

- MindEd – Free educational resource for children and young people’s mental health
<https://www.minded.org.uk/>
- Off The Record – Free mental health advice
<http://www.otrbristol.org.uk/>
- Autism support – Play activities for children with Autism in South Glos.
<http://www.bristolautismsupport.com/play-activities-for-asd-children-in-south-glos/>
- KIDS – Independent support to help families through the EHCP process
<https://www.kids.org.uk/south-gloucestershire-independent-support>
- A stitch different Online company who make weighted blankets
<http://www.astitchdifferent.co.uk/>
- The Brandon Trust Information, support and advice for families of children with additional needs
<https://www.brandontrust.org/>
- Safe Space Groups for children with additional needs and their families
<http://www.safespacefamily.co.uk/about-us.html>
- Incredible Kids Fun groups for kids to join
<http://incrediblekids.org.uk/>
- South Glos parents and carers group Support for Parents of children with additional needs. You can find information and support groups. Also follow them on Facebook and Twitter
<http://www.sglospc.org.uk/>
- Anxiety Toolkit Anxiety is a condition that can affect anyone, including children. This toolkit provides information and advice about anxiety in children including where and how to find help. It has three sections, one for children, one for parents and one for teachers.
<http://www.southglos.gov.uk/health-and-social-care/staying-healthy/mentalhealth-emotionalwellbeing/mental-wellbeing/anxiety-toolkit/>
- Supportive parents Support for parents with all aspect of additional needs and finding your way through the confusing world of SEN support and help
<http://www.supportiveparents.org.uk/services-in-s-gloucestershire/>
- Jigsaw Jigsaw is a parent and child friendly group for children with all types of learning needs. They also run an equipment lending library
<http://jigsawthornbury.org.uk/>
- National Autistic Society Advice, support and resources to support children with Autistic Spectrum Disorder (ASD)
<http://www.autism.org.uk/>
- Days out further afield A fabulous website with information on large attractions which are suitable for children with additional needs and help that you can access while you are there.
<http://www.autism.org.uk/about/family-life/holidays-trips/family-ideas/england.aspx>

- Days out for children with additional needs A local guide of where is good to visit if your child has additional needs

<https://www.netmums.com/bristol/local/index/support-groups/special-needs-other-needs>

- Vue Cinema Autism friendly screenings Find out times of autism friendly film screenings at Cribbs Causeway Vue Cinema

<https://www.myvue.com/cinema/bristol-cribbs-causeway/accessibility>