



# 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.

## Definitions

**Asperger Syndrome:** People with asperger syndrome don't have the learning disabilities that many autistic people have. Many people who fit the profile for asperger syndrome are now being diagnosed with autistic spectrum disorder (ASD) instead. Each person is different, and it is up to each individual how they choose to identify. Some people with a diagnosis of asperger syndrome may choose to keep using the term, while others may prefer to refer to themselves as autistic or on the autistic spectrum.

**Pathological Demand Avoidance (PDA):** A form of ASD. People with PDA feel 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 ADHD & ASD Service (Children & Young People), Northants

Offers assessments and post-diagnostic support for ADHD and autism spectrum disorder (ASD). Professional referral only (speak to your GP).

**Website:** <https://buff.ly/3sH4tML>

**Age-Range:** 5-18 Years **Tel:** 01536 452400

**Email:** [northants.pcc@nhs.net](mailto:northants.pcc@nhs.net)

### • NHS ADHD & Asperger's Service (Adults), Northants

Offers assessments and post-diagnosis support for ADHD, ASD without a learning disability (Asperger syndrome), and Tourette syndrome. Professional referral only (speak to your GP).

**Website:** <https://buff.ly/3HGx0X2>

**Age-Range:** 18 Years + **Tel:** 01536 452466

**Email:** [northants.pcc@nhs.net](mailto:northants.pcc@nhs.net)

### • SEND Support Service (SSS), Northants

Offers support for a range of special educational needs and disabilities (SEND) including autism (ASD). Self-referral or professional referral.

**Website:** <https://buff.ly/3KkEGi9>

**Age-Range:** 0-19 Years **Tel:** 0300 126 1000 (North) or 0300 126 7000 (West)

**Email:** [SSS.NCC@northnorthants.gov.uk](mailto:SSS.NCC@northnorthants.gov.uk) or [SSS.NCC@westnorthants.gov.uk](mailto:SSS.NCC@westnorthants.gov.uk)

## Advice and Information Services

### • Ambitious About Autism

National charity for children and young people with autism. No referral needed.

**Website:** <https://buff.ly/2I9rldO>

**Age-Range:** All Ages **Tel:** 0208 815 5444

**Email:** [info@ambitiousaboutautism.org.uk](mailto:info@ambitiousaboutautism.org.uk)

### • ARFID Awareness UK

National charity dedicated to raising awareness and furthering information about avoidant/restrictive food intake disorder (ARFID). No referral needed.

**Website:** <https://buff.ly/3KgxDbh>

**Age-Range:** All Ages **Tel:** N/A

**Email:** [info@arfidawarenessuk.org](mailto:info@arfidawarenessuk.org)

### • Autism East Midlands (Northants)

Provides specialist support and advice for Northamptonshire's autism community. No referral needed.

**Website:** <https://buff.ly/36WzfbP>

**Age-Range:** All Ages **Tel:** 01604 312452

**Email:** [northampton@autismeastmidlands.org.uk](mailto:northampton@autismeastmidlands.org.uk)

### • Autistic Minds

National charity that runs a 'HelpHub' and an online directory of ASD services. No referral needed.

**Website:** <https://buff.ly/3MocU7I>

**Age-Range:** All Ages **Tel:** 01443 844764

**Email:** [hello@autisticminds.org.uk](mailto:hello@autisticminds.org.uk)

### • bibic

National charity for children and young people with conditions affecting their social, communication, sensory, motor and learning abilities. No referral needed.

**Website:** <https://buff.ly/3ttwQx4>

**Age-Range:** 6 Months - 25 Years **Tel:** 01458 253344

**Email:** [info@bibic.org.uk](mailto:info@bibic.org.uk)

### • Information Advice & Support Service (IASS), Northants

IASS is an impartial and confidential service that gives free information, advice, and support on matters relating to SEND. No referral needed.

**Website:** <https://buff.ly/3MIC5HD>

**Age-Range:** 0-25 Years **Tel:** 01604 364772

**Email:** [contact@iassnorthants.co.uk](mailto:contact@iassnorthants.co.uk)

## Advice and Information Services

<ul style="list-style-type: none"> <li>• <b>Target Autism Training &amp; Consultancy Ltd (Rushden)</b> Supports children and young people with any social communication difficulties or an autism spectrum condition, and staff who work with them. No referral needed. <b>Website:</b> <a href="https://buff.ly/3KkEGQb">https://buff.ly/3KkEGQb</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 07549 639929 <b>Email:</b> <a href="mailto:ron@targetautism.co.uk">ron@targetautism.co.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Living Autism</b> National charity that supports autistic children and adults to find the most appropriate services for their individual needs. No referral needed. <b>Website:</b> <a href="https://buff.ly/3nnEGVx">https://buff.ly/3nnEGVx</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 0800 756 2420 <b>Email:</b> <a href="mailto:info@livingautism.co.uk">info@livingautism.co.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Neurodiversity Networks CIC (Northants)</b> Offers coaching, counselling, screening, training, and workshops relating ADHD, autism, and/or specific learning difficulties. No referral needed. <b>Website:</b> <a href="https://buff.ly/35wkf4f">https://buff.ly/35wkf4f</a> <b>Age-Range:</b> 4 Years + <b>Tel:</b> 07730 096028 <b>Email:</b> <a href="mailto:jannine@adhdwise.uk">jannine@adhdwise.uk</a></li> </ul>
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## Forums and Support Networks

<ul style="list-style-type: none"> <li>• <b>Autistic Children Embraced (ACE), Kettering</b> A parent support group that offers help, support, information, and friendship to make life easier for families. No referral needed. <b>Website:</b> <a href="https://buff.ly/35or8EQ">https://buff.ly/35or8EQ</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 07756 523728 <b>Email:</b> <a href="mailto:autisticchildrenembraced@gmail.com">autisticchildrenembraced@gmail.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Cerebra</b> National charity dedicated to helping families with children with brain conditions discover a better life together. No referral needed. <b>Website:</b> <a href="https://buff.ly/2nD3COu">https://buff.ly/2nD3COu</a> <b>Age-Range:</b> 0-16 Years <b>Tel:</b> 0800 328 1159 <b>Email:</b> <a href="mailto:enquiries@cerebra.org.uk">enquiries@cerebra.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Challenging Behaviour Foundation (CBF)</b> National charity for people with severe learning disabilities whose behaviour challenges. No referral needed. <b>Website:</b> <a href="https://buff.ly/35wl1yb">https://buff.ly/35wl1yb</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 0300 666 0126 <b>Email:</b> <a href="mailto:info@theCBF.org.uk">info@theCBF.org.uk</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>En-Fold CIO (Kettering)</b> A post-diagnostic support service for families affected by autism spectrum disorder (ASD). No referral needed. <b>Website:</b> <a href="https://buff.ly/3HP2Cda">https://buff.ly/3HP2Cda</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 07845 905766 <b>Email:</b> <a href="mailto:diane@enfold.org.uk">diane@enfold.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>High Five (Kettering)</b> Social support group for parents of children who have autism (without a learning disability). They usually meet on a monthly basis. No referral needed. <b>Website:</b> <a href="https://buff.ly/3KlghKD">https://buff.ly/3KlghKD</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 07845 905766 <b>Email:</b> <a href="mailto:highfivenorthants@gmail.com">highfivenorthants@gmail.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Northamptonshire Carers - Parent-Carers Support Service</b> Offers a wide range of services, including a weekly support meeting for parents of children (under-18) with SEND. No referral needed. <b>Website:</b> <a href="https://buff.ly/3IKZyQv">https://buff.ly/3IKZyQv</a> <b>Age-Range:</b> 18 Years + <b>Tel:</b> 01933 677907 <b>Email:</b> <a href="mailto:parentcarersupport@northamptonshire-carers.org">parentcarersupport@northamptonshire-carers.org</a></li> </ul>

## Forums and Support Networks

<ul style="list-style-type: none"> <li>• <b>Northants Parent Forum Group (NPFG)</b> An independent, parent-led group formed and run by volunteers. It represents the views of families of 0-25s with SEND in Northants. No referral needed. <b>Website:</b> <a href="https://buff.ly/3hBXG0n">https://buff.ly/3hBXG0n</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 07918 981948 <b>Email:</b> <a href="mailto:enquiries@npfg.co.uk">enquiries@npfg.co.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Special Friends and SNUG (Towcester)</b> A parent-led support group that provides support for parents and carers of children and young adults with additional needs. No referral needed. <b>Website:</b> <a href="https://buff.ly/3Mqkq1J">https://buff.ly/3Mqkq1J</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 01280 840066 <b>Email:</b> <a href="mailto:specialfriends@outlook.com">specialfriends@outlook.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Spectrum Club (Northants)</b> A local Facebook group for parents and carers who have children with Autistic Spectrum Disorder (ASD) providing mutual support. No referral needed. <b>Website:</b> <a href="https://buff.ly/3hCQNVJ">https://buff.ly/3hCQNVJ</a> <b>Age-Range:</b> All Ages <b>Tel:</b> N/A <b>Email:</b> N/A</li> </ul>
<ul style="list-style-type: none"> <li>• <b>The National Autistic Society (NAS)</b> The leading UK charity for people with an autism spectrum disorder (ASD) and their families, offering a wide range of services. No referral needed. <b>Website:</b> <a href="https://buff.ly/2I1DYqH">https://buff.ly/2I1DYqH</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 0207 833 2299 <b>Email:</b> <a href="mailto:nas@nas.org.uk">nas@nas.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>The National Autistic Society (NAS), Irthlingborough</b> Provides bespoke, person-centred, outcomes-based services to autistic adults based on their aspirations, goals, hobbies, and interests. No referral needed. <b>Website:</b> <a href="https://buff.ly/3sJaKY0">https://buff.ly/3sJaKY0</a> <b>Age-Range:</b> 16 Years + <b>Tel:</b> 01933 653200 <b>Email:</b> <a href="mailto:Tom.Carter@nas.org.uk">Tom.Carter@nas.org.uk</a></li> </ul>	

## Groups, Clubs, and Activities

<ul style="list-style-type: none"> <li>• <b>360 Play - SEN Evenings (Rushden)</b> 360 Play usually host exclusive SEN evenings on the first Friday of each month. Siblings and friends are welcome. No referral needed. <b>Website:</b> <a href="https://buff.ly/3tTisy0">https://buff.ly/3tTisy0</a> <b>Age-Range:</b> 0-12 Years <b>Tel:</b> 01933 522360 <b>Email:</b> <a href="mailto:rushdenlakes@360play.co.uk">rushdenlakes@360play.co.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Action for Children - Short Breaks (Northants)</b> National charity offering holiday clubs, term-time Saturday clubs, and youth clubs (across Northants) for those with ASD and/or learning disabilities. No referral needed. <b>Website:</b> <a href="https://buff.ly/3hBX4rB">https://buff.ly/3hBX4rB</a> <b>Age-Range:</b> 5-18 Years <b>Tel:</b> 01604 752553 <b>Email:</b> <a href="mailto:northants.disability@actionforchildren.org.uk">northants.disability@actionforchildren.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Additional Needs Support Group at Penn Green (Corby)</b> A weekly group for parents/carers of under-8s with SEND. Contact Pen Green for a referral. <b>Website:</b> <a href="https://buff.ly/3hUQRXL">https://buff.ly/3hUQRXL</a> <b>Age-Range:</b> 0-8 Years <b>Tel:</b> 01536 400068 <b>Email:</b> <a href="mailto:enquiries@pengreen.org">enquiries@pengreen.org</a></li> </ul>
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<ul style="list-style-type: none"> <li>• <b>ASD Diversity (Corby)</b> A social and wellbeing group for people with ASD and/or ADHD. Usually runs every second Wednesday of the month. No referral needed. <b>Website:</b> <a href="https://buff.ly/3MgYN3E">https://buff.ly/3MgYN3E</a> <b>Age-Range:</b> 15 Years + <b>Tel:</b> N/A <b>Email:</b> <a href="mailto:asddiversitycorby@gmail.com">asddiversitycorby@gmail.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Autism East Midlands - Activity Clubs (Northants)</b> Charity offering youth clubs, holiday clubs, weekend groups, and trips for children and young people with ASD. No referral needed. <b>Website:</b> <a href="https://buff.ly/36WzfbP">https://buff.ly/36WzfbP</a> <b>Age-Range:</b> 8-21 Years <b>Tel:</b> 01604 312452 <b>Email:</b> <a href="mailto:northampton@autismeastmidlands.org.uk">northampton@autismeastmidlands.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Autism East Midlands - Family Support Hub (Northants)</b> A regular meeting point for families affected by autism (with or without a diagnosis). Sessions are usually on the first Monday of the month. No referral needed. <b>Website:</b> <a href="https://buff.ly/3pClfKQ">https://buff.ly/3pClfKQ</a> <b>Age-Range:</b> 0-11 Years <b>Tel:</b> 01604 312452 <b>Email:</b> <a href="mailto:Northampton@autismeastmidlands.org.uk">Northampton@autismeastmidlands.org.uk</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Boost Trampoline Park - SEN Sessions (Northampton)</b> A trampoline park that offers various sessions for those with SEN. No referral needed. <b>Website:</b> <a href="https://buff.ly/3vUPBMT">https://buff.ly/3vUPBMT</a> <b>Age-Range:</b> 4 Years + <b>Tel:</b> 01604 438181 <b>Email:</b> <a href="mailto:info@boosttrampolineparks.co.uk">info@boosttrampolineparks.co.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Born to Perform Dance School (Northampton)</b> An inclusive and accessible dance school for children and adults with SEN and disabilities in Northamptonshire. No referral needed. <b>Website:</b> <a href="https://buff.ly/3CgPigw">https://buff.ly/3CgPigw</a> <b>Age-Range:</b> 6 Years + <b>Tel:</b> 01604 372629 <b>Email:</b> <a href="mailto:mail@borntoperformdanceschool.co.uk">mail@borntoperformdanceschool.co.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Brackley Athletic Football Club - The Tigers (Brackley)</b> An inclusive football group for children with physical, developmental, or educational disabilities. No referral needed. <b>Website:</b> <a href="https://buff.ly/34gWI6M">https://buff.ly/34gWI6M</a> <b>Age-Range:</b> 6-12 Years <b>Tel:</b> N/A <b>Email:</b> <a href="mailto:info@brackleyathletic.co.uk">info@brackleyathletic.co.uk</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Corby Radio - Discobility</b> Monthly disco for people with disabilities of all ages. No referral needed. <b>Website:</b> <a href="https://buff.ly/3hBVeXB">https://buff.ly/3hBVeXB</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 01536 265666 <b>Email:</b> <a href="mailto:studio@corby.radio">studio@corby.radio</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Dance With a Difference (Northampton)</b> A dance club for adults with additional needs. No referral needed. <b>Website:</b> <a href="https://buff.ly/3MriTrZ">https://buff.ly/3MriTrZ</a> <b>Age-Range:</b> 16 Years + <b>Tel:</b> 07511 877177 <b>Email:</b> <a href="mailto:stylesstarz@hotmail.com">stylesstarz@hotmail.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Different Abilities (Corby)</b> A SEND support group run by the Maplefields Circle of Friends (MCF). Usually held on term-time Thursdays. No referral needed. <b>Website:</b> <a href="https://buff.ly/3tybWN4">https://buff.ly/3tybWN4</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 01536 267873 <b>Email:</b> <a href="mailto:Maplefieldscircleoffriends@outlook.com">Maplefieldscircleoffriends@outlook.com</a></li> </ul>



## Groups, Clubs, and Activities

<ul style="list-style-type: none"> <li>• <b>Dimensions - Autism-Friendly Environments</b> Works with 300+ cinemas nationwide to provide regular autism-friendly film screenings. No referral needed. <b>Website:</b> <a href="https://buff.ly/3sl2aJc">https://buff.ly/3sl2aJc</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 0300 303 9001 <b>Email:</b> <a href="mailto:autismfilms@dimensions-uk.org">autismfilms@dimensions-uk.org</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Disability Inclusive Sports Club (DISC), Towcester</b> Volunteer-run activity group for children and adults with SEN and their families. Usually meets on Sundays. No referral needed. <b>Website:</b> <a href="https://buff.ly/36fFEeH">https://buff.ly/36fFEeH</a> <b>Age-Range:</b> All Ages <b>Tel:</b> N/A <b>Email:</b> <a href="mailto:enquiry@disc-northants.org">enquiry@disc-northants.org</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Flip Out Rushden Lakes - SEN Sessions</b> A trampoline park that usually offers SEN sessions on Sundays (10am-11am). No referral needed. <b>Website:</b> <a href="https://buff.ly/3Ci4ry6">https://buff.ly/3Ci4ry6</a> <b>Age-Range:</b> 2 Years + <b>Tel:</b> 01933 274598 <b>Email:</b> <a href="mailto:rushdenlakes@flipout.co.uk">rushdenlakes@flipout.co.uk</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Gravity Trampoline Park - Disability Sessions (Corby)</b> Offers weekly sessions that are exclusively for those with SEN and autism. No referral needed. <b>Website:</b> <a href="https://buff.ly/3tnlc6Q">https://buff.ly/3tnlc6Q</a> <b>Age-Range:</b> 18 Months + <b>Tel:</b> 01977 529920 <b>Email:</b> <a href="mailto:enquiries@gravity-uk.com">enquiries@gravity-uk.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Groundwork - Short Breaks, The Green Patch (Kettering)</b> Charity offering outdoor activities for young people with ASD and/or mild to moderate learning disabilities. No referral needed. <b>Website:</b> <a href="https://buff.ly/35SnJOp">https://buff.ly/35SnJOp</a> <b>Age-Range:</b> 8-17 Years <b>Tel:</b> 01536 521555 <b>Email:</b> <a href="mailto:vicky.bowden@groundwork.org.uk">vicky.bowden@groundwork.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Harborough Town Inclusive Football Club (Corby)</b> Inclusive football club is for over-16s with a disability in Corby. They usually play on Wednesdays and Fridays (5.30-6.30pm). No referral needed. <b>Website:</b> N/A <b>Age-Range:</b> 16 Years + <b>Tel:</b> 07834 835047 <b>Email:</b> <a href="mailto:raymondhls@yahoo.co.uk">raymondhls@yahoo.co.uk</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Head2Head Sensory Theatre</b> National charity that provides online multi-sensory theatre experiences and shows for young people with SEND. No referral needed. <b>Website:</b> <a href="https://buff.ly/3IMmApW">https://buff.ly/3IMmApW</a> <b>Age-Range:</b> 5-25 Years <b>Tel:</b> 01372 278021 <b>Email:</b> <a href="mailto:office@h2hsensorytheatre.com">office@h2hsensorytheatre.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Kingsley Special Academy - Ducklings (Kettering)</b> A pre-school group for children with additional needs. Swimming or activities available. Usually runs Thursday mornings. No referral needed. <b>Website:</b> <a href="https://buff.ly/3734oup">https://buff.ly/3734oup</a> <b>Age-Range:</b> 0-4 Years <b>Tel:</b> 01536 316880 <b>Email:</b> <a href="mailto:receptions2@kingsley.northants.sch.uk">receptions2@kingsley.northants.sch.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Let's Play Together Groups (Corby)</b> Groups for parents/carers of under-5s with SEND are held at Pen Green and the Kingswood children's centre each week. Contact Pen Green for a referral. <b>Website:</b> <a href="https://buff.ly/3hUQRXL">https://buff.ly/3hUQRXL</a> <b>Age-Range:</b> 0-5 Years <b>Tel:</b> 01536 400068 <b>Email:</b> <a href="mailto:enquiries@pengreen.org">enquiries@pengreen.org</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Lings Disabilities Gymnastics Club (Earls Barton)</b> Offers beginners' classes and advanced classes for children with disabilities, usually on Saturday lunchtimes. No referral needed. <b>Website:</b> <a href="https://buff.ly/377GAFT">https://buff.ly/377GAFT</a> <b>Age-Range:</b> 0-18 Years <b>Tel:</b> 07793 064055 <b>Email:</b> <a href="mailto:lingsgymnastics@gmail.com">lingsgymnastics@gmail.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>MishMash (Kettering)</b> An inclusive messy church session for families of children with SEN. Usually take place on the 2nd Sunday of the month. No referral needed. <b>Website:</b> <a href="https://buff.ly/3pEjGfp">https://buff.ly/3pEjGfp</a> <b>Age-Range:</b> 0-18 Years <b>Tel:</b> 01536 412011 <b>Email:</b> <a href="mailto:office@ctk.org.uk">office@ctk.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Multi Activity Club (MAC), Rushden</b> Offers recreational activities for adults and non-mainstream educated young people with disabilities. Usually takes place on Thursdays. No referral needed. <b>Website:</b> <a href="https://buff.ly/3ttmFIH">https://buff.ly/3ttmFIH</a> <b>Age-Range:</b> 12 Years + <b>Tel:</b> 01933 352981 <b>Email:</b> <a href="mailto:Jackie.ackroyd@freedom-leisure.co.uk">Jackie.ackroyd@freedom-leisure.co.uk</a></li> </ul>

## Groups, Clubs, and Activities

<ul style="list-style-type: none"> <li>• <b>NMPAT - Y-Not Arts (Northampton)</b> A fun and relaxed group for students with disabilities to participate in music, dance, and drama (culminating in an end-of-year performance). No referral needed. <b>Website:</b> <a href="https://buff.ly/3KgykBp">https://buff.ly/3KgykBp</a> <b>Age-Range:</b> 9-25 Years <b>Tel:</b> 01604 637117 <b>Email:</b> <a href="mailto:Ynot@NMPAT.co.uk">Ynot@NMPAT.co.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Northamptonshire Children's Trust - Shooting Stars Group</b> A monthly participation group for young people from Northamptonshire who have SEND. No referral needed. <b>Website:</b> <a href="https://buff.ly/3vUQ3L5">https://buff.ly/3vUQ3L5</a> <b>Age-Range:</b> 14-25 Years <b>Tel:</b> 0300 126 1000 <b>Email:</b> <a href="mailto:Lorraine.Flute@nctrust.co.uk">Lorraine.Flute@nctrust.co.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Northamptonshire County Scouts - SEND Group (Northampton)</b> A Scout group for children and young people with SEN and/or disabilities. Usually runs on alternate Sunday mornings. No referral needed. <b>Website:</b> <a href="https://buff.ly/3pze9Xp">https://buff.ly/3pze9Xp</a> <b>Age-Range:</b> 5 Years + <b>Tel:</b> 07849 348828 <b>Email:</b> <a href="mailto:57th@northamptonscouts.org.uk">57th@northamptonscouts.org.uk</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Northamptonshire Football Association - Disability Sessions</b> Provides safe and structured football opportunities for people with disabilities in Northampton, Kettering, and Brackley. No referral needed. <b>Website:</b> <a href="https://buff.ly/3tnlcnm">https://buff.ly/3tnlcnm</a> <b>Age-Range:</b> 5 Years + <b>Tel:</b> 07971 138768 <b>Email:</b> <a href="mailto:christian.smith@northantsfa.com">christian.smith@northantsfa.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Northamptonshire Trampoline Gymnastics Academy - SEN Sessions</b> Offers a large weekly programme of activities for people with additional needs, using specialist equipment and coaching methods. No referral needed. <b>Website:</b> <a href="https://buff.ly/3pDI4hb">https://buff.ly/3pDI4hb</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 01604 645120 <b>Email:</b> <a href="mailto:info@ntga.co.uk">info@ntga.co.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Northamptonshire County Cricket Club - Inclusive Cricket</b> Offers inclusive, accessible cricket and table cricket for people with disabilities. No referral needed. <b>Website:</b> <a href="https://buff.ly/3MQZ39S">https://buff.ly/3MQZ39S</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 01604 514455 <b>Email:</b> <a href="mailto:jim.hawkins@nccc.co.uk">jim.hawkins@nccc.co.uk</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>NRG Inclusive Multi-Sports Activity Club (Corby)</b> A multi-sports activity club for young people with disabilities. No referral needed. <b>Website:</b> <a href="https://buff.ly/3HLAcR0">https://buff.ly/3HLAcR0</a> <b>Age-Range:</b> 8-18 Years <b>Tel:</b> 01536 464047 <b>Email:</b> <a href="mailto:sportsdevelopment.cbc@northnorthants.gov.uk">sportsdevelopment.cbc@northnorthants.gov.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Parents Talking Asperger's CIC (Northants)</b> Offers support, help, and groups for children and young people who have autism (without a learning disability), their siblings, and their parents. No referral needed. <b>Website:</b> <a href="https://buff.ly/3HMnpXM">https://buff.ly/3HMnpXM</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 01295 269455 <b>Email:</b> <a href="mailto:info@parents-talking-aspergers.co.uk">info@parents-talking-aspergers.co.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Picture the Difference CIC (Kettering)</b> Offers creative and performing arts to young people and adults with additional needs. No referral needed. <b>Website:</b> <a href="https://buff.ly/3HBFDIC">https://buff.ly/3HBFDIC</a> <b>Age-Range:</b> 16 Years + <b>Tel:</b> 07947 575190 <b>Email:</b> <a href="mailto:admin@picthediff.com">admin@picthediff.com</a></li> </ul>



## Groups, Clubs, and Activities

<ul style="list-style-type: none"> <li>• <b>Riding for the Disabled Association (RDA), Northants</b> National charity that provides therapeutic horse-riding for those with SEND at six locations across the county. No referral needed. <b>Website:</b> <a href="https://buff.ly/3tybWg2">https://buff.ly/3tybWg2</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 01604 686633 <b>Email:</b> <a href="mailto:c.mcgarity@btinternet.com">c.mcgarity@btinternet.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Riverside Hub - SEN Sessions (Northampton)</b> A large indoor play centre that offers monthly events for families of children with SEND. No referral needed. <b>Website:</b> <a href="https://buff.ly/36XvbIn">https://buff.ly/36XvbIn</a> <b>Age-Range:</b> 0-18 Years <b>Tel:</b> 01604 403003 <b>Email:</b> <a href="mailto:admin@riversidehub.com">admin@riversidehub.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Rock Up - Autism &amp; SEND Friendly Climbing Sessions (Rushden)</b> A climbing centre that offers autism and SEND-friendly sessions. Usually on the third Saturday of the month (9:30am-10.30am). No referral needed. <b>Website:</b> <a href="https://buff.ly/3tnlcUo">https://buff.ly/3tnlcUo</a> <b>Age-Range:</b> 4 Years + <b>Tel:</b> 01933 594000 <b>Email:</b> <a href="mailto:info.rushdenlakes@rock-up.co.uk">info.rushdenlakes@rock-up.co.uk</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>RUSH 2The DEN - Freedom Youth Club (Rushden)</b> A local charity that runs a youth club on Thursdays (4.30-6.30pm) for children and young people with additional needs. No referral needed. <b>Website:</b> <a href="https://buff.ly/3HWaNo4">https://buff.ly/3HWaNo4</a> <b>Age-Range:</b> 5-17 Years <b>Tel:</b> 01933 770450 <b>Email:</b> <a href="mailto:events.rush2theden@gmail.com">events.rush2theden@gmail.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>SENds 4 Dad (Northants)</b> Support group offering activities for dads/male carers of children with special educational needs and/or disabilities. No referral needed. <b>Website:</b> <a href="https://buff.ly/3MmmsQm">https://buff.ly/3MmmsQm</a> <b>Age-Range:</b> 18 Years + <b>Tel:</b> N/A <b>Email:</b> <a href="mailto:sends4dad@virginmedia.com">sends4dad@virginmedia.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Spectrum Club (Corby)</b> Regular coffee morning for young people and adults with autism spectrum conditions. No referral needed. <b>Website:</b> <a href="https://buff.ly/3hFkagY">https://buff.ly/3hFkagY</a> <b>Age-Range:</b> 11 Years + <b>Tel:</b> 01536 267101 <b>Email:</b> N/A</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Sport 4 Fitness CIC (Northampton)</b> Provides affordable multi-sport activities and a sensory garden for children and adults with SEND. No referral needed. <b>Website:</b> <a href="https://buff.ly/2TU4FcN">https://buff.ly/2TU4FcN</a> <b>Age-Range:</b> 3 Years + <b>Tel:</b> 07491 306630 <b>Email:</b> <a href="mailto:info@sport4fitness-cic.co.uk">info@sport4fitness-cic.co.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>The Cube Disability Kids (Northampton)</b> Provides fun and inclusive performing arts and sports classes for children aged 5-16 with SEND. No referral needed. <b>Website:</b> <a href="https://buff.ly/3tybXk6">https://buff.ly/3tybXk6</a> <b>Age-Range:</b> 5-16 Years <b>Tel:</b> 07720 323605 <b>Email:</b> <a href="mailto:cubekids@thecubedisability.co.uk">cubekids@thecubedisability.co.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Young Creations Theatre Group (Northampton)</b> Volunteer-led inclusive theatre group. Sessions take place on Saturdays (11am-3pm) and throughout school holidays. No referral needed. <b>Website:</b> N/A <b>Age-Range:</b> 12-25 Years <b>Tel:</b> 07810 397273 <b>Email:</b> <a href="mailto:sophie.howe@hotmail.co.uk">sophie.howe@hotmail.co.uk</a></li> </ul>

## Groups, Clubs, and Activities

- **Young Inclusive People Club (YIP), Rushden**

Provides a variety of sports, recreation, dance, and cultural activities for young people with disabilities. Usually on term-time Tuesday evenings. No referral needed.

**Website:** <https://buff.ly/3ttmFIH>

**Age-Range:** 8-24 Years **Tel:** 01933 350324

**Email:** [Jackie.ackroyd@freedom-leisure.co.uk](mailto:Jackie.ackroyd@freedom-leisure.co.uk)

## Independent Living

- **Chewigem**

Produces non-toxic, discreet, chewable jewellery and accessories, designed to meet the needs of children and adults who need to chew. No referral needed.

**Website:** <https://buff.ly/3sFZATY>

**Age-Range:** All Ages **Tel:** 01382 690650

**Email:** [hello@chewigem.co.uk](mailto:hello@chewigem.co.uk)

- **Dogs for Good**

National charity that trains dogs to support children with autism. No referral needed.

**Website:** <https://buff.ly/2u78zS0>

**Age-Range:** All Ages **Tel:** 01295 252600

**Email:** [info@dogsforgood.org](mailto:info@dogsforgood.org)

- **Safespaces Ltd**

Supplies custom-made safe-rooms and sleep areas for use at home, in schools, and for respite care or holidays. No referral needed.

**Website:** <https://buff.ly/3hHxn9b>

**Age-Range:** All Ages **Tel:** 01706 816274

**Email:** [info@safespaces.co.uk](mailto:info@safespaces.co.uk)

- **Support Dogs**

National charity that provides, trains, and supports specialist assistance dogs for children with autism. No referral needed.

**Website:** <https://buff.ly/2pvlJH5>

**Age-Range:** All Ages **Tel:** 0114 261 7800

**Email:** [info@supportdogs.org.uk](mailto:info@supportdogs.org.uk)

## Related Health Services

<ul style="list-style-type: none"> <li>• <b>Action for Asperger's (Northants)</b> National charity that provides counselling and diagnostic assessment services for people with autism and no learning disability. No referral needed. <b>Website:</b> <a href="https://buff.ly/3CfCiHR">https://buff.ly/3CfCiHR</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 01536 266681 <b>Email:</b> <a href="mailto:info@actionforaspergers.org">info@actionforaspergers.org</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Children's Bowel &amp; Bladder Charity (ERIC)</b> National charity dedicated to the bowel and bladder health of children and teenagers. No referral needed. <b>Website:</b> <a href="https://buff.ly/3vDsJBb">https://buff.ly/3vDsJBb</a> <b>Age-Range:</b> 0-18 Years <b>Tel:</b> 0808 169 9949 <b>Email:</b> <a href="mailto:web@eric.org.uk">web@eric.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Let's Talk Autism Ltd (Kettering)</b> Offers speech and language therapy, assessments, and animal-assisted therapy for children with special educational needs. No referral needed. <b>Website:</b> <a href="https://buff.ly/3KkEH6H">https://buff.ly/3KkEH6H</a> <b>Age-Range:</b> 0-25 Years <b>Tel:</b> 01536 353435 <b>Email:</b> <a href="mailto:hayley@talkautism.co.uk">hayley@talkautism.co.uk</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Scope - Sleep Right Northamptonshire</b> Supports families of children with SEND who have severe sleep problems and live in Northamptonshire. Professional referral only. <b>Website:</b> <a href="https://buff.ly/35RWTFQ">https://buff.ly/35RWTFQ</a> <b>Age-Range:</b> 2-18 Years <b>Tel:</b> 07875 575377 <b>Email:</b> <a href="mailto:karen.smith@scope.org.uk">karen.smith@scope.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>The National Sleep Helpline</b> Free helpline run by trained sleep advisors. Open Sunday to Thursday, 7-9pm. No referral needed. <b>Website:</b> <a href="https://buff.ly/3K8dAfg">https://buff.ly/3K8dAfg</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 03303 530 541 <b>Email:</b> <a href="mailto:helpline@thesleepcharity.org.uk">helpline@thesleepcharity.org.uk</a></li> </ul>	

## Training

<ul style="list-style-type: none"> <li>• <b>Autism Independent UK (Kettering)</b> National charity that increase awareness of ASD and organises training in TEACCH, SCERTS, and Social Stories. No referral needed. <b>Website:</b> <a href="https://buff.ly/3734Ngq">https://buff.ly/3734Ngq</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 01536 523274 <b>Email:</b> <a href="mailto:autism@autismuk.com">autism@autismuk.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pyramid Educational Consultants (PECS) UK Ltd</b> Runs training and workshops for the Picture Exchange Communication System (PECS). No referral needed. <b>Website:</b> <a href="https://buff.ly/3HJRPR8">https://buff.ly/3HJRPR8</a> <b>Age-Range:</b> All Ages <b>Tel:</b> 01273 609555 <b>Email:</b> <a href="mailto:pyramiduk@pecs.com">pyramiduk@pecs.com</a></li> </ul>
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## Don't Forget to Register for SNIX News!

The Special Needs Index (SNIX) is Northamptonshire's Disabled Children's Register. This database is dedicated children and young people (aged 0 to 25 years) who have a special educational need or a disability (SEND) and live in Northamptonshire.

Families who register for SNIX will receive a free copy of SNIX News each term, either by email or post. The magazine is full of information about local services, resources, and leisure activities for children and young people with SEND.

You can sign up for SNIX News by completing the registration form here: <https://buff.ly/3vKwtkt>.

Professionals can sign up to receive the SNIX newsletter via email by emailing their details to [Localoffer.NCC@northnorthants.gov.uk](mailto:Localoffer.NCC@northnorthants.gov.uk).

## Northamptonshire's Local Offer



This document was produced by Northamptonshire'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.ncc@northnorthants.gov.uk](mailto:localoffer.ncc@northnorthants.gov.uk)

01604 366124

One Angel Square, Angel Street, Northampton NN1 1ED

This document was co-produced with the [Northants Parents' Forum Group](#)

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