

ASC Resources

Websites:

amaze (<https://amazesussex.org.uk/>) → Information, advice & support for both the young person and their families.

Ambitious about autism (<https://www.ambitiousaboutautism.org.uk/>) → Information & Advice from early years to preparing for adulthood. Also has a youth network.

Further ways to contact: info@ambitiousaboutautism.org.uk; 020 8815 5444

And Next Comes L (www.andnextcomesl.com) → Free resources and tips for autism.

Aspens (<https://www.aspens.org.uk/childrens-services-in-east-sussex>) → Services for children and young people with disabilities, or on the autism spectrum - aged 8-25 (18-25 with EHCP).

CLASS and CLASS + (<https://czone.eastsussex.gov.uk/inclusion-and-send/isend-services/communication-learning-and-autism-support-service-class/what-is-class/>) → Support, training and guidance to schools & families of children with special educational needs.

Further ways to contact: CLASS@eastsussex.gov.uk; 01273 336887.

East Sussex County Council (East Sussex 'Local Offer' 1Space)

(<http://www.eastsussex.gov.uk/childrenandfamilies/specialneeds/childrenwithadisability/autism/default.htm>) & **ISEND Spectrum** (<https://new.eastsussex.gov.uk/children-families/special-needs/spectrum-referral-form>) → gives an overview of local services.

Further ways to contact: 01424 724700; spectrum@eastsussex.gov.uk

i-go (<https://igo.eastsussex.gov.uk/>) → 90 venues in East Sussex, register for a card to access discounts for activities (only for neurodivergent young people).

IPSEA (<https://www.ipsea.org.uk/>) → Independent Provider of Special Educational Advice for children aged 16-25. Information, advice and support around education for young people & children with special education needs (SEND).

Further ways to contact: 0300 222 5899

iRock (<https://www.sussexpartnership.nhs.uk/irock>) → Service for 14-25-year olds offering advice and support for emotional and mental wellbeing, employment, education and housing.

ISEND (<https://isend.eastsussex.gov.uk/send-information-and-services/>) → Broad overview of different conditions, local services, advice and more.

National Autistic Society (www.autism.org.uk) → Information on autism and related conditions, advice and guidance. Online autism community & the 'Spectrum Magazine'.

Further ways to contact: 0808 800 4104; Also have support for families

(<https://www.autism.org.uk/what-we-do/support-in-the-community/family-support>)

Young Minds for young people (<https://www.youngminds.org.uk/young-person/mental-health-conditions/autism-and-mental-health/>) → Generic advice and help on how autism can affect mental health. **Young Minds for parents:** <https://www.youngminds.org.uk/parent/a-z-guide/autism-and-mental-health/>

ASC Resources

Books:

Everybody is Different - by Fiona Bleach (for young people who have brothers or sisters with autism)

Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence - by Luke Jackson

From Anxiety to Meltdown: How Individuals on the Autism Spectrum Deal with Anxiety, Experience Meltdowns, Manifest Tantrums, and How You Can Intervene Effectively - by Deborah Lipsky

The Curious Incident of the Dog in the Night-time - by Mark Haddon

Publications:

ASC & Anxiety app: <https://www.autistica.org.uk/get-involved/molehill-mountain-app>

Guide for parents with a SEND young person, made by the UK government:
<https://www.gov.uk/government/publications/send-guide-for-parents-and-carers>

Insightful video about autism, from NHS: <https://www.youtube.com/watch?v=KhTONxCayEg>

Area Specific:

Brighton & Hove:

mASCot (<https://www.asc-mascot.com/>) → Brighton & Hove parent-led group network and support for families with a young person/child with ASC.

Eastbourne:

Embrace (<http://embraceeastsussex.uk/>) → Looks at improving life skills and opportunities. Has respite clubs, outreach and advocacy.

Further ways to contact: 01323 404775

Seaford:

Seaford Down's Syndrome and Special Needs Support Group (<https://www.seaford-dssnsg.co.uk/4-2/>) → Provides activities, family support/drop in sessions, guidance for parents, and more.

Waves Seaford (<https://wavesseaford.org.uk/>) → Practical help and support to families in the Seahaven area.