

## ASD Support Groups

- The Maze: Nottingham

This is a drop-in centre run by volunteers who have children on the Autistic Spectrum. We are open from 10am-1pm every day in term time. We can support parents in a number of ways: DLA forms, 1:1 advice on 4, behaviour, sensory needs, support at school meetings, parent focussed 69 courses. We also offer siblings of ASD children a Saturday morning Play Session.

**Open:**

Term-time Tuesdays 10-1pm By Appointment Only

Wednesdays 10-1pm Drop-in (no appointment necessary)

**Contact:**

The Maze Nottingham,  
Community And Voluntary Services,  
7 Mansfield Road,  
Nottingham,  
NG1 3FB

**Tel:** 01159 348 451 / 07783 826 835 **Email:** [contact@themazegroup.org.uk](mailto:contact@themazegroup.org.uk)

- PHAB Nottingham

We are a small charity promoting and encouraging people of all abilities to come together on equal terms. We organise fun activities and days out for mentally and physically disabled children and young adults from the Nottingham area between the ages of 13-18 (although we will consider applications outside of this age range on a case-by-case basis). Our trained volunteers provide 1:1 care for all our members. As young adults themselves, they are able to act not just as a carer, but as a friend, giving you peace of mind in the knowledge that not only is your child having an amazing time, but they are also being very well looked after. Our events usually take place on Sunday afternoons every two weeks during term-time. If you sign up for our mailing list, we will let you know just as soon as registration for our next event opens. Most of our events are held in the local area around Nottingham. When we run exciting events further afield, we provide transport from University Park campus.

**Contact:**

**Tel:** 01158 967 467 **Email:** [www.phabnottingham.com](http://www.phabnottingham.com)

- PHAB – Residential Experiences

Phab organises an annual summer programme of Inclusive Living Experiences – residential projects at purpose built accessible activity centres for children and young people of all abilities at centres on Exmoor, Derbyshire and the Lake District. Anyone aged 9 – 16 (this age range is a guideline only) with or without a disability – individuals, brothers and sisters, friends, small groups, and carers are welcome to attend as well. You do not need to be a

Phab Club Member and Phab welcomes referrals and applications from all sources around Great Britain. *We recommend that you return your application forms by March at the latest if you are applying for the summer projects, as demand is high.* Everyone is able to take part in a wide range of adventurous activities such as canoeing, climbing, abseiling, caving, horse riding, sailing, archery, zip wire plus swimming, discos, trips out to theme parks and other attractions. Specialist tuition is carried out by skilled, qualified and caring instructors.

**Contact:**

**Tel:** 01254 824 784 (**Rebecca Hargreaves**)

**Email:** [rebecca.hargreaves@phab.org.uk](mailto:rebecca.hargreaves@phab.org.uk)

- **Jigsaw Youth Group**

A youth club for young people age 10 to 25 years old with Asperger syndrome. Activities include: snooker, pool, ice skating, arts, dance, drama, crafts, painting, drawing, visits to theatres and music venues, outdoor activities, hill walking, climbing, canoeing, abseiling, camping, narrow boat, football, cricket, badminton, tennis, table tennis, chat, music, Wii, DVD, computers, internet. The Club meets on Saturdays and also runs a garden session on Wednesdays and will be running activities for young people with Asperger syndrome and high functioning autism who aren't in education or training.

**Contact:**

Danny Jackowski  
c/o Monty Hind Training Centre  
Leengate  
Lenton  
Nottingham  
NG7 2LX

**Tel:** 0776 2207532 **Email:** [jigsaw.yc@gmail.com](mailto:jigsaw.yc@gmail.com)

**Website:** [www.jigsaw-yc.org.uk](http://www.jigsaw-yc.org.uk)

- **Rainbow Parents Carers Forum**

A support group and voice for parents/carers who have a child with a disability or additional needs. Hosts regular inclusive family activities including 2 monthly support sessions with advice on education, health, social care and benefits. Participates in and influences local decision making on services for disabled children, young people and their families Promotes the wellbeing of parents and carers and children via a 'virtual forum' and peer network. Provides training to parents, carers and professionals. Works in partnership with the local authority to deliver person centred support plans for children & young people with disabilities in the city.

Rainbow 1 meets on second Saturday of the month 2–3.55pm in the Glenbrook Primary School, Wigman Road, Bilborough, Nottingham NG8 4PD.

Rainbow 2 meets on the fourth Saturday of the month 2–3.55pm at Monty Hind Youth Club.

Inclusive ice skating at the National Ice Centre, Nottingham (10–10.45am), family swimming at Ken Martin

Leisure Centre (2.15–3.15pm with refreshments and play till 4.15pm) both monthly on Sundays, soft play and sensory session at Beechdale Swimming Centre monthly on Saturdays, cycling club for children with disabilities at Oak Field School Mondays 6–8pm term time only.

**Contact:**

Rainbow Parents Carers Forum  
C/O Monty Hind Youth Club, Leengate,  
Lenton,  
Nottingham,  
NG7 2LX

Tel: 07837278981 (Ben Denby)

**Email:** [admin@rainbowparentscarersforum.org.uk](mailto:admin@rainbowparentscarersforum.org.uk)

**Website:** [www.rainbowparentscarersforum.org.uk](http://www.rainbowparentscarersforum.org.uk)

- **Indigo Kids**

Support group for families. Children's clubs held in the evenings and on Saturdays. Tots group available.

**Contact:**

Indigo Autism Resource Centre,  
Dovecote Road,  
Beauvale,  
Newthorpe,  
Nottinghamshire.  
NG16 2EZ

**Tel:** 07905 586 910 or 07549 170490

**Email:** [indigokids38@live.co.uk](mailto:indigokids38@live.co.uk) or [indigokids1@live.co.uk](mailto:indigokids1@live.co.uk)

**Email for clubs:** [indigo.emma@live.co.uk](mailto:indigo.emma@live.co.uk)

**Website:** [www.indigokids.org.uk](http://www.indigokids.org.uk)

- **Special Kids Nottingham**

We are a support network for parents and carers of children with additional needs in Nottinghamshire.

**Contact:**

**Website:** [www.specialkidsnottingham.org.uk](http://www.specialkidsnottingham.org.uk)

**Email:** [Specialkids@btconnect.com](mailto:Specialkids@btconnect.com)

- **Rumble Tums Kimberley**

Rumbletums Café is a supported training and work experience project for young people with a learning disability, some of whom may also have an additional physical disability.

The project offers work experience opportunities to young people aged between 16 and 30. These opportunities are built around the operation of a cafe in Kimberley and cover a range of catering, hospitality and customer services roles.

Contact:

**Tel:** 0115 938 4953 **Website:** [www.rumbletums.org.uk](http://www.rumbletums.org.uk)

**Email:** [rumbletumscafe@btconnect.com](mailto:rumbletumscafe@btconnect.com) or [jeff.buck2768@btinternet.com](mailto:jeff.buck2768@btinternet.com)

- **Shining Minds**

SD Parent led Support Group for children aged 8-16 years. Meets last Tuesday of each month 9.15am-11am; drop in at any point.

**Contact:**

Fairfield Academy, Toton Lane, NG9 7HB

**Tel:** 9179266.

- **CEA Card**

The CEA Card is a national card scheme developed by the Cinema Exhibitors' Association (CEA) for UK cinemas. The scheme was introduced in 2004 and is one of the ways for participating cinemas to ensure they make reasonable adjustments for disabled guests when they go to the cinema; in particular it ensures a complimentary ticket for someone to go with them. The CEA Card allows you to obtain ONE free ticket for the person who is accompanying you to enable you to visit the cinema, by providing the assistance you require as a result of your disability, provided you purchase an applicable full price ticket for yourself for the same performance of the same film in the same auditorium. The free ticket is provided on the assumption that the person who accompanies you is able to provide you with appropriate assistance.

**Contact:**

CEA Card

PO Box 212

Waterlooville

PO7 6ZN

**Tel:** 023 9224 8545 **Textphone:** 18001 023 9224 8545

**Website:** [www.ceacard.co.uk](http://www.ceacard.co.uk)

- **BOOK: Out of Sync Child by Carol Stock Kranowitz**

This book is conceived to explain sensory processing and its counterpart, Sensory Processing Disorder, to parents, teachers, and other non-OTs who

are new at this. The 2nd edition, seven years after the first, contains up-to-date information that may also help those who are already experienced in caring for children with other, more observable disabilities, many of which overlap with SPD.

***Available online and in book stores.***

- **Autistic Nottingham**

Autistic Nottingham (formerly Nottingham Aspies and Nottingham Asperger's Self-Help Group) is a Nottingham-based group for adults (18 or older) with an autistic condition. This can include autism, autism spectrum condition, Asperger syndrome, and some related conditions. The group is run and attended by local autistic people with no direction or facilitation from professionals or volunteers, although we can work in connection with other organisations such as the health service and autism charities. The purpose of the group is for autistic adults to support and help each other and do whatever we want together, which we can decide on through discussion.

Contact:

Autistic Nottingham  
c/o Self Help Nottingham,  
Ormiston House  
32-36 Pelham Street  
Nottingham  
NG1 2EG

**Tel:** 0115 911 1662

**Email:** [nottmaspselfhelp@gmail.com](mailto:nottmaspselfhelp@gmail.com)

**Web:** <http://groupspaces.com/AutisticNottingham/>

- **APTCOO (A Place To Call Our Own)**

Community based one stop resource facility providing equal inclusive opportunities for play and development for children of all abilities, and also support and information to families, disabled children/young people (0-19 years) and their families living in North Nottinghamshire. Children pre-diagnosis are welcome. The Centre operates an open system of referral, telephone help line, advice and information service. It runs a carers support group, sensory room, sensory toy library and holiday programme of leisure activities/events.

**Contact:**

Unit 15 Botany Park  
Botany Avenue  
Mansfield  
Nottinghamshire

NG18 5NF

**Tel:** 01623 629902 **Email:** [enquiries@aptcoo.co.uk](mailto:enquiries@aptcoo.co.uk)

**Website:** [www.aptcoo.co.uk](http://www.aptcoo.co.uk)

- **[Look Inside Sensory Learning and Play Ltd](#)**

Look Inside provides specialised learning and play for children and adults aged 0-25 years with disabilities, special educational needs and behavioural needs. The sensory play area for all children and young people is specialised for those with reduced mobility or younger children. It provides a calm sensory environment with DVD projection, bubble tube, interactive light panel, fibre optic harness, interactive floor, light projection and vibrating toys for relaxation. Specialist services include counselling/mediation, mentoring, social boundaries groups, parenting classes, debt and money advice, careers advice and arts and crafts. Sensory play costs £4 for the first hour and £2.50 for every subsequent hour. Children's parties can be booked in the sensory play area. A beauty salon is also available. Opening times: Monday-Saturday 10am-6pm. Connect with them on Twitter @NaomiLookInside. Drop and Shop: £15. Your retail therapy + their sensory play therapy = Now you can finally shop till you drop just make one stop @ Look Inside. Saturday 1pm-3pm aged 0-4 years. Saturday 3.15pm-6pm aged 5-11 years. Booking required for all within 24 hours in advance. Children with additional needs/disabilities will be linked with appropriate staff following completion of a booking form; 2. Stay & Play: £5 per session. Lead by member of staff. Dough making and messy play. Follow your babies and toddlers lead as they explore the sensory world of play. Monday, Tuesday, Thursday, Friday & Saturday 10.30am-12.30pm; 3. Respite care: Available Monday - Friday 1pm-3pm. "You take a break whilst we take care". £19. Booking required for all within 24 hours in advance. Children with additional needs/disabilities will be linked with appropriate staff following completion of a booking form.

**Contact:**

Look Inside Sensory Learning & Play

City College Nottingham

Carlton Road

Nottingham

NG3 2NR

**Tel:** 07424 032564 or 07424 038353

**Web link for contact:** <http://www.lookinside.org.uk>

**Website:** [www.lookinside.org.uk](http://www.lookinside.org.uk) **Email:** [info@lookinside.org.uk](mailto:info@lookinside.org.uk)

- **[National Autistic Society Website – www.autism.org.uk](http://www.autism.org.uk)**

We are the leading UK charity for people with autism (including Asperger syndrome) and their families. We provide information, support and pioneering services, and campaign for a better world for people with autism. We also have an online Autism Services Directory which contains information of

support such as; Advice and advocacy, Assessment and diagnosis, Education, Health, Local government Services, Suppliers of products, Support groups and networks, Training and events, Training and Research Organisations and Accredited services available across the UK.

- **Nottingham Mencap**

Voluntary Organisation dedicated to the service of people with a learning disability or difficulty, and their families and carers. Operates within the City of Nottingham and the surrounding area.

**Contact:**

Centre House  
4 Chapel Bar  
Nottingham.  
NG1 6JQ

**Tel:** 0115 956 1130

**Email:** [info@nottinghammencap.org.uk](mailto:info@nottinghammencap.org.uk)

**Website:** <http://www.nottinghammencap.org.uk>

- **National Autistic Society – Youth Groups for Teenagers with Autism/Asperger's**

Youth groups for teenagers with aspergers/autism - aged 11-19 - there are 3 groups that are held in Mansfield, Newark and Nottingham - all once a month. Mansfield is normally on a Monday at the beginning of the month, Newark Monday in the middle of the month and Nottingham is normally on a Tuesday towards the end of the month. The groups run from 6pm till 8pm. Each session each month has a different theme. We have arts and crafts nights, wii nights, board game night, baking, Easter egg hunts, trips out to bowling, lazer quest and meals out in the community. We also had a boat trip last year and a trip to Alton Towers. We also arrange funds raising events such as summer fairs, bag packing and car boot sales. If your child would like to join there is an application form to fill in before attending the group - the first session is a free taster session and after that it is £10.00 per session - unless you are able to be funded by the FSBS, a leaflet will be given to you in the application pack. All volunteers and the sessional leader are all CRB checked. Please contact Sophie Dunlop for more information regarding the groups.

**Contact:**

The National Autistic Society - Youth Groups

**Tel:** 07805 203330

**Email:** [sophie.dunlop@nas.org.uk](mailto:sophie.dunlop@nas.org.uk) **Website:** <http://www.autism.org.uk>

- **Nottingham Clubs for Young People**

**Tel:** 0115 9705405

## YOUTH CLUBS

- **West Bridgford Youth Club**

Wednesday, 6.30pm – 9.00pm (South Youth Link). A youth club for young people with disabilities.

**Contact:**

West Bridgford Young People's Centre  
Bridgford Road  
West Bridgford  
Nottinghamshire  
NG2 6AT

**Tel:** 0115 9824805 or 0115 9824800 (*Clare Ridsdale*)

**Email:** [clare.ridsdale@nottsc.gov.uk](mailto:clare.ridsdale@nottsc.gov.uk)

- **Redhill Youth Club**

Thursdays, 6.30pm – 9.00pm (South Youth Link). A youth club for young people with disabilities.

**Contact:**

Redhill Young People's Centre  
Redhill Road  
Arnold  
Nottingham  
NG5 8GX

**Tel/Fax:** 0115 9204136 or **Mobile:** 07950 697252 (*Mrs Cathryn Reade*)

**Email:** [cathryn.reade@nottsc.gov.uk](mailto:cathryn.reade@nottsc.gov.uk)

- **Beeston Youth Club**

Tuesdays, 6.30pm – 9.00pm (Youth Link Club). A youth club for young people with disabilities.

**Contact:**

Beeston Youth & Community Centre  
West End  
Beeston  
Nottingham  
Nottinghamshire  
NG9 1GL

**Tel:** 0115 9254575 ext 5 (*Nikola Loydall*)

**Email:** [nikola.loydall@nottsc.gov.uk](mailto:nikola.loydall@nottsc.gov.uk)