

# Autism Central Peer Education Programme

Support and Information for Parents, Carers and Personal Assistants of Autistic Children and Young People



# Autism Central

East of England Hub

Essex, Suffolk, Norfolk, Cambridgeshire,  
Hertfordshire, Bedfordshire



Essex County Council

## A Three Part Offer

A free service for  
parents/carers of autistic  
people, with or without a  
diagnosis.

Peer Educators are all  
parents/carers with lived  
experience of autism. They are  
trained in sharing their  
knowledge and experience and  
offering support.

# Who is involved in Autism Central?



# Autism Central

<p><b>Ambitious about Autism</b></p> <p>Ambitious about Autism is the national charity standing with autistic children and young people. They believe every autistic child and young person has the right to be themselves and realise their ambitions.</p> <p><a href="#">Visit partner</a></p>	<p><b>Autism Alliance</b></p> <p>The Autism Alliance is a UK partnership of not for profit organisations supporting autistic people and their families. The Alliance influences policy, develops practice, and leads national campaigns.</p> <p><a href="#">Visit partner</a></p>	<p><b>Autism Education Trust</b></p> <p>Autism Education Trust is a not-for-profit organisation supported by the Department for Education. Their 360-degree support programme offers education professionals training, practical tools and a wealth of free resources to better support autistic children and young people.</p> <p><a href="#">Visit partner</a></p>
<p><b>Autistica</b></p> <p>Autistica is a UK autism research charity. Their vision is for every autistic person to live a happy, healthy, long life. We create solutions by partnering with autistic people, NHS and government.</p> <p><a href="#">Visit partner</a></p>	<p><b>bild</b></p> <p>Bild is a registered charity working to improve support and champion the rights of people with learning disabilities. Bild wants a society where everyone has the same rights and opportunities.</p> <p><a href="#">Visit partner</a></p>	<p><b>contact</b> <small>for families with disabled children</small></p> <p><b>Contact</b></p> <p>Contact is the national charity that supports families with disabled children – wherever their condition and wherever they are in the UK. Last year Contact helped over 182,000 parents with our information, advice and support.</p> <p><a href="#">Visit partner</a></p>
<p><b>Great Minds Together</b></p> <p>Great Minds Together support children and young people with special educational needs and social, emotional and mental health needs as well as their families and the professional networks around them.</p> <p><a href="#">Visit partner</a></p>	<p><b>National Autistic Society</b></p> <p>The National Autistic Society is here to help the 700,000 autistic people in the UK and their families. Be it running specialist schools, campaigning for improved rights or training companies on being more autism-friendly, they are dedicated to transforming lives and changing attitudes.</p> <p><a href="#">Visit partner</a></p>	<p><b>NNPCF</b></p> <p>The National Network of Parent Carer Forums (NNPCF) is the independent national voice of parent carer forums. Their mission is to deliver better outcomes for families living with special educational needs and disabilities (SEND).</p> <p><a href="#">Visit partner</a></p>

<p><b>South East</b></p> <p>Aspens</p> <p>Hub</p>	<p><b>South West</b></p> <p>Bristol Autism Support</p> <p>Hub</p>	<p><b>London</b></p> <p>Contact and Ambitious about Autism (London)</p> <p>Hub</p>	<p><b>Midlands</b></p> <p>Contact and Ambitious about Autism (Midlands)</p> <p>Hub</p>
<p><b>North East and Yorkshire</b></p> <p>Daisy Chain Project</p> <p>Hub</p>	<p><b>East of England</b></p> <p>Essex County Council</p> <p>Hub</p>	<p><b>North West</b></p> <p>Great Minds Together</p> <p>Hub</p>	

# Part One - The website



## [Autism Central for Parents and Carers](#) | [Autism Central](#)

A growing source of information and guidance for parents and carers



### Friendships

It's a myth that autistic people don't want to have friends and are 'loners'. This simply isn't the case for most, but some people do become socially isolated for many reasons. Read more about autism and friendships.

Wellbeing, Adult, Child, Young person



### Eating

As a parent or carer, you may be worried that your child's diet isn't healthy enough or that they are not getting the nutrients they need. Read more about eating problems and how you can help.

Wellbeing, Adult, Child, Young person



### Diagnosis

You can be identified as autistic at any age – some people will be diagnosed as young children, others later in life. Read more on how to get a diagnosis for children and adults and where to find information and support.

Key topics, Diagnosis, Adult, Child, Young person



### How to prepare for secondary school

Moving from primary to secondary school can be a big jump for many autistic children. It often involves getting used to a bigger, noisier environment and changing routines. Find help and advice to make the transition easier for your child.

Education, Transitions, Child



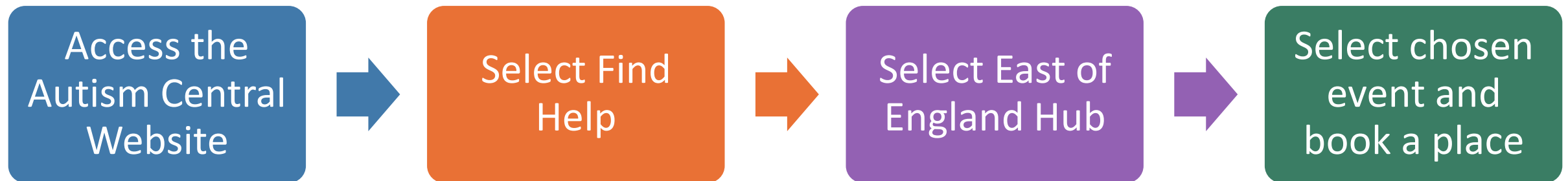
### [Looking after yourself as a parent or carer](#)

When you are looking after the needs of someone else, it can be difficult to remember to look after yourself. However, it's important that you set aside time to participate in activities you enjoy and do things just for you. Read more about wellbeing for parents and carers.

Wellbeing, Adult



# Part Two - Group Online Session – accessed via the Autism Central Website



# Group Online Session – accessed via the Autism Central Website

## Featured events

[See all events](#)

### Virtual Drop in for Parents/Carers of Autistic Children

An online drop in session for parents/carers of autistic children for advice, guidance and support.

**Date:**  
Tuesday 26 September 2023

**Location:**  
Online

Drop-in session

### Virtual Drop in for Parents/Carers

An online drop in session for parents/carers of autistic children for advice, guidance and support.

**Date:**  
Thursday 05 October 2023

**Location:**  
Online

Group session

### School Holiday Survival

This session focuses on school holiday support strategies.

**Date:**  
Thursday 19 October 2023

**Location:**  
Online

Group session

### Back to School Support

A virtual session to discuss supportive strategies for autistic children when starting or returning to school after a break.

**Date:**  
Thursday 26 October 2023

**Location:**  
Online

Drop-in session

### Virtual Drop in for Parents/Carers

An online drop in session for parents/carers of autistic children for advice, guidance and support.

**Date:**  
Monday 30 October 2023

**Location:**  
Online

Group session

### Eating, Sleeping & Toileting

An opportunity for parents and carers of autistic children to discuss eating, sleeping and toileting support for autistic children.

**Date:**  
Friday 03 November 2023

**Location:**  
Online

Drop-in session

### Virtual Drop in for Parents/Carers

An online drop in session for parents/carers of autistic children for advice, guidance and support.

**Date:**  
Tuesday 07 November 2023

**Location:**  
Online

Group session

### Early Communication

An opportunity for parents and carers of autistic children to discuss early communication development and supportive strategies.

**Date:**  
Thursday 16 November 2023

**Location:**  
Online



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# Part 3 - 1:1 Support



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- ✓ Parents, carers and Personal Assistants can request 1:1 support via a telephone call.
- ✓ For some, this is a brief conversation involving some fact sharing and signposting. For others, it is a longer conversation enabling parents/carers to share and unpick their experiences with someone with lived experience.
- ✓ Parents/carers can scan the QR code to register for a telephone call. The average wait time is less than one week.



# How else we can support you

- ✓ Schools and other groups can request Peer Educators to attend family/carers events.
- ✓ Many schools are already arranging visits to coffee mornings and support groups.
- ✓ If you would like a visit, please email: [peersupporthub@essex.gov.uk](mailto:peersupporthub@essex.gov.uk)

# EVENT





# The story so far:

The relief I felt from talking to other parents who understand is overwhelming.

Over 300 Parents/ Carers have received 1:1 Support

You have given me so much hope, thank you!

Over 200 Parents/ Carers support in group sessions

It was so helpful and just gives parents and professionals a place they can share and gain feedback.

30 events supported in person by Peer Educators



This information is issued by:  
Essex County Council

Contact us:

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The information contained in this document  
can be translated, and/or made available in  
alternative formats, on request.

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