



# WHITELEES AUTISM SUPPORT



*A support network with information and strategies to support you and your child*

SCOTTISH  
AUTISM

PONIES  
HELP  
CHILDREN

NATIONAL  
AUTISTIC  
SOCIETY  
NLC

PARENT  
ZONE  
AUTISM

SPEECH &  
LANGUAGE

CHILDLINE

NHS  
SUPPORT  
AUTISM

BARNARDO'S

HOPE FOR  
AUTISM

PALS

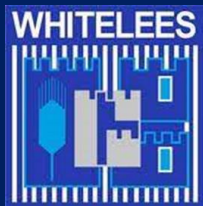
REACH  
LANARKSHIRE  
AUTISM

ENQUIRE

CAMHS

SLEEP  
SCOTLAND

FEEDBACK

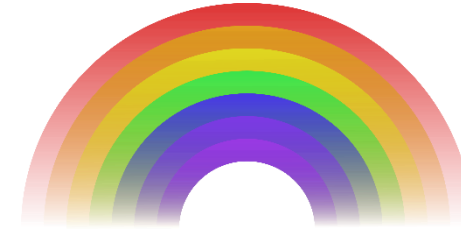


CLICK ON THE ABOVE TILES TO ACCESS THESE SERVICES





# PONIES HELP CHILDREN



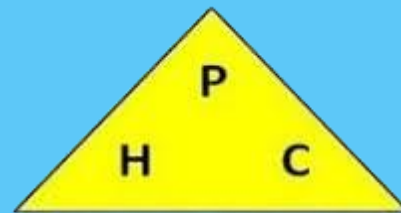
- We rescue ponies who have experienced abuse and neglect. We nurture them to physical and emotional health by providing a calm, safe, secure environment where the ponies experience love and happiness and predictable routines. Our training with them increases their ability to connect and trust in human relationships without fear or anxiety.
- We provide a safe haven for families with disadvantaged children and young people to engage with our ponies. The children and young people build resilience through emotional connection; learn to trust and build relationships cultivating positive physical, mental health and well being whilst promoting social inclusion.



[heather@ponieshelpchildren.co.uk](mailto:heather@ponieshelpchildren.co.uk)



07729 535183



*Ponies Help Children*

CLICK ON THE  
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ACCESS PAGE

CLICK HERE  
TO RETURN  
TO HOME  
PAGE



# SCOTTISH AUTISM



We provide a wide range of flexible and innovative support services for children and adults across Scotland, each with a focus on improving quality of life. Central to this is recognising that each person has a unique set of needs. We create personalised support plans which are based on an individual's own strengths and motivations and on achieving outcomes which are meaningful to them.

## Scottish autism

WHERE AUTISTIC PEOPLE  
ARE VALUED

CLICK ON THE  
ABOVE LOGO TO  
ACCESS PAGE

CLICK HERE  
TO RETURN  
TO HOME  
PAGE





# HOPE FOR AUTISM



HOPE for Autism is still operating our support services. These include, activity groups for children/young adults, a range of support services, and training and information for parents and the community. We are happy to help and support you with any enquiries.



for Autism in North Lanarkshire



**01236 779191**

CLICK ON THE LOGO  
TO ACCESS PAGE

CLICK HERE  
TO RETURN  
TO HOME  
PAGE



# PALS



## Play and Learning Support



P.A.L.S. - Play Activities Listening Ear Support - Helping Families with Children on the Autistic Spectrum.

Do you have a child with autism aged 5-16 years old?  
Would you like to meet with other families?  
Would your child benefit from a safe place where they can play, socialise and make new friends?

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If Yes, then come along and receive a warm welcome at P.A.L.S



01642 327 545



# NATIONAL AUTISTIC SOCIETY NLC



Click on the logo below to access information on children's services, education, adult social care, housing support and cultural and leisure services (e.g. libraries, sports development)



National  
Autistic  
Society





# PARENT ZONE - AUTISM



If your child has Autism, they will have difficulty making sense of the world. Autism will affect each child differently. Your child may find it difficult to deal with changes to routines and may become obsessed with certain objects, actions or activities. Your child may not be able to express themselves with language and may use alternative ways of communication (sign language, pictures). Your child may also experience sensory difficulties (they may be highly sensitive to touch, sound or smells). Click on the Logo below to access support.

CLICK ON THE LOGO  
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CLICK HERE  
TO RETURN  
TO HOME  
PAGE



# REACH LANARKSHIRE



- REACH was established on 9th March 2012 to bridge the gap in post diagnostic services across Lanarkshire, to provide support to families who have a young person with an Autism Spectrum Condition living within the authority of South Lanarkshire.
- Following a period of working closely within the autism community, it was noted there existed a need to work pan-Lanarkshire to provide much needed support and activities in both North and South Lanarkshire and reflect the diagnostic services used by those within NHS Lanarkshire.



**REACH**  
Lanarkshire Autism



CLICK ON THE  
ABOVE LOGO TO  
ACCESS PAGE

CLICK HERE  
TO RETURN  
TO HOME  
PAGE





# ENQUIRE



Enquire is the Scottish advice service for additional support for learning.

Our mission is to:

- raise awareness of children's rights to extra support in school
- help families and schools work together to ensure children get the support they need
- provide advice to children and young people who might be struggling in school
- offer resources to parents



0345 123 2303

**Helping you understand  
Additional Support for  
Learning**

# ENQUIRE





# CAMHS



The NHS Lanarkshire Child & Adolescent Mental Health Service (CAMHS) is a specialist service for infants, children and young people.



The service accepts referrals up to the young person's 18th birthday if they are still in high school education where the young person is experiencing moderate to severe emotional/behavioural mental health difficulties.



01236 707774 /  
01236 707779



# NHS SUPPORT FOR ASD



[CLICK HERE  
TO RETURN  
TO HOME  
PAGE](#)



[CLICK ON THE ABOVE LOGO  
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# BARNARDO'S



Barnardo's is a children's charity that protects and supports the UK's most vulnerable children and young people.



0800 008 7005



Believe in children  
Barnardo's

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# CHILDLINE



Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send *Childline* an email or post on the message boards.



**childline**

ONLINE, ON THE PHONE, ANYTIME

CLICK ON THE  
ABOVE LOGO TO  
ACCESS PAGE

CLICK HERE  
TO RETURN  
TO HOME  
PAGE



# SPEECH AND LANGUAGE



Due to Coronavirus (COVID-19), our Children and Young People's Speech and Language Therapy Service has temporarily changed and all routine appointments are postponed until further notice. We will continue to offer general advice and support by telephone. You can also send us a direct message via our Facebook and Twitter pages, or use our new email facility to contact us. Our social media pages have lots of advice and resources you can access too.

Here are the ways you can contact us:



[01698 575707](tel:01698575707) (leave a message and we will call you back)



[sltenquiry@lanarkshire.scot.nhs.uk](mailto:sltenquiry@lanarkshire.scot.nhs.uk) (email a message and a phone number and we will call you)



[@SLTSouthLan](https://twitter.com/SLTSouthLan) or [@SLTNorth](https://twitter.com/SLTNorth)



[Speech and Language Therapy NHS Lanarkshire](#)

We will work with you to reach the best possible solution in these challenging times





# SLEEP SCOTLAND



Our vision is that all families of children and young people with sleep problems, including those with additional support needs, can be helped to achieve a qualitative improvement in the whole family's life, and that this service should be provided in partnership with the statutory sector.



<mailto:enquiries@sleepscotland.org>



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CLICK HERE  
TO RETURN  
TO HOME  
PAGE



CLICK ON THE  
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# FEEDBACK



We strive to improve all that we do here in Whitelees. Please provide us with feedback about this site and any other services that you would like to find out more about.



@WhiteleesPS

feedback

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01236 794814