



Resources and supports for families





Support Organisations

- **National Autistic Society East Renfrewshire branch**

The branch offers autistic-led information and support sessions and workshops. They also offer online and in-person advice, signposting, peer groups and meet-ups.

The Market Place, The Avenue Newton Mearns

[Renfrewshire East \(autism.org.uk\)](http://autism.org.uk)

- **Inclusive Support team East Renfrewshire**

The team provides a range of social and leisure opportunities for children and young people who have complex support needs. This includes holiday programmes run during school breaks and clubs run weekly over term time. The service is available to children and young people aged 5 to 18 who have a diagnosed disability and live in the East Renfrewshire area.

Inclusivesupport@eastrenfrewshire.gov.uk / 0141 577 8300

Support Organisations



- **ENABLE East Renfrewshire LAC (Local Area Co-ordinators)**

The team works alongside people who have learning disabilities and/or Autism to enable them to achieve their goals. This includes advice and guidance to get the right supports in place with education, home life, etc.

- **Off Grid Community**

The service offers groups for support young people to use and enjoy the woodland area. This includes toddler playgroups and home education groups for young people aged 7-15 as well as adventure clubs for young people aged 6-12 and women's wellbeing group sessions.

Aidan's Brae, Clarkston

ogc.clarkston@gmail.com Off Grid Community 07769 229503

[\(20+\) Facebook](#)

Support Organisations

East Renfrewshire Carers' Centre

The Carers' Centre is the main voluntary sector service specialising solely in supporting carers and young carers. They can help with support and advice with benefit entitlement, form filling as well as information about short breaks and emotional support.

[Home - East Renfrewshire Carers Centre](#)

enquiries@eastrenfrewshirecarers.co.uk / 0141 638 4888

Young Carers

Young Carers provides support and weekly clubs and activities for siblings of a child with additional support needs aged 8 years and above.

<https://www.eastrenfrewshirecarers.co.uk/young-carer/>



Supports around education and learning



National Autistic Society

[Extra help at school Scotland \(autism.org.uk\)](http://autism.org.uk)

Enquire

Enquire is the Scottish advice service for additional support for learning. They provide easy to understand advice and information about additional support for learning legislation and guidance for families through their website and helpline

[Enquire Helpline – Enquire](#)

Partners in Advocacy

Partners in Advocacy provides individual advocacy to young people and adults who might have a range of additional support needs

- [Partners In Advocacy – Free and confidential support for individuals](#)

Peer support groups

- **ERA - East Renfrewshire Parents Action**

Facebook peer support group for parents and carers of those with additional support needs. ERA also run kids and teens groups.

https://m.facebook.com/groups/1445706065749029?group_view_referrer=search

- **PACER – Parents and Carers of East Renfrewshire**

Facebook peer support group for families with children with additional support needs

[\(20+\) PACER Parents and Carers of East Renfrewshire | Glasgow | Facebook](#)

- **Autistic Collective**

The Autistic Collective run webinars and events throughout the year and support learning and empowerment for parents and carers of autistic people.

hello@autistic-collective.org





Clubs and activities

- **Rangers Charity Foundation Autism Friendly Football**

Sessions for youngsters on the autistic spectrum, who might not otherwise be able to take part in mainstream football. These take place on Wednesday nights at Pro Soccer Rouken Glen Park for young people aged 5-16

rangerscharity@rangers.co.uk.

<https://www.rangerscharity.org.uk/in-the-community/community-programmes/everyone-and-anyone/autism-football>

- **CEA Card**

A national card scheme developed for UK cinemas by the UKCA. This card enables a cinema guest aged 5 years plus to receive a complimentary ticket for their caregiver to go with them. This is available for families in receipt of certain benefits including DLA/CDP/PIP

<https://www.ceacard.co.uk/>

Clubs and activities



- **East Renfrewshire Culture and Leisure - All Access Card**

Concession All Access Card which entitles families to free activities and free holiday camps run by ER Culture and Leisure. This is available to families on certain benefits

<https://www.ercultureandleisure.org/>

- **SupERkids**

SupERkids is a voluntary, non profit making parent led group who organise a variety of clubs over evening and weekends. SupERkids works closely with the Inclusive Support team.

<https://superkids.org.uk/about-us/>



Clubs and activities

East Renfrewshire Council Community Learning and Development team

Autism group for girls every Wednesday between 3.30-5pm at The Edge, Fairweather Hall. £1 cost and families must complete referral form prior to attending.

ypsenquiries@eastrenfrewshire.gov.uk

IncludeMe2

IncludeMe2 offers a wide variety of clubs and services for children and adults with additional support needs and or disabilities in East Renfrewshire and beyond.

<https://www.includeme2club.org.uk/>

Financial Supports

Money Advice and Rights team

Free, expert and confidential advice to help you, find out what benefits you're entitled to and make a claim

[About money advice and rights - East Renfrewshire Council](#)

Self Directed Support Forum East Renfrewshire

Local organisation that supports those who are thinking about applying for or who already have a social care package for themselves or someone they care for.

<https://sdsforumer.org/>

Income maximisation worker within East Renfrewshire Carer's Centre

Financial Wellbeing worker within Children 1st



Resources and general organisations

[Autism Understanding Scotland - reframing the narrative around autism](#)

Resources below can be found on Autism Understanding Scotland, an autistic-led charity working to reframe the narrative around autism.

- Autism Passport
- Sensory Profile and guidance

[Home - Autism | Autistica](#)

UK based autism research and campaigning charity. Email list offers opportunities to take part in research (can often offer gift vouchers/compensation for participation)

[Joining in with Sensory Differences | NHS GGC](#)

Detailed information on sensory differences, registration for sensory sessions and also information on Children's Occupational Therapy Advice Line –

0141 531 6536 for families in East Renfrewshire/Glasgow

Tuesdays 1:30pm - 4:00pm

Fridays 9:30am - 12:00pm

or email ggc.scsoccupationaltherapy@ggc.scot.nhs.uk



Resources and general organisations (cntd)



[Q&A Videos with Michelle & Tony - Attwood and Garnett Events](#)

Australian researchers, website includes free Q&A sessions available in resources portion of website on different subjects including PDA and emotion management.

[PDA Society – Pathological Demand Avoidance](#)

Only specialist PDA charity in the UK. Website includes information on PDA as well as free webinars and resources.

[Free Webinars | Studio 3 Crisis Management](#)

Originators of the Low Arousal approach, a non-aversive approach to managing distress, which encourages stress reduction and de-escalation, with a focus on the behaviour of supporters. Includes free webinars on interoception, carer wellbeing and stress reduction

Resources recommended by Cygnet Cohort Nov-Dec 2023

Books for parents

- Helping your child with PDA live a happier life – Alice Running
- Autistic masking – Amy Pearson & Kieran Rose
- Autism... What does it mean to me? – Catherine Faherty
- Understanding Autism (The Kids' Guide) – Vicky Martin

Instagram and other social media accounts

- Neurowild
- Purple Ella

Websites

[At Peace Parents](#)

[Academy](#)

[Talking Mats | Improving communication, improving lives](#)

[Molehill Mountain | Autistica](#)



Other peer recommendations

Children's books (protagonist is autistic)

- Frankie's World and Finding My Voice by Aoife Dooley
- Speak Up by Rebecca Burgess.

Safe and sound protocol (devised by Stephen Porges)

[What is the SSP? - SSP Coaching UK \(safeandsoundprotocol.co.uk\)](http://safeandsoundprotocol.co.uk)

Websites and articles

- www.5pointscale.com (lots of free downloadable emotion scaling charts/ thermometers)
- [The 5 Steps of Grieving An Autism Diagnosis | Circle Care \(circlecareservices.com\)](http://circlecareservices.com)
- [Welcome to the | Autistic Girls Network](#)
- [Women and Girls Online Support | Scottish Autism](#)
- www.cheapdisabilityaids.co.uk
- [Home | Spectrum Gaming](#)
- [The Zones of Regulation | A Curriculum For Emotional Regulation](#)