














## ASC - Key resources

- The **local offer** brings together information about service and support available to children and young people (for example short breaks, parent support groups and places to go):
  -  0161 209 8356
  -  [localoffer@manchester.gov.uk](mailto:localoffer@manchester.gov.uk)
  -  [www.manchester.gov.uk/sendlocaloffer](http://www.manchester.gov.uk/sendlocaloffer)
- The **family fund** gives essential grants for essential items (such as computers, tablets, bedding, clothes) and much needed family breaks. You can apply for this fund once a year:
  -  0190 462 1115
  -  [info@familyfund.org.uk](mailto:info@familyfund.org.uk)
  -  <https://www.familyfund.org.uk/>
- **ASGMA** (The Autistic Society Greater Manchester Area) is registered charities who work with a wide range of people of all ages who have Autism and their families. ASGMA run 'Aspirations' which provides social and creative activities for people with age appropriate language and learning skills aged 10 and up:
  -  0161 886 8485
  -  [aspirations@asgma.org.uk](mailto:aspirations@asgma.org.uk)
  -  [www.asgma.org.uk](http://www.asgma.org.uk)
- **Greater Manchester Autism Consortium Family Services Development Project** aims to be a point of contact for anyone in greater Manchester needing information about autism and related issues:
  -  0161 998 4667
  -  [mari.saeki@nas.org.uk](mailto:mari.saeki@nas.org.uk)
  -  [www.autismqgm.org.uk](http://www.autismqgm.org.uk)
- **The National Autistic Society** offer the following helplines:
  - Parent to parent service; a UK wide confidential telephone service providing emotional support to parents and carers of children and adults with autism:
    -  **0808 800 4106**

- Education rights service; is a confidential service which can offer information and support about education. The service can explain education law and your rights and help you explore options for education:


 **0808 800 4102**

 [educationrights@nas.org.uk](mailto:educationrights@nas.org.uk)

- Autism helpline: a confidential advice and support service for autistic people and their families:

 **0808 800 4104**

- **SENDIASS (Special Education and Disability Information, Advice Support service Manchester)** can provide free and confidential advice on the special education needs system. This service was previously known as IAS (information, Advice and Support):

 0161 209 8356

 [parents@manchester.gov.uk](mailto:parents@manchester.gov.uk)

## Autism Resources for Young People

### Books

- **All cats have Asperger's** – Kathy Hoopmann
- **Inside Asperger's looking out** – Kathy Hoopmann
  - *Both books use engaging pictures of animals to explain some of the common autistic features, quite positive but they don't shy away from some of the challenges.*
- **Blue Bottle Mystery: An Asperger Adventure** – Kathy Hoopmann
  - *A story book description of autism, some of the challenges and a 'heart-warming story'. Good for younger children age 7+.*
- **I am an Aspie Girl** – Danuta Bulhak-Paterson
  - *Book for girls diagnosed with autism*
- **The Asperkid's (Secret) Book of Social Rules: The Handbook of Not-So-Obvious Social Guidelines for Tweens and Teens With Asperger Syndrome** - Jennifer Cook O'Toole
  - *Great book including sections on managing friendships, social media etc.*
- **Dude, I'm an Aspie** – Matt Friedman

You might find previews of some of the books available on a google search if you would like to preview before purchasing.

- *Illustrator with autism who explains autism for autistic young people using cartoons and short descriptions. Positive tone but also features difficulties people can experience.*

## Blogs and Websites

- <https://www.thejourneythroughautism.com/>
  - *Blog by a young person with autism*
- <http://www.autismeducationtrust.org.uk/the-den.aspx>
  - *Resources for young people with autism including some real life reporting by young people with autism. Covers areas like social interactions, independence skills, and education.*
- <https://themighty.com/2016/05/rebecca-burgess-comic-redesigns-the-autism-spectrum/>
  - *Now-famous illustration to highlight that autism is not a linear spectrum. You can also find this on you-tube as a video with a voiceover reading the text.*

## You-Tube and Vloggers

- **Life with autism: in their own words**
  - *Short film (about 3 mins) featuring different children and young people talking about autism. Mostly positive accounts.*
- **How autism freed me to be myself** - Rosie King
  - *Autism advocate, Rosie King, giving Ted talk about why she loves being autistic. She is in her late teens.*
- **Amazing things can happen** - animated explanation of autism
  - *Lovely animation explaining autism. Aimed at everyone. Positive and promoting neurodiversity.*
- **Invisible I:** Katy, vlogger about autism.
- **The Aspie World:** Dan Jones, Vlogger.
  - *In particular - 5 Asperger's symptoms you need to know is helpful.*
  - *Both have a number of vlogs about all aspects of autism. Both are adults in their 20s. Probably most suitable for older teenagers with autism.*

## Helpful Resources for Siblings

### For younger children

- **Isaac and his amazing Asperger's Superpower** by Melanie Walsh
  - *Great for children with sibling who does not have a learning disability*
- **My special brother Rory** by Ellie Fairfoot
  - *Great for children whose sibling may have autism and a learning disability, and/or may be non-verbal.*
- **Sesame Street Resources** [autism.sesamestreet.org](http://autism.sesamestreet.org)
- **Cbeebies** [www.bbc.co.uk](http://www.bbc.co.uk) Talking to your child about autism

### For older children / teens

- **Can I tell you about Autism? / Can I tell you about Asperger Syndrome?** by Jude Welton
- **All Cats have Aspergers** by Kathy Hoopmann
- **Dude, I'm an Aspie** by Matt Friedman
- **I am an Aspie Girl:** A book for young girls with autism spectrum conditions by **Danuta Bulhak-Paterson** – *helpful for siblings with a sister diagnosed with autism.*
- **Researchautism.org** has some useful downloadable booklets for children aged between 7-11 years and for teens
- **My autism and Me;** Newsround special  
<https://www.bbc.co.uk/newsround/15655232>
- **Amazing Things Happen** YouTube video  
<https://www.youtube.com/watch?v=7JdCY-cdgkl>
- For older teens – **TED** talks on autism
  - Particularly helpful for understanding neurodivergent model and first person accounts)

### Helpful Organisations

- Sibs charity <https://www.sibs.org.uk/>
  - *Organisation that exists to support siblings of children with additional needs. Well worth a look!*
- Mencap Family Hub [www.mencap.org.uk/familyhub](http://www.mencap.org.uk/familyhub)
- Contact <https://contact.org.uk/supporting-siblings>
  - *Provide a downloadable booklet for parents around supporting siblings.*

*The views expressed are not provided by the Trust and may therefore not necessarily reflect clinicians' views. Parents should check web content before sharing with your child, as information may change.*