

## **General**

<http://www.autism.org.uk/> The National Autistic Society

<https://www.autism.org.uk/directory.aspx> Autism Services Directory for services and support for people on the Autistic spectrum, their families and people who work with them.

<https://www.autistica.org.uk/>

<https://www.ambitiousaboutautism.org.uk/>

<https://specialneedsjungle.com/>

‘Neurotribes’ by Steve Silberman <http://stevesilberman.com/>

‘Thinking in Pictures’ and ‘The Autistic Brain’ by Temple Grandin [www.templegrandin.com](http://www.templegrandin.com)

### **Inspiring ‘TED’ Talks:**

[https://www.ted.com/talks/steve\\_silberman\\_the\\_forgotten\\_history\\_of\\_autism](https://www.ted.com/talks/steve_silberman_the_forgotten_history_of_autism)

[https://www.ted.com/talks/temple\\_grandin\\_the\\_world\\_needs\\_all\\_kinds\\_of\\_minds](https://www.ted.com/talks/temple_grandin_the_world_needs_all_kinds_of_minds)

Research: <https://spectrumnews.org/author/williammandy/>

Sibling support: <https://www.sibs.org.uk/>

<https://www.youngsibs.org.uk/> for siblings between the ages of 7 and 17

<https://www.themix.org.uk/> - The Mix is a support service for young people under 25. Not ASD specific.

## **Surrey**

[www.surreylocaloffer.org.uk](http://www.surreylocaloffer.org.uk) The online hub for 0-25 year olds with special educational needs or a disability.

- Find services and support for yourself or someone you care for with SEND.
- Access a wide range of information and advice about SEND.
- Talk to other families online and share SEND experiences.
- Talk to the Local Offer team online or by phone about your SEND queries.

<http://www.nassurreybranch.org/home.html>

NAS Surrey branch meetings and events: <http://www.nassurreybranch.org/surrey-branch-meetings.html>

Tom Moore runs the Surrey Autism Partnership board, which is the closest thing to outreach/advice service for the post 16s:

<http://www.surreypb.org.uk/modx/welcome-to-the-surrey-autism-partnership-board.html>

[Thomas.moore@surreycc.gov.uk](mailto:Thomas.moore@surreycc.gov.uk)

<https://www.cyphaven.net/home/redhill/> - The CYP Haven is a safe space where you can talk about worries and mental health in a confidential and friendly, supportive environment. – Open Wednesday, Friday and Sunday, see website for further details.

## **Suggested Teenage/Parent Autism Resources and Booklist**

<http://the-art-of-autism.com/understanding-the-spectrum-a-comic-strip-explanation>

<https://www.youtube.com/watch?v=7JdCY-cdgkl> cartoon explanation of ASD



<https://www.youtube.com/user/AspieWorld1>

<http://youth.anxietybc.com/>

<https://kooth.com/> - XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. For more information about XenZone, please visit [XENZONE.COM](https://www.xenzone.com). If you're a parent looking for more information about Kooth, please email [PARENTS@XENZONE.COM](mailto:PARENTS@XENZONE.COM)

The Girl with the Curly Hair books: 'Asperger's Syndrome in 13-16year olds'; 'Asperger's Syndrome and <https://thegirlwiththecurlyhair.co.uk/>

[https://en-gb.facebook.com/pg/TheGirlWithTheCurlyHair/about/?ref=page\\_internal](https://en-gb.facebook.com/pg/TheGirlWithTheCurlyHair/about/?ref=page_internal) - Monitored social media website.

<http://martinantony.com/publications/> download publications for free, eg: overcome fear of animals

<http://astraldrivejunior.ednet.ns.ca/worksheets.pdf> materials and worksheets, 'Anxiety' by Paul Stallard

## **Books**

Can I tell you about Asperger Syndrome? Jude Welton

Kids with Autistic Spectrum Disorders, Elizabeth Verdick and Elizabeth Reeve, MD

Snivel & Shriek Guides: Transition, Wellbeing and Learning. <http://www.snivelandshriek.com/>

The ASD Workbook, Understanding your Autistic Spectrum Disorder, Penny Kershaw

With The Light: Raising an Autistic Child, Keiko Tobe

How to Be Yourself in a World That's Different: An Asperger Syndrome Study Guide for Adolescents, Yuko Yoshida

The Asperger Teen's Toolkit, Francis Musgrave

Freaks, Geeks and Asperger Syndrome, Luke Jackson

Sex, Drugs and Asperger's Syndrome, Luke Jackson

How to Start, Carry On and End Conversations, Paul Jordan

The Reason I Jump, Naoki Higashida

The Whole-Brain Child (and Workbook), Dr Daniel Siegel and Dr Tina Bryson

The Asperkid's Secret Book of Social Rules, Jennifer Cook O'Toole - List of do's and don'ts from Page 27

Revealing the Hidden Social Code, Marie Howley and Eileen Arnold

Can I tell you about Anxiety? Lucy Willets and Polly Waite

Little Book series: The Little Book of Exam Skills Kate Brookes; The Little Book of Exam Calm, Anita Naik

Starving the Anxiety Gremlin, Kate Collins-Donnelly

Starving the Stress Gremlin, Kate Collins-Donnelly

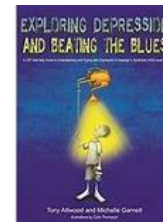
Starving the Anger Gremlin, Kate Collins-Donnelly

Overcoming Your Child's Fears and Worries, Cathy Creswell and Lucy Willetts

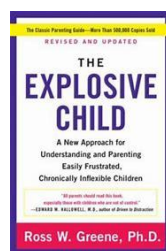


'Live Out Loud' and 'It's all in the mind, Don't Sweat the small stuff', Marilyn Tucknot, publisher Koa Ltd

Exploring Depression, and Beating the Blues, Tony Attwood and Michelle Garnett



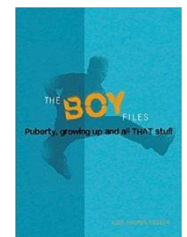
The Explosive Child, Ross W. Greene



The Growing Up Book for Boys by Davida Hartman



The Boy Files - Puberty, growing up and all that stuff by Alex Hooper-Hodson



## Girl specific

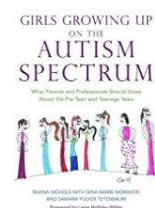
Girls with Autism Channel 4 clip: <https://www.channel4.com/news/girls-affected-by-autism> 8.16mins

<http://www.nasen.org.uk/resources/resources.girls-and-autism-flying-under-the-radar.html>

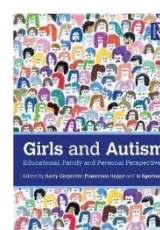


<http://www.limpsfieldgrange.co.uk/> Film clips and ITV Documentary, and our book, 'M is for Autism' and 'M in the Middle'

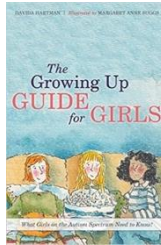
Girls Growing Up on the Autistic Spectrum Shana by Nichols with Gina Marie Moravcik and Samara Pulver Tetenbaum



Girls and Autism - Educational, Family and Personal Perspectives Edited by Barry Carpenter, Francesca Happé and Jo Egerton



The Growing Up Guide for Girls by Davida Hartman



<http://aspie-girl.blogspot.co.uk/>

<https://www.bbc.co.uk/news/uk-england-devon-45422985>

'Girl in a mask' draws out school fears [www.bbc.co.uk](http://www.bbc.co.uk) - Jessi C'Artoon has autism and draws to express her anxiety over moving from primary to secondary school.



Purple Ella - <https://www.youtube.com/user/purplemumify>

<https://network.autism.org.uk/good-practice/case-studies/autism-and-mental-health>

Autism and mental health

Ella Tabb, [a blogger](#), YouTuber and autism speaker, discusses her mental health difficulties prior to her autism diagnoses in her 30s. She explores how unmasking and strategies such as mindfulness have helped to improve her mental health.



<https://network.autism.org.uk/knowledge/insight-opinion/energy-accounting-interview-maja-toudal>

Energy accounting: an interview with Maja Toudal

**“Energy accounting = balancing energy draining activities with energy replenishing activities and rest. For autistic people, energy accounting reduces anxiety and overload.” Purple Ella**



## Gender

<https://www.mermaidsuk.org.uk/> - Mermaids supports children and young people up to 20 years old who are transgender and/or gender diverse, and their families, and professionals involved in their care.

<https://www.genderbread.org/>

## Studying, Planning, Organising and Revising

Top Tips for Asperger Students, Rosemary Martin

The Study Skills Handbook, Stella Cottrell

[www.educationoasis.com/printables/graphic-organizers/](http://www.educationoasis.com/printables/graphic-organizers/)

[www.gojimo.com](http://www.gojimo.com) - the free app to help you pass exams!

<https://bubbl.us> - the first 3 mind maps that you create are free

www.quizlet.com - create flashcards. Interactive games, study modes and practice tests make learning fun!

<https://getrevising.co.uk/planner> - be organised and create a revision study planner

## **Autism Apps**

Breathe2Relax (4.5 stars on App Store, 4.1 stars on Google Play)

Quickshift Apps. Look at the Vitallinks site, Sensory Modulation & Regulation: Regulations 1 and 2.

<https://www.vitallinks.net/pages/Quickshifts-Album-Descriptions.php>

<https://vitallinks.com/quickshifts/for-parents/>

<https://vitallinks.com/support/documents/therapeutic-listening-app/> - download instructions



<https://www.autistica.org.uk/get-involved/molehill-mountain-app> - Molehill Mountain is designed to help autistic people understand more about their anxiety. The app is based on Cognitive Behaviour Therapy (CBT) approaches adapted for autistic people and developed from a paper toolkit focused on psychoeducation, created and evaluated by Professor Emily Simonoff. Molehill Mountain is co-owned by Autistica and King's College London.



Headspace App



Calm App



<http://braininhand.co.uk/>

**braininhand**  
personal technology for independent living

**This is not an exhaustive list, but somewhere to start the journey and supplement knowledge and skills. For more information or guidance contact:**

[debbiewalfordoutreach@limpsfield-grange.surrey.sch.uk](mailto:debbiewalfordoutreach@limpsfield-grange.surrey.sch.uk)

[dihilloutreach@limpsfield-grange.surrey.sch.uk](mailto:dihilloutreach@limpsfield-grange.surrey.sch.uk)

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