



# Northamptonshire Local Offer:

## Autism Spectrum Disorder (ASD) Information Pack

## What is Autism Spectrum Disorder (ASD)?

Autism Spectrum Disorder (ASD) is a lifelong developmental disability. Everyone with ASD will share certain persistent difficulties that limit and impair everyday functioning. Those difficulties will affect individuals in very different ways. ASD characteristics can include:

### Difficulties with Social Communication and Interaction

People with ASD may have difficulties with interpreting language. They might have limited speech or be 'non-verbal.' Others have good language skills, but find it hard to understand conversations, perhaps repeating what the others say ('echolalia').

People with ASD might have a literal understanding of language, and might struggle with facial expressions, tone of voice, jokes, or sarcasm.

People with ASD may have difficulty recognising or understanding the feelings and intentions of others. They might behave in ways thought to be socially inappropriate.

### Repetitive Behaviour and Routines

People with ASD often prefer to have a routine so that they know what is going to happen every day.

### Highly-Focused Interests

Many people with ASD have intense and highly-focused interests, often from a young age. These can change over time or be lifelong.

### Sensory Sensitivity

People with ASD people may be over- or under-sensitive to sounds, touch, tastes, smells, light, temperatures.

## How is ASD Diagnosed?

If you think your child might be showing signs of ASD, speak to your GP or Health Visitor. If your child is at school, you can also contact the school's SENCo for advice.

Your GP cannot formally diagnose ASD, but they can discuss your concerns with you and refer you for an in-depth, multi-disciplinary diagnostic assessment (if deemed necessary).

The assessment will be led by a medical professional, such as a paediatrician, a clinical psychologist, or a psychiatrist. Once the assessment is complete, they will tell you whether or not they think your child has ASD. They normally do this in a written report.

The report might also say if your child presents a particular autism profile, such as an Asperger syndrome or demand avoidant profile, and may give recommendations for support.

## Definitions

**Asperger Syndrome:** A form of ASD. People with Asperger syndrome may have a specific learning difficulty (SpLD), anxiety, or other conditions too. However, they will have an average (or above average) intelligence.

**Pathological Demand Avoidance (PDA):** A form of ASD. People with PDA may have a specific learning difficulty (SpLD) or other conditions too. However, their central difficulty is that they are driven to avoid everyday demands and expectations to an extreme extent. This avoidance is rooted in an anxiety-based need to be in control.

**Learning Disability:** ASD is not a learning disability. However, around half of people with ASD may have a learning disability as well. This will affect the level of support they need in their life.

## Next Steps

### NHS Health Services

A healthcare professional (such as your GP) can refer your child to the following services via the Children & Young People's Referral Management Centre (RMC):

- [NHFT's ADHD & ASD Service \(Children & Young People\)](#), for:
  - All secondary-aged children (across Northamptonshire)
  - Primary-aged children (living in the north of the county)
- [Paediatrics at Northampton General Hospital](#), for:
  - Primary-aged children (living in the south of the county)

### [Northamptonshire County Council's SEND Support Service \(SSS\)](#)

The SEND Support Service (SSS) offers advice and support to children, young people, families, carers, and educational establishments for children with a range of special educational needs and / or autism aged 0-19yrs. They offer free courses and workshops for families (such as 'Spectrum' and 'Reflections') around the county. They can also advise on the Council's various assessments, such as the Early Years Assessment (Portage), the Request for Statutory Assessment (RSA), and the Early Help Assessment (EHA).

To request a consultation, simply email [sss@childrenfirstnorthamptonshire.co.uk](mailto:sss@childrenfirstnorthamptonshire.co.uk).

## Local Support for Parents

<ul style="list-style-type: none"> <li>• <a href="#">Autism East Midlands Drop-in Groups &amp; Bookable 1-to-1s</a>  <b>Location:</b> Children's Centres <b>Age-Range:</b> 0-19  <b>Email:</b> <a href="mailto:Lesley.Lock@autismeastmidlands.org.uk">Lesley.Lock@autismeastmidlands.org.uk</a>  <b>Tel:</b> 08088 089090</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Autistic Children Embraced (ACE)</a>  <b>Location:</b> Corby and Kettering <b>Age-Range:</b> All ages  <b>Email:</b> <a href="mailto:autisticchildrenembraced@gmail.com">autisticchildrenembraced@gmail.com</a>  <b>Tel:</b> 07756 523728</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Different Abilities</a>  <b>Location:</b> Corby <b>Age-Range:</b> All ages  <b>Email:</b> <a href="mailto:Maplefieldscircleoffriends@outlook.com">Maplefieldscircleoffriends@outlook.com</a>  <b>Tel:</b> 01536 267873</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Northamptonshire Carers</a>  <b>Location:</b> Northamptonshire <b>Age-Range:</b> All ages  <b>Email:</b> <a href="mailto:carers@northamptonshire-carers.org">carers@northamptonshire-carers.org</a>  <b>Tel:</b> 01933 677907</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Pen Green - Parents of Children with Additional Needs</a>  <b>Location:</b> Corby <b>Age-Range:</b> All ages  <b>Email:</b> <a href="mailto:SMole@northamptonshire.gov.uk">SMole@northamptonshire.gov.uk</a>  <b>Tel:</b> 01536 400068</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">SENds 4 Dad Corby</a>  <b>Location:</b> Corby <b>Age-Range:</b> All ages  <b>Email:</b> <a href="mailto:corbysends4dad@gmail.com">corbysends4dad@gmail.com</a>  <b>Tel:</b> 07753 385583</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">SENds 4 Dad Northampton</a>  <b>Location:</b> Northampton <b>Age-Range:</b> All ages  <b>Email:</b> <a href="mailto:sends4dad@virginmedia.com">sends4dad@virginmedia.com</a>  <b>Tel:</b> N/A</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Time 4 Support</a>  <b>Location:</b> Northampton <b>Age-Range:</b> All ages  <b>Email:</b> N/A  <b>Tel:</b> 07739 673597</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Wellingborough Parent Support Group</a>  <b>Location:</b> Wellingborough <b>Age-Range:</b> All ages  <b>Email:</b> <a href="mailto:wellingboroughpsg@outlook.com">wellingboroughpsg@outlook.com</a>  <b>Tel:</b> 07835 535113</li> </ul>

## Local Social Groups

<ul style="list-style-type: none"> <li>• <a href="#">Action for Children - Youth Club, Brackley (SEND)</a>  <b>Location:</b> Brackley <b>Age-Range:</b> 11-18yrs  <b>Email:</b> <a href="mailto:northants.disability@actionforchildren.org.uk">northants.disability@actionforchildren.org.uk</a>  <b>Tel:</b> 01604 584312</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Action for Children - Youth Club, Daventry (SEND)</a>  <b>Location:</b> Daventry <b>Age-Range:</b> 11-18yrs  <b>Email:</b> <a href="mailto:northants.disability@actionforchildren.org.uk">northants.disability@actionforchildren.org.uk</a>  <b>Tel:</b> 01604 752553</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Action for Children - Youth Club, Northampton (ASD)</a>  <b>Location:</b> Northampton <b>Age-Range:</b> 8-18yrs  <b>Email:</b> <a href="mailto:northants.disability@actionforchildren.org.uk">northants.disability@actionforchildren.org.uk</a>  <b>Tel:</b> 01604 752553</li> </ul>
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## Local Social Groups

<ul style="list-style-type: none"> <li>• <a href="#">Action for Children - Youth Club, Northampton (SEND)</a> <b>Location:</b> Northampton <b>Age-Range:</b> 11-25yrs <b>Email:</b> northants.disability@actionforchildren.org.uk <b>Tel:</b> 01604 752553</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Action for Children - Youth Club, Wellingborough (SEND)</a> <b>Location:</b> Wellingborough <b>Age-Range:</b> 11-25yrs <b>Email:</b> northants.disability@actionforchildren.org.uk <b>Tel:</b> 01604 752553</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">ASD Diversity Corby</a> <b>Location:</b> Corby <b>Age-Range:</b> 15yrs+ <b>Email:</b> asddiversitycorby@gmail.com <b>Tel:</b> 07753 385583</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Autism East Midlands - Adult Social Group</a> <b>Location:</b> Northampton <b>Age-Range:</b> 18-25yrs <b>Email:</b> Zoe.Tobin@autismeastmidlands.org.uk <b>Tel:</b> 01604 239404</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Autism East Midlands - Junior Youth Groups</a> <b>Location:</b> Northampton <b>Age-Range:</b> 8yrs+ <b>Email:</b> Zoe.Tobin@autismeastmidlands.org.uk <b>Tel:</b> 01604 239404</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Autism East Midlands - Senior Youth Group</a> <b>Location:</b> Northampton <b>Age-Range:</b> 11-18yrs <b>Email:</b> Zoe.Tobin@autismeastmidlands.org.uk <b>Tel:</b> 01604 239404</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Children's Rights Service, Shooting Stars - NCC</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> 14-25yrs <b>Email:</b> lflute@childrenfirstnorthamptonshire.co.uk <b>Tel:</b> 03001 261000</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Daisy Chain Club</a> <b>Location:</b> Northampton <b>Age-Range:</b> 0-16yrs <b>Email:</b> N/A <b>Tel:</b> 07881 337524</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Daventry Children's Centre - SEND Drop-In</a> <b>Location:</b> Daventry <b>Age-Range:</b> 0-19yrs <b>Email:</b> N/A <b>Tel:</b> 01604 362265</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Kingsthorpe Children's Centre - Families with SEND</a> <b>Location:</b> Northampton <b>Age-Range:</b> 0-19yrs <b>Email:</b> N/A <b>Tel:</b> 01604 791537</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Kingswood Children's Centre - Little Sparkles</a> <b>Location:</b> Corby <b>Age-Range:</b> 0-5yrs <b>Email:</b> mduffy@northamptonshire.gov.uk <b>Tel:</b> 01536 747508</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Pen Green - Let's Play Together</a> <b>Location:</b> Corby <b>Age-Range:</b> 0-5yrs <b>Email:</b> SMole@northamptonshire.gov.uk <b>Tel:</b> 01536 400068</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Rush 2 the Den - FREEdom Youth Club (SEN)</a> <b>Location:</b> Rushden <b>Age-Range:</b> 5-14yrs <b>Email:</b> river.rush2theden@gmail.com <b>Tel:</b> 07393 432171</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Towcester Children's Centre - Special Friends &amp; SNUG</a> <b>Location:</b> Towcester <b>Age-Range:</b> 0-19yrs <b>Email:</b> N/A <b>Tel:</b> 01604 362265</li> </ul>	

## Support Services

<ul style="list-style-type: none"> <li>• <a href="#">ADHD &amp; ASD Service (Children &amp; Young People) - NHFT</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> 5-18yrs <b>Email:</b> pals@nhft.nhs.uk <b>Tel:</b> 01536 452400</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">ADHD &amp; Asperger's Service (Adult) - NHFT</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> 18yrs+ <b>Email:</b> AdultADHD.AspergersTeam@nhft.nhs.uk <b>Tel:</b> 01536 452466</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Autism Directory</a> <b>Location:</b> National <b>Age-Range:</b> All ages <b>Email:</b> hello@theautismdirectory.com <b>Tel:</b> N/A</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Autism East Midlands</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> 5-18yrs <b>Email:</b> zoe.tobin@autismeastmidlands.org.uk <b>Tel:</b> 01604 239404</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Autism Education Trust (AET)</a> <b>Location:</b> National <b>Age-Range:</b> All ages <b>Email:</b> info@autismeducationtrust.org.uk <b>Tel:</b> 02079 033650</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Autism Independent UK</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> All ages <b>Email:</b> autism@autismuk.com <b>Tel:</b> 01536 523274</li> </ul>

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<ul style="list-style-type: none"> <li>• <a href="#">Autism Know How</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> All ages <b>Email:</b> lynnstephenson@autismknowhow.co.uk <b>Tel:</b> 07921 831180</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Early Help &amp; Protection Support Service - NCC</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> 0-19yrs <b>Email:</b> earlyhelpsupport@northamptonshire.gov.uk <b>Tel:</b> 03001 261000</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Educational Psychology Service (North) - NCC</a> <b>Location:</b> North Northamptonshire <b>Age-Range:</b> 0-25yrs <b>Email:</b> educpsychology@northamptonshire.gov.uk <b>Tel:</b> 01604 361416</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Educational Psychology Service (South) - NCC</a> <b>Location:</b> South Northamptonshire <b>Age-Range:</b> 0-25yrs <b>Email:</b> educpsychology@northamptonshire.gov.uk <b>Tel:</b> 01604 364770</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Independent Parental Special Education Advice (IPSEA)</a> <b>Location:</b> National <b>Age-Range:</b> 0-25yrs <b>Email:</b> chiefexecutive@ipsea.org.uk <b>Tel:</b> 01799 582030</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Information Advice and Support Service (IASS) - NCC</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> 0-25yrs <b>Email:</b> contact@iassnorthants.co.uk <b>Tel:</b> 01604 364772</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Let's Talk Autism Ltd</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> 0-25yrs <b>Email:</b> hayley@talkautism.co.uk <b>Tel:</b> 01536 353435</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Liberty Learning Autism Consultancy (LLAC)</a> <b>Location:</b> National <b>Age-Range:</b> 3-60yrs <b>Email:</b> libertylearning@hotmail.co.uk <b>Tel:</b> 07941 363861</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Living Autism</a> <b>Location:</b> National <b>Age-Range:</b> All ages <b>Email:</b> info@livingautism.co.uk <b>Tel:</b> 08007 562420</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">National Autistic Society (NAS)</a> <b>Location:</b> National <b>Age-Range:</b> All ages <b>Email:</b> nas@nas.org.uk <b>Tel:</b> 08088 004104</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">National Autistic Society (NAS) - Northamptonshire</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> All ages <b>Email:</b> northamptonshire@nas.org.uk <b>Tel:</b> 01933 653200</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Personalised 4 Autism Ltd</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> 18yrs+ <b>Email:</b> info@personalised4autism.com <b>Tel:</b> 01604 755806</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Scope - Northamptonshire Sleep Right (Sleep Solutions)</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> 2-19yrs <b>Email:</b> karen.smith@scope.org.uk <b>Tel:</b> 07875 575377</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Special Needs Index (SNIX) Magazine - NCC</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> 0-25yrs <b>Email:</b> localoffer@childrenfirstnorthamptonshire.co.uk <b>Tel:</b> 01604 366124</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Specialist Support Service (SSS) for SEND - NCC</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> 0-19yrs <b>Email:</b> sss@childrenfirstnorthamptonshire.co.uk <b>Tel:</b> 03001 261000</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Target Autism Training and Consultancy Ltd</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> All ages <b>Email:</b> angela@targetautism.co.uk <b>Tel:</b> 07549 639929</li> </ul>		

## Local Activities That Support Children and Young People with Special Educational Needs or a Disability (SEND)

<ul style="list-style-type: none"> <li>• <a href="#">360 Play Rushden Lakes - SEN Evening</a> <b>Location:</b> Rushden <b>Age-Range:</b> 0-12yrs <b>Email:</b> rushdenlakes@360play.co.uk <b>Tel:</b> 01933 522360</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Boost Trampoline Park - Sensory Session</a> <b>Location:</b> Northampton <b>Age-Range:</b> 4yrs+ <b>Email:</b> info@boosttrampolineparks.co.uk <b>Tel:</b> 01604 438181</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Dimensions UK - Autism Friendly Cinema Screenings</a> <b>Location:</b> National <b>Age-Range:</b> All ages <b>Email:</b> autismfilms@dimensions-uk.org <b>Tel:</b> 03003 039062</li> </ul>
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## Local Activities That Support Children and Young People with Special Educational Needs or a Disability (SEND)

<ul style="list-style-type: none"> <li>• <a href="#">Disability Inclusive Sports Club (DISC)</a> <b>Location:</b> Towcester <b>Age-Range:</b> All ages <b>Email:</b> enquiry@disc-northants.org <b>Tel:</b> N/A</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Equine / Horse Assisted Therapy (EQUATA)</a> <b>Location:</b> Kettering <b>Age-Range:</b> 0-25yrs <b>Email:</b> equata4all@ymail.com <b>Tel:</b> 07875 798853</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Gravity Trampoline Park - Disability Sessions</a> <b>Location:</b> Corby <b>Age-Range:</b> 2yrs+ <b>Email:</b> enquiries@gravity-uk.com <b>Tel:</b> 01977 529920</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Groundwork Northamptonshire - The Free Rangers</a> <b>Location:</b> Corby &amp; Kettering <b>Age-Range:</b> 5-18yrs <b>Email:</b> amy.russell@groundwork.org.uk <b>Tel:</b> 01536 521555</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Kettering Football Club 2012 - Inclusive Football Team</a> <b>Location:</b> Kettering <b>Age-Range:</b> 7-25yrs <b>Email:</b> infoketteringfc2012@gmail.com <b>Tel:</b> 07795 178817</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Northants Disability Cricket Club</a> <b>Location:</b> Northampton <b>Age-Range:</b> All ages <b>Email:</b> Derek.Styman@nccc.co.uk <b>Tel:</b> 01604 609278</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Northants Disability Tennis Network</a> <b>Location:</b> Northampton <b>Age-Range:</b> All ages <b>Email:</b> maddee.blair@parkstennis.co.uk <b>Tel:</b> 07977 753614</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">NRG Disability Sport 4 All</a> <b>Location:</b> Corby <b>Age-Range:</b> 8yrs+ <b>Email:</b> Culture.Lisure@corby.gov.uk <b>Tel:</b> 01536 464047</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Riverside Hub - SEN Play Session</a> <b>Location:</b> Northampton <b>Age-Range:</b> 0-17yrs <b>Email:</b> admin@riversidehub.com <b>Tel:</b> 01604 403003</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Sport 4 Fitness CIC</a> <b>Location:</b> Northampton <b>Age-Range:</b> 3yrs+ <b>Email:</b> info@sport4fitness-cic.co.uk <b>Tel:</b> 07811 371569</li> </ul>		




### Northamptonshire's Local Offer








This factsheet was produced by Northamptonshire County Council's Local Offer team. The Local Offer is a website for young people, families, and professionals who work with them, that sets out in one place, information about local services.

[www.northamptonshire.gov.uk/localoffer](http://www.northamptonshire.gov.uk/localoffer)

#### Contact Us:

 localoffer@childrenfirstnorthamptonshire.co.uk  
 0300 126 1000, option 5  
 One Angel Square, Angel Street, Northampton NN1 1ED

#### Join Us on Social Media:

 [www.facebook.com/LONorthants](http://www.facebook.com/LONorthants)  
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 [www.pinterest.co.uk/lonorthants](http://www.pinterest.co.uk/lonorthants)  
 [www.twitter.com/LONorthants](http://www.twitter.com/LONorthants)  
 <https://tinyurl.com/LONorthantsYouTube>

This factsheet was co-produced with the Northants Parents' Forum Group (NPPFG)