

Autism Services Carmarthenshire

Integrated Autism Service

The service provides adult autism diagnostic assessment (sometimes jointly with other services), support and advice for autistic adults, parents/carers, and professionals.

Parents/carers can self-refer to the service, if your child has received a diagnosis of autism you will be able to access some training and advice from the Integrated Autism Service.

To contact the service phone 01267 283070 or email westwalesias.hdd@wales.nhs.uk

[West Wales - Awtistiaeth Cymru | Autism Wales | National Autism Team](#)

Neurodevelopmental Team - Autism Assessment Service

Neurodevelopmental Team, Building 1, St David's Park, Job 's Well Road, Carmarthen, SA31 3HB, Neurodevelopmental Service Autism Assessment Service, Telephone: 01267 283077, childasd.referrals@wales.nhs.uk

Early Help Team 0-25

The Early Help Team supports disabled/ autistic children/young people and their families. We are a short-term early intervention service, and our aim is to support children/young people and their families to overcome challenges and achieve their potential.

Who can we help? • People who live in Carmarthenshire • You need to be between 0-25 • Parent/ carer of someone who is 0-25 • Disabled/ autistic (diagnosed or undiagnosed) children/young people and their families.

What can we offer you? • A plan of support which we will develop together and review when needed. • Bespoke support around sensory needs, resilience, practical behaviour management and anxiety • We can help you progress into employment, education, or training. • We can help you and your family to identify relevant activities, support and services in the community that will enable you to achieve your goals • We can help you to understand more about your disability/autism

Tim Camau Bach is part of the Early Help Team and can offer short term support for parents with a disabled child aged 0-16

This may include support with communication, sleep, continence, behaviour, diet, play child development and sibling support.

December 2022

They offer:

- Home based support.
- Pre-school support.
- Disability workshops.
- Group support for those aged 0 -16; such as coffee morning, Positive Behavioural Management Workshops and support groups for children etc.

Self-referral forms available through the link below-

[Disability - Carmarthenshire Family Information Service \(gov.wales\)](#)

Early Help Team– 01267 246673

disabilityreferrals@carmarthenshire.gov.uk

Autism Wales

Information, resources, training and support. In addition to the resources available across the AutismWales website, you will also find information of the further work of the National Autism Team.

[About us - Awtistiaeth Cymru | Autism Wales | National Autism Team](#)

Autism Wellbeing

Autism Wellbeing CIC is a not-for-profit social enterprise based in Carmarthenshire. We are a team of professionals working collaboratively with families and individuals affected by autism.

If you have any queries about any of our services, please do not hesitate to contact **Rorie Fulton** on **07393 664 048** or email him at **roriefultonaw@gmail.com**. Rorie is in the office on Mondays, Thursdays and Fridays.

Our services include:

- Phone-Based Support
- Online training courses in *Making Sense of Autism* and *Sensory Trauma: autism, sensory difference and the daily experience of fear*
- Interoceptive Awareness course (online)
- Just Right State parents programme (online)
- Making Sense of Autism guided learning course (online/via telephone)
- Online Peer-to-Peer Support Group for Autistic Adults
- Online Peer-to-Peer Support Group for Parents of Autistic Children

December 2022

- [Free downloadable resources to support families and autistic people during the Covid-19 pandemic](#)
- Psychological therapy for autistic people (online)
- Psychological therapy for parents and siblings (online)
- Sensory Equipment Lending Library

• [About | Autism Wellbeing](#)

Outside

Autism specialists offering training, consultancy and support.

[Autism, Training, Education - Outside - Bridgend, Wales \(outsideeducation.co.uk\)](#)

Support Groups

National Autistic Society

Our hard-working volunteers run support, information and social activities for autistic adults, children and their families in their local area. Additionally, they organise and join in with fundraising and campaigning.

carmarthenshire.branch@nas.org.uk

<https://www.facebook.com/NASCarmarthenshireBranch>

THE HIVE



The Hive is an additional learning needs social group recently set up by parents and carers. We meet every week to socialise and also have a WhatsApp group to provide each other support, information and to sometimes organise other activities/outings. Our base in Ferryside enables us to enjoy a drink, chat, play skittles, pool, the juke box or use the other hotel facilities like the spar (gym, large indoor swimming pool, Jacuzzi and sauna), or to go for a walk at its lovely beach location!

Our aim is to help retain friendships after school, build new ones and promote doing things together.

Please join us Sundays From 4pm at
The Three Rivers, Ferryside, SA17 5TU

Contact: Lizzie Mathias
Email: Lizziemathias@live.co.uk
Tel: **07593 574642**



PARENT/CARER COFFEE MORNINGS

IF YOU ARE A PARENT/CARER OF A CHILD/YOUNG ADULT WITH DISABILITIES, JOIN US FOR A CUPPA AND A CHAT

TAKES PLACE EVERY FIRST AND THIRD TUESDAY OF THE MONTH

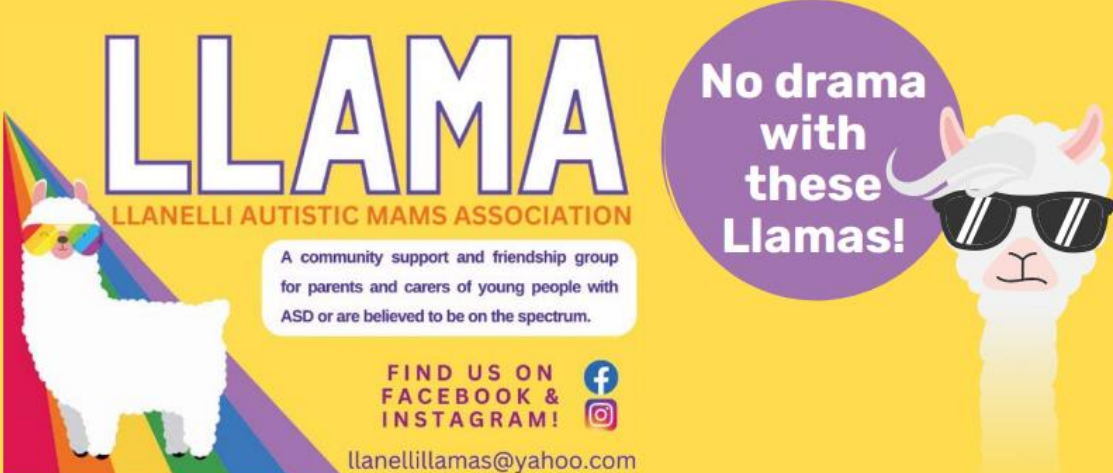
• Canolfan John Burns Centre, Kidwelly
10am-12pm
Starting November 2nd 2021 - Term Time Only

FOR MORE INFORMATION CONTACT ONE OF OUR PARENTS FOR AN INFORMAL CHAT. WE WOULD LOVE TO HEAR FROM YOU

sophie.phillips43@yahoo.com
ajmartin12@gmail.com
Gemmadavies85@yahoo.com

FOR MORE INFORMATION CONTACT ONE OF OUR PARENTS FOR AN INFORMAL CHAT. WE WOULD LOVE TO HEAR FROM YOU

sophie.phillips43@yahoo.com
ajmartin12@gmail.com
Gemmadavies85@yahoo.com



LLAMA
LLANELLI AUTISTIC MAMS ASSOCIATION

A community support and friendship group for parents and carers of young people with ASD or are believed to be on the spectrum.

FIND US ON FACEBOOK & INSTAGRAM!

llanellillamas@yahoo.com

No drama with these Llamas!

A meeting of friends in the spring of 2021 was the start of an amazing community group that is growing daily. Finding solace between friends of the struggles we face on a daily basis prompted us to start a Facebook group and add friends that we knew had a child or children with autism or on the pathway. Who would have known that this little group would become so well known in the Llanelli area by parents carers and professionals alike. Meeting up for play dates was our aim in the beginning.

This has now grown to the Llamas having weekly events... inflatable sessions, swimming sessions and swimming lessons... and monthly coffee mornings. Having a child with autism is a very lonely stressful and challenging predicament for a parent and we now have over 250 families within our group and this is growing on a daily basis.

It is a safe space where people can check in, ask advice and find out about events that are on in the area...

If you or anyone you know is affected by a family member that has autism in the Llanelli area please signpost and become an honorary **LLAMA!**

ALN Group

The ALN group is open to anyone with children that have ALN, whether diagnosed, under assessment or been diagnosed. The group does run weekly, however with limitations due to covid we do need parent to books in, it is no longer a drop in session. This can be explained once the parent reaches out via email.

Canolfannau Plant Integredig / **Integrated Children's Centres**

Rhif Ffôn | Tel: **01554 742203**

E-bost | Email: nhome@carmarthenshire.gov.uk Or EJCaine@carmarthenshire.gov.uk

Carer Support Groups Carers Trust Crossroads West Wales

Would you like to connect with other carers over a coffee and a chat? Carers Support Groups offer a safe and confidential space for carers to meet up with other carers who may be on a similar journey for a friendly chat, to receive information updates and discuss issues that are important to carers. For further information or to book a place please contact the Carers Information Service on 0300 0200 002 or email info@ctcww.org.uk

Carmarthen Meets every 1st Thursday of the month 12pm-2pm at The Nurture Centre, Cambrian Place, John Street, Carmarthen, SA31 1QG

Llanelli Every 3rd Thursday of the month, 1pm–3pm at Dafen Welfare Hall, Dafen Park, Llanelli, SA14 8LR

Ammanford Meets every 3rd Tuesday of the month 11am-1pm at Gateway Elim, Pantyffynnon, Ammanford, SA18 3HL

General Support Services

CBSA

Current Projects include; Food Resilience Project, Life Skills Project, Feeding Futures, 1st Impressions (Support with training, gaining employment etc). Life skills like: confidence, resilience, decision making, upskilling, upcycling and DIY, money management, domestic skills and management as well as personal management and interpersonal skills.

The Stebonheath Centre, Stebonheath Terrace, Llanelli, SA15 1NE

01554 779910

info@cbsa.org.uk

[Our Services | The Centre for Building Social Action \(cbsa.org.uk\)](https://www.cbsa.org.uk)

Team Around the Family (TAF)

If you are worried about your child, have parenting stress or have difficulties in accessing services in Carmarthenshire, the TAF approach can pull the right people together to help you. TOGETHER, we will look at ways to help you as a family to develop your strengths and overcome other areas where you may benefit from some extra support.

Tel; 01267 246555 Family information service

Team Around the Family

December 2022

Family Support, Children & Education
Building 2 Parc Dewi Sant Jobswell Road
Carmarthen, SA31 3HB
E-mail; TAF@carmarthenshire.gov.uk

Carers Trust

Carers Trust Crossroads West Wales offers a wide range of services including; Carers Outreach Service, Carers Information Service, Young Adult Carers and Young Carers Services, Volunteering Opportunities, Children's Clubs, Day Services, CATCHUP Welfare Benefits Advice Service.

[Services – Carers Trust Crossroads West Wales \(ctcww.org.uk\)](http://ctcww.org.uk)

Tel: 0300 0200 002 Email: info@ctcww.org.uk

Mind

Llanelli MIND Youth Befriending Service for 16-18 year olds.

If you are feeling isolated or lonely one of our incredible volunteer befrienders is here to help. We provide the opportunity to share any problems and put an end to social isolation.

For more information please phone 01554 776306 or email befriending@llanelli-mind.org.uk

Plant Dewi

Plant Dewi is an organisation that support families with children between the ages of 0-11 years. Offer parent support, confidence building, parenting courses, and healthy lifestyle information and home safety activities.

Tel; 01267 221551 www.plantdewi.org.uk

Carmarthenshire People First

Carmarthenshire People First is an independent charity promoting independent advocacy, support and training for adults with learning disabilities, based in Carmarthenshire.

We run several peer support groups, covering topics and subjects such as Peer Advocacy, Independent Living, Money Matters, Health and Well-being and Cookery.

Also run Walk and Talk Groups.

December 2022

To access the service you need to be:

- an adult with a Learning Disability
- currently living in Carmarthenshire

info@carmarthenshirepeoplefirst.co.uk

01267 234635

Actif Community

Mental Health Walk, Talk and Run Group

Canolfan Hamdden Caerfyrddin Carmarthen Leisure Centre Dydd Mawrth a Dydd Iau/ Tuesdays and Thursdays 10:00-11:00

[Walk, Talk and Run – Actif](#)

Young Minds

Offering advice and support regarding concerns with behaviour, emotional wellbeing and mental health Tel: 0808 8025544 www.youngminds.org.uk

Cerebra

Cerebra is a unique charity set up to help improve the lives of children with brain related conditions through research, education and directly supporting the children and their carers www.cerebra.org.uk

Iechyd Da- Youth Health Team

The Iechyd Da Youth Health Team work with young people to help maintain health and wellbeing.

You can access this service if you are:

- a young person living in Carmarthenshire, Ceredigion or Pembrokeshire
- between 11 to 25 years of age
- not in compulsory education

Telephone: 01554 748085

Iechyd Da: Youth Health Team, Coleg Sir Gar, Pibwrlwyd Campus, Carmarthen, SA31 1NH

December 2022

Chat Health 07507327126

[Home Page - ChatHealth](#)

[ChatHealth launches in three counties - Hywel Dda University Health Board \(nhs.wales\)](#)

If you're 11-19 and have concerns, text the young person's Chat Health help line and get confidential support from your lechyd Da and school nurses. If you have concerns over the following:

- Emotional health and wellbeing anxiety, anger, low mood and panic attacks
- Relationships
- Bullying and cyber bullying
- Self-harm
- Healthy eating
- Alcohol, smoking and drugs
- Anything else that involves your health

Home Start

Family support charity in the UK. Parent volunteers offer support and friendship to other parents through home visiting, via a family and specialist groups and through social events.

Tel; 0800 068 63 68 E-mail; info@home-start.org.uk

Action for Children Family & Community Team

Action for Children gives children, young people and families the chance to fulfil their potential and to make the most of their lives.

Through Families First in Carmarthenshire, Action for Children provide a range of parenting programmes that offer practical tools, skills and information to help parents with children or young people aged 0-19.

Address 24 Station Road, Llanelli, Carmarthenshire Tel; 01554 745150

[Action for Children - Carmarthenshire Family Information Service \(gov.wales\)](#)

Family Information Service

Provide free bilingual, impartial advice and guidance on a wide range of childcare options, activities for children and family support related issues.

Tel; 01267 246555 www.fis.carmarthenshire.gov.uk

December 2022