

Kids

Disabled children
say we can

Support for families in Sandwell with Autistic Children 0-25

Information on services available to
parents/carers and professionals

“When the world
says we cant, Kids
say we can”



Who are Kids?

Kids is a national charity with over 50 years' experience supporting disabled young people and their families.

Kids is on a mission to create a world where all kinds of children and young people have all kinds of opportunities.

Creating life-changing opportunities by providing a wide range of support. From early years into adulthood. Learning and development. Playschemes, adventure playgrounds and more.

We have extensive expertise in delivering autism and neurodevelopmental support services, including parent education, post-diagnosis support, peer support, working in partnership with local authorities, health services and the voluntary sector.

We empower parent/carers by:

- Providing clear, accessible and evidence-based information about autism and neurodevelopmental differences
- Supporting parents to develop practical strategies that work for them
- Creating safe spaces where parents can share experiences and reduce isolation



What is our offer in Sandwell?

We are offering a blended, accessible and evidence-informed support service for families with autistic young people aged 0–25. This combines early and post-diagnosis emotional support, practical guidance, structured learning and peer connection, ensuring families feel informed, confident and supported at every stage of their journey.

The service is grounded in neuro-affirmative, trauma-informed and strengths-based practice, recognising parent/carers as experts in their own lived experience.

Delivery will be flexible and inclusive, combining 1:1 support, parent support groups and training workshops, delivered both online and face-to-face across Sandwell.

We offer parent/carer support sessions during term time where parents can become a part of a supportive network of peers, sharing experiences.

For those families in need, there will be an offer of 1:1 support sessions, both pre and post diagnosis to help the family access the correct support

Our training workshops include:

- 10 week Healthy Parenting Programme (Online)
- 6 week 'Understanding Me' programme (face to face)
- Specialist online workshops such as Understanding Neurodiversity, Sleep, Routines and Transitions and Emotional Regulation, Anxiety and Behaviour as Communication

Healthy Parenting Programme

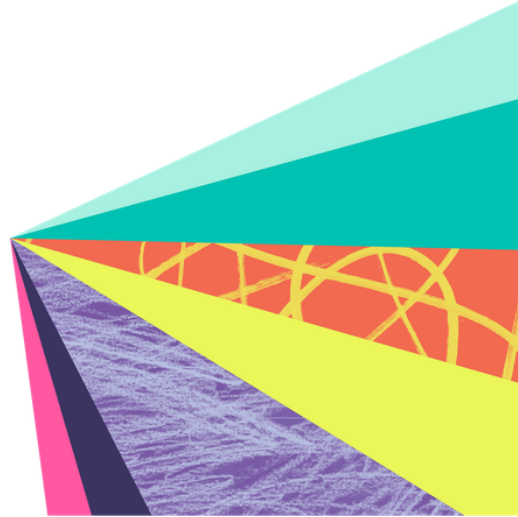
The Healthy Parent Carers programme is designed to improve parent carers' health and wellbeing by promoting empowerment, confidence, and resilience.

Parent carers face increased risks of mental and physical health problems. They often prioritise the health and wellbeing of their children and their caregiving responsibilities, sometimes to the neglect of their own needs.

Many parent carers don't feel empowered to look after their own health. They may feel too tired or stressed to engage in healthy behaviours, or feel guilty about taking time for themselves. However, poor health of parent carers can have negative consequences on their wellbeing and on their children and families.

The Healthy Parent Carers programme is delivered weekly over 10 weeks, by two trained facilitators who are parent carers themselves. The programme aims to improve health and wellbeing among parents of children with additional needs and disabilities through:

- Promoting greater empowerment, resilience and confidence of parent carers
- Taking small steps that are associated with better health and wellbeing
- Encouraging setting achievable goals and taking a problem-solving approach



Understanding Me Programme

The Understanding Me Programme is a six week, in person course of workshops to help parent/carers get a better understanding of themselves and their autistic young person.

The course consists of 6 'mini workshops' delivered over 6 mornings or afternoons weekly, each workshop will its own focus.

Parental Resilience

This covers self care, building support networks and creating time to focus on parental mental health.

Sleep

This covers the impact of sleep deprivation, understanding sleep cycles, common difficulties with sleep and routines.

Sensory Needs

This looks at understanding the range of sensory needs and providing strategies to meet these needs.

Behaviour as a Communication

This looks at understanding behaviours, the difference between meltdown and shut down and looks at strategies to combat these.

Practical Skills

A more hands on session to look at different activities that can be used to engage young people

Signposting

Looking at other local organisations that can help support families.

How to access support

In order to access any of the services mentioned in this booklet, you must register with Kids. You can do this in a number of ways

Via our website

Go to www.kids.org.uk and search for Sandwell autism service where you can find a list of all upcoming events and courses as well as a link to our online referral form

By E-Mail

You can E-Mail our support team at sandwellautismsupport@kids.org.uk to get more information about our offer and an electronic form can be provided

By Phone

You can call to speak to a member of the team on 01384 897 489 who can assist you with any enquiries. The phone line will be manned Monday to Thursday 8.30am till 4pm.

By Post

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