



Wirral

Signposting for Autism

Including:

- . Eastham
- . Bromborough
- . Prenton
- . Wallasey
- . Birkenhead
- . Moreton
- . Heswall
- . West Kirby
- . Prenton
- . Leasowe
- . Hoylake
- . Bebington
- . Greasby
- . Moreton



CWP Virtual Autism Hub



Online resources

<https://www.cwp.nhs.uk/getting-help/autism-hub>

Zoop Wirral



Autism Hub

Wellbeing activities to anyone 18+ on the waiting list for an autism assessment.

<https://www.zoopwirral.co.uk/>

Merseyside Autistic Adults

Support and social group for autistic adults 16+, diagnosed, awaiting diagnosis or self-diagnosed.

<https://www.autism.org.uk/autism-services-directory/m/merseyside-autistic-adults-wirral-liverpool>

Centre for Autism Neurodevelopmental Disorder and Intellectual Disability



Research, education and training.

<https://www.canddid.nhs.uk/>

CWP Bespoke



45 minutes appointment with Psychologist/Speech Therapist/Nurse or Occupational Therapist.

CWP Autism Hub



20 Minute advice sessions and group workshops

cwp.adultautismhubworkshops@nhs.net

Autistic Adults Peer Support Groups



Social meetups Cheshire and Merseyside

<https://www.haltonsthelensvca.org.uk/sites/default/files/2025-03/CM%20Autistic%20Adults%20Peer%20Support.pdf>

CWP Waiting Well Workshop



Ran monthly at local hub for people awaiting assessment.

Adults

Involve Northwest's Reach Out Scheme



Covers the Wirral area and supports people looking for work

<https://involenorthwest.org.uk/what-we-do/reachout/>

Café companeros



Spider Project

A crisis café/ safe space for people struggling with emotional and psychological distress.

[Crisis Centres - Support and Care at Spider Project | Wirral Community Services — Spider Project recovery project](#)

National Autistic Society



Specialist autism service providing support, information and practical advice. Offer training, consultancy, accreditation and diagnostic assessment.

www.autism.org.uk

Talking Therapies



Talking therapies, counselling, information, and support for 16+.

[NHS Wirral Talking Therapies | Everyturn](#)

CWP My Mind

Online Resources



<https://www.mymind.org.uk/advice-guidance/professionals/autism-hub>

Ambitious About Autism



National Charity for autistic children and young people, supporting with education and/ or employment and empowering parents, professionals and organisations.

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

Beyond Autism

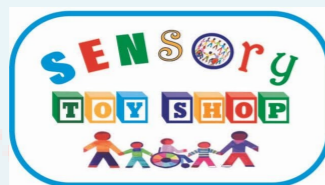


Ensuring autistic children and young adults access and education which empowers a life full of choice, independence and opportunity up until age 25. information, resources and support for families and carers.

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

Sensory Shop

Wallasey



<https://www.sensorytoyshop.com/login>

Dynamic Support Keyworker



Children with a learning disability and/or autism on the Dynamic Support Database, who are inpatients or at risk of mental health hospital admission — aiming to improve experience, access, and care quality. [https://](https://www.cheshireandmerseyside.nhs.uk/media/1t5jy2fi/dynamic-support-keyworker-leaflet_january-2024.pdf)

www.cheshireandmerseyside.nhs.uk/media/1t5jy2fi/dynamic-support-keyworker-leaflet_january-2024.pdf

Information Advice and Support Provider



Information on SEN Law and Disability, health and social care.

[Wired | Wirral SEND Partnership](#)

National Autistic Society



Specialist autism service providing support, information and practical advice. Offer training, consultancy, accreditation and diagnostic assessment.

www.autism.org.uk

Children, Young People and Families

Local Offer



Lists available education, health, and care services for children and young people (0–25) with SEND and their families. Every council must publish one, showing local support.

<https://www.sendlowirral.co.uk/>

Koala North West



Support for families and children including family support, SEND and early years. Training and support from pregnancy to age 11, family toolbox from pregnancy to age 18 (or 25 years with additional needs), sleep service age 2-11.

<https://koalanw.co.uk/>

Centre for Autism Neurodevelopmental Disorder and Intellectual Disability



Research, education and training.

<https://www.canddid.nhs.uk/training>

Sensory Processing Institute for Research and Learning (SPIRAL)



Sensory Toolkits for Adults and Adolescents

<https://thespiralfoundation.org/adults-and-adolescents-toolkit/>

Sensory Shop



Wallasey

<https://www.sensorytoyshop.com/login>

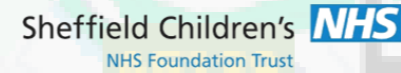
YouTube

CWP 20-minute video to help explain strategies to help manage arousal level at home

<https://youtu.be/P4KgTsq9QbQ>



Sensory Processing Difficulties



Online resources and videos

<https://www.sheffieldchildrens.nhs.uk/services/child-development-and-neurodisability/sensory-processing-difficulties/>

CWP Autism Hub Autism PowerPoints



Understanding autism and sensory needs, understanding sensory processing strategies, de-escalation techniques for sensory overload

<https://www.cwp.nhs.uk/getting-help/autism-hub>

Recovery College Powerpoint

Sensory processing for more information on understanding sensory processing, how to manage your arousal level, and sensory strategies

[Autism Hub :: Cheshire and Wirral Partnership NHS Foundation Trust](#)



Sensory

'Its Not Rocket Science'



Considering and meeting the sensory needs of autistic children and young people in CAMHS inpatient services

<https://www.ndti.org.uk/assets/files/Its-Not-Rocket-Science-v.3.pdf>

Online sensory shop

Sensory toys for play, therapy, and education

<https://www.sensorytoywarehouse.com>



Online Sensory Shop



Sensory toys and equipment

https://www.sensorydirect.com/?gclid=Cj0KCQjw--GFBhDeAR-IsACH_kdZkPj5Y3cWaF4oKdgx4ZVl8644Q_bQldIFJeD_cR8PEdBJWulNSDsaAm64EALw_wcB

Online sensory Shop



Sensory toys and fidget toys

<https://www.sensorytoys.co.uk/>

Sensory Processing in People with Autism

Making Therapeutic Sense

<https://webstore.cwp.nhs.uk/CANDDID/Sensory%20Processing%20in%20People%20with%20Autism%20-%20CC.pdf>



Disability Confident



DWP Autism and Neurodiversity Toolkit for staff and managers

<https://www.autismandneurodiversitytoolkit.org/>

Access to work



Government scheme providing access training, support and equipment to fulfil work role.

<https://www.gov.uk/access-to-work>

Autism Together



Café work in public facing cafés, to gain practical work experience, in customer service and food preparation.

<https://autismtogether.co.uk/day-services/>

Autism Centre for Research on Employment (ACRE)



Research and evidence-based resources to improve employment opportunities for autistic people.

<https://sites.google.com/port.ac.uk/autismemploymenttoolkit/>

Employment

National autistic society



Information, advice and support for employers

[For employers](#)

National Autistic Society



Free Online training module in finding employment

<https://www.autism.org.uk/what-we-do/professional-development/training-and-conferences/employment/finding-employment>

New Leaf



Supports people looking for work registered with DWP

<https://www.hardshiphub.co.uk/schemes/New-Leaf-Employment-Support/5d0774430d3b1e004c30d804>

Autism Focused Intervention

Resources & Modules (AFIRM)

28 evidence-based practice modules based

<https://afirm.fpg.unc.edu/afirm-modules/>



National Autistic Society

Multiple E-Learning courses available £35

<https://www.autism.org.uk/what-we-do/autism-know-how/training/e-learning>



Centre for Autism, Neurodevelopmental Disorders and Intellectual Disability (CANDDID)

Training for family and unpaid carers, for professionals, for support workers and personal assistants.

<https://www.canddid.nhs.uk/training>



Understanding Autism

The open university has a free autism course covering various aspects of autism and diagnosis.

<https://www.open.edu/openlearn/science-maths-technology/understanding-autism/content-section-overview?active-tab=description-tab>



Training

Oliver McGowan

Enabling the health and care workforce in England to better support people with a learning disability and autistic people

<https://www.e-lfh.org.uk/programmes/the-oliver-mcgowan-mandatory-training-on-learning-disability-and-autism/>



Understanding Autism

Understand more about autistic people from autistic perspectives, free for 4 weeks with limited access

<https://www.futurelearn.com/courses/autism>



Understanding Autism

Free course exploring an introduction to autism including theories, diagnosis, person-centred support, communication, interaction and behaviour.

<https://freecoursesinengland.co.uk/understanding-autism/>



For some people, not receiving a diagnosis can be a difficult experience, one that may lead to feelings of upset, anger, disbelief, or confusion.

A Provision No Diagnosis

Resource booklet

<https://www.cwp.nhs.uk/application/files/7617/2681/9430/>

[Receiving a provisional no diagnosis V4.pdf](#)



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No Diagnosis

There are several reasons why a person may not be diagnosed as neurodivergent.

Receiving a No Diagnosis

Resource Booklet

https://www.cwp.nhs.uk/application/files/2317/2673/6766/Resource_booklet_-_no_diagnosis_.pdf



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Why Autism Diagnoses Are Often Delayed (Children)

How ADHD and sensory processing issues can prevent early intervention

<https://childmind.org/article/why-autism-diagnoses-are-often-delayed/#:~:text=There%20are%20a%20number%20of,get%20diagnosed%20with%20severe%20ADHD.>



Child Mind
Institute

UK ADHD Partnership (UKAP)
Building better futures for children with ADHD.
www.ukadhd.com



HubPages

How to Manage ADHD with Bullet Journaling
<https://discover.hubpages.com/education/Proven-Ways-to-treat-ADHD-symptoms-with-Bullet-Journaling>

Attention Deficit Disorder Information and Support Service (ADDISS)



Information and resources about ADHD
<http://www.addiss.co.uk/>

ADDept



Unlocking the secrets of the ADHD brain
<https://www.addept.org/living-with-adult-add-adhd/unlocking-the-secrets-to-the-adhd->

ADDept



A to-do list that works for ADHD brain
<https://www.addept.org/living-with-adult-add-adhd/the-best-to-do-list-for-adults-with-adhd>

ADHD



ADHD Foundation

Understanding and self-management of ADHD. Offers a strength-based, lifespan service for people who live with NDD.
www.adhdfoundation.org.uk

ADDitude Mag



Daily To Do Lists That Work for ADHD Brains
https://www.additudemag.com/daily-to-do-lists-that-work/?srsId=AfmBOor8lbb6rwZogP-mlo8uXAUZfRg4zhoBynqPZVNYUZZ_9jElb3Nm

Adult ADD Strengths

Adult ADD Strengths

Delusional To Do Lists VS Realistic To Do Lists For ADHD Adults

<https://adultaddstrengths.com/2014/03/22/to-do-lists-vs-realistic-to-do-lists-for-adhd-adults/>

See ABILITY



supporting people who have learning disabilities or autism, who may also have sight loss

<https://www.seeability.org/resources>

Community Learning Disability Team

For adults 18+ with a diagnosed learning disability

<https://www.cwp.nhs.uk/our-services>



Mencap

Learning disability helpline

<https://www.mencap.org.uk/advice-and-support/learning-disability-helpline>



British Institute of Learning Disabilities



Improve the quality of life of all people with a learning disability

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

HFT - Family Carer Support Service



The HFT Family Carer Support Service offers a variety information and support to family care

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

MIND

Learning disability support

<https://www.mind.org.uk/information-support/guides-to-support-and-services/learning-disability-support/>



Disability Matters Program

Free E-learning resource

<https://www.e-lfh.org.uk/programmes/disability-matters/>



Family Fund

Helping disabled children

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



LD CAMHS

For children 0-18 years with a severe learning disability

<https://www.cwp.nhs.uk/our-services>



Children with Special Educational Needs and Disabilities (SEND)



If you think your child may have special educational needs, contact the SEN co-ordinator, or 'SENCO' in your child's school or nursery.

[https://www.gov.uk/children-with-special-educational-needs#:~:text=Special%20educational%20needs%20and%20disabilities%20\(%20SEND%20\)%20can%20affect%20a%20child,example%20because%20they%20have%20dyslexia](https://www.gov.uk/children-with-special-educational-needs#:~:text=Special%20educational%20needs%20and%20disabilities%20(%20SEND%20)%20can%20affect%20a%20child,example%20because%20they%20have%20dyslexia)

Learning Disability England

A membership organisation to make movement for change

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



Change People

A provider for easy read information

<https://www.changepeople.org/>



My Mind



Online resources for children, young people, parents, carers and professionals.

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

Wirral Mind



Mental health support, resources and community groups

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

Healthbox



Caring for the community, groups, training, workshops. All ages.

<https://www.healthboxcic.com/services>

All age Crisis Line

NHS 111 (mental health option)
(24 hours a day, 7 days a week)

Hub of Hope



Hub of Hope

Service directory and online resources

<https://hubofhope.co.uk/>

Shout



here for you 24/7

Urgent mental health support

<https://giveusashout.org/>

Samaritans



Crisis support and online resources

<https://www.samaritans.org/>

Mental Health

Young Minds YOUNGMINDS

Advice and information for children, young people, parents, carers and professionals

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

CBT



Self help

<https://www.getselfhelp.co.uk/step1.htm>

Cheshire West



Talking therapies

cwp.nhs.uk/our-services/cheshire-west-chester/Talking-therapies-cheshire-west

Grassroots

Stay alive app

<https://prevent-suicide.org.uk/stay-alive-app-grassroots-suicide-prevention/>



Talking Therapies

Talking therapies, counselling, information, and support for 16+.
[NHS Wirral Talking Therapies | Everyturn](#)



Cheshire Central



Talking therapies

<https://www.cwp.nhs.uk/ccapt>

Heads Up Guys HEADSUPGUYS

Online resources

<https://headsupguys.org/>

Rethink

Information and online resources

<https://www.rethink.org/>

