

Leicester, Leicestershire, and Rutland

**SERVICES GUIDE FOR PEOPLE WITH A LEARNING
DISABILITY AND AUTISTIC PEOPLE**

June 2023



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GETTING YOU TO THE RIGHT PLACE TO ACCESS THE HELP YOU NEED



Find a service in this directory to help with your emotional, mental health and wellbeing

If you are feeling a bit anxious or low in mood, and want to find information, need some advice or be involved in a community group, use this directory to find help online or a local service in your area.

Getting to the Help you need

If you are not sure where to go for higher level support, make an urgent appointment with your [GP or call 111](#).

Urgent Mental Health Support

If you are struggling with everyday life, you can't cope and your mental health has developed into a crisis

Call the Mental Health Central Access Point [24/7 Free 0808 800 3302](#)

Urgent Help

**If you are not safe, have a physical injury and your life is at risk
[Call 999 or go to A&E](#)**

NHS SERVICES



GP



Make an appointment and visit your general practitioner (Doctor) when you're sick, injured, or experiencing concerning symptoms. A general practitioner can use lab tests to diagnose illness, prescribe medication as treatment, assess your overall health, and connect you with a specialist if needed.

All Age Central Access Point (CAP)



All age CAP can signpost you to the most appropriate service to meet your mental health needs. They are available 24 hours a day.

Telephone: 0808 800 3302

Urgent Medical Advice



If you require urgent medical advice, **call 111**. They will direct or refer you to the most appropriate service.

You can call 111 24 hours a day, 7 days a week.

Emergency Services



If you or someone you know needs urgent medical attention, a physical injury or is suicidal, go to the nearest Accident and Emergency (A&E) department at the hospital. The main A&E department in Leicester is at Leicester Royal Infirmary.

Telephone: 999

NHS SERVICES – LEARNING DISABILITY AND AUTISM



Information on the Leicester, Leicestershire and Rutland Autism diagnostic pathways is available on the following links:

[Understanding autism diagnosis and assessment process for a child aged 0-12](#)

[Understanding the autism diagnosis and assessment process for young people aged 12-18](#)

[Understanding the adult autism diagnosis and assessment process](#)

LD CRIST – Crisis Resolution and Intensive Support Team



Leicestershire Partnership
NHS Trust

Provide support for people with a learning disability who are over the age of 18, who are using behaviour that hurts themselves or other people. The staff/carers/social worker may be thinking that going into hospital or moving home may help. The team will try and support people to stay in the community.

Email: lpdaccess@nhs.net

Specialist Autism Team (SAT)



Leicestershire Partnership
NHS Trust

A multi-disciplinary team committed to improving the quality and care for people who are autistic. The team provide post-diagnostic support to autistic people aged 14 and upwards, including adults.

The team will focus on early intervention and work to put in place the right package of respectful care and support to prevent admissions to psychiatric hospitals, wherever possible.

Further information is available [here](#)

Community Learning Disability Service



Leicestershire Partnership
NHS Trust

Work in partnership with local communities to improve health and wellbeing and reduce health inequalities for adults with learning disabilities. This will enable adults with learning disabilities to lead more independent and fulfilling lives and will promote inclusion, choice and rights. The specialist learning disability service works with people who are 18 years old and upwards.

Further information is available [here](#)

SPECIALIST INFORMATION



LEICESTER, LEICESTERSHIRE & RUTLAND SAFEGUARDING TEAM (ADULTS)

If you are worried or concerned about an adult's safety, welfare or neglect or you are a victim please contact the local authority safeguarding team in the area that the incident has taken place:

Leicester: 0116 454 1004 (Mon to Thurs 8.30 am to 5.00 pm, Fri 8.30 am to 4.30 pm).

Leicestershire: 0116 305 0004 (Monday to Thursday, 8.30am to 5pm, Friday 8.30am to 4.30pm)

Rutland: 01572 758 341 (Monday to Thursday, 8.30am to 5pm, Friday 8.30am to 4.30pm) or completing a [form](#) online

Out of Hours – Leicester, Leicestershire and Rutland: **0116 255 1606**

LEICESTER, LEICESTERSHIRE & RUTLAND SAFEGUARDING TEAM (C&YP)

If you're worried or are a victim of neglect, abuse or cruelty, children, young people and parents/carers please contact the local authority safeguarding team in the area that the incident has taken place:

Leicester: 0116 454 1004 or email: DAS-team@leicester.gov.uk

Leicestershire: Immediate concerns – First Response: 0116 305 0005

Rutland: Advice and guidance: 01572 758 407, Out of Hours: 0116 305 0005

SPECIAL EDUCATIONAL NEEDS AND DISABILITY INFORMATION, ADVICE AND SUPPORT SERVICE (SENDIASS)

Providing free, impartial and confidential advice and support to parents and carers of young people aged 0-25 with special education needs or disabilities as well as young people themselves. **Leicestershire Website:** [SENDIASS](#) **Rutland Website:** [SENDIASS](#) **Rutland Leicester City Website:** [SENDIASS](#)

LOOKED AFTER CHILDREN

The Looked After Children's Health Team (LAC Team) promotes the health and well-being of children and young people who are looked after, including unaccompanied asylum-seeking children. Carers and young people can contact the LAC Health Team for general advice on:

Tel: [0116 2951370](tel:01162951370)

SHARING NON-URGENT INFORMATION WITH THE POLICE

You can share non-urgent information with the police using the online form available on the link below:

[Community partnership intelligence | Leicestershire Police \(leics.police.uk\)](https://leics.police.uk/community-partnership-intelligence)

This includes information that relates to:

- anti-social behaviour
- child abuse
- community tension
- cyber crime
- general crime
- hate crime
- knife crime
- serious Organised Crime
- sexual offending
- vulnerability
- gang activity
- modern slavery or trafficking

DIGITAL SUPPORT, INFORMATION & ADVICE SERVICES



Autism Community Support Groups



In Leicester, Leicestershire and Rutland, there are a number of local Autism support groups available, visit the website below to find out more about venues, times and who to contact.

[Autism Support Groups](#)

Autismlinks



This website provides information about charities, support groups, specialist services providers and it covers who to talk to, where to go and contains lots of helpful advice.

Website: [Autismlinks](#)

Autism Space



is a free and safe online area providing clear, reliable and accessible advice, and information about autism related topics as well as a directory of support services available in Leicester, Leicestershire and Rutland (LLR)

Website: [Autism Space](#)

Care Navigators Service



The care navigator is a member of the administrative team at the Families, Young People and Children's services who supports the 0 – 19 neighbourhood clinicians in your area.

[Care Navigator Service](#)



ChatAutism



NHS

Leicestershire Partnership
NHS Trust

ChatAutism

Through ChatAutism, autistic people, their family and Carers can access advice and support directly from the Specialist Autism Team

Find out more: [Chat Autism](#)

TEXT: **07312277097**



childline

ONLINE, ON THE PHONE, ANYTIME

Childline

Free helpline for children and young people who need someone to talk to. They are available 24 hrs a day

Telephone: **0800 1111**



Embrace Autism

Embrace Autism

A website where you can find information about autism, autism tests you can do online and a specialist team to support you with autism assessments.

Website: [Embrace Autism](#)



kooth

Kooth Online Counselling

Free Online counselling for 11 to 25 Yrs. Providing Useful articles, discussion boards, chat messaging. Signposting to other services as appropriate.

Website: [KOOOTH](#)



mind

Mind

They can provide information and signpost you to other services so that you can receive the most appropriate support.

They are available from 9.00 am – 6.00 pm.

Telephone: **0300 123 393**



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Papyrus – Hopelikeuk Helpline

If you are having thoughts of suicide or are concerned for a young person who might be you can contact **HOPELIKEUK** for confidential support and practical advice.

This helpline is for anyone under the age of 35 yrs. and is available 9.00 am to 12.00 pm (Midnight) 7 days a week.

Telephone: **0800 068 4141**

TEXT: **0778620 9697**



Leicestershire Partnership
NHS Trust

Perinatal ChatHealth Text Messaging Service

The confidential service offers expert advice and information to support mothers across Leicester, Leicestershire and Rutland who struggle with mental health issues during pregnancy and in the baby's first year.

TEXT: 07507 330 026



QWELL Online Counselling Adults over 18yrs

Free, safe and anonymous mental wellbeing support for adults. Online messaging, drop in chats, community support.

Website: [Home - Qwell](#)

SAMARITANS

Samaritans

You can contact the Samaritans 24 hours a day, 7 days a week. You can contact them on the phone or by email.

Call: 116 123

Email: jo@samaritans.org



SANE

SANE

This organisation can offer support to anyone going through a mental health problem or who is supporting someone else. They are available from 4:30pm – 10:30pm every day.

Call: 0300 304 7000



Somali Development Services

An experienced staff of advisors help hundreds of new and established members of our society and holistically guide them on a number of issues. Users of our AIG services receive support for a range of issues, including, but not limited to, housing, family support, financial advice, employment, healthcare and GP information and education and careers guidance.

Website: [Somali Development Services](#)

shout

85258

here for you 24/7

SHOUT

A free, confidential, 24/7 text messaging support service for anyone struggling to cope.

Text: 85258



The Mix

If you are under 25yrs and need help, you can call the MIX helpline for free. They can find organisations that may be able to help you. If you feel like you can't cope or are worried about how you are feeling you can contact their crisis messenger at any time

Telephone: 0808 808 4994

Text: THEMIX to 85258



The Parent Carer Forums (PCFs)

A group of Parent Carers who all have children aged 0-25 with SEND. There are PCFs for each area:

Leicester: <https://www.lcpcf.net/>

Leicestershire: <https://leicestershiresendhub.org.uk/>

Rutland: <https://rutlandpcv.org.uk/>



The Carer's Centre

Offers 1-2-1 and small group support for unpaid carers living in Leicester or Rutland who are struggling with their mental health

Telephone: 0116 251 0999

Website: claspthecarerscentre



Turning Point Crisis Helpline

Turning Point offer support to individuals who are having difficulty with alcohol and drug use and want to make a change.

Telephone: 0330 303 6000

HELP FROM YOUR LOCAL COUNCIL



Early Help Leicester City

The early help services and children social care services help to provide advice and guidance on the appropriate action to take depending on the nature of the concern.

Telephone: [0116 454 1004](tel:01164541004) and select from the options

Website: [Early Help Leicester City](#)



Early Help Leicestershire

Children and family wellbeing service (CFWS) provides early help services – these services are offered to anyone experiencing difficulties which cannot be supported by universal services, such as schools or GP alone. Requests for help can be made by a young person themselves, their family, friends or by professionals supporting them.

Telephone: [0116 305 8727](tel:01163058727)



Early Help Rutland

Request help and support for you and your family by contacting a wellbeing practitioner at the early help service by email or telephone.

Email: earlyhelp@rutland.gov.uk

Telephone: [01572 758 493](tel:01572758493)



Leicestershire Special Educational Needs Assessment (SENA).

Here you can find information about SENA and how to request a Special Educational Needs Assessment (SEN).

SEN Assessment service: [0116 305 6600](tel:01163056600)



Leicester City Special Education Needs Assessment (SEN)

Parents and carers if you wish to progress with a request, you can do this via the [Citizen Portal](#). A [step by step guide](#) will help you with this process.

SEN Website: [EHC Assessment](#)



Active Together

Supporting and enabling physical activity and sport across Leicester, Leicestershire, and Rutland

Website: [Active Together](#)



Better Outdoors

Provide a range of different activities, including forest walks, Forest School for all ages, nature-based mindfulness practices and skills-based activity sessions such as foraging, bushcraft and woodcraft.

Website: [Better Outdoors](#)



ADHAR

Adhar provides a range of low-level preventative, community-based support opportunities for people with mental health needs and their carers, primarily but not exclusively targeted at the Asian and Black African/Caribbean Communities living in the city of Leicester.

Tel: [0116 220 0070](tel:01162200070)



ASD FAMILY SWIMMING SESSIONS

Free swimming sessions for families with a child/young person with ASD. Sessions paid for by LAS/Miracles to Believe In. When – Every Saturday of the year apart from Bank Holiday Weekends, 2pm to 4pm. Where – Bosworth Community Sports College, Desford, LE9 9JL

Contact: [John Brotherhood 01455 286167](tel:01455286167) or [07896519816](tel:07896519816)



ADHD SOLUTIONS

The service provides information, help and support for children, young people, and adults with ADHD (attention deficit hyperactivity disorder) their families and professionals who supports them or works with them.

Telephone: [0116 261 0711](tel:01162610711)

Email: Info@adhd-solutions.org



Beat – For All ages

The UK’s eating disorders charity. Call the Helpline on **Tel: [0808 801 0677](tel:08088010677)**, Youth line on **Tel: [0808 801 0711](tel:08088010711)** or Student line on **Tel: [0808 801 0811](tel:08088010811)**, or try web chat at **Website: www.beateatingdisorders.org.uk**



B inspired

Community based charity, based in Braunstone, providing practical and accessible community support. B-Inspired is dedicated to ensuring residents are at the very heart of what they are about.

Website: [B inspired](http://Binspired.org.uk)



BIRSTALL UNITED JUNIORS FOOTBALL

An inclusive team up to the age of 11 years old. When – Saturdays, 11am to 12 noon. Where – Meadow Lane, Birstall, Leicester, LE4 4EU Cost – £2.50 per session

Contact: [Stephen Carr 07768111780](tel:07768111780)



CENTRE FOR FUN & FAMILIES LTD (CFF)

CFF helps young people and their parents/carers who are experiencing communication, relationship, behaviour, and mental health difficulties.

Telephone: [0116 2234254](tel:01162234254)

Email: centre@cffcharity.org.uk

Website: www.cffcharity.org.uk/programmes



FAMILY ACTION POST SEXUAL ABUSE COUNSELLING

Family Action provides therapeutic support to children who have experienced sexual abuse and are struggling in some way. The PSA service offers support to children aged 5 – 18. The Pre-trial Support Service offers support to children up to the age of 13 where there are police investigations and/or court proceedings.

Email: leicester@family-action.org.uk,

Tel: [0116 216 8334](tel:01162168334)

website: [Family Action](http://FamilyAction.org.uk)





Focus Charity

Focus runs a number of projects to support young people in different stages of their lives.

Telephone: 0116 251 0369

Email: admin@focus-charity.co.uk



FTM DANCE

Offers both children and adult services, as well as dance, drama and music and creative therapies and summer playschemes.

Telephone: 07543068872

Email: ftmdance@gmail.com

Website: [FTM Dance](#)



JIGSAW FOR FAMILIES FRIENDSHIP CLUB

For young people aged 11-19 years with ASD and moderate learning difficulties. Activities include Wii, PlayStation, Table Tennis, Pool Table, Football Table, board and card games, arts and crafts and a snug to chill out or watch DVD's. Parents/carers do not need to stay for these sessions as support workers are there to supervise. When – 2nd & 4th Wednesday of the month, 7pm to 9pm. Where – St Gabriels Community Centre(ADHD Solutions Building), Kerrysdale Avenue, Leicester LE4 7GH.

Email: Donna Johnson

leicestershireautisticsociety@gmail.com



JIGSAW FOR FAMILIES HOLIDAY CLUB

For people with ASD diagnosis or on the pathway for a diagnosis. A great opportunity for families to get together and have a fun time during the school holidays. The holiday club welcomes siblings and parent/carer supervision is required as this club is run by volunteers.

Email: Donna Johnson

leicestershireautisticsociety@gmail.com





JIGSAW FOR FAMILIES LEGO CLUB

For young people aged 5+ years with ASD diagnosis or on the pathway for diagnosis. This is run by volunteers, so parent/carer supervision is required. This club is run on the 1st Saturday of each month, 11am to 12.30pm at Blaby Methodist Church, Winchester Road, Blaby, LE8 4HL. Cost is £2 per participant

Contact: [Donna Johnson](#)

Email: leicestershireautisticsociety@gmail.com



JIGSAW FOR FAMILIES PARENT CARER SUPPORT GROUP

A parent support group for families of children with ASD aged 0-25 years. Refreshments are provided. Benefits advice, info and support provided in a relaxed and confidential setting. Held on 2nd Wednesday of each month, 7pm to 9pm, at St Gabriels Community Centre (ADHD Solutions Building), Kerrysdale Avenue, Leicester LE4 7GH.

Email: Donna Johnson

Email: leicestershireautisticsociety@gmail.com



MELTON MOWBRAY SPECTRUM SUPPORT GROUP

A group to offer support to parents and carers of people with Autism. When – 1st Thursday of the month 12.30 – 2.30pm. Where – Royal British Legion (skittle alley), 12-14 Thorpe End, Melton Mowbray, LE13 1RB

Email: meltonspectrumgroup@gmail.com



Mosaic

Provide safe and friendly activity groups and holiday clubs for Leicestershire families with disabled children. The groups and clubs are fully-funded and can be accessed by simply reaching out to us, or by way of local authority referral.

Website: [Mosaic](#)

mosaic | 1898

NEW DAWN NEW DAY

Deliver a range of services to vulnerable and socially excluded women and girls designed to meet their multiple and complex needs. Providing a safe environment and high quality, gender-responsive, trauma-informed support

Tel: 0333 3444304 **Email:** admin@ndnd.org.uk

Website: <http://www.ndnd.org.uk>

**new dawn
new day**
a brighter future for women



RELATE Leicestershire

This is a confidential counselling service for young people who are unhappy, unsettled or worried because of conflict within the family or other family issues. This service is available to all young people, aged 8 - 18 years. Young people who access this service often feel angry, isolated and confused.

Website: [Relate Leicestershire](#)



SPIRIT AT PLAY HORSE CENTRE

This is a non-horse-riding centre which focuses on helping children interact with six horses on the ground. It is for people of all abilities. The latest project called Families United is designed for children with additional needs and their siblings. Where – Spirit at Play Horse Centre, Illston On the Hill, LE8 8BJ

Telephone: [07557819483](tel:07557819483)



THE BRIDGE—TALK²SORT MEDIATION SERVICE

If you are aged 11-19 and you and your family are having problems at home or with your relationships, this service could help.

Website: <https://www.thebridge-eastmidlands.org.uk/>



THE LGBT CENTRE

The Centre exists to provide a safe social and support space, deliver high quality professional services that are responsive to the needs of the local community.

Tel: [0116 254 7412](tel:01162547412) between 10am-7pm, Monday, Wednesday, and Thursday. **Email:** info@leicesterlgbtcentre.org

Website: leicesterlgbtcentre.org



BEREAVEMENT SUPPORT FOR CHILDREN AND YOUNG PEOPLE

The Laura Centre is a friendly and easily accessible service, providing professional holistic bereavement support, including bereavement counselling, to families.

Website: <https://thelauracentre.org.uk/>



TRADE

Free, confidential health advice, information, services & support for the lesbian, gay, bisexual and trans communities of Leicester, Leicestershire & Rutland. Provides, drop in, testing, counselling.

Website: www.tradesexualhealth.com/



TWO STEEPLES WACKY WAREHOUSE

Soft Play centre with a relaxed session just for children with SEND. When – Last Wednesday of the month, 4pm to 7pm
Where – Two Steeples Public House, Paddock Street, Wigston, LE18 1AD Cost – £3.50 for each child over the age of 1 years old

Telephone: [0116 2813856](tel:01162813856)



UAVA

Support for anyone who has been affected by domestic abuse and or sexual violence.

Telephone: [0808 80 200 28](tel:08088020028) Email: info@uava.org.uk

Text support: [07715 994 962](tel:07715994962)

SELF HELP LOCAL SERVICES – ADULTS



Active Together



Supporting and enabling physical activity and sport across Leicester, Leicestershire, and Rutland

Website: [Active Together](#)

ASD COFFEE MORNINGS

ASD COFFEE MORNINGS

Parents, grandparent, carers or family friend of someone with Autism, join them for a cuppa and a chat. On the last Friday of the month (term time only) 10am to 12 noon at Kirby Muxloe Free Church, Main Street, Kirby Muxloe, LE9 2AN

– [Rox on 0116 2874517](#)

AYLESTONE PARK FOOTBALL CLUB

AYLESTONE PARK FOOTBALL CLUB

Offer children and adults with disabilities the opportunity to train and play football, feel part of a team and make new friends. When – Friday Evenings

Contact – [Andrew Lennon 07368210471](#)



Better Outdoors

Provide a range of different activities, including forest walks, Forest School for all ages, nature-based mindfulness practices and skills-based activity sessions such as foraging, bushcraft and woodcraft.

Website: [Better Outdoors](#)



B inspired

Community based charity, based in Braunstone, providing practical and accessible community support. B-Inspired is dedicated to ensuring residents are at the very heart of what they are about.

Website: [B inspired](#)

**FAMILY DROP-
IN SESSIONS IN
RUTLAND**

FAMILY DROP-IN SESSIONS IN RUTLAND

Very informal peer support group, with information for families living with disabilities. At the Rutland Community Hub (next to Lidl), Lands End Way, Oakham, LE15 6RB

Contact – Caroline at the Rutland Rotaract Family Support Centre **Email:** RRFSC@hotmail.co.uk



LAMP SEND Advocacy Support Group

Lamp provides peer group advocacy where adults, carers and/or parents can meet in a safe and informal environment to share successes and discuss challenges in the role of accessing support for children or adults with SEND (Special Educational Needs and Disability). The groups provide a safe space to talk openly about the difficulties parents face in a non-judgemental environment.

Telephone: 0116 255 6286

Website: [Lamp Advocacy](#)



Leicestershire Centre for Integrated Living (LCiL)

Leicestershire Centre for Integrated Living (LCiL) is a user led organisation based in Leicester city that works in innovative ways based on the social model of disability to support disabled people at a local, regional and national level to exercise choice and control for independent living

Website: [LCiL](#)

**LEICESTER
WHEELS FOR ALL**

LEICESTER WHEELS FOR ALL

Have a fleet of adapted bikes that allow people to experience the fun of cycling in a supported venue. A team of volunteers and session leaders are trained to enable you to get the most from your cycling. When – 1st & 3rd Sunday of every month, 1pm to 3pm Where – Saffron Lane Athletics Stadium, Saffron Lane, Leicester, LE2 7NQ Cost – £5 per individual, £10 per family, £30 per group (up to 8) Carers and Supporters are Free Contact –

Website www.leicesterwfa.org



National Autistic Society

Here you can find all topics around education related to autism:

Support around family rights, exclusion and autism

Website: <https://www.autism.org.uk/advice-and-guidance/topics/education/exclusions>



Quetzal

Provide free and inclusive counselling and support services to empower female survivors' recovery from the trauma of childhood sexual abuse.

Website: [Quetzal](#)



Shama Women's Centre

Shama empowers local women from different backgrounds to become socially, educationally and economically active

Website: [Shama Women's Centre](#)



The Monday Club

Is a social group for adults 18 yrs. and over with Aspergers Syndrome in Leicester and Leicestershire. The club enables people to meet others like themselves, build friendships and take part in social activities. Also, provides brief respite for parents and partners.

Website: [The Monday Club](#)

Email: themondayclub@hotmail.co.uk

Telephone: 07873311610



Values Project

Helping people with learning disabilities in Leicester to be independent, make new friends and have fun

Learn new things, Do fun activities, Be independent, Make new friends, Find a job, Start volunteering.

Website: [Values Project](#)



Young Autistic Adults Social Club

Is a social group for adults between 18 and 30yrs. This is a new group.

Email: spectrumautismgroup@yahoo.com

Telephone: [07795840378](tel:07795840378)

HELP WITH EMPLOYMENT



Access to Work

They can provide support to help pay for any reasonable adjustments that you might need in the workplace.

Website: [gov.uk/access-to-work](https://www.gov.uk/access-to-work)

Telephone: 0800 121 7579



Ambitious About Autism

An autism charity that has various employment programmes.

Website: [Ambitious About Autism](https://www.ambitiousaboutautism.org.uk)

Email: info@ambitiousaboutautism.org.uk

Telephone: 020 8815 5444



Beyond Autism

They can offer support and answer any questions you may have about employment.

Website: [beyondautism.org.uk](https://www.beyondautism.org.uk)

Email: employment@beyondautism.org.uk



BASE

An organisation who oversee everything related to supported employment. They have a lot of resources and can support you to access the right services.

Website: [base-uk.org](https://www.base-uk.org)

Email: admin@base-uk.org



Care Trade

They support and prepare people with autism for employment.

Website: [care-trade.org](https://www.care-trade.org)

Email: info@caretrade.org.uk

Telephone: 020 3375 6288



Employment Autism

They support people with autism to have fulfilling and productive working relationships.

Website: employmentautism.org.uk/

Email: info@employmentautism.org.uk

Telephone: 07703 666401



Mencap

A charity which offers advice and support to people with learning disabilities and autism.

Website: mencap.org.uk/advice-and-support/employment-services

Email: employment.support@mencap.org.uk

Call: 0808 808 1111



National Autistic Society

A charity which offers support and advice around autism.

Website: [National Autistic Society](http://NationalAutisticSociety.org.uk)

Email: supportcare@nas.org.uk

Call: 0808 800 1050



Preparing For Adulthood

Giving everyone equal life choices as they move into adulthood.

Website: [Preparing For Adulthood](http://PreparingForAdulthood.org.uk)

Email: info@preparingforadulthood.org.uk

Telephone: 07593 443740



Remploy

Transforming lives through supporting people to find sustainable employment.

Website: remploy.co.uk

Email: employmentservices.osc@remploy.co.uk

Telephone: 0300 456 8110



See Ability

Supporting people who have learning disabilities or autism, who may also have sight loss. They have supported employment programmes.

Website: [See Ability](#)

Email: rwa@seeability.org

Telephone: 01372 755000