



Coventry and 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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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](#)

Act for Autism and CASS have a workshop series dedicated to supporting family members and carers of autistic adults and children, and professionals working with autistic individuals.

 024 7663 1835

 autismsupport@cwmind.org.uk

 www.eventbrite.co.uk/o/act-for-autism-and-coventry-amp-warwickshire-mind-33858599659

Kooth (11-24) (not autism 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 autism 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

Children and young people -Community Autism Support Service (CASS) is provided by Coventry and Warwickshire Mind (pre assessment or post diagnostic). The service can provide one-to-one or group support for children and their families. The service can help children, young people and families with setting goals related to management of the young person's neurodevelopmental needs and achieving them to improve the lived experience of the child.

💻 cwmind.org.uk/cass-children-and-young-people

☎ 024 7663 1835

✉ autismsupport@cwmind.org.uk

Mind (Coventry and Warwickshire) Vibes youth clubs are for young people that 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

Adults - Community Autism Support Service (CASS) is provided by Coventry and Warwickshire Mind for autistic adults (diagnosed, awaiting diagnosis or those that think they may be autistic), living in Coventry and Warwickshire. The service can provide one-to-one support, peer support groups (self-referral) and an education programme.

💻 cwmind.org.uk/diverseortypical

☎ 024 7771 4545

✉ caass@cwmind.org.uk

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:

Individual Support Solutions – North Warwickshire, Rugby, Nuneaton and Bedworth.

💻 www.nwcommunityhubs.com

☎ Team Leader 07415 302859

✉ rachel@isswarks.com

Turning point - South Warwickshire

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

☎ 01926 423029

✉ Georgina.Deanie@turning-point.co.uk

Warwickshire Parent Carer Voice (WPCV) is a voluntary group of parent carers with a lived understanding of how challenging accessing the right services and receiving a good level of support can be when raising a child with additional needs and / or disabilities. Their aim is to gather the voices of Warwickshire parent carers and let these be heard to ensure that services meet the needs of our children and our families. Their meetings are mostly virtual to fit in with family life, and new parent carers are always welcome to join.

💻 warwickshireparentcarervoice.org

💻 Facebook page www.facebook.com/Warksparentcarervoice

✉ hello@warwickshireparentcarervoice.org

Coventry Parent Carer Forum

Contact* is currently supporting local parent carers to build a new parent carer forum for Coventry.

💻 www.coventrypcf.com

Voluntary and Community Sector Support Helpline

Coventry and Warwickshire confidential 24/7 mental health helpline provides emotional support to residents in Coventry and Warwickshire. It connects you with highly skilled, trained and compassionate staff that can offer you a listening ear and put you in touch with a wider network of support provided by the voluntary sector in collaboration with the Trust. This service also provides webchat functionality if you feel speaking with someone over the phone is too difficult.

This helpline is currently provided by Wellbeing for Warwickshire for Coventry and Warwickshire Residents.

☎ 0800 616 171

Coventry helpline

💻 wellbeingforwarwickshire.org.uk/coventry-residents

Warwickshire helpline, courses, drop-in hubs and other support

💻 wellbeingforwarwickshire.org.uk

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

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

 www.grapevinecovandwarks.org

Entrust Care Partnership offer a range of services for children, young people and adults with a disability, including one-to-one support, support around the family home, friendship groups, sports groups and life skills group training. They also support parents and carers by running courses and support groups.

 entrustcarepartnership.org.uk

Warwickshire's creative health programme incorporates six commissioned projects involving dance, music, storytelling, art and more to promote social connectivity and improve wellbeing.

 www.warwickshire.gov.uk/creativehealth

Coventry Carer's Trust offers a free and confidential information, advice and support service to meet the needs of Coventry's family carers.

 024 7610 1040

 www.coventrycarers.org.uk

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

 www.carerstrusthofe.org.uk/young-carers


Safe Havens offer a walk-in service - there's no need to be referred by your GP or Care Co-ordinator. The Safe Haven offers a welcoming, safe, comfortable, non-judgmental and non-clinical environment. Safe Haven can provide information and emotional support if you are in crisis or feel you are heading towards a crisis situation.

Opening hours are from 6pm - 11pm every evening. Email and telephone support is also available. Full contact information can be found using the links below.

Coventry Safe Haven

 Broad Street Centre, Broad Street, Coventry, CV6 5AX.

 www.mhm.org.uk/coventry-safe-haven

 07921 876 065


 coventryhaven.mhm@nhs.net

Warwickshire Safe Haven

 Nuneaton Wellbeing Hub, Newtown Chambers, Corporation Street, Nuneaton, CV11 5XR.

 cwmind.org.uk/warwickshire-safe-haven-nuneaton

 024 7771 4554

 07970 042 270

 safehaven@cwmind.org.uk

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.

Coventry

CAFAG (Coventry Action for Autism Group) is a support group and they run meetings for parents and have regular events which are designed to be suitable for children with autism.

 024 7672 8988

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

Roots to Branches Autism Network is a support group is a support Group for families with autism and hold monthly meetings in Coventry.

 www.roots2branches.co.uk

Warwickshire

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

 www.facebook.com/groups/autismoneonone

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

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

🖥️ www.rugbyautismnetwork.co.uk

🖥️ www.facebook.com/rugbyautismnetwork

✉️ admin@rugbyautismnetwork.co.uk

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.

🖥️ www.embracespecialneeds.co.uk

📞 07503 002948

✉️ embrace-sn@mail.com

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

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

🖥️ www.facebook.com/groups/1639204389660558

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

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/makeafriendsspecialneedsgroup

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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