

Skills Sharing: Parents

Additional Resources

What	Details	Where to go
Surrey		
Action for Carers	Various carer support groups across Surrey, there are also groups specifically for parents of children with autism.	Events Action for Carers
APPEER	Offer support for parents/carers of autistic girls and young women such as: Peer support groups, Resources/Toolkit of strategies and support and Parent/Carer yoga sessions.	Appeer CIC
Ambitious About Autism	Ambitious About Autism have an online parent toolkit which is packed with practical tips, signposts to sources of support or additional information. They also have online resources for siblings.	Parent toolkit Ambitious about Autism
Autism By Experience	Autism By Experience' sole focus is to raise awareness of autism in local Surrey	Autism By Experience

	communities and share events/locations/etc that are autism friendly. They work exceptionally hard to reach as many people working with autistic people as possible so that as many ND people can access everything that is available to them. They hold meetings that cover different areas of Surrey and Mike Leat (the lead for this project) has confirmed that all working in services, businesses, autistic adults and families are welcome to these.	
Barnardo's Surrey Positive Parenting	Barnardo's aim to support parents/carers of children (6-18 years old) who have a diagnosis of, or who are awaiting a diagnosis of ADHD.	<u>Surrey Positive Parenting Service Barnardo's</u>
Be Your Best Webinar	Hosted by Niki Methold, family dietician, a free webinar for parents and carers of ND children focused on navigating food challenges. <u>Held on 10th and 14th of July 2025.</u>	<u>Be Your Best Webinar - pdf.pdf</u>
BRAAIN (Be Ready ADHD ASD Information network)	A network, advice and support for parents and carers of ND children in Surrey out to Hampshire borders. Support both pre and post any diagnosis.	<u>ADHD, Autism & Special Needs Information Network BRAAIN</u>

	<p>Time Out Support Group (run by BRAAIN) The group was set up by parents of children with ADHD/Autism/SEN, it aims to support parent carers around Farnborough, Camberley and surrounding areas. They meet every first Tuesday of the month.</p>	<p><u>Time Out Support group for ADHD/ASD/SEN around Farnborough & Camberley Facebook</u></p>
Caleidoscope	<p>Offer 1:1 support to discuss strategies for the child's individual needs, digest the diagnoses and prepare a support plan for parents. They also run online webinars on various topics related to autism.</p>	<p><u>FAMILIES Caleidoscope - Autism Support</u></p>
Face2Face Parent Support	<p>Face2Face is a volunteer-led group of parents and carers who have a child or young person with a disability who offer friendship and support to other parents or carers of children with additional needs or disabilities.</p>	<p><u>Face2Face parent support - YMCA East Surrey</u></p>
Family Voice Surrey	<p>A Parent Carer Forum providing independent guidance to parent carers of children and young people with additional needs aged 0-25 in Surrey, shining a light on the challenges that SEND families regularly face. They also run parent carer in person meet ups and online workshops.</p>	<p><u>Calendar - Family Voice Surrey</u></p>

Home Start Epsom, Ewell & Banstead Over 5's Project	A range of support services to families who have a primary age child/ren with SEND/ADHD/ASD and are displaying emotional/behavioural challenges. Offering: 1:1 parenting support and advice, parenthood programmes (SEND specific), support café and signposting to community support.	Over 5's Project Home-Start Epsom, Ewell and Banstead (hseeb.org)
Learning Space	Run parent groups, workshops, and have online resources on relevant topics such as: Child on Parent Violence, Bullying, EBSNA, Self-harm, Sleep Strategies and more.	Help for Parents Learning Space
Mindworks	Overview of the services that Mindworks Surrey offers and support available for parents/carers	Information for parents Out of hours advice line: Mindworks Surrey (mindworks-surrey.org)

National Autistic Society	Offer a range of support services for parents and families of children with Autism such as: Helpline, Courses, NAS Surrey Family Support Service and Support Groups.	<u>NAS Surrey Branch Services and Support For Adults and Their Families</u>
Spelthorne Asperger Support Group	This free group meets once a month to support anyone looking after someone with Asperger syndrome. They arrange trips for the children accompanied by their parent or carer. They also organise evening meals three times a year as a social event. Carers can attend meetings with social services or education for support.	<u>Spelthorne Asperger Support Group (autism.org.uk)</u>
Surrey Youth Focus Inclusion Confident Communities.	Four short Surrey Youth Focus recordings introducing the 'Social Model of Disability', behaviour as communication & creating an inclusive culture together	<u>Inclusion Confident Communities recordings</u>
Surrey Youth Focus Inclusion Shining Stars	Four short videos highlighting local organisations work with children with ND needs.	<u>Inclusion Shining Stars</u>
Surrey ND Padlet	ND advice for parents and carers	<u>Surrey Padlet - ND advice for Parents/Carers</u>

Surrey Local Offer: Parents and carers	The Local Offer has information about the range of services available to children and young people in Surrey with special educational needs and disabilities (SEND).	<u>Local Offer parents and carers - Surrey County Council</u>
Surrey Child and Family Health useful links	New single point of access telephone details. Key website links.	<u>Surrey Child & Family Health Useful Links</u> Full website - <u>surreychildandfamily.co.uk</u>
Surrey Young Carers	Support for young people who help care for someone who has an illness, a disability, or is affected by mental ill-health or alcohol/substance misuse. Support children from Year 1 upwards.	<u>Surrey Young Carers</u>
National		
Sibs	Sibs is the only UK charity for children and adults who are growing up with or have grown up with a disabled brother or sister. We provide information, support and training	<u>Your feelings - Sibbs</u>

	on sibling issues for adult siblings, young siblings, parents and professionals.	
The Curly Hair Project	Support for parents and family members through online courses, webinars, and resources.	The Girl With The Curly Hair - Autism Training, Animations, Books.