



Coventry and Warwickshire
Integrated Care System

Community Support for Neurodivergent People and their Families

Listed below are some useful local organisations, which offer a variety of information and advice for Neurodivergent People and their Families.

Click the link below to jump to these resources.

Community
Support

Peer
Support

Please note: Coventry and Warwickshire Integrated Care System (ICS) makes every effort to ensure that information in this document in relation to ICS and its activities is accurate and up-to-date. Health and care system partners do not accept responsibility for the content, reliability or views expressed within any of the external websites, apps, videos, podcasts and further reading linked to in this document. For security, data protection and privacy policies please view our www.happyhealthylives.uk/privacy

Dimensions of Health and Wellbeing

The Dimensions of Health and Wellbeing is a free accessible online tool that provides a personalised profile and information to support adults, children and young people in Coventry and Warwickshire. You can rate yourself or another person using the Dimensions, to create a profile which can highlight a person's areas of strength and areas where they may benefit from support. It provides trusted information about, local services, national support and resources such as videos, apps and books.

 dimensions.covwarkpt.nhs.uk

Community Support

All-Age Coventry and Warwickshire Community Autism Support Service (CASS)

Pre-assessment and post- diagnostic community support is available for people in Coventry and Warwickshire who may self-identify as autistic, those awaiting an autism assessment and those with an autism diagnosis.

1. **Navigation** – a single phone number and email with a dedicated support team, is available Monday- Friday, 8am- 8pm. This team are available to help with emotional support and, based on individual needs, they can signpost and provide information.
2. **Community Outreach** – working with individuals to identify goals and provide group, one-to-one and themed support for children, young people and adults.
3. **Peer mentoring** – to connect autistic people with trained peer mentors, with their own lived-experience, helping to support with daily routines, confidence building, and wellbeing support, exploring opportunities to engage in local activities and social and community groups.
4. **Training and education** – a programme of courses and webinars to suit all needs. Workshops, toolbox sessions and recorded materials to help build confidence and improve understanding

of autism. Drawing on lived experience, all sessions and courses provide effective and practical support for day-to-day living, in the community, in school, and in the workplace.

You can contact the Community Autism Support Service (CASS) by:

- ☎ Calling (024) 76 012333
- ✉ Emailing navigation@casspartnership.org.uk
- 💻 Browsing for the dedicated website www.casspartnership.org.uk – hosting information, guidance and signposting links and online referral.
- 💻 Updates and service news will be posted on Facebook, Twitter and LinkedIn – search for @casspartnership

Coventry Parent Carer Forum is an independent group run by parent carers. They work alongside Coventry City Council and local health agencies as equal partners to help improve services for children and young people with additional needs and their families. They aim to empower you to help improve the services you need, introduce you to new friends and provide free training to boost your skills and knowledge. Any parent carer who lives in Coventry, and has a child/young person aged 0-25, can join the forum.

They also use Padlet to signpost to useful information and local support.

- ✉ covpf@entrustcarepartnership.org.uk
- 💻 www.coventrypcf.com
- 💻 Facebook www.facebook.com/groups/321599913420793
- 💻 Useful links padlet.com/coventry_pcf
- ▶ What is a Parent Carer Forum and what do they do? youtu.be/O9Pf-JsFujk

Warwickshire Parent Carer Voice (WPCV) is a parent carer led organisation working to ensure that every parent carer in Warwickshire feels that their views and experiences matter, and gets their voice heard to develop and improve services for children and young people with special educational needs and/or disability. They work with those who provide SEND services to highlight where services are working well, or challenge when changes and improvements need to be made. Any parent carer who lives in Warwickshire and has a child/young person aged 0-25, can join the forum.

They also use Padlet to signpost to useful information and local support.

- ✉ hello@warwickshireparentcarervoice.org
- 💻 warwickshireparentcarervoice.org
- 💻 Facebook www.facebook.com/Warksparentcarervoice
- 💻 Useful links padlet.com/warwickshireparentcarervoice
- ▶ What is a Parent Carer Forum and what do they do? youtu.be/O9Pf-JsFujk

The Coventry and Warwickshire Mental Wellbeing Line provides connection, advice, information and signposting to other services for Coventry and Warwickshire residents, 24 hours a day, seven days a week, 365 days a year.

Call to speak to one of their friendly and compassionate advisors if you are feeling low, anxious, or stressed, having a difficult time coping, and need to talk to someone in confidence to find the right service.

- ☎ 0800 616171
- 💻 wellbeingforwarwickshire.org.uk/is-this-right-for-me

Grapevine Coventry and Warwickshire help all kinds of people experiencing isolation, poverty and disadvantage in Coventry and Warwickshire. They work with individuals and communities connecting

people together in activities which include, employment support, community-led campaigns and youth programmes, including:

- Help and Connect
- Teenvine Plus
- Coventry Youth Activists
- Connecting for Good

🖥️ www.grapevinecovandwarks.org

Coventry Young Carers offer support and have sessions for young carers in Coventry.

🖥️ www.carerstrusthofe.org.uk/young-carers

Caring Together Warwickshire offers a free and confidential service that provides information, advice, group activities and one to one support for family carers who live in Warwickshire. To find out more, click the link below:

🖥️ www.caringtogetherwarwickshire.org.uk

Caring Together Warwickshire Young Carers service offers support for young carers in Warwickshire, including information, advice, one to one support, in person groups and virtual groups. To find out more, click the link below.

🖥️ www.caringtogetherwarwickshire.org.uk/our-services/young-carers

CWWMind (Coventry, Warwickshire and Worcestershire) have a variety of services to ensure everyone with a mental health problem gets the support they need and the respect they deserve. This could mean having access to information, courses for you and your employer, a listening ear, or more specialist support and services to help someone to live and recover from their mental health problem.

🖥️ cwwmind.org.uk

CWWMind (Coventry only) Vibes youth clubs are for young people that have a diagnosis of autism, who live in Coventry and are aged between 7 and 18. Referral needs to be made by a professional working with the child or young person.

🖥️ cwwmind.org.uk/asc-social-clubs

Safe Haven Coventry and Warwickshire provides community-based, non-clinical support for those who have feelings of mental health and emotional distress. They offer drop in and telephone support from 6pm - 11pm every evening, messages can be left outside of these times. The service is for anyone aged 16 and over.

The service will help provide crisis de-escalation, emotional support and help with planning, face-to-face, one-to-one support, peer-led support, accessible activities, light refreshments and information and signposting.

☎ 024 7601 7200

📠 **Coventry** 07790 777039

📠 **Warwickshire** 07852 010146

✉ support@cwsafehaven.org.uk

🖥️ cwsafehaven.org.uk

🖥️ Drop-in venues cwsafehaven.org.uk/location-and-travel

Warwickshire Wellbeing Hub Service offer information, advice, signposting and support to empower neurodivergent individuals and those with a learning disability. To speak to your local hub advisor, use the links below:

Turning point - South Warwickshire

☎ 07484 503646

✉ Blaise.Short@turning-point.co.uk

💻 www.turning-point.co.uk/services/warwickshire

IMPACT is the Young Person's Forum for SEND (Special Educational Needs and Disabilities). It is a place for young people aged 13-25 years with SEND to have their say and make support better in Warwickshire. The group meets online and face to face every other Friday. To join this group or find out more information, click the link below:

💻 www.warwickshire.gov.uk/ypvoice

Act for Autism is a social enterprise that provides unique insights about autism via specialist workshops and coaching for parents, carers and teachers, autistic children and young adults. They have an Instagram page where you can find out about their webinars and a YouTube channel with lots of useful videos.

💻 actforautism.co.uk

💻 Instagram www.instagram.com/actforautism

💻 Understanding autism Training actforautism.co.uk/info/workshops

▶ YouTube Channel www.youtube.com/channel/UCmLq-sOBD2FPgn1JV-06IXA

📖 [Connecting and Communicating with Your Autistic Child](#)

My Health and Well-Being App Library is a partnership between NHS CWPT and ORCHA with a range of quality assured apps to help support your health and wellbeing. Apps listed below may have a review in the app library.

⚙️ covwarkpt.orcha.co.uk

Kooth (11-24) (not Neurodivergent specific) is an anonymous, free online mental health and emotional wellbeing support service for children and young people living in Coventry and Warwickshire. It offers one online session with a qualified counsellor, peer-to-peer support through moderated online forums, and the opportunity to read and contribute articles.

⚙️ www.kooth.com

Qwell (25+) (not Neurodivergent specific) is an anonymous, free online mental health and emotional wellbeing support service for adults living in Warwickshire. offering:

- flexible online messaging at a time that suits you
- community support – moderated peer forums
- booked chat sessions and drop-in chats from midday to 10pm weekdays and 6pm to 10pm on weekends, all year long.

⚙️ wellbeingforwarwickshire.org.uk/anonymous-web-support-on-any-device

Peer Support

Peer support groups available locally enable you to connect with people with similar experiences. **You don't necessarily need to live in the area to join these.** Many have Facebook groups you can join to find out about local support and activities as well as connect with other people in your local area.

Coventry

Coventry City Council directory lists local support groups.

🖥️ cid.coventry.gov.uk/kb5/coventry/directory/results.page?familychannel=4_6

Coventry SENDIASS has a list of providers and organisations that may be running sessions/groups/activities throughout the year for children/young people who have SEND.

🖥️ www.covsendiass.co.uk/events-1/sendiass-events/3

CAFAG (Coventry Action for Autism Group) signposts to support for parents of neurodivergent children.

🖥️ www.facebook.com/Coventry-Action-For-Autism-Group-154749287871091

Warwickshire

Warwickshire County Council directory lists local support groups.

🖥️ searchout.warwickshire.gov.uk/homepage/34/send---support-services-and-support-groups

Warwickshire Parent Carer Voice (WPCV) has links to local support groups.

🖥️ padlet.com/warwickshireparentcarervoice/send-support-groups-9izj8026ll8e4hes

Autism and ADHD One on One offer support for neurodivergent people and their families in a Facebook group and also hold monthly meetings on a Wednesday in Kenilworth.

🖥️ www.facebook.com/groups/autismoneonone

Autistic Girls Network works to support, educate and bring change. They run some support groups in Stratford upon Avon for adult women and non-binary people, girls and non-binary young people from the age of 9 years old.

🖥️ autisticgirlsnetwork.org

🖥️ Children and young people (9-25) autisticgirlsnetwork.org/face-to-face-groups

🖥️ Adults autisticgirlsnetwork.org/adult-peer-support-groups

Embrace Special Needs provides friendship and support to families and carers of adults or children with special needs. Your child does not need to have a full diagnosis. Meetings are held in Coleshill on the first Friday of the month.

📞 07503 002948

✉️ embrace-sn@mail.com

🖥️ www.embracespecialneeds.co.uk

Little Pegs Autism Support Group offer support for neurodivergent people and their families. They hold monthly Family Support Groups in Nuneaton.

🖥️ www.facebook.com/groups/LittlePegs

Quirky Kids is a support group run by parents who are passionate to provide fun for kids with disabilities. They are based in North Warwickshire.

💻 www.facebook.com/groups/1639204389660558

Rugby Autism Network offers local support and information, including support groups in Rugby and a Facebook page.

✉ admin@rugbyautismnetwork.co.uk

💻 www.rugbyautismnetwork.co.uk

💻 www.facebook.com/rugbyautismnetwork

Saltisford Autism Café meet one Saturday a month at Saltisford Church in Warwick. Children, siblings and parent welcome.

💻 www.facebook.com/groups/4928609317242884

SEND Parent Support Group is for any parent of a child with SEND. The group takes place on the 2nd Monday of the month at 7.30pm in Southam.

✉ info@grahamadamscentre.com

💻 grahamadamscentre.com/whatson/send

SPEND is a peer to peer support group for parents and carers of children and young adults with special educational needs, neurodiversity and difficulties. They aim to help reduce the feeling of isolation and overwhelm that comes from facing the additional challenges in supporting our amazing SEND children and young adults.

💻 www.facebook.com/groups/1205160670271866

Roots to Branches Autism Network is a support group is a support Group for neurodivergent people and their families. They hold monthly meetings in Bedworth.

💻 www.roots2branches.co.uk

Special Needs in Warwickshire private support group is a Facebook group that offers support, advice, meets ups and relevant information and support special needs family in the Warwickshire area.

💻 www.facebook.com/groups/1103351756405016

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