**Recommended Support**

[**The National Autistic Society (NAS) Cambridge Branch**](nascambridge.org.uk/contact-us/)The Cambridge Branch of the NAS provides support to individuals of all ages with autism, and their families including a monthly parent support group. **Tel:** 07920 150407

[**Pinpoint**](http://www.pinpoint-cambs.org.uk)Pinpoint is a parent-led support organisation for Cambridgeshire families including a wealth of really helpful local information such as:-

* [information](https://www.pinpoint-cambs.org.uk/useful-information/) and contacts with professionals and expert advisors
* [support groups](https://www.pinpoint-cambs.org.uk/support-groups/) across the county
* training and workshops
* speaking upon issues affecting families

**Tel:**01480 877333  
**Email:** [information@pinpoint-cambs.org.uk](mailto:information@pinpoint-cambs.org.uk)

[**Spectrum**](https://spectrum.org.uk/)

Spectrum is a parent-led charity providing events, days out and support for children with autism, learning difficulties and additional needs **Tel:**01223 955404  
**Email:**hello@spectrum.org.

[**ASPIRE programme – Romsey Mill**](http://www.romseymill.org/aspire)The Aspire Programme is a weekly youth club for 9 - 18 year olds in Cambridge who have been diagnosed with high-functioning autistic spectrum conditions and who are in mainstream education. **Tel:** 01223 521270.

[**Eddies**](https://eddies.org.uk/our-services/childrens-services/)Eddies is a family support service that provides practical help for parents/carers.  
There is also Happy Feet, a performing arts project for children aged 7-12. **Tel:**01223 883130  
**Email:**[info@eddies.org.uk](mailto:info@eddies.org.uk)

[**Little Miracles**](littlemiraclescharity.org.uk)Little Miracles is a parent-led charity that supports families that have children with autism, additional needs, disabilities and life limiting conditions as well as their carers and siblings.

Ramsey, Ely, Sawtry, Fenland and St Neots **Tel:**01733 262226