



Brent Outreach Autism Team

Brent Civic Centre

Engineers Way

Wembley, HA9 0FJ

Tel: 020 8937 4659

Email: boat@brent.gov.uk

www.brent.gov.uk

BOAT Signposting resource list for settings

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

Brent Citizens Advice Bureau

Advice line number: 0208 438 1249

Their advisers attend sessions at the Well being Hubs also

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



**Brent Outreach Autism Team
Toolkit Resource**



Brent Outreach Autism Team Toolkit Resource



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

Brent Family Well Being Centres

Provide a range of free community led services for parents / carers for 0 -25 years (for children with special educational needs) at eight centres across the borough.

Visit the Brent Council website for how to register and the location of your nearest centre

www.brent.gov.uk

Preparing for Adulthood:

SEN Connexions: Jane Porteous

Prospects Services part of Shaw Trust

T: 020 8438 1650 / Mobile : 07717 224787

Email: jane.porteous@prospects.co.uk

Preparing for Adulthood Brent Website: A wealth of information and resources

www.brentyouthzone.org.uk/pfa

Brent Parenting Programmes

Brent offers a range of different parenting programmes at different locations across the borough. This includes The Cygnet Programme, a programme for parents / carers of autistic young people.

For information contact: parentingprogrammes@brent.gov.uk

Tel: 0208 937 4417

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

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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

Books

Non fiction books

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

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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.

Social Thinking Thinksheets for Tweens and Teens by Michelle Garcia Winner

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.

BOAT handouts

BOAT has a wide range of handouts to support with a range of topics

Some key resources include:

- ***Universal recommendations** – a resource that provides the key components for supporting autistic students.
- ***Sharing a diagnosis** – a resource to support a parent / carers thinking about sharing the autism diagnosis with their child.
- ***Zones of regulation** – a resource to support understanding a child's emotions and how to support their regulation.
- ***The Bucket Analogy** – a resource to talk with child and young people about managing their emotions
- ***Planning a trip away** – a resource to support parents / settings with students going on school journeys.
- ***Choosing a secondary school** – a resource booklet to support parents / carers thinking about preferences for secondary school
- ***Choosing a primary school** – a resource booklet to support parents / carers thinking about preferences for primary school.
- ***Safe sabotage** – a resource to support development of problem solving and independence skills.
- ***Supporting grief, death and loss** – a resource to support understanding of loss.
- ***Energy accounting** – a resource to support understanding the pressures of day to day life and why students may need time on their own / preparation for events in advance.
- ***Understanding behaviour and using ABS charts** – a resource to support staff to analyse and understand behaviour

A range of self help skills handouts e.g. toileting, dressing, meal times

Please ask you BOAT worker for handouts.

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>

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/15655232

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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-uOwllcyA0fWbpCNyZPoABhIClpTFdzaWLjeZvW2BEpzZf8Fpy-JJvEA\\$](https://urldefense.com/v3/_https://youtu.be/oSU9570V5D4_!!CVb4j_0G!FX48XdFzMBILaVN-uOwllcyA0fWbpCNyZPoABhIClpTFdzaWLjeZvW2BEpzZf8Fpy-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>

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 / are for a short time. This videos 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.

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

Film: Snowflake: 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 changes 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.