



Brent Outreach Autism Team
Brent Civic Centre
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Wembley, HA9 0FJ
Tel: 020 8937 4659
Email: boat@brent.gov.uk
www.brent.gov.uk

BOAT Signposting resource list for families

If your child or young person attends a setting / school, the Special Educational Needs Coordinator (SENCo) is a person for you to speak with if you have questions or concerns. They can answer questions and signpost you to support within the borough and other services.

Below are a range of other resources / support for you and your family

Websites / Groups

Brent Parent Carer Forum

Brent Parent Carer Forum offers information, support and friendship for families of children and young people aged 0-25 with special educational needs and disabilities (SEND). There is a wealth of information, support, training and signposting to a range of resources. The group also meets virtually and in person.

The website link www.brentpcf.org

The email address : admin@brentpcf.org

Brent Special Educational Needs and Disabilities (SEND) Local Offer

Information and advice for children and young people from 0 to 25 with special educational needs and disabilities (SEND) and families of Brent residents.

The website link is: www.brent.gov.uk/services-for-residents/children-and-family-support/the-brent-local-offer/



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The Autism Education Trust:

Organisation led by two national autism charities and supported by the Department for Education. They provide a range of resources for educational settings and families to support positive experiences and outcomes for students.

The website link: www.autismeducationtrust.org.uk

The National Autistic Society: Leading UK Charity for autistic people, their families and professionals. A wealth of information, signposting and resources. They also lead a range of training courses.

The website link: www.autism.org.uk

Resources for Autism:

Charity based in Barnet providing practical services for autistic children, young people and adults. These services include music and art therapy, holiday schemes and outreach support.

The website link: www.resourcesforautism.org.uk

Centre for ADHD and Autism:

Charity based in Harrow offering support for families of autistic children and young people and / or ADHD. They also offer a range of training sessions and drop in sessions.

The website link: www.adhdandautism.org

ReachoutASC

An online resource sharing a wide range of resources, free and paid training and support for families and professionals.

The website link: www.reachoutasc.com

Autistica

Charity that funds and campaigns for research regarding all aspects of autism.

The website link: www.autistica.org.uk

Brent Teams / Support Services

Special Educational Needs and Disabilities Information Advice and Support Services

(SENDIAS): This service offers information, advice and support for parents and carers of children and young people with special educational needs and disabilities.

The service is confidential and a space for you to discuss any worries or concerns you may have regarding your child's education. This team can support with any questions you may have and if you require support with communicating with your child's educational placement.

Email: sendias@brent.gov.uk **Phone:** 0208 937 3434

Speech and Language Therapy Service – Phone: 0208 102 3456

Occupational Therapy Service - Phone: 020 8438 7270

Brent Child and Adolescent Mental Health Service (CAMHS) – Phone: 0203 317 5050

Special Educational Needs Assessment Service (SENAS) This service works closely with parents / carers, educational settings, health and social care services. Each school in Brent is allocated a case officer who is the main point of contact.

A case officer in SENAS is your key point of contact for your child / young person with an Education, Health and Care Plan (EHC Plan previously known as a Statement).

Phone: 0208 937 3229

Brent Family Well Being Centres: Provide a range of community-led services that can support you from the moment you know you're expecting, through pregnancy and birth, until your child is 18 years old (or up to 25 for children and young people with special educational needs). The Centres, offer a wide range of free health, education and welfare services to families and aim to give everyone in Brent the best possible start in life.

You can register to join your local Well Being Centre on the Brent website www.brent.gov.uk or google Brent Family Well Being Centres.

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Enuresis Service – This service supports with any questions or concerns you have regarding toileting skills for your child. **Phone:** 020 8438 7058

Disability Living Allowance (DLA) and Personal Independent Payments (PIP for 16years and older)

You may be entitled to some government support for your child.

The website links www.gov.uk/browse/disabilities

Books

Non fiction books

Girls growing up on the autism spectrum by Shana Nichols – a detailed book to support autistic young women

ASD friendly guide to periods by Robyn Steward – Robyn is an autistic adult who has created an easy to ready guide to growing up and periods for girls.

The reason I jump by Naoki Higashida – A non speaking autistic young man shares his experience of what it is to be autistic. He shares his experience through written form.

Uniquely human by Dr Barry Prizant - A practical and clear insight into the experiences of autistic people.

Playing, Laughing and Learning by Julia Moor – A practical guide with a range of strategies to support autistic young people.

Its raining cats and dogs by Michael Barton – this is a line drawing book created by an autistic adult to support understanding idioms and metaphors.

The Incredible five point scale – this is a practical book to support autistic young people understand and manage their feelings and emotions.

When my worries get too big by Kari Dunn Buron – this book supports students managing their worries in a practical way.

Fiction books with autistic main characters

The Rosie Project by Graeme Simpson – this is the first of three books about an autistic man on his quest for a relationship and how he uses an algorithm to find the perfect woman.

The Curious Incident of the Dog in the Night Time by Mark Haddon – the well know book that is also now a theatre production about an autistic teenager.

The London Eye Mystery by Siobhan Dowd – the story of an autistic teenager trying to solve a mystery.

Blue Bottle Mystery by Kathy Hoopmann – a great short story about an autistic primary aged student and his relationship with his class teacher.

Can you see me by Libby Scott – Libby co wrote this book and is an autistic teenager. She has now written fiction stories about an autistic teenager starting secondary school.

Podcasts

1800 seconds on autism: This podcast is presented by two autistic adults, Jamie knight and Robyn Steward sharing their experiences of autism in day to day life.

Sue Larkey Podcast: Sue is an Australia teacher with a wealth of practical experience supporting autistic students. Her podcasts covers a range of subjects from sharing a diagnosis, autistic girls, anxiety and embracing autistic strengths

Videos Utube Clips

What is autism:

Amazing Kids: Listen to children from different backgrounds share their unique experiences of the autistic spectrum in their own words.

<https://www.youtube.com/watch?v=VAogdfYPstU>

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Amazing things happen animation: Animation describing autism in a child friendly way.
<https://www.youtube.com/watch?v=RbwRrVw-CRo>

Ambitious about autism young adults describing what autism is like for them.
<https://youtu.be/xTLUYda-008>

Ambitious about autism: young people describing what a meltdown feels like:
<https://www.youtube.com/watch?v=zseDI1V-BqU>

Can you make it end? The National Autistic Society 2019 video showing the sensory experiences of autistic young people.
<https://www.youtube.com/watch?v=aPknwW8mPAM>

Newsround special on autism: from a 13 year old girls perspective. Rosie shares her experience of her diagnosis and what it means for her
www.bbc.co.uk/newsround/1565232

Rosie King Ted Talk: Rosie shares how her diagnosis has freed her to be herself
https://www.ted.com/talks/rosie_king_how_autism_freed_me_to_be_myself

Myths about autism:

Myths about Autism: film made by autistic adults #different minds
<https://www.youtube.com/watch?v=0TAuQUlpdvU>

Dads and autism film:

This is an honest and frank account from fathers sharing their experience of having an autistic child.
[https://urldefense.com/v3/https://youtu.be/oSU9570V5D4_!!CVb4j_0G!FX48XdFzMBILaVN-uOwlcyA0fWbpCNyZPoABhIClpTFdzaWLjeZvW2BEpzZf8Fpy-JJvEA\\$](https://urldefense.com/v3/https://youtu.be/oSU9570V5D4_!!CVb4j_0G!FX48XdFzMBILaVN-uOwlcyA0fWbpCNyZPoABhIClpTFdzaWLjeZvW2BEpzZf8Fpy-JJvEA$)

Positive videos of autistic young people and adults:

Lockdown and Artwork – this BBC video shows how Woody created artwork with his father during lockdown.
<https://www.bbc.co.uk/news/av/uk-england-london-56447846>

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Issac's story – Issac and his mother sharing about his diagnosis.

<https://www.bbc.co.uk/news/av/education-51877434>

Stephen Wiltshire: The Human Camera – Stephen is an autistic adult with an amazing talent for drawing when seeing a building / area for a short time. This video shows his drawings after a short helicopter ride over London.

<https://youtu.be/SkjJtrfc8KQ>

TV programmes / series and films

Atypical shown on Netflix: This fictional series follows the family life of Sam who is 18 year old autistic student navigating his life. His special interest is penguins and penguins are used to describe how Sam's autism presents but also how he develops his understanding of others. This series shows Sam's different relationships with peers and his family and how his autism is his strength and how it challenges him.

The Speed Cubers on Netflix: This documentary follows the World Cube Association World Championships and their competitors. Max is autistic and is a champion cuber. This documentary not only showcases his amazing ability but how his social understanding develops by participating in these competitions. It highlights the benefits of supporting and nurturing a young person's strengths and interests.

The A Word on BBC1: This fictitious series follows the life of Joe, an autistic young person and his life from getting his diagnosis, starting school and navigating day to day life. The series focuses on the family and how they learn to understand Joe.

Film: Temple : Based on the life of autism adult Temple Grandin, This film follows the life of Temple being diagnosed in the 1960's when it was thought that autism was caused by

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'refrigerator mothers' – mothers being socially cold to their children. This film shows her mothers determination for Temple to receive the support she needs and how this shaped her future.

Film: Snowcake: This film focuses on the friendship between an autistic woman and a stranger that turns up at her door. It is an honest and open film about their journey through friendship.

Film: My Name is Khan: A Bollywood film with an autistic man being the main character. The film follows his journey through life and how the community change their perception of who he is.

Film: A is for Autism: A film made by autistic adults to describe what autism is through drawings and animation.

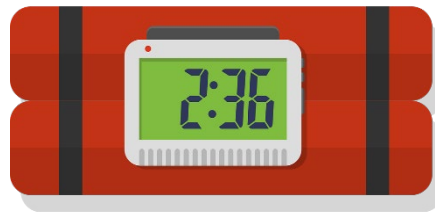


What is ISH?

During the day, there are many different activities in the classroom and in the school. The adults usually tell us when they will start and when they will finish.

Sometimes the adults will tell us exactly how many minutes we have to finish the activity and sometimes they do not tell us.

For example, sometimes the teacher may say you have five minutes to finish the activity. To let the children know **EXACTLY** how long five minutes is, they may use a sand timer to show us five minutes or they may set a timer on the interactive board.



Sometimes, the teacher may say you have five minutes and they do not mean you have **EXACTLY** five minutes. It means you have five minutes **ISH**.

ISH means you will finish the activity **before** exactly five minutes or you will finish the activity **after** exactly five minutes.

For example, it may be 4 minutes 20 seconds or could be 6 minutes and 33 seconds. This is five minutes **ISH**.

The teacher may use five minutes **ISH**, 15 minutes **ISH** or other **ISH** amounts of time. The teacher does not do this to confuse me; they may do this to let me finish my activity or piece of work. They may see that I am enjoying an activity and want me to have a little bit longer. It also means they do not have to keep looking at the time to finish an activity at an exact time.

By understanding **ISH**, it can help me to understand why my teacher, my family and even my friends do not always follow the time **EXACTLY**.

Animation of amazing things happen: <https://www.youtube.com/watch?v=RbwRrVw-CRo>

Animation of ASD talking about their autism - <https://www.youtube.com/watch?v=VAogdfYPstU>