



Useful Contacts – Parents and Carers

[Diagnostic pathway West Essex](#) – JADES – what happens and how to refer

- [Essex Local Offer](#) – Information about support and activities available for Families and young people
- [SPACE](#) – One to One support phone calls – workshops – Community and school events
- [Autism Central](#) One to one support – resources – information on a wide range of subjects
- [SENDIASS](#) [Helpline: 01245 204338](#) free, confidential, and impartial information, advice, and support – (SEND) Parents / carers & young people
All related to Education – Social Care
- [Families in focus](#) [Helpline: 01245 353575](#)
Advice and support to families (SEND) – Education – Benefits,
- [Essex Family Forum](#) – Supporting your ND Child Booklet
EFF gather and represent Parent views and experiences to influence and inform local services
- [ADHD Plus Support](#)
Local charity – lived experience – workshops- meet ups
- [Autistic Parents uk](#) Peer support –podcasts and videos and more
- [Autism Understood website](#) for young people and families who want to learn from a Neuroaffirming perspective.
- [Action for Family Carers](#) <https://affc.org.uk/>
Support for all ages – including young carers, Parents & time for you grants



Qr code to link to our contact form on website