**Autism Support Groups in Cumbria**

**:for children and families with Autism (ASC/ASD/ Neurodiverse)**

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| Name | Info | Contacts |
| Cumbria Autism Support Group | Cumbria Autism support group for adults (all ages) is a new group being set up for adults on the autism spectrum. It's aim is to provide a place for you to meet others, talk about common issues and offer each other support. Here you can:.   * Have the opportunity to share experiences with people who really understand. * Learn about ASD Resources.Get information of current treatments and therapies.   Cumbria Autism Support aims to : .   * Improve the lives of people with autism * Raise awareness and understanding in the community * Give adults with autism a voice * Be a source of information, advice and empowerment | Karen Nicholson - Autism Family Advisor for Carlisle and Eden  07512279735  University Of Cumbria. Learning Gateway Building. Room Lg001.  Fusehill Street. CA1 2HH.  Website: <http://katncraig86.wix.com/autism> |
| Autism Support Cumbria  Autism Support Cumbria Logo | Autism Support Cumbria provides personalised services, support, information, advice and guidance to children, adults, families, businesses and organisations.  Services include:  Support for adults and children, Family support, Help with form filling, Advocacy, Consultancy, Staff training & Academic tuition. | Amanda Denwood  07552344535  [autismsc@btinternet.com](mailto:autismsc@btinternet.com)  Website: [amandadenwood.wix.com/.../autismsupportcumbria](http://amandadenwood.wix.com/autismsupportcumbria) |
| Carlisle MENCAP - North Cumbria Autism Family Support Project | **THE CUMBRIA AUTISM FAMILY SUPPORT PROJECT**  Getting support for a child on the autism spectrum and their family is often far from straightforward. This is because not all people on the autism spectrum fit the traditional idea of disability.  As many parents already know this causes frustration. The Cumbria Autism Family Support Project aims to inform and advise families about how to get the best out of existing services and identify gaps in provision to inform future service developments.  By providing information and advice relating to:  · Understanding autism · Support groups and drop-ins · Childcare and short break options · Play and leisure services and activities · Benefits and access to financial support · Sibling issues  By linking with:  · Statutory agencies (health, education and social care services) · Children Centres · Voluntary agencies, eg National Autistic Society, MENCAP, Carers Associations · Existing support groups  By facilitating training opportunities for parents.  The Family Advisors will provide information, respond to telephone or email enquiries, and when necessary will visit parent/carers of children and young people with autism at home or in a mutually convenient location.  The Project covers five district council areas within Cumbria. These are Carlisle, Eden, Allerdale, Copeland and Furness. The Family Advisors will work with families of children under the age of 18 who have a diagnosis of autism. | Unit J, Duchess Avenue, Kingmoor Business Park, Carlisle, Cumbria, CA6 4SN    Email:enquiries@carlislemencap.co.uk   Telephone:01228 674 393   Website:[visit website](http://www.carlislemencap.co.uk/)  **FOR HELP AND ADVICE CONTACT:**  In Allerdale and Copeland: Juliet Buchanan Tel: 07900 923900 Email : Juliet.buchanan@carlislemencap.co.uk  In Carlisle and Eden: Karen Nicholson Tel: 07730 536842 Email:karen.nicholson@carlislemencap.co.uk  In Furness: Nicola Brockbank Tel: 07909 231866 Email:nicola,brockbank@carlislemencap.co.uk  South Lakes Shirley Gilpin, Tel: 07393147076 shirley.gilpin@carlislemencap.co.uk |
| Cumbria SENDIASS  (SEND Information, Advice & Support Service) | Cumbria SEND IAS Service (which was formerly known as the Parent Partnership Service) offers impartial information, advice and support to children and young people with special educational needs and or disabilities and their parents and carers. This support now includes signposting to health and social care advisory services. Cumbria SEND IAS Service staff will make sure that parents/carers of all children (0-25 years old) with additional needs have access to information, advice and support. Confidential and impartial support is offered to parents/carers so they can make informed decisions about their child's education. | Cumbria SEND IAS Service, Cumbria County Council, Barrow Fire Station, Phoenix Road, Barrow In Furness, Cumbria, LA14 2NS  Lead contact: Celia Jones and Team  email: [celia.jones@cumbria.gov.uk](mailto:celia.jones@cumbria.gov.uk)  Tel:01229 40743/ web: [www.cumbria.gov.uk/childrensservices/schoolsandlearning/ils/parentpartnership/default.asp](http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/ils/parentpartnership/default.asp) |
| Autism Support Allerdale and Copeland | A local support group for parent carers, relatives and friends of children and adults who have (or are waiting for) a diagnosis of Autism. Meetings held monthly.  Arrange speakers who can ensure our members are accessing all available services, we are visited by local companies who want to work with us to make their venues more Autism-friendly. We arrange group visits to local attractions, parties, bowling to ensure we cover all age ranges as we work on a cradle to grave basis.  We hold training days, online resources, and support. | <https://www.asaac.uk/>  [info@icaan.org.uk](mailto:info@icaan.org.uk)  I CAAN PO BOX 81 Cockermouth Cumbria CA13 3AQ |
| South Lakes Autism & Asperger’s Support Group | support to families and individuals who are in need of assistance and guidance in dealing with family members and individuals who may otherwise feel there is no help available to them. We hold regular meetings where family members and individuals may gather to express their concerns, where together we may be able to assist | https://www.southlakesautism.co.uk/ |
| Autism Education Trust | National Organisation | <https://www.autismeducationtrust.org.uk/> |
| National Autistic Society | National Organisation with a wealth of resources. | [www.nas.org.uk](http://www.nas.org.uk) |
| Shine For Autism Facebook Page and Support for Cumbrian families |  | <https://www.facebook.com/SHINE-for-Autism-253846211741414/> |
| ICAAN | **Who are we?** I CAAN is a group of volunteers that organise activities for people with autism and their families in Allerdale and Copeland. I CAAN is totally run by volunteers, many of whom are parents of children with autism..  **What do we do?** I CAAN organises activities for the whole family. Typical activities include swimming, bowling, soft play, horse riding, craft workshops, general sports sessions, Youth Cafe and I CAAN Hub, and family day-trips. | <https://www.icaan.org.uk/> |
| Owl Blue | Owl Blue is a not for profit organisation, based in Maryport, West Cumbria, and has been established for just over 11 years.  We work with the families of people with hidden disabilities and those who share their lives. These hidden disabilities include Autism and co-occurring conditions such as learning disabilities and mental health problems, PDA (Pathological Demand Avoidance), ADHD and the Deaf.  We understand how overwhelming and frustrating it can be when suspecting someone close to you has a hidden disability, receives a diagnosis, when you’re dealing with challenging  behaviours or navigating your way through the SEND (Special Educational Needs and Disability) system.  Owl Blue’s practitioners are qualified and professional and we can help you to access information, advice and strategies free of charge. You do not need a diagnosis for Owl Blue to help you.  We are able to signpost you to other appropriate groups and professionals that can also support you or simply call us for an informal chat.  Owl Blue’s confidential 1:1 appointments are tailored to the problems arising from the individuals and their condition and aims to encourage understanding and self-help.  Owl Blue also helps those in the community that wish to understand individuals affected by hidden disabilities. We work alongside mental health and other NHS health professionals, private consultants and practitioners, voluntary organisations, local businesses, Local Authorities and schools. | 89 Wood Street, Maryport  0800 755 5432  [info@owlblue.org](mailto:info@owlblue.org)  [www.owlblue.org](http://www.owlblue.org)  Facebook: <https://www.facebook.com/owlblue/> |
| Action for Parents | National Support and information. | <https://parents.actionforchildren.org.uk/additional-needs-disabilities/support-home-school/ehcp-iep/?gclid=EAIaIQobChMI5_WT4MKh8wIVzNPtCh2H2AW_EAMYAiAAEgJfIfD_BwE> |
| Living With Autism | Information and advice on living and residential needs and accommodation for individuals with autism. | <https://livingautism.com/> |
| Autscape Conference | Yearly conference for people with autism led by people with autism to meet, discuss issues affecting them, both challenging and positive experiences, support and sharing ideas. | <http://www.autscape.org/> |
| Ambitious About Autism UK | Information and support for parents and families supporting a child with autism. | <https://www.ambitiousaboutautism.org.uk/information-about-autism/early-years/support-for-families> |
| Tripple A Project | Triple A was founded by Helen Storey, who has a long and successful record of developing projects to support marginalised communities. Helen has first-hand experience in the field of autism, underpinned by accredited learning (University Of Cumbria).  The Triple A team has designed a pathway of support for autistic adults (shown below), which focuses on social support, criminal and social justice but also health & well-being.  The project aims to facilitate positive and sustainable change – to raise awareness of the issues & challenges and to bring people together to create and develop solutions. | <https://tripleaproject.org.uk/>  **Address:** The Resource Centre, Sandgate, Penrith, CA11 7TP **Telephone:** 01768 867629 | M: 07554 370823 **Email:** [info@tripleaproject.org.uk](mailto:info@tripleaproject.org.uk) |