

Information, Advice and Guidance



This list was created on 13/9/19. For more detail, and the most up to date entries, please look on the Local Autism Directory - <https://www.autismhampshire.org.uk/local-autism-directory/>

Autism Hampshire - Information, Advice and Guidance Service

Service for people on the autism spectrum, their families and professionals, pre, post and during diagnosis

Contact:

Head Office, Whiteley, Hampshire, PO15 7AH

023 80 766162

information.advice@autismhampshire.org.uk

<https://www.autismhampshire.org.uk/how-we-can-help/information-advice/>

First Steps to Finding Services for Southampton, Hampshire, Isle of Wight and Portsmouth

Useful local guides to help people find local autism support services

Contact:

<https://www.autismhampshire.org.uk/local-autism-directory/first-steps-guides>

ACE Advice and Information Service on Educational Issues

Information and advice on education law and guidance for children aged 5-16 years

Contact:

ACE Education Advice & Training, London, , N11 2EJ

0300 0115 142

enquiries@ace-ed.org.uk

<http://www.ace-ed.org.uk/>

Autism Support and Advice - Portsmouth

Free service for raising awareness of autism & Asperger's syndrome

Contact:

07954404184

Pirates_are_cooler_than_ninjas@hotmail.co.uk

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<http://autismsupportandadvice.wordpress.com/about/>

Carers Together

Support for carers across Hampshire

Contact:

9 Love Lane , Romsey, Hampshire, SO51 8DE

01794 519495

admin@carerstogogether.org.uk

<http://www.carerstogogether.org.uk/>

Carers UK National Advice Line Service

Making life better for carers

Contact:

0808 808 7777

info@carersuk.org

<http://www.carersuk.org/adviceLine>

Citizens Advice

Free, confidential and independent advice from 2,700 locations in England and Wales

Contact:

03454 04 05 06

<http://www.citizensadvice.org.uk>

Connect to Support Hampshire

For adult residents in Hampshire to enable them to independently find information, advice and services to support them, or people they care for, with their care and support needs.

Contact:

<https://www.connecttosupporthampshire.org.uk/>

Contact: Contact a Family

Information, Advice and Guidance



Providing support, advice and information for families with disabled children. Free access

Contact:

Contact, London, , EC1V 1JN

02076 088700

info@contact.org.uk

<https://contact.org.uk/advice-and-support/>

Global Mediation

A mediation service, specialising in the special educational needs

Contact:

42 Lytton Road, Barnet, , EN5 5BY

0800 064 4488

sen@globalmediation.co.uk

<https://www.globalmediation.co.uk/service/special-educational-needs-disability/>

Hampshire County Council Local Offer

Online directory of all services available to children and young people with special educational needs and/or disabilities

Contact:

0300 303 8603

<https://fish.hants.gov.uk/kb5/hampshire/directory/localoffer.page>

Hampshire County Council - Autism

Adult social care information

Contact:

Hampshire County Council Adult Services, Winchester, Hampshire, SO23 8UQ

0845 603 5630

adult.services@hants.gov.uk

<https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/autism>

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Hampshire County Council: Autism Strategy

For children and young people in Hampshire 2014-2017

Contact:

<http://documents.hants.gov.uk/childrens-services/HampshireAutismStrategy.pdf>

Hampshire County Council - Children and Families

Information about children's services in Hampshire

Contact:

Children's Services Department, Hampshire County Council, WINCHESTER, Hampshire, SO23 8UG

0845 603 5620

childrens.services@hants.gov.uk

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies>

Hampshire County Council - Children's Centres

Services for families with children and young people with learning difficulties and disabilities up to 25

Contact:

0845 603 5620

childrens.services@hants.gov.uk

<https://fish.hants.gov.uk/kb5/hampshire/directory/service.page?id=7pm-xGQ8iRo&familychannel=0>

Hampshire Family Support Service - Hampshire County Council

Information and guidance for parents of children and young people aged 0-19 (up to 25 for young adults with learning disabilities/difficulties) in Hampshire

Contact:

0845 603 5620

childcare@hants.gov.uk

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/familysupportservice>

Information, Advice and Guidance



Hampshire Specialist Parenting Support Service, Provided by Barnardo's

For parents and carers of children aged 5-17 with ADHD, autistic spectrum conditions and behaviour that challenges

Contact:

Post Office Chambers, Hedge End, Southampton, Hampshire, SO30 4QU

01489 799178

hampshireparenting@barnardos.org.uk

<http://www.barnardos.org.uk/hspss>

Hampshire Transition Information Hub

For young people aged 13-25

Contact:

<https://fish.hants.gov.uk/kb5/hampshire/directory/advice.page?id=i99wa-vxvdo>

Home Start (Nationwide)

Support and friendship for families with young children

Contact:

info@home-start.org.uk

<http://www.home-start.org.uk>

Independent Parental Special Education Advice (IPSEA)

free and independent advice to parents of children with special educational needs in England and Wales

Contact:

General Advice Line: 0800 018 4016 /Tribunal Help Line : 0845 602 9579

<https://www.ipsea.org.uk/Pages/Category/service-overview>

Isle of Wight Council - Adults Services

Care and support including personal care and practical help for over 18s

Contact:

Information, Advice and Guidance



Autism
Hampshire

County Hall, Newport , Isle of Wight, PO30 1UD

01983 823340

<https://www.iow.gov.uk/Residents/Care-Support-and-Housing/Adults-Services/>

Isle of Wight Council - Children's Centres

Isle of Wight NHS Trust

Contact:

<https://www.iow.nhs.uk/our-services/health-visiting-school-nursing/childrens-centres.htm>

Isle of Wight Council - Children's services

Information for parents, carers and professionals

Contact:

Customer Service Centre, Newport, Isle of Wight, PO30 1UD

01983 821000

customer.services@iow.gov.uk

<http://www.iwight.com/Residents/Care-and-Support/Childrens-Services/>

Isle of Wight Council: Joint Strategy

For children, young people and adults with autism spectrum condition 2014 - 2019

Contact:

County Hall, , Newport , , PO30 1UD,

01983 823340

autism.strategy@iow.gov.uk

<http://www.iwight.com/azservices/documents/2703-Autism-consultation-strategy.pdf>

Isle of Wight Local Offer

Online directory of all services available to children and young people with Special Educational Needs and/or Disabilities

Contact:

01983 821000

Information, Advice and Guidance



<https://www.iwight.com/localoffer>

Mencap - The Voice of Learning Disability

A national organisation offering a range of services for people with a learning disability

Contact:

0808 808 1111

helpline@mencap.org.uk

<http://www.mencap.org.uk>

National Autistic Society: Local Services

Leading UK charity for people with autism, offering information, advice, guidance and campaigns

Contact:

0808 800 4104

supportercare@nas.org.uk

<http://www.autism.org.uk/services/local/england/south-east.aspx>

New Forest Disability Information Service

Information and advice of all ages affected by disability

Contact:

6 Osborne Road, New Milton, Hampshire, BH25 6AD

01425 628750

info@newforestdis.org.uk

<http://www.newforestdis.org.uk/>

No Limits, Southampton and Hampshire

Counselling and advice for children and adults under 26

Contact:

24a Bernard Street, , Southampton, , Hampshire, SO14 3AY

02380 236 237

enquiries@nolimitshelp.org.uk

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<https://nolimitshelp.org.uk/>

One Community, Eastleigh

Support services - Information for clients or their carers

Contact:

16 Romsey Road, Eastleigh, Hampshire, SO50 9AL

02380 902400

info@1community.org.uk

<http://www.1community.org.uk/pages/home.aspx>

People Matter Isle of Wight - Independent Living Centre

An impartial service to island residents looking for equipment and advice

Contact:

Downside Community and Learning Centre, Furrongs, Newport, Isle of Wight, PO30 2AX

01983 241494

admin@peoplematteriw.org

<http://www.peoplematteriw.org/independent-living-centre>

Personal Choice - Portsmouth

Advice and guidance service for people aged 50+

Contact:

Oasis, The Venue,, Portsmouth, Hampshire, PO1 1NP

02392346440

sue_personalchoice@hotmail.co.uk

<http://www.msm.org.uk/pages.php?content=pchoice>

Portage - Home Visiting Educational Service, Hampshire Branch

Working with parents & carers of pre-school age for children (0-4 years) in Hampshire and the Isle of

Wight

Contact:

Information, Advice and Guidance



X-Perience, Young Persons Centre, Fareham, Hampshire, PO16 7SJ

02392 244020

beverley.strong@hants.gov.uk

<https://www.portage.org.uk/hampshire-portage-service>

Portsmouth Carers Centre

Providing information, advice, guidance and support for parents and all carers

Contact:

Portsmouth Carers Centre, 117 Orchard Road, Portsmouth, Hampshire, PO4 0AD

023 9285 1864

carerscentre@portsmouthcc.gov.uk

<https://www.portsmouth.gov.uk/ext/health-and-care/carers/portsmouth-carers-centre.aspx>

Portsmouth City Council: Adult Social Care

Services for over 18s in PO1-PO6

Contact:

Portsmouth City Council, Civic Offices, Portsmouth, Hampshire, PO1 2AL

023 9268 0810

cityhelpdesk@portsmouthcc.gov.uk

<https://www.portsmouth.gov.uk/ext/health-and-care/socialcare/adult-social-care.aspx>

Portsmouth City Council: Family Hubs

Services to support families, including children and young people up to 19

Contact:

023 9268 8830

fis@portsmouthcc.gov.uk

<https://www.portsmouth.gov.uk/ext/learning-and-schools/pre-school/childrens-centres.aspx>

Portsmouth Family Information Service

Family information service for families of children from pre-birth to 19 years

Information, Advice and Guidance



Contact:

Family information service, Portsmouth City Council , Portsmouth, Hampshire, PO1 2AE

023 9268 8830

fis@portsmouthcc.gov.uk

<https://www.portsmouth.gov.uk/ext/learning-and-schools/pre-school/family-information>

Portsmouth Information, Advice and Support Service (IASS)

For parent/carers of children and young people with special educational needs and disabilities, aged 0-25

Contact:

Frank Sorrell Centre, Portsmouth, Hampshire, PO4 9HR

02392 732542

info@askportsmouth.org.uk

<https://www.sendirect.org.uk/providers/information-advice-and-support-services-network/my-services/portsmouth-information-advice-and-support/>

Portsmouth Local Offer

Information website for those with special education needs or disabilities (ages 0-25) and their families

Contact:

<http://www.portsmouthlocaloffer.org/>

Portsmouth Special Educational Needs and Disabilities Information Advice and Support Service

For parents or carers of a child or young person (aged 0-25) with a disability and/or special educational needs

Contact:

0300 303 2000

portsmouthiass@roseroad.org.uk

http://www.portsmouthsendiass.info/en/About_us

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Autism
Hampshire

Positive Difference - Isle of Wight

Sensory toys, training and consultancy, specialising in autism and learning disability

Contact:

07766142468

info@positivedifferenceiow.co.uk

<https://www.positivedifferenceiow.co.uk/courses/>

Preparing Family Members for your Asperger's Child's Behaviour

Tips for holiday gatherings

Contact:

<http://www.myaspergerschild.com/2008/12/dear-family-and-friends-holiday-letter.html>

SEND IASS (Isle of Wight) Special Educational Needs and Disability Information, Advice and Support Service

For parents and carers of children, aged 0-25 years

Contact:

11 Orchard Street, Newport, Isle of Wight , PO30 1JZ

01983 825548

sendiass@iow.gov.uk

<http://iowsendiass.co.uk/>

SOS! Special Educational Needs (SEN)

Supporting children and young people with special educational needs and disabilities

Contact:

03003 023731

<http://www.sossen.org.uk/index.php>

Southampton Advice and Representation Centre Ltd (SARC)

Welfare benefits and employment law advice

Contact:

Information, Advice and Guidance



11 Porchester Road, Southampton, Hampshire, SO19 2JB

02380 431 435

admin@sarc.org.uk

<http://www.sarc.org.uk/>

Southampton Information Directory (SID)

Southampton City Council online directory of information for adults, families and SEND Local Offer

Contact:

<http://sid.southampton.gov.uk/kb5/southampton/directory/home.page>

Southampton Voluntary Services

Free service offering one-to-one or group based support and advice

Contact:

Kingsland Square , Southampton, Hampshire, SO14 1NW

02380 228291

information@southamptonvs.org.uk

<http://www.southamptonvs.org.uk>

Support and Advice for Independent Living Service (SAIL): The YOU Trust

For adults in Hampshire

Contact:

0330 822 0282

sail@theyoutrust.org.uk

<http://theyoutrust.org.uk/service/social-care-services/support-and-advice-for-independent-living/>

The Autism Directory

A national autism directory - helping autism families and individuals find autism-related resources in the local area and beyond

Contact:

The Autism Directory, Treforest, Pontypridd, Wales, CF37 5UR

Information, Advice and Guidance



Autism
Hampshire

01443 844764

hello@theautismdirectory.com

<http://www.theautismdirectory.com/>

The YOU Trust

Flexible care, support and advice services

Contact:

YOU, South Wing,, Fareham, Hampshire, PO16 7BQ

02380 642919/ 01329 825 930

<http://lifeyouwant.org.uk/>

WightCHYPS - Isle of Wight Council

Family services directory

Contact:

Family Information Zone (FIZ) , Newport, Isle of Wight, Hampshire, PO30 1JZ

01983 821999

familyinfozone@iow.gov.uk

<http://www.wightchyps.org.uk>