

STAR Signposting Resource List for Settings

STAR is a family service which supports families while they are awaiting an autism or autism & ADHD assessment with Brent Paediatrics or Brent CAMHS.

Support Local to Brent / London

Please see the STAR page of the Best Brent website for the STAR Signposting List for Families.

Brent Parent Carer Forum

Brent Parent Carer Forum offers information, support and friendship for families of children and young people aged 0-25 with special educational needs and disabilities (SEND). There is a wealth of information, support, training and signposting to a range of resources. The group also meets virtually and in person.

The website link www.brentpcf.org

The email address: admin@brentpcf.org

Brent Special Educational Needs and Disabilities (SEND) Local Offer

Information and advice for children and young people from 0 to 25 with special educational needs and disabilities (SEND) and families of Brent residents.

The website link is: www.brent.gov.uk/services-for-residents/children-and-family-support/the-brent-local-offer/

Brent Local Offer: Neurodiversity

Find help and advice to support the needs of children at all stages of their neurodiverse journey.

The website link is: [Neurodiversity | Brent Council](#)

Cygnets Programme

Cygnets is a parenting support programme for parents, shared carers and family of children and young people (aged 5-18 years) with an Autistic Spectrum Condition. The programme runs over 7 weeks in 3 hour weekly group sessions. Cygnets programme covers a number of topics, including autism and diagnosis, communication, sensory issues and understanding and managing behaviour.

The website link: www.brent.gov.uk/children-young-people-and-families/support-for-parents-and-families/parenting-support-services/interest-in-parenting-course

Brent Parenting Programmes

Brent offers a range of different parenting programmes at different locations across the borough. This includes The Cygnets Programme, a programme for parents / carers of autistic young people.

For information contact: parentingprogrammes@brent.gov.uk

Tel: 0208 937 4417

Brent Mencap

This service is the leading voluntary sector organisation in Brent working with and on behalf of people of all ages with a learning disability. They run various projects and services and do campaigning work, to promote independence.

The website link is: <https://brentmencap.org.uk/>

Centre for ADHD and Autism Support

Charity based in Harrow offering support for families of autistic children and young people and / or ADHD or are awaiting a neurodevelopmental assessment. They also offer a range of training sessions and drop in sessions.

The website link: www.adhdandautism.org

Attention Deficit Disorder Information & Support Service

Charity based in Edgware offering people-friendly information about ADHD for families, educators, and professionals.

The website link: **ADDISS**

SEND 0-25 Team

This service works closely with parents / carers, educational settings, health and social care services. Each school in Brent is allocated a case officer who is the main point of contact.

A Case Officer in SEND 0-25 Team, is your key point of contact for your child / young person with an Education, Health and Care Plan (EHC Plan previously known as a Statement).

Phone: 0208 937 3229

Special Educational Needs and Disabilities Information Advice and Support Services

(SENDIAS): This service offers information, advice and support for parents and carers of children and young people with special educational needs and disabilities.

The service is confidential and a space for parents / carers to discuss any worries or concerns they may have regarding their child's education. This team can support with any questions they may have and if they require support with communicating with their child's educational placement.

Email: sendias@brent.gov.uk

Phone: 0208 937 3434

Speech and Language Therapy Service

Phone: 0208 102 3456

Occupational Therapy Service

Phone: 020 8438 7270

Brent Child and Adolescent Mental Health Service (CAMHS)

Phone: 0203 317 5050

Brent Centre for Young People

Brent Centre for Young People offer a number of talking therapies for young people which include individual therapies, group therapies, Sport and Thought and family therapy & parent support.

The website link: <https://www.brentcentre.org.uk/>

Email: info@brentcentre.org.uk

Phone: 0207 328 0918

Wellbeing and Emotional Support Team (WEST)

WEST is a service who provide short term therapeutic support to children and young people and can also support families. They usually offer 6-8 sessions. Schools and parents can make a WEST referral.

Phone: 0208 937 2141

Hestia / Harrow Cove

Harrow Cove is a service where individuals can go if they are experiencing a mental health crisis. You can simply turn up, no appointment necessary.

The website link: <https://www.hestia.org/harrow-cove>

Email: info@hestia.org.cjsm.net

Phone: 020 7378 3100 (open between 9am and 5pm)

Brent Family Well Being Centres

Provide a range of free community led services for parents / carers for 0 -25 years (for children with special educational needs) at eight centres across the borough.

Visit the Brent Council website for how to register and the location of your nearest centre

www.brent.gov.uk

Preparing for Adulthood

SEN Connexions: Jane Porteous

Prospects Services part of Shaw Trust

Phone: 020 8438 1650 / Mobile: 07717 224787

Email: jane.porteous@prospects.co.uk

Preparing for Adulthood Brent Website

A wealth of information and resources www.brentyouthzone.org.uk/pfa

Enuresis Service: This service supports any questions or concerns families may have regarding toileting skills for their child.

Phone: [020 8438 7058](tel:02084387058)

Disability Living Allowance (DLA) and Personal Independent Payments (PIP for 16years and older)

Families may be entitled to some government support for their child.

The website link: www.gov.uk/browse/disabilities

Websites / Organisations

ERIC

The Children's Bowel and Bladder Charity

The website link: www.eric.org.uk/constipation-and-autism/

Cerebra

A national charity for families of children with neurodevelopmental differences (including autism) which can offer general support and advice as well advice on sleep difficulties.

The website link: www.cerebra.org.uk

PEACE Pathway

PEACE is a Pathway for Eating disorders and Autism developed from Clinical Experience. Our research suggests that around 35% of people experiencing an eating disorder may be autistic, or present with high levels of autistic traits. We hope this pathway will support autistic people suffering with an eating disorder, their loved ones and their clinicians.

The website link: <https://www.peacepathway.org/>

Speech & Language UK

Speech & Language UK is a charity which provides knowledge and resources to support children and young people with speech, language and communication needs. The charity offers practical help for parents who are concerned about their child, as well as community outreach programmes and training and support for early years and school professionals.

The website link is: [Speech and Language UK: Changing young lives](#)

Tiny Happy People

Simple activities and play ideas to develop children's communication skills. Ideal for children in early years.

The website link is: [Children's language development and parenting advice - BBC Tiny Happy People](#)

Speech & Language Kids by The Slip Solution

Provides step by step posts on how to work on different skills. You'll also find developmental norms for language development, some free resources to print off and also two podcasts.

The website link is: [Speech And Language Kids – By The SLP Solution](#)

Speech Teach

Provides speech therapy resources for parents and professionals supporting children and young people with speech and learning differences.

The website link is: [Speech Therapy Resources : Speech and Language Therapy Ideas and Downloads \(speechteach.co.uk\)](http://speechteach.co.uk)

Mommy Speech Therapy

Provides many free downloadable & printable resources that you may find useful for a child or young person who has speech sound differences.

The website link is: **[Mommy Speech Therapy](#)**

Best Brent: STAR

You can access a variety of free downloadable resources designed to support neurodiverse children. These resources cover important topics such as understanding neurodiversity, enhancing communication and language skills and promoting self-help and independence.

The website link: **<https://www.bestbrent.co.uk/Page/30947>**

Lexxic

Lexxic provide neurodiversity support to organisations around the world and are the partners of Neurodiversity Celebration Week.

The website link: **<https://lexxic.com/>**

The X (formerly Twitter) link: **<https://x.com/LexxicLtd>**

The Instagram link: **<https://www.instagram.com/lexxicltd/>**

Reachout ASC

An online resource sharing a wide range of resources, free and paid training and support for families and professionals.

The website link: **www.reachoutasc.com**

Not Fine in School

A Parent-led organization empowering families and raising awareness of school attendance barriers.

The website link: **www.notfineinschool.co.uk**

Black SEN Mamas

A community designed to empower and support black mothers of young people with SEND.

The website link: **<https://blacksenmamas.com/>**

Autistic Parents UK

Autistic Parents UK CIO was founded in 2020 by Autistic parents seeking connection and support. They offer support services, resources, education and a community for Autistic parents.

The website link: <https://www.autisticparentsuk.org/>

STAR handouts

STAR has a wide range of handouts to support with a range of topics.

STAR resources are free to download here, on the Best Brent website:

<https://www.bestbrent.co.uk/Page/30947>

Some key resources include:

Universal Guidance and Recommendations - a resource that provides the key components for supporting neurodiverse students.

What is Neurodiversity? – A handout which explains the natural variation in how people's brains work, including differences like autism, ADHD and dyslexia.

Zones of Regulation – A resource designed to allow us to recognise, acknowledge and regulate our own emotions.

School Sensory Checklist – A resource to effectively help you to understand children's differences.

Guiding Your Family in Supporting Neurodiverse Children – A guide which outlines ways to help families support and understand their neurodivergent child.

Reminders for Supporting Neurodiverse Children – A one page resource which outlines key reminders for supporting neurodiverse children and young people.

Below are some books, podcasts, YouTube clips and films that may be of interest to you. These are just a sample of resources that are available for supporting neurodiverse children and young people.

Books

Non-fiction books

[The Power of Neurodiversity: Unleashing the Advantages of Your Differently Wired Brain](#) by [Thomas Armstrong](#) - Develop a new understanding of neurodivergence with this thoughtful exploration of the human mind.

[My Thirteenth Winter](#) by [Samantha Abeel](#) - Abeel describes how her life was affected by her learning disability before and after she was diagnosed, and the way her peers, her family and her teachers treated her.

[A Different Sort of Normal](#) by [Abigail Balfe](#) - Abigail Balfe charts her experiences of growing up neurodivergent, offering candid and powerful insights into autism.

[I am Not a Label](#) by [Cerrie Burnell](#) - In this stylishly illustrated biography anthology, meet 34 artists, thinkers, athletes and activists with disabilities, from past and present.

[The Incredible Five Point Scale](#) – this is a practical book to support neurodivergent young people understand and manage their feelings and emotions.

[When my Worries Get Too Big](#) by [Kari Dunn Buron](#) – this book supports students managing their worries in a practical way.

[The Goldfish Boy](#) by [Lisa Thompson](#) – this is a story about finding friendship when you're lonely - and hope when all you feel is fear.

[Autism-Friendly Guide to Periods by Robyn Steward](#) – Robyn is an autistic adult who has created an easy-to-read guide to growing up and periods for girls.

[Can't Not Won't by Eliza Fricker](#) - A brilliant book that explains what it is like for a child

experiencing Emotionally Base School Avoidance (EBSA) from a child/family perspective, with some guidance from professionals. The 'Can't Not Won't' message is an important one for everyone in understanding anxiety.

[Stop the World by Jodie Clarke](#) – A guide to understanding and supporting the recovery of autistic burnout in children and young people.

[The Teenager's Guide to Burnout by Dr Naomi Fisher & Eliza Fricker](#) – An essential guide for all teenagers experiencing stress and burnout.

Fiction books with neurodivergent main characters

[Focused by Alyson Gerber](#) - a story of a girl caught between her love of chess and her ADHD.

[Planet Earth is Blue by Nicole Panteleakos](#) – A heartrending and hopeful debut novel about a nonverbal girl and her passion for space exploration.

[Can You See Me by Libby Scott](#) – Libby co-wrote this book and is an autistic teenager. She has now written fiction stories about an autistic teenager starting secondary school.

[Tune it Out by Jamie Sumner](#) - a moving novel about a girl with a sensory processing disorder who has to find her own voice after her whole world turns upside down.

[Tornado Brain by Cat Patrick](#) - In this heartfelt and powerfully affecting coming of age story, a neurodivergent 7th grader is determined to find her missing best friend before it's too late.

Podcasts

Sue Larkey Podcast: Sue is an Australia teacher with a wealth of practical experience supporting autistic students. Her podcasts covers a range of subjects from sharing a diagnosis, autistic girls, anxiety and calm corners.

The Neurodiversity Podcast: The Neurodiversity Podcast talks with leaders in the fields of psychology, education, and beyond, about positively impacting neurodivergent people.

Exploring Different Brains: is a weekly interview show hosted by neurodiversity advocate Harold Hackie Reitman, MD. Listen to some of the most interesting people involved in autism, Asperger's, dyslexia, ADHD, OCD, down syndrome, and any condition that can be considered neurodiverse.

Uniquely Human: The Podcast: the Podcast expands the conversation on autism and neurodiversity by amplifying the voices of autistic individuals and thought leaders in providing insightful, cutting-edge, and practical information about the autistic experience.

Sensory W.I.S.E: Occupational Therapist, Laura Petix, gives advice on the impact of sensory processing and how it can impact feelings, learning and behaviour, as well as advice as to how to support children's sensory needs.

Divergent Conversations: Dr Megan Anna Neff and Patrick Casale are two neurodivergent therapists who talk about their own lived experiences in a neurotypical world, as well as giving guidance and support.

Videos/ YouTube Clips

Professor Answers Neurodiversity Questions: Professor Matt Lerner, PhD joins WIRED to answer the internet's burning questions about neurodiversity.

[Professor Answers Neurodiversity Questions | Tech Support | WIRED](#)

Failing at Normal: An ADHD Success Story: Jessica McCabe tells a story of her life. Once a gifted child with a bright future, who later lives a life of constant failures because one thing – her ADHD diagnosis.

[Failing at Normal: An ADHD Success Story | Jessica McCabe | TEDxBratislava - YouTube](#)

Autism, Neurodiversity, and Living Unmasked with Dr. Devon Price and Fern Brady: A conversation about autism, neurodiversity and living unmasked between Dr. Devon Price, social psychologist, professor, and the author of Unmasking Autism, and Fern Brady, comedian and author of the internationally bestselling memoir Strong Female Character.

<https://www.youtube.com/watch?v=zyHEr4gUoNg>

Amazing Things Happen: This film gives an uplifting introduction to autism for young non-autistic audiences, aiming to raise awareness, understanding and tolerance in future generations.

[Amazing Things Happen - by Alexander Amelines - YouTube](#)

Ambitious about Autism: Young people describing what a meltdown feels like:

<https://www.youtube.com/watch?v=zseDI1V-BqU>

How to Talk to a Child about their Autism: Isaac's story – Isaac and his mother talk about how his diagnosis was shared.

<https://www.bbc.co.uk/news/av/education-51877434>

What is Neurodiversity?

[What is Neurodiversity \(The DERS Guide\) ~ Autistamatic](#) – A simple explanation of what Neurodiversity is, for anyone of any age.

[What is Neurodiversity \(The DERS Guide\) ~ Autistamatic - YouTube](#)

[Making Sense of Sensory](#) – An introduction to the understanding of Sensory Issues when caring for a child or young person with SEND.

[Making Sense of Sensory Issues - YouTube](#)

TV Programmes / Series and Films

TV Programmes

[The Assembly](#): On BBC iPlayer and Youtube – A group of neurodivergent adults interview celebrities.

[Atypical on Netflix](#): This fictional series follows the family life of Sam who is 18 year old autistic student navigating his life. His special interest is penguins and penguins are used to describe how Sam's autism presents but also how he develops his understanding of others.

This series shows Sam's different relationships with peers and his family and how his autism is his strength and how it challenges him.

[The A Word on BBC1](#): This fictitious series follows the life of Joe, an autistic young person and his life from getting his diagnosis, starting school and navigating day to day life. The series focuses on the family and how they learn to understand Joe.

[Inside Our Autistic Minds with Chris Packham on BBC iPlayer](#): A two-part documentary looking at a range of experiences of autistic adults.

Do I Have ADHD? On BBC1: Kirsty Craib has spent the last eight years trying to get an ADHD assessment but has had no success.

Love on the Spectrum on Netflix: A reality show about Autistic adults looking for love, demonstrating their empathy, compassion and desire for meaningful relationships.

The Speed Cubers on Netflix: This documentary follows the World Cube Association World Championships and their competitors. Max is autistic and is a champion cuber. This documentary not only showcases his amazing ability but how his social understanding develops by participating in these competitions. It highlights the benefits of supporting and nurturing a young person's strengths and interests.

Films

A is for Autism: A film made by autistic adults to describe what autism is through drawings and animation.

The Disruptors: The film Disruptors takes an immersive look at our approach to ADHD that debunks the most harmful myths, and examines the flip side of this trait that ultimately offers a revelatory understanding of the diagnosis, and real hope for millions of kids, families and adults with ADHD.

This is Going to be Big: A heart-warming coming-of-age story as teens living with disabilities share their dreams and challenges while preparing for their high school musical.

Percy Jackson & the Olympians: The film explores the life of a young boy called Percy Jackson who has ADHD and dyslexia. Follow Percy navigate a world that doesn't always understand his unique perspective.