

Link~Up

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Email: leicestershireautisticsociety@gmail.com

**The Leicestershire Autistic Society is run by volunteers for you.
Please note as we are volunteers, we will respond as quickly as we
can but we also have our own families and ASD members so a fast
response is not always possible.**

WE WILL DO OUR BEST!

ADULTS WITH AUTISM SOCIAL CLUB

Runs on the 2nd & 4th Friday of the month

7 -9pm at The Cube on Symingtons, St Mary's Rd,
Market Harborough, LE16 7DS

1st session is FREE

and then £2 per session thereafter.

There will also be a £5 annual membership fee.



**This Club is aimed at 18+ with Aspergers/
High Functioning ASD
& Moderate Learning Difficulties
No Personal Care Provided.**

For more information please contact via email:
leicestershireautisticsociety@gmail.com



JIGSAW FOR FAMILIES ASD LEGO CLUB

“LEGO Autism Club” for young people aged 5+ years with ASD diagnosis or on the Pathway for diagnosis.

The Club is run by volunteers,
so parent/carer supervision is necessary.

Held on the 1st Saturday of each month from 11-12.30 at Blaby Methodist Church, Winchester Road, Blaby. LE8 4HL.

This is a great opportunity to have a fun time whilst creating and playing with Lego.



“Light refreshments provided”

(special diets welcome to bring your own)



COST: £2 per participant

REGISTER with Donna Johnson

email:leicestershireautisticsociety@gmail.com

Jigsaw For Families



THE FRIENDSHIP CLUB

Held at The Freer Community Centre,
242 Leicester Road, Wigston, LE18 1HQ

7 pm to 9pm

On 1st & 3rd Tuesday of each month.

£5 per session

For young people aged 11-19 living in Leicester & Leicestershire with Aspergers/High Functioning ASD & Moderate Learning Difficulties.

Activities include Playstation /Wii U, Table Tennis, Board and Card Games, Arts & Crafts.

Refreshments are provided and there is a tuck shop, which members take turns to run, where snacks can be purchased.

Parents will need to sign the member in on each session.

Registration is required as places are limited

Contact: Donna Johnson

Email: leicestershireautisticsociety@gmail.com

Friendships

ASD Family Swimming Sessions

Saturdays at Ibstock Leisure Centre



1-3pm

Family Autism Friendly.

**Free Swimming Sessions
every Saturday from June!**

Apologies but the pool is closed until June due to heating problems..

Sessions paid for by Leicestershire Autistic Society
and Miracles to Believe In.

New families would be most welcome

Places must be booked in advance using Microsoft
forms

Use the link below or scan the barcode

<https://forms.office.com/r/KnwJaY7yxf>



Swimming Before June?

Please keep a look out on both the Leicestershire
Autistic Society and the Miracles to Believe In Face-
book pages.



We are looking for alternative venues until June and once sorted will put
them on there.

Editors bit!

Welcome to the latest edition of LinkUp - gosh its been going some
years in various formats—discovered since 1989 see the interesting arti-
cle from Charles Huddleston on the next page one of the founding fa-
thers so to speak!. Thank you Charles for taking the time to do this for
us.

As well as the interesting timeline of the LAS page 5, we have an inter-
esting article on page 14 about Visual Stress. This has been written by
Ruth Ibbotson who is an assessor. I knew Ruth in her previous life as a
Nurse, Educator and laterally a tutor for student nurses at the University
Hospitals of Leicester. When she mentioned what she was leaving us to
do next, I asked her to write an article for us. Hope it is of interest!

The LAS have been running now for over 60 years in Leicestershire.

I got in touch with Charles Huddleston who was one of the original group of parents who helped start up the charity. I thought others would also appreciate knowing more about how we started and developed. Below is information that Charles supplied.

LAS history – brief timeline

1962

Formation of what became the National Autistic Society. A group of parents in Leicestershire became members and formed a local branch. The NAS decided it was unable to maintain branches in 1966 as they were becoming overstretched and wanted to concentrate on developing services.

November 1966

Formation of “Leicester and District Society for Autistic Children” with 12 families involved.

(Much of the early history is only available through digging through the old financial records, and through discussions with founder members over the years, very few of whom remain with us now)

Initially the group existed to offer mutual support and information, but there was also a movement, led nationally by Mencap, to change the education laws so that children with what would now be regarded as having Moderate or Severe Learning Difficulties could have a right to an education.

1970

The Education Act 1970 passes through its parliamentary stages and becomes law in April 1971. It gives disabled children a legal right to an education. NHS services (basically nurseries) become schools and there is a programme of building carried out to open new “special” schools. Many of the staff transfer from the NHS as teaching staff, although qualified as nurses (perhaps one reason for David Blunkett’s poor experiences at a “special” school?).

1971

LAS runs its first summer playscheme with 8 staff. Two years later, they need 13 staff due to increased numbers attending.

1987

There are no specialist services for people of any age on the autism spectrum.

1989

“Homes for Life” report published. This launched the LAS campaign to

find a suitable way forward to meet the day activity and housing needs of people with autism in Leicestershire. It prompted a good deal of interest from Health and Social Services planners and led to a report being commissioned into day services for people with autism.

Jigsaw has its first meeting. It is advertised in the LAS' first newsletter - "Link-Up", which initially is sent on a bi-monthly basis. It is sent to 68 families and a number of professionals (**note from Editor**—only a few years ago - until we restricted sending it out to only paid up members it had reached over 1,500 magazines sent out in the post!). It is well-received and over the first few issues develops the idea of a "Useful Contacts" list.

Jigsaw members prepare a report for the LAS on educational issues. It is circulated to councillors and officers of the Leicestershire County Council.

The report argues for a specialist unit to be attached to an existing school, with the potential for becoming a centre of excellence with outreach staff who could spread good practice to special and mainstream schools. The report leads to further discussions with the authorities. The NAS circulates the papers to parents' groups around the UK as a model on which to base their own case. Over 100 groups use it with mixed results, mainly positive.

Talks start with the NAS and West Mids Autistic Society to develop a teaching qualification in autism.

1991

Fosse Autism Service opens. This is a day service specifically for people with autism who are not able to cope in existing day care provision. There are 13 places, and staffing is slightly higher than 1:1, and was set up as a result of the report commissioned to follow the "Homes for Life" report.

Talks start with a Housing Association to seek a "HAG" grant for a residential service for people with autism.

Development of the specialist autism teacher module at Birmingham University is completed, at a total cost of £80,000. £3,000 comes from the LAS, and part of the module is written by a parent from the LAS.

Craven Lodge School opens Class 3, the first specialist autism unit in Leicestershire. There are 10 places for Primary age children.

A student from Nottingham runs a siblings group in Nottingham, Derby and Leicester as a part of a study into their needs.

1992

Siblings Activity Club reopens: of the three pilots, it is the only one that

continues to run, with the help of the LEA's specialist autism Educational Psychologist. **Editors note:** This closed down about 2003 when the leader of the group left to pursue other interests.

1993

Autism Outreach Service begins, with one full-time teacher.

Housing Association Grant is confirmed for 1994/5 and 1995/6, and a property is identified. LAS calls in the NAS to take over the project.

Agreement is reached that a second primary age unit is required. It is decided to include it as a part of the review of special needs school provision, which will see the development of two primary special needs schools and a secondary age school in the City.

The Asperger Syndrome Support Group forms.

1994

Piper Way School opens with a 10-place autism unit. Discussions start on secondary provision needs, and the need to expand the Autism Outreach Service. Additionally, the first concerns are raised that a small but growing number children on the spectrum with mainstream abilities need something additional to Outreach.

The needs of early years children and their parents becomes a major discussion point with authorities as diagnosis burgeons and there is no support following diagnosis until education "kicks in."

1995

LAS approaches NAS over the early years issue. It is becoming recognised as a national issue.

1996

Agreement is reached on a secondary autism unit, to be based at Maplewell Hall. It opens in January 1997. There are 10 places.

The NAS pilots "Early Bird."

A bid for funding for an early years teacher is agreed between professionals and the LAS education reps.

1997

Monday Club starts up (not sure of this – may have been earlier?). It ended up with its own committee and later decided to become a separate charity to the LAS. It is still running today.

LAS arranges for NAS to publish "How to look after your autistic child"

NAS seeks an LEA partner to replicate "Early Bird." Funding is agreed for the early years teacher (to commence in 1998) and LAS puts LEA in touch with NAS: Agreement is reached and Early Bird comes to Leices-

tershire.

By now, more than 300 people on the autism spectrum are receiving specialist services of one sort or another.

NAS Camden Road opens: 4 residents are from Leicestershire.

1998

First cinema trip at Phoenix Theatre comes about as part of a request from LAS to Leicester Lions. Over 40 children with autism and their families attend the free event – 160 people in all. The cinema is not fully darkened and the volume is kept to a lower level than usually found in cinemas to moderate sensory issues. Almost every child sees the majority of “A Bug’s Life”. The event is so successful that the Lions sponsor a second event the following year. The Phoenix decides to continue with this as a regular feature: now other cinemas, theatres and public performance spaces do this automatically as part of their accessibility policies.

Leicester Lions purchase 150 copies of “How to look after your autistic child” for distribution to parents from Jigsaw. Remaining copies are held for passing to “new” parents.

“How to look after your autistic child” sells so quickly that it goes to a second print run after only a few months. By 2008 it remains in the “top 20” sellers on the NAS publications list. Over 600 copies are sold at the NAS international conference of 1998: the only reason more are not sold over the two days is that the NAS had no further stock. This remained in the NAS top ten publications for 20 years!

Local professionals author a guide for teachers who have children with Asperger Syndrome in their class. The NAS publish this as a “sister” publication to “How to look after your autistic child,” and initial sales almost overtake it.

Results from “Early Bird” are extremely encouraging and the NAS campaigns to “roll out” Early Bird. In our area, only Leicester City Council declined, claiming to have something better. In 2002, Leicester City Council commences “Early Bird”, joining more than 100 local councils.

Editors note, as well as Jigsaw which ran a yearly trip to Drayton Manor Park and monthly playgroup sessions at the Red Cross in Oadby, LAS also had other support groups as well as the Aspergers group, with a group at Loughborough, and one at Market Harborough. The Market Harborough group decided to separate and form their own group Spectrum. It is a volunteer-run support group but not a charity like the LAS. Nowadays people instead tend to prefer online Facebook groups where they can get speedy advice or comfort from others in a similar situation but people can still get together. There is more about the other groups in the Magazine.

LAS ONLINE DONATION SITE = Peoples Fundraising



We now use a new fee free site called Peoples Fundraising (it used to be called goldengiving).

Please use this new site (and pass the word on) for any people, groups, businesses or organisations who wish to donate online to the LAS.

When using the site please make sure that donors complete the “comments” section of the donation page so that we can know where and for whom the funds should go.

The details are:

<https://www.peoplesfundraising.com/donation/leicestershire-autistic-society>

You can also use it as a fundraiser for the LAS as Rachel Benson did last year. Just use the link above [peoplesfundraising.com](https://www.peoplesfundraising.com) and search for the Leicestershire Autistic Society

FUNDRAISING NEWS AND THANK YOU'S

All donations help to continue the production and distribution of this newsletter; activities; trips and the support groups we provide for our children, adults and their families.

.We would like to say a big thank you to the following people and organisations

Leicestershire & Rutland Grand Lodge £2,500

Vale of Catmose Chapter £1,000

Florence Turner Trust £1,250

Midland Potters Association £50

Fiona Blandford £57

The Railway Inn £17

Mrs Joan Wood £50

Thank you so much for all your help.



JIGSAW FOR FAMILIES ASD HOLIDAY CLUB



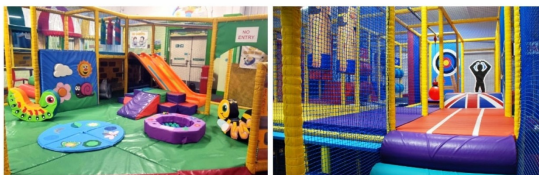
For people aged 0-99 years with ASD and their parent-carers & siblings.. A great opportunity for families to get together and have a fun time with their person with ASD during the school holidays. ***Non-Venue activities may include:** Swimming, Bowling, Twin Lakes Park, and other Parks.



We have combined our trips with Miracles to Believe In. Several of our Committee Members are on both Committees so trips that were previously organized by the Leicestershire Autistic Society are now organized and shared and paid for by the charity Miracles to Believe In. You can access and book the trips previously organized by the LAS on our Facebook page and for even more trips check out and join the Miracles to Believe In Facebook group.



To join either group you will need to answer a few simple questions.



Miracles to Believe In Trips



To access trips please join our Miracles to Believe In Facebook page. You will be asked a couple of questions and once approved will then have access to booking trips.

Miracles to believe in
A Charity for Children with Autism

Please note our Facebook group is only available to families not to professionals or other interested groups.

We have changed our Charity aims to extend the age limit of those we can help to 35.

Please note when booking our trips that they are intended for the direct family only. We are a small charity and cannot provide free entry for cousins etc. We understand the need to sometimes have an additional adult there to support the family but please do not book for other children apart from siblings. If you need any clarification please speak to the organiser of the trip.

Easter Trips will be 360 Play at the Meridian and Twycross Zoo!

Examples of recent activities are:

**360 at the Meridian
Boat Trips with Peter Le Marchant Trust
Crazy Golf Blaby and Loughborough
Retro Computer Museum
Cinema Trips
Boost Trampoline Park
Pottery
Tropical Birdland Desford
Glass Fusion
Twycross Zoo
Twinlakes
Drayton Manor Park
Statfold Country Park
Conkers
Wheels For All
Social Climbing**

Theatre Trips at the Little Theatre New Years Eve Pantomime (where we have booked the entire theatre yet again!)

More trips get added all the time—keep a look out on our Facebook group.

contact details

If you have a question on the completion of this form please contact the Treasurer, Peter Holdridge, via email on peterholdridge@outlook.com.

Please note that due to the cost of printing and posting LinkUp, we are contacting members via email to ask if they would like to receive their copy electronically instead of a hard copy. You would still receive it when the magazines are posted - this is just a option!

PLEASE TAKE THIS TO YOUR BANK FOR STANDING ORDER

BANKERS ORDER

To the Manager of..... Bank plc

Bank's Address

Please pay to:

Leicestershire Autistic Society,

Account No. 00076485 Sort Code 30-94-97

At the Leicester branch of Lloyds Bank plc, High Street, Leicester.

The sum of £5.00 (five pounds) on the 1st day of ____ (month) ____ Year

and on the same day **each year** thereafter until further notice

Please debit my account with each payment made quoting the following reference:

Your Name/Reference.....

Account No.....

Sort Code

Date

Signed

**Please photocopy or remove this page and take to your bank
send membership application form on page 12
to the membership secretary**

Visual stress

Ruth Ibbotson, Visual stress assessor

Have you heard of visual stress? Probably not, as very few people have, yet it is estimated that up to 20% of the population experience it and 5% are affected severely. More importantly to you, as many as 80% of people with autism report symptoms attributed to visual stress according to a study conducted by the Geneva Centre for Autism in Toronto, Canada (1994).

One condition, multiple names

Raising population awareness of visual stress is complicated by the multiple terms used to describe it: Visual Dyslexia, Word Crowding, Sensory or Visual Processing Disorder to name a few. Perhaps you've heard of one of these.

In addition, for decades visual stress has been considered by some researchers as a symptom of dyslexia. This has meant that many people without dyslexia have struggled with a condition that was nameless. We now know that visual stress is a condition in its own right, experienced both with and without dyslexia, but commonly associated with neurodiversity.

What is visual stress?

Contrary to what the name suggests, visual stress is not an eye problem, but a perceptual processing disorder where the brain is not able to interpret the information the eyes see in the usual way. This can cause physical symptoms such as visual overstimulation, headache, eye strain and fatigue as well as difficulties with sports activities (depth and motion perception), reading and writing. Ultimately this can result in educational delay and difficulty carrying out work-related tasks.

Visual stress and autism

Donna Williams (1992), gives a glimpse into the often confusing and frightening world of autism. She wrote, "Colors and things and people would fly...But it was never whole people, only their pieces."

If someone is autistic, the world can seem confusing and overwhelming. An unusually sensitive sensory system can mean that sights, sounds, smells and other environmental stimuli can be uncomfortable and distressing. Behaviours associated with autism such as avoiding eye contact and making repetitive movements or sounds can be an attempt to process sensory input and regulate emotions (Irlen, 2022).

Visual stress associated with autism can lead to challenges in daily life. They may have difficulties recognising faces and interpreting facial expressions, reading, writing, and math skills and visual-spatial processing (e.g. navigating unfamiliar environments or judging distances) (Kent, 2025). Visual stress can impact job-related tasks, particularly

those carried out under fluorescent lighting, requiring visual attention to detail or rapid processing of visual information (Irlen, 2022; Kent, 2025). In addition, you may experience sensory overload in visually complex environments such as a busy office or shopping centre, evoking an urge to run away.

Treatment for visual stress

Visual stress can be effectively treated by the use of colour in the form of spectral (tinted) lenses. This can significantly reduce, if not eradicate, the distressing symptoms you experience by blocking the offensive light wavelengths that trigger hypersensitivity. This can transform your fragmented world into a more organised whole where faces are clear, colours are no longer overwhelming, reading and writing become easier and more fluent and tasks become less arduous. This could help them to make eye contact more readily and improve your ability to recognise emotions (Ludlow, et al, (2020). Donna Williams (1996) describes the difference coloured lenses made to her autistic world, “Before...I did not see whole. I saw hair, I saw, eyes, nose, mouth, child...not a face. Now I see the whole face, the whole person...I finally could do more than struggle to imagine an un-fragmented whole.”

Getting help

I am an approved visual stress assessor for stage 1 screening at Through the Rainbow. I can work with you or your child to determine if you/they have visual stress and if colour is beneficial in alleviating symptoms. At assessment, you will be given a uniquely identified coloured overlay to help with reading activities (where appropriate). Following assessment, you will receive a written report and invitation for stage 2 spectral lens assessment.

If anything in this article resonates with you you would like more information about visual stress, want to discuss your concerns or would like to make an appointment for a visual stress screening assessment go to:

Email: info@throughtherainbow.co.site

Website : Throughtherainbow.co.site

Linkedin: [linkedin.com/in/rth.ibbotson](https://www.linkedin.com/in/rth.ibbotson)



Some References below - For the full article and references please email the Editor as I could not fit it all on the two pages

Geneva Centre for Autism (1994). The sensory experiences of individuals with autism based on first-hand accounts. Toronto, Canada: Geneva Centre for Autism.

Irlen (2022) Autism – More Than Meets the Eye. Available at: <https://irlen.com/autism-more-than-meets-the-eye/>

Kent, A. (2025) Through Distorted Lenses: The Unacknowledged Impact of Visual Perception Differences in Autism. Autism Spectrum News. Available at: <https://autismspectrumnews.org/through-distorted-lenses-the-unacknowledged-impact-of-visual-perception-differences-in-autism/>

Know any good websites you want to share with us ?
Send Carole the info to be posted on this page

www.leatleicester.org.uk

Email leatleicester@outlook.com tele: 0745 664 7889

Providing a range of specialist support services to young people and adults with ASD/Asperger Syndrome

sendiassleicester.org.uk

Training to parents and carers, Support for young people, Spec Education Needs & Disability Information & Advice Service

www.mondayclubleicester.co.uk

The Monday Club is a social group for Autistic adults aged 18 and over. The Club is based at Warning Zone, located at 30 Frog Island, LE3 5AG.

www.autism.org.uk

National Autistic Society

www.autismeastmidlands.org.uk

Autism East Midlands, provide training courses that might be of interest

<https://mychoice.leicester.gov.uk/>

Disabled children's Services Directory

www.councilfordisabledchildren.org.uk

Council for Disabled Children (CDC) eLearning modules CDC has a wide variety of books, tools and resources available for professionals, parents and young people. Many are available free of charge.

www.contact.org.uk

For families with disabled children - much useful information. Freephone helpline 0808 808 3555. Need an EHCP - Education, Health and Care Plan so your child gets extra support at school? You don't need to wait for a professional - a parent can make a formal request themselves. Check out wwwcontact.org.uk for their request template and checklist.

Autismwellbeing.org.uk/downloadable-resources

They have downloaded articles/books of interest and Parents section has a series of short films for parents to watch.

<https://www.mosaic1898.co.uk>

Phone: 116 231 8720 Email: communications@mosaic1898.co.uk

A Leicestershire charity . Saturday Club runs every week from 10am to 2pm and caters for two age groups over alternate weekends.

Group 1: Disabled Children (7 to 11)

Group 2: Disabled Young People (12 to 18)

Facebook Groups that might be of interest

Leicester SEN Parent Support and Friendship Group

A support and friendship group for parents and carers of SEN children living in Leicester City

Leicestershire Support for Families Caring for Special Needs Children

Good site with a mix of posts, information on local services in the city and county as well as personal queries/experiences and relevant or informative articles from the internet. Up to date relevant information — highly recommended

SEN Parents Support Group UK

A friendly support group for parents of children with SEN, either diagnosed or on the pathway.

SEN Tribunal Parent Support

Support for those under going EHCP process or tribunal

SEN Action - Forum for special educational needs, EHCP plans and Tribunals

This Discussion Forum is run by a specialist Advocate and Managing Director of the advocacy firm SEN Action. This Forum is for parents with children who have special educational needs (SEN) and for young people with SEN. Its aim is to provide a platform for discussion on issues relating to special educational needs, appeals against the Local Authority and the Tribunal process. See SEN action website www.senaction.co.uk

SEN Teaching Ideas

www.facebook.com/groups/1494389580873383

For staff working with SEN pupils - a place to share (and ask for) ideas for different lessons, subjects, ages and needs. For parents of SEN children to gain further support, advice and ideas. You can join the main community for parents and educational for all things SEN on www.studentssupportportal.com

Leicestershire support for families caring for Additional Needs Adults

Active group, good source or exchanging information with other parents.

Autistic Women and Girls - Leicester, Leicestershire & Rutland

Online social Meeting. A group for autistic women, girls and non-binary people in Leicestershire and Rutland, to ask questions, share experiences and form friendships.

Also suggest just putting Leicester and SEND in on Facebook which brings up a wide variety of local groups!

How to save money

We face many extra costs with bringing up our children and adults, that don't affect neurotypical families and adults. We hope here to show places or companies that can help reduce costs.

If you know of any please let us know

Carers Card

www.carerscarduk.co.uk

This might be of interest to some people, where you will have a Carers Card and access to

- Discounts, offers & perks
- Physical and Digital ID cards
- And many others



It does cost £8 for 2 years but it gives you access to discounts and other offers. It is available for any carer /young carer over the age of 16. Check out their website.

I find it useful when on the **Great Central Railway** which needs proof that you are a carer for a free adult place on the train or reduced price ticket. Also offer disabled adults a reduced price.

<https://www.disabledpersons-railcard.co.uk/>

Get a 1/3 off the price of a ticket for disabled adult and their carer. Just £20 for 1 year or £54 for 3 years



Family Fund www.familyfund.org.uk

Are you aware of the family fund? Family Fund is the UK's largest charity providing grants for families on low incomes raising disabled or seriously ill children and young people. Last year, they provided 89,423 grants or services worth over £36 million to families across the UK.

WHAT DO THEY DO?

They provide grants for a wide range of essential items such as washing machines, sensory toys, family breaks, bedding, clothing and computers/tablets. It is a charity that helps families across the UK who are raising a disabled or seriously ill child or young person under 18.

For more details check out the website see above

Dimensions

At least once a month, Odeon, Cineworld, Vue, Showcase cinemas show popular films in an autism friendly environment. The screenings will help people with sensory sensitivity enjoy the cinema. Everyone welcome and no proof of diagnosis needed. They may be called relaxed or sensory-friendly screenings rather than autism-friendly screenings.

www.dimensions-uk.org/autismfilms

Vue host autism friendly screenings on the last Sunday of every month

CEA Card for the Cinema. The CEA card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA)

The Card enables a disabled cinema guest to receive a complementary ticket for someone to go with them when they visit a participating cinema.

Apply online at www.ceacard.co.uk There are now lots of autism friendly screen viewing which can be found online.



ATG Tickets -Theatre Tickets in London

Buy direct from venues with ATG Tickets. Transparent booking fees, no late stage surprises.

Accessibility

At ATG we believe that everyone has the right to access quality entertainment. We offer a range of services to make our events and venues as accessible as possible. We want ATG to be as accessible and inclusive as possible, and will make reasonable adjustments to enable and improve your visit. One way we do this is through our Access Membership Scheme, which is free, and open to all Deaf and disabled customers, and those with long-term health conditions. Joining the scheme helps you book accessible seats on line, receive priority information on upcoming Access performances, take up any available Access price offers and book free personal assistant or essential companion tickets using the Access Card

Access Members can book accessible seats and services online. Joining also helps our staff deliver the best possible standard of service to you.

LW Theatres Theatre Tickets

Members of the LW Theatres Access Scheme can book tickets for a companion, and Personal Assistant tickets online for all our Resident Musical productions as well as for most Gigs and Concerts. For a step by step guide on how to book online please visit our Access Scheme Page.

You need to become a member to get free tickets for the carer. Proof of disability can be front page of DLA/PIP, Disabled Rail Card or Access Card

<https://lwtheatres.co.uk/access/lw-theatres-access-scheme/>

Check out the website for the Carers Trust

They have a page showing discounted or free days out for the carer - Link below

<https://carers.org/out-and-about/days-out>

Tips on how to save money when on trips or holidays if you receive Universal Credit by Helen P

Many places offer discounted tickets starting from £1 for those in Receipt of Universal Credit (and some other benefits please google venue) These places include Kew Gardens, The Eden Project and Windsor Castle. Twycross Zoo have recently announced discounted UC tickets for £7 per person (Child and Adult)

Some venues only offer discounted universal credit tickets for a limited time only. An example of this is Chester Zoo whose offers go live in January.

A website I use that is updated regularly is www.kiddoadventures.com

Proof of claim is required upon arrival to the venue for UC that can just be logging into your online account. I did this at Kew Gardens and didn't have to show anything too personal.

Most venues require pre booked tickets and some venues also give free carer's tickets.

I always advise to do a google search for the venue and include UC tickets in the search, as some aren't listed on the above website.

Can I receive a Carer Pass if I purchase a Merlin Annual Pass and require assistance?

If you are a Merlin Annual Passholder and have additional needs and require assistance on your visits to our attractions, we issue one complementary Merlin Annual Pass per disabled Passholder to be used by any carer - this is transferable between carers and therefore the Carer Passes will have the name, date of birth and a photo of the guest with additional needs.

To obtain a complementary carer pass, just purchase your Merlin Annual Pass online and then click [here](#) to complete a form and receive a unique code to redeem your digital Carer Pass online.

Please note: In order to claim your Carer Pass you would be required to attach a DLA/PIP Letter or a Blue Badge (Front and Back) for this Pass to be issued. Documentation should be dated within the last 2 years, documentation dated later than this may be rejected.

<https://www.merlinannualpass.co.uk/important-information/passholder-help/passholder-accessibility/carers-pass-redemption/>

Essential Companion pass National Trust

The Essential Companion pass makes it simple to bring one or two carers or companions with you, free of charge. Show the pass when you arrive, and your carer(s) or companion(s) won't need to pay an entry fee.

It's in your name so you can bring whoever you like, but even if you don't have an Essential Companion pass, you can still bring carers or companions free – the pass just makes it quicker and simpler for you. How to get your Essential Companion pass

You can call the Supporter Services Centre on 0344 800 1895.

If you prefer, you can also write to us. Our address is: National Trust, PO Box 7083, Stratford-Upon-Avon, CV37 1XE

If not a member, your child/adult would pay on the day and you could still go in free as essential carer

English Heritage offers free admission to carers or essential companions accompanying a disabled visitor or member. Up to two companions can receive free entry, and no proof of disability or carer status is required. You can request a "letter of authority" in advance by calling 0370 333 1181, or inform staff upon arrival

Autism Space



Leicestershire Partnership
NHS Trust

www.leicspart.nhs.uk/autism-space/

Here you will find an online library of information, advice and resources, created to support autistic people living in Leicester, Leicestershire and Rutland.

It includes:

- General information about autism
- Information about typical autistic experiences, including challenges autistic people might face in their everyday lives
- Ideas for helpful strategies
- A directory of resources and services
- Contributions from autistic people and their families

The NHS Leicestershire Partnership webpage has a list of Autism Related Events and is useful to clicking onto every so often as things are constantly changing and is a useful website to use

Link Below

<https://www.leicspart.nhs.uk/autism-space/>

Currently it has information on for:

- ◆ SEND and Inclusion Alliance - inviting 13-25 year olds to work together to make more inclusive services for young people in the areas
- ◆ Safeguarding Neurodiverse Young People Workshops - Leicestershire County Council
- ◆ SEND Roadshow
- ◆ Family Hubs Leicestershire - a range of support and social sessions for everyone
- ◆ Surveys
- ◆ **National Autism related events** which take you to Autism Central, This is a peer education programme, commissioned by NHS England. They aim to empower families and carers to advocate for the autistic people they support. **They run events on a range of autism related topics in person and online. Please check these out—highly recommended training and virtual meet up sessions**

Support for autistic people living in Leicester, Leicestershire and Rutland



Text: **07312 277097**

or

Scan the
QR code to
start a chat



Text a qualified health professional from our Specialist Autism Team about:

- Emotional wellbeing
- Healthy lifestyle
- Healthy relationships
- Understanding autism
- Signposting to advice and support
- Assessment and diagnosis advice

The service is available 9am-5pm every week day, excluding bank holidays. The text line stays open during the school holidays. The service can answer queries from autistic people, their families, carers and allies.



A website for specialist advice and information about autism related topics, plus a directory of local support services for autistic people and their families or carers.

Scan the QR code
or visit:



www.leicspart.nhs.uk/autism-space/

RE-MIND - CATERING COURSE AT MEADOW BARN VIEW

Are you an adult with a learning disability and /or Autism?
Or a professional, carer or family member looking to help an individual gain new skills for work and life?

Through National Lottery funding and Leicestershire Adult Learning Services GoLearn! Our Re-Mind programme is offering FREE accredited courses in Catering and Customer Service Skills. Gain experience in areas to include;

- Food and kitchen hygiene
- Kitchen Health and Safety
- Food preparation and presentation
- Customer care and front of house service
- Gain confidence working as part of a team

And many more practical skills to support and enable you to find employment or volunteering roles.

Dishes you will learn to make include

- Jacket Potatoes & various fillings
- Seasonal Soups
- Lasagne
- Bread
- Toasties & various fillings
- Puff Pastry & Sausage Rolls
- Cakes
- And to finish, we prepare and host our own afternoon tea.

COME AND LEARN FOR FREE WITH
RE-MIND
AT MEADOW BARN VIEW

**work experience is offered based on skills and abilities demonstrated whilst on the course



Gain work experience in our coffee shop 'The Barn' **

What to do next

Email our training co-ordinator alice@meadowbarnview.co.uk or give us a call on 07851293488 to arrange a visit.

Have a look at our website www.meadowbarnview.co.uk where we answer lots of questions related to the programme.



Scan the QR code for our website

The Catering and Customer Service course runs on a Monday and Tuesday 9.30am - 2.30pm for 6 weeks. Please get in touch for all course start dates.



GoLearn!
Leicestershire Adult Learning Service



Childrens Support and Groups

RUTLAND **www.rrfsc.org.uk**

Rutland Rotaract Family Support Centre (RRFSC) aims to provide social, recreational, educational and therapeutic support to children and young people (0-25) with special educational needs or disabilities (SEND), and their families.

They organise a range of activities throughout the year, such as regular activities including swimming lessons, horse-riding, drumming and holiday activities.

They believe that no family should be financially disadvantaged by the fact that their child has additional needs. Therefore costs are heavily subsidised to ensure they do not charge you more than an equivalent mainstream session would cost.



During school holidays they offer a stay and play session in association with the Ark nursery on the site of the Oakham Church of England school. Many of these activities are very popular with our families. However, although the sessions are often fully booked they have a waiting list, and once they have children on the waiting list they rotate the groups for these activities and review them on a termly basis.

SOCIAL CLASSES FOR PEOPLE WITH DISABILITIES, ADHD AND ASD.

Spectrum Sensory Sports CIC UK was founded and setup by Sean Baker. We are a registered cic that specialises in providing sports, sensory and social classes and events for children and young adults who have learning difficulties, disabilities, Autism, ADHD etc.

We are based on Melton Road, **Thurmaston** and we hold daytime and evening classes for ages 6 to adult years. We also offer 121 training in football, kick boxing, circuit and strength training as well as sessions on our sensory projector. These tailored sports and physical activity sessions aim to increase confidence, improve mental health and wellbeing whilst also improving physical health and social skills.

All of our sensory sports classes and sessions we run can be accessed by dropping us a email. Spectrumsensorysportsuk@gmail.com
Phone 07761 006 909

Menphys Saturday Club,

Weekly Saturday 10am to 1pm Cost £15

SEND group for children aged 8-25
Menphys hold weekly term time Saturday sessions
Sparks - for children aged 8-16
Fusion - for children aged 16-25

Venue: Menphys, Bassett Street, **South Wigston** LE18 4PE

Booking required: Yes

Booking link

<https://menphys.org.uk/services/saturday-clubs/#self-referral-form>

Booking phone number 01455 323020

Booking instructions: Please contact Menphys to discuss and book

<https://menphys.org.uk/family-event-calendar/>

Menphys

Family Events Calendar

The family events calendar is a schedule of pre-arranged fun and inclusive activities that are offered to the children on our database and their families at a reduced rate. With fun day trips for the whole family to enjoy, such as, bowling, cinema trips, seasonal parties, theme parks and the zoo, and lots more. Use the website to register your interest!

Menphys run Activity Clubs and Respite Saturday Clubs & Mini Menphys

About Leicester Wheels for All

We have a fleet of adapted bikes that allow people to experience the fun of cycling in a supported venue. We have a fantastic team of volunteers and session leaders who are trained to enable you to get the most from your cycling with us at our events.

Please take some time to look at the photos of our bikes and events on Facebook or on our webpage www.leicesterwfa.org. There is also a booking page on our website.

Meet at various location in the city including **Saffron Lane Athletics Stadium, Saffron Lane Leicester LE2 7NQ**. For more information or to book please contact events@leicesterwheelsforall.org <https://www.leicesterwheelsforall.org/>



SEND 11-16 Youth Group

Market Harborough Family Hub, Coventry Road,
Market Harborough, LE16 9BX

Weekly on Tuesdays, 6 - 7:30pm

Next dates are

Tuesday 24 March, 31st March and 7th April 2026

Events may be subject to change at short notice, please check the venue website (if available) or the event organiser before travelling

- Cost: FREE
- Booking required: Yes
- Booking link via the website below

<https://www.familyhubsleicestershire.org.uk/whats-on/send-11-16-youth-group>

We offer a unique service, delivering toys to people's homes and play settings in the

Harborough District and the Borough of Oadby and Wigston

There are toys for: Fine Motor Skills, Physical Play, Sensory Play, Language and Communication, Imaginary Play and Musical Play.

For information regarding the Mobile Toy Library, have a query about a toy, or if you would like to place an order, please contact Lizzie Keenan using the form on our website. Alternatively, you can reach us by land-line using the number 07759 202 153.

<https://sleicsmobiletoylibrary.org.uk/>



Mini Menphys,

Our parent and toddler group for children with SEND is back in various locations!



To learn more and to book on to one or more of our 8 locations across Leicester, Leicestershire & Rutland

email Menphys.Services@Menphys.Org.Uk

FTM Dance Leicester

www.ftmdance.co.uk

Phone 07543 068 872



Both our Adult weekday sessions and Children weekend sessions take place at our base in South Wigston. We also offer childrens Holiday Club sessions during all school holidays at Birkett House School, Wigston.

Sessions run for 50 weeks per year throughout the holidays, only closing for 2 weeks at Christmas.

In addition to the above we also run sessions in Nottingham City Centre should this be of interest to parents based North Leicestershire.

Our respite sessions are for individuals with additional needs, disabilities, diverse abilities and various complex medical conditions providing our service users with fun inclusive sessions in a safe, secure environment with 1-1 or 2-1 support with fully trained and dedicated care team, helping families with much needed respite. We also offer group sessions for individuals who are able to fully engage in sessions without the need for 1-1 encouragement or personal care.

We offer sessions throughout the whole year at our base in South Wigston and our popular children's weekday Holiday Club sessions take place at Birkett House.

Our Children/Young peoples sessions are 5 hours (10am - 3pm)
Weekday adult sessions are 6 hours (9am - 3pm)

Sessions offer a fun mix of interactive, engaging and fully inclusive activities, performing arts including dance, drama and music alongside arts and crafts, sensory stories, messy play and relaxation time.

FTM stands for Forward Thinking Movement. We want parents, carers and the wider audience to see how performing arts can unleash confidence and potential for everyone.

To register your interest and for more information:

Contact on referrals@ftmdance.co.uk or ring the number above

INCLUSIVE / SEND DANCE CLASSES



Inclusive Dance: GLOW (Weekly)
Trial price £8.00

Age 5 to 13 Inclusive dance class for children with special education needs and disabilities (SEND). This class is for children that are able to engage in small group activities/follow spoken instructions with the support of a teacher



All classes held during term time at:
Blaby & District Social Centre & Village Hall
Leicester Road, Blaby, Leicester, LE8 4GQ
Free Car Park



@youcandanceacademy



youcandanceacademyuk@gmail.com



You Can Dance Academy

Blaby District Spartans Easter Holiday Football Club

Our Football Holiday Clubs are for players with additional needs or disabilities and an interest in football. Our sessions are aimed at groups in ages 6-10 years and 11-14 years, with the use of indoor and outdoor facilities at the academy. We can provide a fun, safe, environment to include skill based training, fun football games and mini matches.

Our team are experienced in supporting players with a range of disabilities and additional needs including autism, ADHD, global delay, cerebral palsy, Downs Syndrome, partial hearing loss, and sight impairments, and welcome players of all footballing abilities.



LOCATION Countesthorpe Academy, LE8 5PR

Look them up on their facebook group - they also are running a Holiday Club in the Easter Holidays and presumably maybe summer ones?

Email holidayclubs@blabyspartans.co.uk or phone 07305615464

This leaflet gives you information about the role of the care navigator and how they can help **co-ordinate services to support children aged 0-19**

Please contact us:

Tel: 0116 215 3269 Email: lpt.carenavigators@nhs.net

What is a care navigator?

We are an administrative team working together with health professionals and external partner agencies to support young people aged 0-19.

We can support with:

- Directing you to local support networks.
- Collating and sharing information with professionals involved to enable a more efficient service.
- Providing confirmation of health appointments detailing the clinic, date, time, and venue.

What sort of information is shared?

- Health professionals that are currently involved.
- Referral updates.
- Appointment information.

Consent to share information.

Consent will be gained to share information between professionals.

We may request further information from, and work with relevant agencies, so that we can make sure that any help needed is made available. For schools/nurseries requesting support from a care navigator directly, please share the link or QR code with parents/carers to gain consent.

<https://forms.chathealth.nhs.uk/index.php/957513?lang=en>

Healthy Together helpline.
(Health Visiting & School Nursing)

Families and professionals can also contact our helpline on

0300 300 3001

For free, confidential, safe advice and support from a qualified health professional.

**360 Play Hub
Meridian Leisure Park
LE19 1JZ**



SEND session on the 1st Friday of every month.
From 6:30pm to 8:30pm.

£10.95 per Child, Adult free. - now booking online which is easy to follow

www.360playshop.co.uk

The National Disc Golf Course

Nestled in the stunning surroundings of the National Forest, The National **Disc Golf** Course is your new destination for fun, fresh air, and flying discs.

Our 9-hole course is perfect for beginners, families, and experienced players alike, with beginner and experienced tees.- with plans for a full 18-hole layout already underway.



We run a neurodiversity League, currently on a Sunday at 13:00 (moving to a Friday evening in April)... Disc golf (or frisbee golf) is a great outdoor social sport, it's beginner friendly and is run by an experienced neurodiversity advocate... We have regular players who are fun and friendly. Why not come along and give it a try?

Email thenationaldiscgolfcourse@gmail.com

Or phone/text 07359 943 884

Website nationaldiscgolf.co.uk

Nethercote Wood, Coalville, United Kingdom, LE67 2SN

SCOPE

Scope.org.uk

One really useful section is Navigate:emotional support for parents. They have a national mentoring service, that provides online emotional support for parents and carers of disabled children who are finding out about their child's additional needs.

This is open to any parent/carer living in England who has parental responsibility for a child under 18, who is on a pathway to diagnosis or has received one in the last year.

Contact them on 0808 801 0510 and email navigate@scope.org.uk

Helpline for Scope 0808 800 3333 Email: helpline@scope.org.uk

Adult Groups

ADHD Adult Support Group Open to all; pre and post-diagnosis

Held Monthly on the 3rd Thursday of the month
10am - 12noon at Loughborough Wellbeing Centre
Asha House, 63 Woodgate, Loughborough LE11 2TZ

£2 per session

Easy cheap parking at the Bee Hive car park across the road and centrally located if using the bus.

Www.thewellbeingcafe.org Tele: 01509 606370

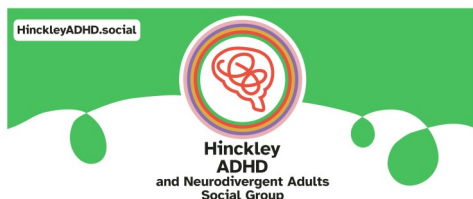
Hinckley ADHD and Neurodivergent Adults

Social Group meeting up for a cuppa & a chinwag.

Friday's at 11am

The Castle CAFE, Hinckley.
ADHD'ers Welcome! Neurodiverse Welcome!
Supporters/family/friends of ADHD'ers Welcome!

Come & say hello. Make some friends, share experiences, find support, or sit with a cuppa observe & laugh with us if that's what you'd feel more comfortable doing. We are a non-judgmental safe space. Why not join our facebook group - useful information posted regularly



Spirit at Play Birchaven Outdoor Play Therapy with Animal Care

Illston on the Hill, LE7 9EG

07557 819 483

SpiritAtPlay supports children and adults to improve both physical and emotional wellbeing. We offer a calm interaction with horses to people with learning disabilities, low level mental ill health and physical disabilities, young people at risk of offending, NEET and other challenges with our 5 rescue horses.

www.spiritatplay.org.uk

www.facebook.com/spiritatplaybirchavenequineassistedlearningcentre

The Monday Club Leicestershire A social group for adults aged 18+ with a diagnosis of Autism or Asperger Syndrome
www.mondayclubleicester.co.uk/

The Monday Club is a social group for people who are aged 18 and over, who have been diagnosed with Autism or Asperger Syndrome. We aim to create a supportive environment for our members to meet, either in a mainstream setting or in the community,

We meet on Monday evenings at 7pm at The Warning Zone, 30 Frog Island Leicester LE3 5AG. , Andrewes Street, Leicester LE3 5PA and the group finishes at 9pm. In addition we offer an activity fortnightly on a Wednesday evening. We provide a timetable of activities every ten weeks, the timetable can also be found on our website

How you can join the group? If you would like to become a member of the Monday Club please contact us and we will arrange a date for you to come and visit the Club. We will need to see information that confirms diagnosis such as a letter from your GP.

Telephone Enquiries: 07873311610

By Email: enquiries@themondayclub.uk

Autistic Women and Girls

A group for autistic women, girls and non-binary people in Leicestershire to ask questions, share experiences and form friendships



Online social Meetings

For Microsoft Teams meeting link, please join Facebook Group
#<https://www.facebook.com/groups/autisticwomenleicester>

**The Leicestershire Autistic Society run a
Adults with Autism Social Club in Market Harborough**

See page 2 for more details

Email: leicestershireautisticsociety@gmail.com

Family Support Groups



Leic City Parent Carers Forum (LCPCF) work with parent carers, the local authority, health services, education providers and the voluntary sector to scrutinise, develop and improve SEND services. This is an event that brings the Leicester City Local Offer website:

(<https://families.leicester.gov.uk/send-local-offer/>) to life by showcasing Special Educational Needs and Disability (SEND) related services, for parents, carers, children and young people up to 25.

Leicestershire SEND HUB

[https://](https://www.leicestershiresendhubpcf.org/)

www.leicestershiresendhubpcf.org/

Phone 07774 111217 Email ad-

min@leicestershiresendhub.org.uk

Who we are

We are the Parent Carer Forum for Leicestershire.

An inclusive, representative group to support and empower Leicestershire parents, carers with children with Special Educational Needs and Disabilities



Carers Group

When - 2nd Wednesday of every month - next one is on 14th May

Time: 10-11.30am

Where - Meadow Barn. 368A Church Lane, New Swannington, Whitwick. LE67 5DL.

Limited car parking on site or park on the road.

This is for parents/carers of all special needs but a adult only environment so that parents./carers can talk freely

Everyone welcome, nice friendly group

LEICESTER AUTISM FAMILY SUPPORT HUB RUN BY AEM

Session Dates for 2026

Birstall Methodist Centre
Wanlip Lane, Leicester LE4 4JS



Scan me

The Autism Family Support Hub is a very relaxed stay and play session, with the aim of offering support if needed for families with autistic children, with or without a diagnosis.



These are drop in sessions for the whole family



Children 11 and under, including siblings, can enjoy crafts, sensory activities and toys



Parents/carers can engage in activities too, or enjoy some refreshments whilst talking to other families and sharing experiences or speaking with staff for advice and support.



**No need to book a place
- just turn up**

If you'd like to join our mailing list, get in touch;

lesley.lock@aem.org.uk

£1 for refreshments

We'd also be really grateful if you could donate what you can afford towards the running of the session. Cash is preferred.

Usually the first Saturday of the month 10am-12.30pm

17th January*

11th April*

4th July

3rd October

7th February

2nd May

1st August

7th November

7th March

13th June*

5th September

December TBC

* Moved from usual date

SEND Parent Support Group at Venture House, Melton Family Hubs. Address: Venture House Family Hub,



**Asfordby Road
Melton Mowbray LE13 0HN**



Cost: Free No Booking required

**No Need to book, but if you would more information, please contact
Chloe SEND Family Wellbeing Worker, for our SEND parent and carer
drop in session on the details below.**

Contact chloe.swann@leics.gov.uk Tele: 07526 927299

SEND Parent Support Group

**Braunstone Town Family Hub (on site of Winstanley School), King-
sway North, Braunstone Town LE3 3BD**

**Cost: Free
Booking required: No**

Drop In Session. No need to book.

**Monthly on the second Wednesday, 10:30am - 12pm
Wednesday 8th April, 13th May, 10th June, 8th July 2026**

**Events may be subject to change at short notice, please check the
venue website (if available) or the event organiser before travelling**

Contact: Jo Carter: 07706288968

SEND Friends Parent Support Group

**Mountfields Family Hub, Squirrel Way, Loughborough
LE11 3GE**

**A drop in group for Parents and Carers of children and young peo-
ple with additional needs.**

**The aim of the group is to provide information and offer a safe
space for parents and carers to meet once a month
on Mondays 9:30—11:30am**

Monday 23rd March, 27th April, 18th May, 29th June

**No Booking but events may be subject to change at short notice
so please check with event organiser before travelling**

Email charnwoodfamilyhubs@leics.gov.uk

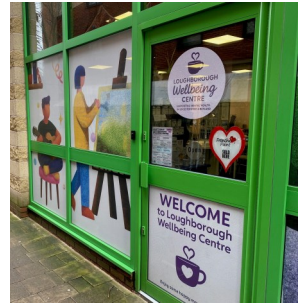
Tele: 0116 305 52880

Carers Coffee Morning

Wednesdays 10:30am - 12pm Term-time only.

at **Loughborough Wellbeing Centre**
Asha House 63 Woodgate, Loughborough LE11
2TZ

[Www.thewellbeingcafe.org](http://www.thewellbeingcafe.org) Tele: 01509 606370



Parent Support Coffee Morning



Parenting isn't always easy — but you don't have to do it alone.

Come along for a friendly, informal coffee morning where parents and carers can meet, chat, and support each other.


-  Share experiences
-  Meet other local parents
-  Help with SEND issues
-  Need to know about benefits
-  Enjoy a coffee and a relaxed chat


Venue:
CAN HQ,
Memorial Square,
Coalville LE67 3TU

No pressure. No judgement. Just support and good company.

Pop in for a cuppa — we'd love to see you!

 Coalville CAN

 3rd Thursday of each Month

 12pm – 2.30pm



Below is the link to the **Family Information Directory produced by Leicestershire County Council** - alternatively just type in family information directory Leicestershire County Council and it brings it straight up!

<https://www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/family-information-directory>

Our Information and Support Directory includes information on:

- leisure activities
- support groups and services
- advice and guidance
- disability and special educational needs groups (local offer)
- schools
- education and learning support, including private tuition

Our Family information service provides information on care and health services as well as advice and support for children, young people, families and adults in the Leicestershire area. We also provide this service to professionals who work with children, young people and families.

Editor note I have to confess that I found the directory very hard to use as it is not alphabetical or easy to navigate. If you know what you are looking for and use google as a search engine it can take you to the LCC page better than using the directory but not helpful if you don't know what you are looking for

NAS National Autistic Society

Primary phone number 0808 800 4104

www.autism.org.uk

For autistic people & their families living in Leicester, Leicestershire and Rutland.

Chat Autism Text 07312 277097

www.leicspart.nhs.uk/autism-space/ (see pg 13/14)

The next Link-Up will be hopefully published in September 2026. Anything you wish to submit for publication should be sent by 21st August 2025 to Carole Heubeck via email at heubecks@gmail.com

Alternatively please post to
5 Grey Crescent, Newtown Linford, Leicester, LE6 0AA

Parent Carer Forums



Parent Carer Forums are representative local groups of parents and carers of children and young people with disabilities who work alongside local authorities, education, health and other service providers to ensure the services they plan, commission, deliver and monitor meet the needs of children and families”

Para 1.13 SEND Code of Practice 2015

For more information on Parent Carer Forums locally, regionally and nationally you can find more information at www.nnpccf.org.uk

NNPCF Leicester contact

Tel: 07455 745 344 Email: rjaramba@lcpccf.net

Web: www.nnpccf.org.uk

Also on facebook just search LeicesterCityParentCarersForum

Leicestershire contact

Leicestershire SEND Hub

Email: admin@leicestershiresendhub.org.uk

Facebook: facebook.com/groups/leicestershiresendhub

Rutland

Rutland Parent Carer Voice

Phone: 07562 121 508 Email: rutlandpcv@gmail.com

Website: rutlandpcv.org.uk

If you need help from social care services

please contact:

(Leicester City) 0116 454 1004 – Adults and Children’s services.

Please state which you need when you speak to someone.

(Leicestershire) 0116 305 0004 – Adults Services

(Leicestershire) 0116 305 0005 – Children’s Services

(Rutland) 01572 722 577 – Adults and Children’s services. Please state which you need when you speak to someone.

Out of Hours

If you have an emergency situation outside of normal working hours:

Children’s Services

(Leicester) 0116 454 1004

(Leicestershire and Rutland) 0116 305 0005

Adults Services (all areas) 0116 255 1606



Useful Contacts



Leicestershire Autistic Society Email Helpline: PLEASE NOTE WE NO LONGER RUN A
PHONE HELPLINE Email leicestershireautisticsociety@gmail.com

Editor: Carole Heubeck, 5 Grey Crescent, Newtown Linford, Leics. LE6 0AA
email heubecks@gmail.com

Treasurer: Peter Holdridge, 25 Linden Avenue, Countesthorpe, Leicester, LE8 5PG.
Email peterholdridge@outlook.com

Membership: Donna Johnson, 112 Tungstone Way, Market Harborough LE16 9GG
Leicestershireautisticsociety@gmail.com

Jigsaw Support and activities: Donna Johnson Leicestershireautisticsociety@gmail.com

LAS Secretary Dawn Craddock 3 Wentworth Close, Leic LE8 0XB

Chat Autism (see page 14) Text:07312 277 097

Monday Club : email is:enquiries@themondayclub.uk
Contact Monday Club Project Manager Tel 07873 311 610

Miracles to Believe In.

Secretary Julian Heubeck, 5 Grey Crescent, Newtown Linford , Leicester LE6 0AA
Email heubecks@gmail.com

Children's Services

Leicestershire Psychology Service:	Tel: 0116 305 5100.
Leicester City Educational Psychology Service:	Tel: 0116 454 1000
Leicestershire Autism Outreach Service:	Tel: 0116 305 9400
Leicestershire Pre-school Support Worker:	Tel. 0116 305 9400
ICT Assessment Service	Tel: 0116 305 9400
Leicester City Complex Learning, Communication, and Interaction SEND Support Service	Tel: 0116 454 4650

Menphys Hub, Bassett Street, Wigston Tel: 01455 323020

Services for Adults with Autism in Leicestershire:
Fosse Autism Service: Tel: 0116 279 1600

Disabled Children's Teams Enquiries for City Carers: Text 07890 320 322
email DCT@leicester.gov.uk

Sendiass Leicester Tel: 0116 482 0870

If you have a contact you wish us to include on this page - please contact the Editor, Carole Heubeck on heubecks@gmail.com

Apologies if you have been missed out of this edition of Link-Up - please get in touch and I will try to put you in the next edition.

Again if you are aware of a Group ceasing please let me know so I can remove them. It causes great disappointment to new parents who are trying to make contact with the Groups.