



Help for Parents and Carers with Autistic Children

The A-Teens group

This relaxed group allows young people with Autism aged 14 to 18 years to meet and socialize with peers.

The group runs on Thursday afternoons from 3.30 pm to 5.00 pm at Canongate Youth Centre. Visits can be arranged beforehand.

Please contact Sima Carrasco, Wellbeing Worker. Tuesday, Wednesday or Thursday between 9.00am and 5.00 pm on 07799243565

Amase Adult Autism (over 16) in Edinburgh

<https://amase.org.uk/>

They are an Autistic People's Organisation based in Edinburgh. All full members are autistic, and our goal is to help autistic people to make each other's lives better through community events and peer support, advocacy and education. Full Membership of AMASE is free and open to autistic adults aged 16 and over in Edinburgh,

Autism Advice Line from Scottish Autism

<https://www.scottishautism.org/services-support/support-individuals/autism-advice-line-01259-222-022>

Autism Advice Line - 01259 222 022 Tuesday to Friday 10.00am-2.00pm

Branch out together

Services, information, and practical support to individuals on the autistic spectrum, their families and carers in Edinburgh and the Lothians. This includes respite schemes, and social clubs for children and young people with autism.

For more information **Branch Out Together** website

W: <https://www.branchouttogether.org/>

E: A.Sinclair@branchouttogether.org

T: 0131 661 3834

Cygnets Autism programme - Barnardos

This course is open to parents, carers and family members who have an autistic child between five and 18 years old and live in the Lothians. The course is delivered online via Zoom and consists of six two-hour sessions once a week covering all aspects of autism, including sensory and communication issues. Date and times vary for each course to suit as many people as possible.

To register for a place email NDwell@barnardos.org.uk and put Cygnets in the Subject line.

Information on the content can be found on the Barnardos website <https://barnardos-parenting.org.uk/>

Different Minds

<https://differentminds.scot/>

This Scottish Government website has many links and info about autism.

Family Group

A group for neurodivergent children, young people aged 5-16 years and their parents and carers. Providing an opportunity for parents and carers to meet, and access peer support and information, while children and young people access activities run by staff and volunteers. Siblings are welcome. Little ones need to be supervised by parents/carers. Parents/carers are welcome to attend with or without their child/teenager. This initiative runs in partnership with the City of Edinburgh Lifelong Learning team, the With Kids Project and the WHY Project.

The group runs on Fridays from 2 pm to 3.30 pm from Friday 19th April to Friday 21st June. Sessions run at

Big Hearts
Tynecastle Park
Wheatfield St
Edinburgh EH11 2NZ

For further information contact: Katy Forrester k.forrester@withkids.org.uk

ND:Well Wellbeing group

The Wellbeing group is for autistic individuals aged 5-16 and their parents/carers. It explores emotional and mental wellbeing from an autistic perspective. It explores people's motivations, values, and the importance of special interests. It covers how to meet physical, sensory, and emotional needs; as well as why it can be so difficult to get these needs met. The group shares some tools that can help build healthy well-being habits.

ND:Well
22 Hill Street
EH2 3JZ.
Email: NDwell@barnardos.org.uk

Number 6 One Stop Shop

<https://www.number6.org.uk/>

Number 6 is a service run by Autism Initiatives for autistic adults over 16 years who are formally diagnosed with autism and have no additional learning disability. The service supports young people and adults in Edinburgh, Lothians or the Scottish Borders. Number 6 provides free social opportunities and 1-1 advice and support on a range of issues.

Self-referrals or third-party referrals can be made by contacting

E: number6@aiscotland.org.uk

An initial appointment will be arranged via phone/video call or in person at Number 6.

Number 6
24 Hill Street
Edinburgh EH2 3JZ

For more information visit the Number 6 website.

Parent and Carer Peer Support Group

This group run by Salvesen Mindroom is for parents and carers of neurodivergent children or those with additional support needs. Each monthly online group will have a theme where parents and carers can share information, resources, and strategies which they have found helpful. Sessions run from 10.30 am to 11.30 am on Teams.

The sessions for the 2023/2024 year have just ended and we are now planning the sessions for the next academic year 2024/2025. It's likely that the group will commence in early September and usually run on the first Thursday of the month in the morning.

For more information on the next session or to book to attend visit the Parent and Carer website or contact: directhelp@mindroom.org

T: 0131 370 6730

Tailor Ed Foundation

TailorEd work with Families <https://tailoredfoundation.co.uk/>

Tailor Ed Foundation has been supporting families with a child with autism in Edinburgh since 2009.