



Advice for Parents & Carers about ASD and ADHD support in Bromley

At Bromley Y, we understand that looking after an autistic child or a child with ADHD can make huge demands on your time and energy, causing emotional strain. We recognise that this may leave you feeling exhausted, particularly now when respite options are limited, and this no doubt puts pressure on your family relationships and entire family life.

We list below some of the resources available to you in Bromley and Nationally which may help you find the support you need.

Where can I go for support in Bromley?

- In Bromley we have three organisations that understand and can help with the difficulties you are facing with your **Autistic** child:

Bromley Mencap : <http://www.bromleymencap.org.uk> and,

CASPA : <https://caspabromley.org.uk/>

Bromley Children Project - the Cygnet parent course for parents of children with social communication difficulties and ASD (the child does not have to have a formal diagnosis to attend).

https://www.bromley.gov.uk/info/200071/parental_support/769/bromley_children_project

- For families with children with **ADHD** symptoms and challenging behaviours, Bromley Children Project run regular courses for parents

Bromley Children Project:

https://www.bromley.gov.uk/info/200071/parental_support/769/bromley_children_project

- For families with children who have complex medical needs, ASD and Special Educational Needs and Disabilities. The Maypole Project offers family support, respite outings and therapies.

The Maypole Project:

<https://www.themaypoleproject.co.uk/>

Is there any support for me as a Parent, Carer in Bromley?

Bromley Well provides support to people in Bromley borough who are caring for others.

Bromley Well - Carers (for Adult carers) and Young Carers (for child carers):

<https://www.bromleywell.org.uk/our-services/carers/>

How can I have my child diagnosed for Social Communication difficulties in Bromley?

Bromley Community Paediatricians are responsible for the diagnoses of these conditions in the London Borough of Bromley. A referral to the Community Paediatricians is best made by your child's school (because they know your child best and can work with you to understand the difficulties faced both at home and at school). Speak to your school Special Educational Needs co-ordinator (SENCo) is a good step, but GPs are also able to make these referrals.

If you find difficulty with the process of having your child diagnosed, the **Bromley Information Advice and Support service** is there to help you: [Bromley IASS Service](#)

Here is some NHS advice about Autism (with links to national organisations)

NHS: <https://www.nhs.uk/conditions/autism/support/>

Here are some links to advice available about ADHD :

Young Minds - ADHD: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-adhd/>

National ADHD Foundation: <https://www.adhdfoundation.org.uk/>