

Proud to be part of



The children and young people's emotional wellbeing and mental health service

Welcome to Surrey NAS Family Support Service



Stepping Up for Autism

A FREE course for parents and carers

An 8 session course over 2hrs a week for 8 weeks, for parents and carers of children who live in Surrey, with or without an Autism diagnosis. Our course provides practical advice, information and strategies to help you understand your child and support their needs.

To register for a place please email:

@ surrey.familysupport@nas.org.uk

Stepping Up For Autism Course Details

For Parents of Children aged 0-18 yrs.

Sessions include:

Understanding Autism

Sensory Differences

Communication and Visual Supports

Understanding and Supporting Behaviour Part 1

Understanding and Supporting Behaviour Part 2

Understanding and supporting Transitions

Understanding and Supporting Social Interaction

Puberty and helping your child understand their Autistic Identity

PLACES MUST BE BOOKED

Please email us to register and book a space.

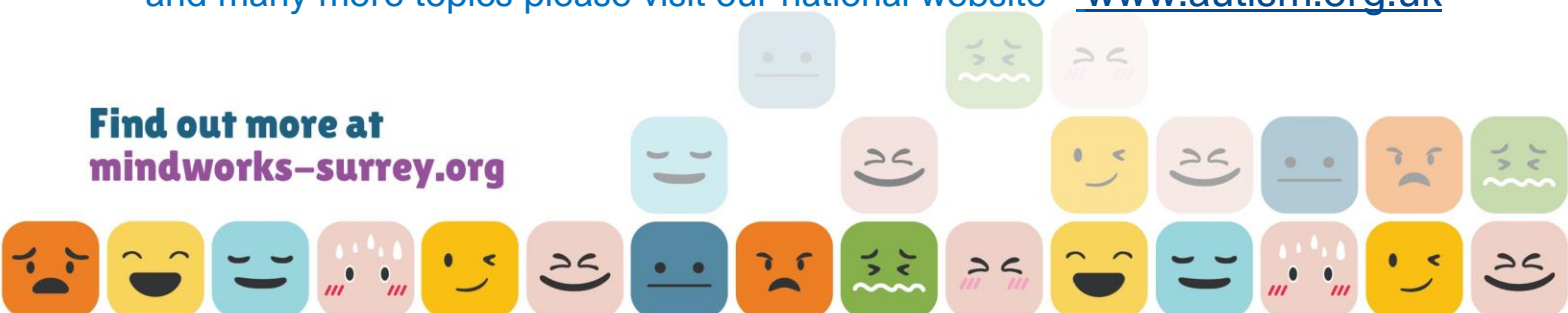
We look forward to welcoming you on our Stepping Up for Autism Course soon! Once completed you will be invited to a family fun day in the following school holiday and there is further support if needed after the course finishes.

For advice and information on a range of topics such as

- Sleep
- Eating
- Stimming
- Anger Management
- Smearing
- Self-injurious behavior
- Distressed behavior
- Meltdowns

and many more topics please visit our national website – www.autism.org.uk

Find out more at
mindworks-surrey.org



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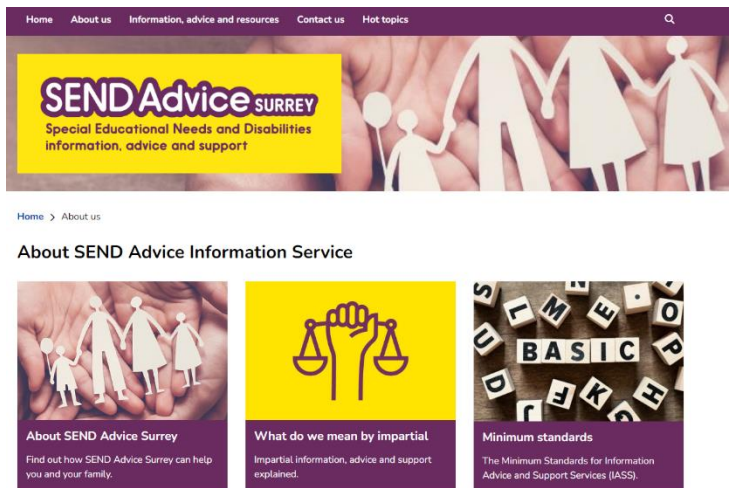
[Parent to Parent Helpline – 0808 800 4106](tel:08088004106)

www.autism.org.uk/services/helplines/parent-to-parent



The Parent to Parent Emotional Support Service provides emotional support to parents and carers regarding their autistic children/grown-up children. The service is provided by trained volunteers with personal experience as the parent of an autistic child or adult. Our focus is on emotional support and understanding what it is like for you as a parent. We offer empathy, understanding, and a safe space to talk through your feelings and experiences. This is not an advice or guidance service and our volunteers are not trained to advise on specific topics such as behaviour, social care, benefits, education, communication, or relationships.

Parents and carers can call on 0808 800 4106, at any time, day or night, and leave a message on our 24-hour answerphone. A volunteer will then call you back, alternatively they can send an online enquiry.



SEND Advice Surrey is an impartial and confidential service that is at arm's length from the local authority. They offer information, advice and support around special educational needs and/or disabilities (SEND) for parents and young people.

You can book a slot at their new face to face Friday sessions which run from 10am -1 2pm in term time. Slots are 30 minutes long and are via MS Teams.

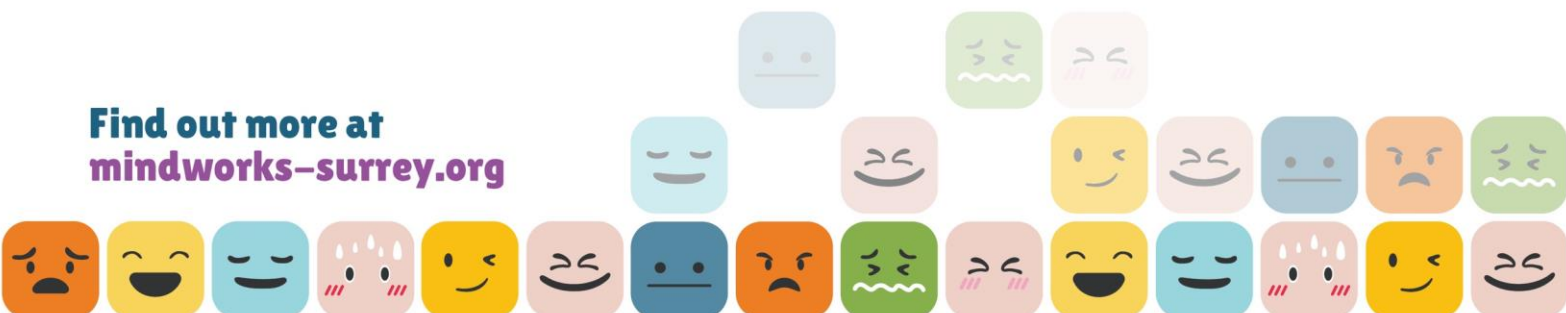
Contact sendadvice@surreycc.gov.uk for more information or to book. You will be able to speak to one of the trained advisers on any aspect of the EHCP process, appeals, mediation or even how to apply for an EHCP.

<https://www.sendadvice.surrey.org.uk/about-us>

Telephone: 01737737300

Email: Sendadvice@surrey.gov.uk

Find out more at mindworks-surrey.org



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[NAS Surrey Branch](#)

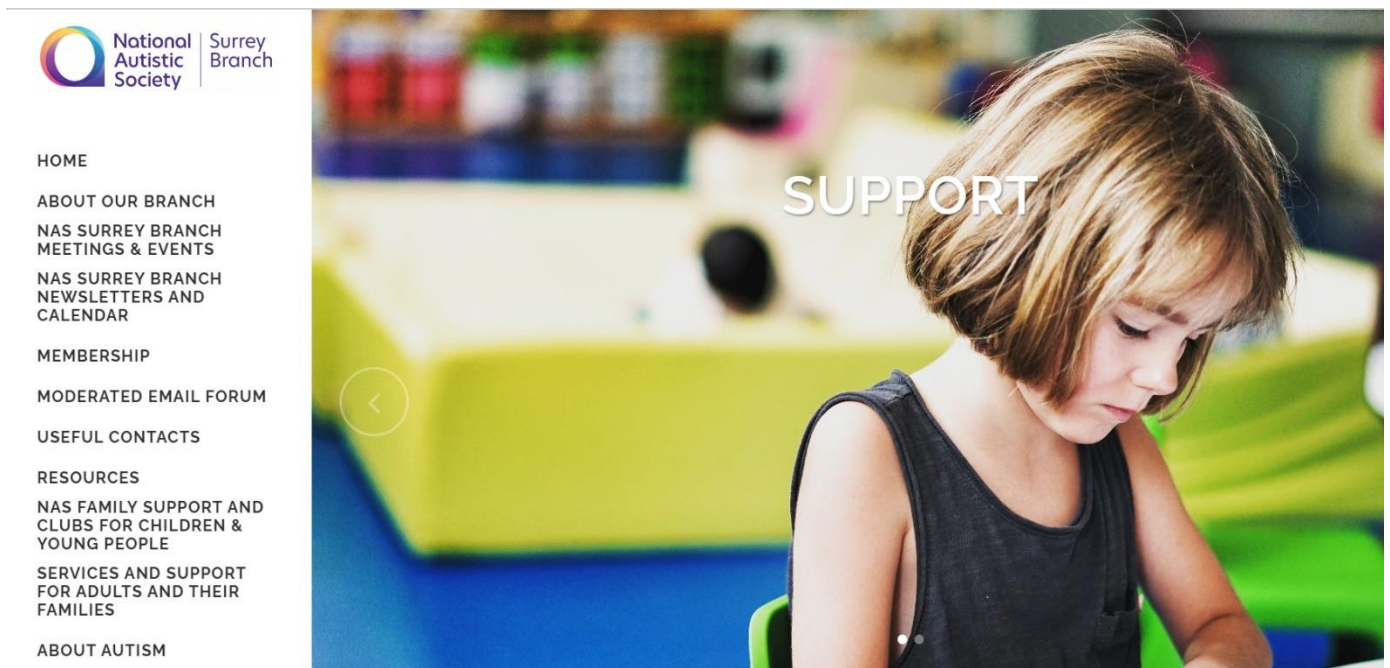
The NAS Surrey Branch is a parent-to-parent support group run by volunteers. If you have someone with Autism in your family, we're here to help with local parent-parent support groups, talks, workshops and activities.

They publish a roundup of our online meetings, talks, workshops and over local events, activities, news and information every two months in a newsletter. You can join the branch for FREE and receive your own copy every two months.

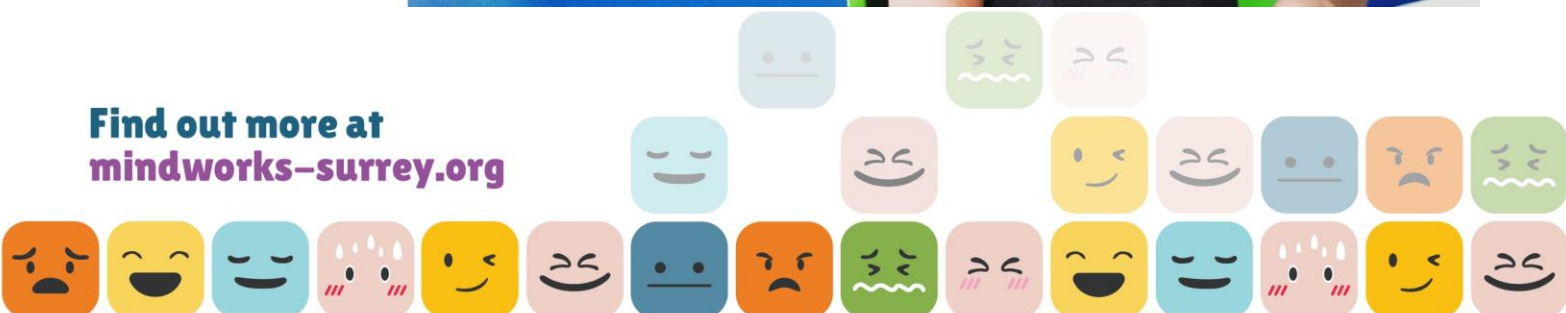
The Branch also have a monitored email forum that you can leave a query on and other parents can leave their recommendations and advice on! For example, you could ask for recommendations of an Autistic friendly hair dresser in Walton-on-Thames.

Website: nassurreybranch.org (pictured below)

Email: NASSurreyBranch@nas.org.uk



Find out more at
mindworks-surrey.org



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365 DAYS
PER YEAR

Out of hours advice line

Please call 0300 222 5755

Our advice line is a great resource that is also completely free to use! We have a trained adviser each evening that are waiting to take your call. You can call them for a chat to ask their advice about a particular strategy, or to debrief after a challenging day. Our advisors are calm and friendly, and will be able to provide advice, signposting and also help with connecting you with our family support team on the next working day.



Call - 0300 222 5755 5pm - 11pm
Seven days a week, 365 days a year

Find out more at
mindworks-surrey.org

