

Cambs Autism / Neurodiversity Resource Links

There are a range of services available locally to support children, young people and families. Further information on these services is available below:

Sleep information

Sleep information

Information and support for sleep on our website: www.bit.ly/nhscambspboro-hcp-sleep



CEREBRA: www.bit.ly/cerebrasleepadvice

Sleep Charity: www.bit.ly/thesleepcharity



Sleep programmes:

Cambridgeshire County Council (CCC) have specially trained sleep practitioners who can work with families to help overcome sleep issues such as night waking, trouble settling to sleep, night-time routines and challenging behaviour at bedtime. The support offered will vary depending on individual needs but can include - workshops to discuss sleep issues, signposting and guidance for other professionals working with your family, practical support and an individual sleep programme - www.bit.ly/cc-communitysupportservice



Weight Monitoring and Diet information

Healthy You: www.bit.ly/healthyyou-support



Let's Get Moving: www.bit.ly/letsgetmoving-activefamilies

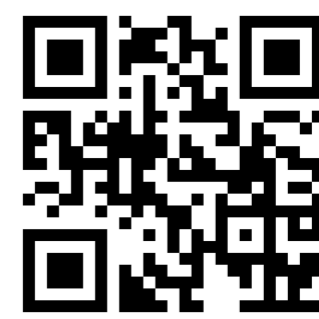
Healthy Schools Support Service: www.bit.ly/healthy-schools-support

Restricted Diet Leaflets enclosed:

- Sensory Issues Around Eating.
- Selective Eating in Children.

A book you may find useful to help improve your child's diet is:

'Food Refusal and Avoidant Eating in Children, including those with Autism Spectrum Conditions: A Practical Guide for Parents and Professionals' by Gillian Harris and Elizabeth Shea.



Information and Organisations on ASD



Useful resources and links on our website: www.bit.ly/autism-after-assessment

The National Autistic Society website is a reliable source of information about Autism:

www.bit.ly/autism-org-uk



Other useful local support organisations are:

Spectrum: www.bit.ly/we-are-spectrum

National Autistic Society Cambridge Branch: www.bit.ly/nascambridge



ASPIRE programme at Romsey Mill Centre in Cambridge (youth groups for children with Autism from 8 years): www.bit.ly/aspire-romseymill

Information about social stories can be found here: www.bit.ly/carolgraystories

