



## **The National Autistic Society Scotland Support for Parents and Carers in the Highlands**

The National Autistic Society (NAS) Scotland is part of the UK's leading charity for people with autism (including Asperger syndrome) and their families. We provide information, support and pioneering services, and campaign for a better world for people with autism.

If you are a parent or carer in the Highlands, you are not alone.

The National Autistic Society Scotland has an information service specifically for you; we can help you with information about any issue to help you and your child. This includes providing guidance on a wide range of issues such as behaviour, social skills, sensory issues and sleep. We welcome enquiries from young people as well as parents and carers. If there is any issue which is concerning you, we can help.

**If you would like information or support please contact the Highland Information Officer on 01463 720056 or email [highland.informationofficer@nas.org.uk](mailto:highland.informationofficer@nas.org.uk).**

We can also tell you about local support groups and local events. This includes the Pines Autism Information Sessions and New Parent Drop-in sessions in Inverness, training courses and the local NAS branch.

We also support the Pines library in Inverness which is the largest library on autism in the Highlands. The library is open every day from 10am-4pm. Books and other materials are available to borrow at no cost for 4 weeks at a time. For details please call The Pines 01463 720030.

### **OTHER SERVICE PROVIDED BY THE NATIONAL AUTISTIC SOCIETY (NAS) SCOTLAND**

#### National Autistic Society Moray and Nairn Branch

The NAS Moray and Nairn branch is a parent branch run by parents. The branch welcomes families from across Highland. Membership is free and you can see more information about their events by looking at their website and their Facebook page.

- <https://www.facebook.com/nasmorayandnairn>
- <http://nasmorayandnairn.org/>

### National Autistic Society Website

The NAS website has a wealth of information to support you and your child.

- See [www.autism.org.uk](http://www.autism.org.uk)

### National Autistic Society Parent to Parent telephone service

NAS Parent to Parent (P2P) is a UK-wide confidential telephone service providing emotional support to parents and carers of children or adults with autism. Just call and leave a message to connect with another parent who can support you.

- Call 0808 800 4106. This is free from landlines and most mobiles.

### National Autistic Society Education Rights

The NAS Education Rights Service provides impartial, confidential information, advice and support on education rights and entitlements for parents and carers of pre-school and school-age children with autism to help them get the educational support their child needs.

- Call (leave a message on the answering service) 0808 800 4102

- or email: [educationrightsscotland@nas.org.uk](mailto:educationrightsscotland@nas.org.uk)

### National Autistic Society Welfare Rights

The Welfare Rights Service offers advice and information on all aspects of social security benefit entitlement. This includes advice on which benefits you may be entitled to, general advice on completing claim forms, what to do if you think a decision is wrong and how to appeal to a tribunal.

- Email the Welfare Rights Service at [welfare.rights@nas.org.uk](mailto:welfare.rights@nas.org.uk) to book a telephone appointment, or to ask advice by email. The service aims to reply within 10 working days.

- Or call 0808 800 4104, the Autism Helpline. The Helpline will take details of your query and arrange a telephone appointment.

### National Autistic Society Community

The Community is an online network for people on the autism spectrum, their carers and relatives, professionals working around autism and other interested people to share their thoughts and experiences.

- See <http://community.autism.org.uk/>

### National Autistic Society Autism Services Directory

The Autism Services Directory is an online UK-wide database designed to help people with autism, their families and the people who work with them professionally to find out more about the services available.

- See [www.autism.org.uk/directory](http://www.autism.org.uk/directory)

## **MEMBERSHIP OF THE NATIONAL AUTISTIC SOCIETY**

By joining the National Autistic Society you will be supporting the work of the NAS on a national and a local level. As a member, you will receive a welcome pack and *Your Autism Magazine* four times a year.

- See <http://www.autism.org.uk/get-involved/membership.aspx>

- Or call 0808 800 1050
- or email [supportercare@nas.org.uk](mailto:supportercare@nas.org.uk)

## **CONTACT THE NATIONAL AUTISTIC SOCIETY SCOTLAND**

### **NAS HIGHLAND INFORMATION OFFICER**

***Telephone: 01463 720056***

***email: [highland.informationofficer@nas.org.uk](mailto:highland.informationofficer@nas.org.uk)***

***The Pines, Drummond Road, Inverness IV2 4NZ***

### **NAS AUTISM HELPLINE**

The Autism Helpline provides impartial, confidential information and advice for people with autism spectrum disorders and their families and carers.

***Telephone: 0808 800 4104***

***Lines are open 10am-4pm, Monday to Friday (free from landlines and most mobiles).***