



Warwickshire 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

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Dimensions of Health and Wellbeing

The Dimensions of Health and Wellbeing is a free online tool providing self-care information to support adults, children and young people in Coventry and Warwickshire.

You can rate yourself or another person against a number of dimensions related to health and wellbeing. The Dimensions tool is available 24/7 and creates a Dimensions report which provides information about self-care, local services, and support.


 dimensions.covwarkpt.nhs.uk

Community Support

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](#)

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

Mind (Coventry and Warwickshire) Vibes youth clubs are for young people who have a diagnosis of autism spectrum condition, 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.

🖥️ cwmind.org.uk/asc-social-clubs

Mind 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.

Mind (Coventry & Warwickshire)

🖥️ cwmind.org.uk

Mind (South Warwickshire & Worcestershire)

🖥️ springfieldmind.org.uk

Warwickshire Wellbeing Hub Service offer information, advice, signposting and support to empower individuals with a learning disability or autism. 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

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. Find out more:

✉️ hello@warwickshireparentcarervoice.org

🖥️ warwickshireparentcarervoice.org

🖥️ www.facebook.com/Warksparentcarervoice

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

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 our 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
- Connecting for Good

🖥 www.grapevinecovandwarks.org

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

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

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

📠 Warwickshire 07852 010146

✉️ support@cwsafehaven.org.uk

🖥️ cwsafehaven.org.uk

🖥️ [Drop-in venues cwsafehaven.org.uk/location-and-travel](http://Drop-in%20venues.cwsafehaven.org.uk/location-and-travel)

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.

Asperger's United meets regularly and are committed to offering advice and support to each other, gained through their own very real and often difficult personal experiences. They were formed in 2003 and are based in Nuneaton.

🖥️ aspergers-united.wixsite.com/mysite

🖥️ www.facebook.com/groups/868181189892975

Autism One on One offer support in a Facebook group and hold monthly meetings on a Wednesday in Kenilworth.

🖥️ www.facebook.com/groups/autismoneonone

Autistic Girls Network works to support, educate and bring change.

🖥️ autisticgirlsnetwork.org

CALM Youth Group offers activities and support for young people aged 11+ who are autistic, have learning disabilities and have mental health difficulties. It is on the 2nd Friday of the month. No referral is needed.

✉️ calmyouthgroup@gmail.com

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 to families living with autism and related conditions. 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, 2pm – 5pm 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.

✉ info@grahamadamscentre.com

Roots to Branches Autism Network is a support group is a support Group for families with autism and 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

The Make A Friend Special Needs Group is a Warwickshire-based group supporting families with special needs. They encourage children of all abilities to play together freely.

📄 www.facebook.com/makeafriendspecialneedsgroup

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