relevant organisations. They hold monthly meetings for parents and AS children and additional special events organised for parents, carers and children.

[Meetings for **parents** are held on the first Tuesday of the month at the Hamara Family Project, 1b Priory Avenue, Walthamstow, London E17 7QP from 7pm – 8.30pm
The **youth club** for AS children is held on the first Saturday of the month at The Limes Community and Children's Centre, William Morris Hall, 6 Somers Road, Walthamstow, London E17 6RX from 12.15 – 3pm]

Phone: 07961 234361
E-mail: caps.wf@googlemail.com
Website: www.caps-wf.co.uk

WANDSWORTH

Carers of Adults with Learning Disabilities Group

Support group for people (age 25+) who care for adults with learning disabilities. It offers an opportunity to meet other carers, to find out about services and discuss ways of coping. 1st Thursday of each month 11.30am to 1.30pm

Wandsworth Carers Centre
181 Wandsworth High Street

One of a series of factsheets produced by autism London
Autism London, AS10 Rose Cottage, Aberdeen Centre, 22/24 Highbury Grove, London N5 2EA
Tel. 020 7704 1928 Helpline 0845 603 7954 www.autismlondon.org.uk/
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Registered charity no. 1009720

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London SW18 4JE
Telephone number: 020 8877 1200
Email: info@wandsworthcarers.org.uk

Contact A Family Wandsworth

Support and advice to parents and carers of disabled children (including children with an ASD) in Wandsworth. Eight newsletters per year (including autism page). Socials trips out for the whole family in the holidays at subsidised costs. Monthly support group which includes parents of children with ASD. Help with DLA forms and general emotional support. Some linking of parents/carers.

Rosie Noble
Project Manager
1 Siward Road
Wandsworth
London SW17 0LA
Telephone number: 020 8947 5260
Email: wandsworth@cafamily.org.uk

WESTMINSTER

Spectrum Girls

Spectrum Girls offers girls with high functioning autism (HFA) or Asperger syndrome (AS) the opportunity to make cybermates, penpals and friends through organised social events, and the chance for parents and siblings to meet and support each other as well as have fun! Events are organised in London and home counties but families from outside this area are welcome to find cybermate for their daughters/friends. For more information and to join the group, please contact Lesley Zorlakki.

Lesley Zorlakki
Founder
W1A
Telephone number: 07714 483 485
Email: spectrumgirls@sky.com