

Recommended Information about Autism

National Autistic Society (NAS) -
autism.org.uk

Autism and Mental Health | Signs & Symptoms of Autism | YoungMinds:
<https://www.youngminds.org.uk/young-person/mental-health-conditions/autism-and-mental-health/>

Autistic Spectrum Condition (ASC): Healthier Together
<https://www.what0-18.nhs.uk/health-for-young-people/mental-health-and-wellbeing/autistic-spectrum-condition-asc>

Autism Central for parents and carers:
<https://www.autismcentral.org.uk/>

NHS Dorset Neurodiversity hub - support for adults and young people:
<https://nhsdorset.nhs.uk/neurodiversity/>

Ambitious about Autism | National charity for autistic children and young people
<https://www.ambitiousaboutautism.org.uk/>

Autism Understood – A website written by autistic young people:
<https://autismunderstood.co.uk/>

The Curly Hair project - Helping girls on the autistic spectrum:
<https://thegirlwiththecurlyhair.co.uk/>

And a good book for teenagers:
[A Different Sort of Normal \(penguin.co.uk\)](https://penguin.co.uk)

Current Courses for Parents/Carers of autistic children

Skills and Learning ACE - Adult Learning and Education Courses:

<https://www.skillsandlearningace.com/>

Family Learning: Autism Awareness (1 week)

King's Park Leisure & Learning Centre, Bournemouth, 28
Sept 10-1pm

Dorchester Library and Learning Centre, 14 October
10am-1pm

Blandford Adult Learning Centre – 6 November 9.30-12.30
Online – 5 November 10am -1pm or 7 November 18.00-
21.00

Family Learning: Understanding and Supporting Autism - Duration - 4 weeks

Blandford Adult Learning Centre - 2 October 2024 ,
9:00am – 12.00

Weymouth Library – 12 November 10am- 12.00

Ocean Academy, Poole - 13 January 2025 9.30-11.30 (5
weeks)

Dorchester Library - 20 January 10am – 12