

Autism Support Guide

East Lancashire

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Carers Link
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www.carerslinklancashire.co.uk

Adult Services

Adam's Activity Ark - Mrs Dowson's Farm, Blackburn. Offers programmes for adults with learning difficulties in woodwork, horticulture, healthy living, small animals/large animals/poultry. For more information email info@adamsactivityark.co.uk

Café Autisan - Whalley Abbey Grounds, BB7 9SS. Café supporting autistic individuals. Contact Rachel via 01254 828937 / rachel.black@nas.org.uk

Friends of Rhyddings Park (Oswaldtwistle) Walk N Talk - for people with Learning Disabilities & Autistic People. Wednesdays 10.30-12noon. £1, followed by brew and cake. Meet at the The Coach House in park. Booking required via rhyddingspark@yahoo.com

Just A.S.C. Us (Autistic Spectrum Community) - "Run by Autistics for Autistics" 18+ living in and around Accrington, Clitheroe and Burnley. Social events, wellbeing sessions, mentoring and 1-1 support. Contact daniellewainwright@icloud.com for locations and times.

My Step Up - Brownhill Farm, Blackburn, BB1 9RG. Paid-for farm based day centre for adults with learning difficulties and autism (Animal care, collecting eggs, feeding chickens, general DIY). Open Mon-Fri 9.30-15.30. Contact 07504 759164 / mystepup.co.uk

Neuro-Dy-Namix sessions - Arts and crafts for 18+. £1 per session Mondays 10-12noon at Care Network Hub (opposite Blackburn Central Library). Mindful journaling for 16+. Wednesdays 10-12noon at Witton Park (building next door to the cafe). Free bike riding afterwards (accessible bikes available). Contact Bev - 01200 374438/ 07759441535

Rainbow Café - Blackburn Rovers Community Hub, Ewood. Wednesdays 12-2pm. Meet up session for neurodivergent individuals or members of the LGBTQI+ community who are 18+.

Re:Fresh - Blackburn. Run sessions for 16+ with learning disabilities and autism, including archery, adapted cycling, swimming, sports, gym, dancing & football. Please check website timetable for up-to-date events. Small fees, carers go free. Contact: www.refreshbwd.com

Spring Into Action North West: Oswaldtwistle Mills Business Centre, BB5 0EY. Money management, social events, sex education and a friendship and dating agency for people with a learning disability and autistic adults. 01254 457026 / www.spring-projects.co.uk/

Respite for children

Big Blue Door - Albert Street, Oswaldtwistle. Contact: Andrea or Kerry on 01254 278378 Providing day care and overnight respite at the centre for children and young people 0-25yrs with a range of needs including autism and complex disabilities. Referral needed via social worker.

YourChoice SEND Residentials - Cedar Street, Accrington. YourChoice offer an equal and inclusive outreach respite service. Contact them via 07947230923 or info@yourchoiceresidentials.co.uk

Child services/support available

Play and fun:

Cinema screenings: Vue Accrington hosts an autism-friendly screening at 10:30am on the last Sunday of every month. CEA cards can be purchased from age 5 to get a free carer ticket. These are £6 and need renewing each year. Purchase through: www.ceacard.co.uk

Autism-friendly Trampoline sessions: Jump Works Trampoline Park, Accrington. Mondays 6-7pm

Burnley FC Sensory Room: A safe and calming space with unrestricted views of the pitch from behind a sound-proof glass window. Book via www.burnleyfootballclub.com/more/fans/turf-moor-sensory-room

Sensation - The Sensory Gym: 43a Market St, Church, Accrington, BB5 0DP. Various sessions available including SEN. Pre-book online www.sensationgym.co.uk

Holistic Child & Family Therapy at The Sensory Sanctuary: 69 Park Road, Gt Harwood BB6 7RW. Private service offering sensory profiles, counselling, 1:1 family sessions, Reiki, training and consultations. Contact www.holisticchildandfamilytherapy.co.uk. Sensory room available for private hire booked through: www.thesensorysanctuary.co.uk

Support services

'Special People' Parent/Carer Group at Autisan Café at Whalley Abbey: 1st Tuesday of the month 10-12noon. Contact specialpeoplelancs@gmail.com

Family Autism Service with Child Action North West: offers Parent support groups, signposting, advice and information, workshops and courses including Cygnet course and Autism Awareness course, SEN sessions and 1:1 support. Contact autism@canw.org.uk 01254 244706

SENDIASS: Gives parents/carers children/young people (age 0-25), schools and professionals the opportunity of working together to meet the special educational needs and disability of the individual pupil. They provide information, advice and support on EHC plans, admission process and school exclusion. Contact Jane Partington on 01254 503049 / jane.partington@communitycvs.org.uk / www.communitycvs.org.uk/sendiaass/

East Lancashire Bladder & Bowel Service: Self-referral service for bladder and bowel services. Contact 01254 359129

Paediatric Learning Disability Service: The Mount, Accrington, BB5 6AS. Service for moderate-severe learning disabilities up to age 18, providing a range of nursing interventions and therapies, behaviour interventions, promotion & maintenance of health and wellbeing. Parents can self refer via LDRReferralHub@lancashire.nhs.uk or phone. Contact 01254 226480

Home Start: Works alongside families with at least one child under 7 helping in many areas such as emotional and financial advice. They provide a lifeline for many families when things are difficult. Contact 01254 692613 or www.home-start.org.uk. Referral needed from GP/ Social or Child Care Practitioner/ Health Visitor

Monthly Support Group

Are you caring for someone living with ASD?

If yes you are welcome to join us once a month for a chat over a cuppa.

Our staff will be available to offer support, advice & answer any questions.

It is also an opportunity to share experiences and support one another.

Accrington: 1st Thursday of every month. 10am - 12 noon
Carers Link Accrington
Community Facility,
Blackburn Road, BB5 1LE

STARTING FROM 10TH JANUARY 2025

Burnley: 1st Friday of every month. 10am - 12 noon
Downtown, Charter Walk Shopping Centre,
Burnley, BB11 1py



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