

March 2025

# TRAFFORD NEURODIVERSITY SUPPORT SERVICES

## ADULT SUPPORT

### AUTISM GREATER MANCHESTER - HOUSING SUPPORT

**Service/Help on Offer:** This service helps autistic adults find and maintain suitable housing, offering guidance on independent living, benefits, and tenancy rights.

**Cost:** Free and funded support available.

**Audience:** Autistic adults in Greater Manchester.

**Website:** <https://www.autismgm.org.uk/housing>

**Contact:** [info@autismgm.org.uk](mailto:info@autismgm.org.uk)

### GREATER MANCHESTER MENTAL HEALTH NHS FOUNDATION TRUST - RECOVERY PATHWAYS

**Service/Help on Offer:** A programme focused on supporting mental health recovery through various therapies and community integration initiatives.

**Cost:** Free through NHS services.

**Audience:** Adults with mental health and neurodivergence-related needs.

**Website:** <https://www.gmmh.nhs.uk/recovery/>

**Contact:** 0161 773 9121

### AUTISM GREATER MANCHESTER - ADULT SUPPORT

**Service/Help on Offer:** Provides support groups, mentoring, and social opportunities for autistic adults.

**Cost:** Free or low-cost services.

**Audience:** Autistic adults.

**Website:** <https://www.autismgm.org.uk/adults>

**Contact:** info@autismgm.org.uk

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## **PARENTS & CARERS**

### **TRAFFORD LOCAL OFFER**

**Service/Help on Offer:** A directory of local services for children and young people with SEND, including education, health, and social care resources.

**Cost:** Free.

**Audience:** Parents and carers of SEND children.

**Website:**

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/localoffer.page?newlocalofferchannel=0>

**Contact:** local.offer@trafford.gov.uk

### **AUTISM GREATER MANCHESTER - FAMILIES**

**Service/Help on Offer:** Provides guidance, peer support, and workshops for families of autistic individuals.

**Cost:** Free and paid options.

**Audience:** Parents and carers of autistic individuals.

**Website:** <https://www.autismgm.org.uk/families>

**Contact:** info@autismgm.org.uk

## THE CFC - SEND PARENTS

**Service/Help on Offer:** Offers practical support, guidance, and workshops for parents navigating SEND challenges.

**Cost:** Free for Trafford residents.

**Audience:** Parents of children with SEND.

**Website:** <https://www.thecfc.org.uk/sendparents>

**Contact:** info@thecfc.org.uk

## THE CHATTY CAFÉ SCHEME

**Service/Help on Offer:** A social group offering a safe and relaxed space for parents and carers to connect and share experiences.

**Cost:** Free.

**Audience:** Parents and carers.

**Website:**

[https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=Pvd\\_WNxjKbQ](https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=Pvd_WNxjKbQ)

**Contact:** hello@thechattycafescheme.co.uk

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## CHILDREN & TEENS

### EVERYONE CAN

**Service/Help on Offer:** Everyone Can provides assistive technology support for disabled children and young people, offering training and assessments to improve accessibility and independence.

**Cost:** Varies by service; some funded options available.

**Audience:** Disabled children and young people, including those who are neurodivergent.

**Website:** <https://everyonecan.org.uk/>

**Contact:** Contact via website form.

## **NEBULA CENTRE**

**Service/Help on Offer:** Provides support and activities for neurodivergent children, focusing on social skills, sensory integration, and creative learning.

**Cost:** Varies; some free options.

**Audience:** Neurodivergent children and their families.

**Website:** <https://nebulacentre.co.uk/>

**Contact:** info@nebulacentre.co.uk

## **SIMPLY CYCLING**

**Service/Help on Offer:** An inclusive cycling group offering accessible bikes and supervised sessions for children with disabilities.

**Cost:** Small session fee.

**Audience:** Children with disabilities and their families.

**Website:** <https://simply-cycling.org/>

**Contact:** info@simply-cycling.org

## **STARLING**

**Service/Help on Offer:** Supports neurodivergent young people through creative workshops and peer support groups.

**Cost:** Free and low-cost programmes.

**Audience:** Neurodivergent children and teens.

**Website:** <https://starlingcio.org/>

**Contact:** hello@starlingcio.org

## **SALEMOOR COMMUNITY PARTNERSHIP**

**Service/Help on Offer:** A community-driven initiative offering inclusive activities for neurodivergent children and families.

**Cost:** Varies by activity.

**Audience:** Children and families in Trafford.

**Website:** <https://www.salemoorcp.org/>

**Contact:** info@salemoorcp.org

### **TCAS (TRAFFORD CHILDREN'S AUTISM SUPPORT)**

**Service/Help on Offer:** A specialist group offering activities, workshops, and support for autistic children and their families.

**Cost:** Varies; membership options available.

**Audience:** Autistic children and their families.

**Website:**

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=wIKOroPEYC8>

**Contact:** info@tcas.org.uk

Approved: \_\_\_\_\_

Witness my hand and seal this \_\_\_\_\_ day of \_\_\_\_\_, 19\_\_\_\_.

\_\_\_\_\_

### TO THE LEAFHORN CHILDREN'S MATHS CLUB

Dear \_\_\_\_\_, I am pleased to hear that you are working hard and making progress in your studies.

I hope you are enjoying the club and the activities.

Keep up the good work and I will be there to support you.

Yours faithfully,

\_\_\_\_\_

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\_\_\_\_\_

# Resources for children and young people: Mental health and self-care (children and young people's version)

## National organisations which support young people



The UK's leading charity fighting for children and young people's mental health.

[youngminds.org.uk/](http://youngminds.org.uk/)



**Anna Freud**

Anna Freud is a world-leading mental health charity for children and families.

They work in collaboration with children and young people, their families and communities, and mental health professionals to transform children and families' mental health.

[annafreud.org/](http://annafreud.org/)

The Anna Freud Crisis Messenger text service is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.

**Text AFC to 85258**

The logo features the words "Better Health" in white on a dark brown square background, followed by "every mind matters" in black text on a yellow background.

**Better Health** every mind matters

Find videos for all sorts of tips on exercise, sleep and how to take care on social media.  
[nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/)

The logo consists of the words "HEALTH FOR TEENS" in white, bold, uppercase letters on a black rectangular background.

**HEALTH FOR TEENS**

A new and different way for young people aged 11-19 to learn about their health.  
[healthforteens.co.uk/](https://healthforteens.co.uk/)



**Children & Young People's**  
Mental Health Coalition

Brings together organisations to campaign jointly and provides a strong unified voice speaking out about children and young people's mental health.

[cypmhc.org.uk/](https://cypmhc.org.uk/)

The logo features the word "childline" in white, lowercase letters on a teal rectangular background.

**childline**

Childline is here to help anyone under 19 in the UK with any issue they're going through.  
[childline.org.uk/](https://childline.org.uk/)

**Call: 0800 1111** (free and doesn't show up on the phone bill)

**The**  
**Children's**  
**Society**

A national charity working to transform the hopes and happiness of young people facing abuse, exploitation, and neglect.

[childrenssociety.org.uk/](https://childrenssociety.org.uk/)

The Recovery Academy, Greater Manchester Mental Health NHS Foundation Trust, Prestwich, Manchester, M25 3BL  
[recoveryacademy.gmmh.nhs.uk](https://recoveryacademy.gmmh.nhs.uk)

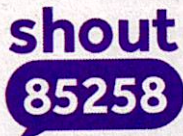




The UK's leading digital charity for under 25s.

[themix.org.uk/](http://themix.org.uk/)

Call: 0808 808 4994 (4pm – 11pm Monday – Wednesday)



Provides free, confidential, 24/7 text message support in the UK for anyone struggling to cope.

Text "Shout" to 85258

[giveusashout.org/](http://giveusashout.org/)



Online support for 11 – 18 year olds, e.g. live chat, crisis information, self-help resources.

[kooth.com/](http://kooth.com/)



Helping young people to understand their own mental health, helping them to support themselves and those around them, and empowering them to talk more openly about the subject.

[charliewaller.org/](http://charliewaller.org/)

## Support for different groups

It can help when young people connect with other young people and supporters who understand where they are coming from:



Support if someone identifies as LGBTQIA+

[lgbthero.org.uk/](http://lgbthero.org.uk/)



Support for mental health as a young black person

[makeourrightsreality.org.uk/](http://makeourrightsreality.org.uk/)



Support for young people with caring responsibilities

[barnardos.org.uk/get-support/young-carers](http://barnardos.org.uk/get-support/young-carers)



A collective voice that champions the rights of children, young people and their families and challenges barriers to inclusion.

[councilfordisabledchildren.org.uk/](http://councilfordisabledchildren.org.uk/)

The Recovery Academy, Greater Manchester Mental Health NHS Foundation Trust, Prestwich, Manchester, M25 3BL  
[recoveryacademy.gmmh.nhs.uk](http://recoveryacademy.gmmh.nhs.uk)

# Beat

Eating disorders

The UK's eating disorder charity.

[beateatingdisorders.org.uk/](http://beateatingdisorders.org.uk/)

Call: 0808 801 0677 (3pm – 8pm, 7 days a week, 365 days a year)

## BECOME.

THE CHARITY FOR CHILDREN IN CARE  
AND YOUNG CARE LEAVERS

The charity for children in care and young care leavers

[becomecharity.org.uk/](http://becomecharity.org.uk/)

Call: 0800 023 2033 (10am – 5pm, Monday to Friday) or WhatsApp: 0786 003 4982



Standing with autistic children and young people.

[ambitiousaboutautism.org.uk/](http://ambitiousaboutautism.org.uk/)



## ALUMINA

Alumina is a free, online 7-week course for young people struggling with self-harm.

[selfharm.co.uk/](http://selfharm.co.uk/)



Papyrus Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

[papyrus-uk.org/](http://papyrus-uk.org/)

Call: 0800 068 4141 or text 07860 039967

The Recovery Academy, Greater Manchester Mental Health NHS Foundation Trust, Prestwich, Manchester, M25 3BL  
[recoveryacademy.gmmh.nhs.uk](http://recoveryacademy.gmmh.nhs.uk)

