

**GP PATIENT HANDOUT – CHESHIRE WEST**  
**For parents and carers of children with Neurodiverse conditions.**

**Please be advised: the resources signposted to in this document are not quality assured by Cheshire and Merseyside ICB. Cheshire and Merseyside ICB is therefore not responsible for the use of the information contained in this document.**

**This handout is not an exhaustive list of resources - further support is available.**

**A NOTE FOR PARENTS: TAKE CARE OF YOURSELF!**

The more you take care of yourself, the better you will be able to parent effectively. It is important to prioritise your own health by getting enough sleep, eating well and staying active. What does self-care look like to you? It might be declaring quiet time during the day for yourself. Or maybe a night out with friends or a fun trip to keep your spirits up.

**LOCAL RESOURCES**

Resource Type	Description	Link	For Adults/Children & Young People/Both
<b>Advance Solutions</b>	Online resources for parents and families for both Autism and ADHD	<a href="#">Parents/Carers and Professionals   Resources   ADDvanced Solutions</a>	All
<b>Aspire</b>	Open to anyone 18+ residing in Cheshire and surrounding areas who has been experiencing mental ill health and would benefit from structured, focused one to one work with a wellbeing coach	<a href="#">Aspire: One-To-One Mental Health Support Service (chaptermentalhealth.org)</a>	Adults
<b>Blacon Autism Support Group</b>	A new friendly support group for families who have children with an Autism Spectrum Disorder. A safe and relaxed space for parent and carers to feel more confident and less isolated.	<a href="#">Blacon Autism Support Group   Live Well Cheshire West (cheshirewestandchester.gov.uk)</a>	Children and Young people
<b>Candid (NHS) training for parent, carers and family members</b>	Free courses offered by Cheshire and Wirral Partnership for parents, carers and family members including topics such as: Family and carers as partners, Healthcare for people with learning disabilities, stopping over prescribing for carers, Communication, Children and young people, Preparing for adulthood, Law, ethics and safeguarding	<a href="#">Better support, better lives :: Cheshire and Wirral Partnership NHS Foundation Trust (candid.nhs.uk)</a>	Adults
<b>Cheshire Autism Practical Support (CHAPs)</b>	Offers parent autism training programmes in Northwich, Winsford, Crewe, Middlewich, Chester and Ellesmere Port. The 6 weeks course is aimed at parents whose children are on the pathway to diagnosis or have a child recently diagnosed.	<a href="https://www.cheshireautism.org.uk/cc_g_parent-training/">https://www.cheshireautism.org.uk/cc_g_parent-training/</a>	Parents
<b>Cheshire West Autism Team</b>	The team are a small school-focused team of teaching and support staff with considerable experience and qualifications in the field of autism	<a href="https://www.livewell.cheshirewestandchester.gov.uk/Services/1276/Autism-Service-Spe">https://www.livewell.cheshirewestandchester.gov.uk/Services/1276/Autism-Service-Spe</a>	All
<b>Cheshire West Local SEND Offer</b>	The Cheshire West Local Offer includes information about the support and provision for children and young people with Special Educational Needs and/or disabilities (SEND) from birth to 25 years old	<a href="https://www.livewell.cheshirewestandchester.gov.uk/Categories/3948">https://www.livewell.cheshirewestandchester.gov.uk/Categories/3948</a>	Both
<b>EPASS Ellesmere Port Autism Spectrum Support</b>	Available to residents of Ellesmere Port	<a href="#">Ellesmere Port Autistic Spectrum Support (EPASS)   Facebook</a>	Adults
<b>Koala Sleep Service</b>	Supporting families who have a child age 2-11 where poor sleep routines are having a significant impact on the whole family, often resulting in learning and behavioural difficulties	<a href="https://koalanw.co.uk/the-koala-north-west-sleep-service">https://koalanw.co.uk/the-koala-north-west-sleep-service</a>	Children and Young People
<b>Sensory Processing Occupational Therapy Support Service (SPOTSS)</b>	Sensory Processing Occupational Therapy Support Service (SPOTSS) is a small group of specialist occupational therapists that work across Cheshire West and Chester. This support starts with free universal training either online or in person for school staff to understand more around sensory processing, then to be able to consider and review a range of sensory strategies to support the child by creating a sensory support plan. Speak to your child's school for more information.	<a href="https://www.livewell.cheshirewestandchester.gov.uk/Services/4653">https://www.livewell.cheshirewestandchester.gov.uk/Services/4653</a>	Children
<b>Space</b>	Provides accessible play and support to children with additional needs and their families	<a href="#">Our story (spacecheshire.org)</a>	Children and Young people
<b>Steamtistic</b>	Autism lead play group	<a href="#">Steamtistic   Chester   Facebook</a>	Children and Young people
<b>Talking Therapies</b>	NHS psychological therapies to help with common mental health difficulties for people aged 16+ with mild, moderate and moderate to severe symptoms of anxiety or depression.	<a href="https://www.cwp.nhs.uk/our-services/cheshire-west-chester/Talking-therapies-cheshire-west">https://www.cwp.nhs.uk/our-services/cheshire-west-chester/Talking-therapies-cheshire-west</a>	Adults

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<b>Young Minds</b>	How to talk to your children about Mental Health	<a href="#">How to Talk to Your Child about Mental Health   YoungMinds</a>	Adults

### NATIONAL RESOURCES

Resource Type	For Autism/ ADHD/Both	Description	Link	Age Range
<b>ADHD Foundation</b>	ADHD	The ADHD Foundation Neurodiversity Charity - an integrated health and education service. Wide variety of resources for parents and carers including; Sleep support, exercise, behaviour management etc not just in relation to ADHD.	<a href="#">Home - ADHD Foundation : ADHD Foundation</a>	0-100
<b>Autism Networks (A.N)</b>	Autism	Provide safe social spaces, advice and help for people with Autism, their families and carers, giving them the opportunity to find friends and support and to raise awareness amongst our local Community	<a href="http://www.autismnetworks.org.uk">http://www.autismnetworks.org.uk</a>	Both
<b>Autistic Parents UK</b>	Autism	Autistic Parents UK is an Autistic-led Charity (CIO) committed to supporting Autistic parents in a number of ways: <ul style="list-style-type: none"> <li>• online peer support groups (larger and smaller groups)</li> <li>• monthly webinars and live Q&amp;A sessions</li> <li>• monthly book giveaways</li> <li>• local peer support groups</li> <li>• volunteer-led one to one peer support sessions</li> <li>• training and professional supervision</li> </ul>	<a href="#">About   Autistic Parents UK</a>	Adults
<b>Council for Disabled Children (CDC)</b>	Both	The Council for Disabled Children is part of the National Children's Bureau family. They are the umbrella body for the disabled children's sector with a membership of over 300 voluntary and community organisations and an active network of practitioners that spans education, health and social care.	<a href="#">Council for Disabled Children</a>	Children and Young People
<b>Mind</b>	ADHD	Supporting those with ADHD and mental health problems.	<a href="#">ADHD and mental health - Mind</a>	Adults
<b>National Autistic Society</b>		In depth advice and guidance about autism. Topics include what is autism, diagnosis, communication, mental health, education and more.	<a href="https://www.autism.org.uk/advice-and-guidance">https://www.autism.org.uk/advice-and-guidance</a>	Both
<b>National Development Team for Inclusion (NDTI)</b>	Both	A social change organisation working to support people at risk of exclusion, due to age or disability.	<a href="#">Home page - NDTI</a>	
<b>The Children's Sleep Charity</b>	Autism	A charity set up to support parents and children to get a better night's sleep. We are specialists in children with additional needs and offer workshops to parents and professionals.	<a href="http://www.thechildrenssleepcharity.org.uk/">http://www.thechildrenssleepcharity.org.uk/</a>	Children and Young People