

## Early Help Autism Service

### Who We Are

We are a commissioned service working in partnership with Birmingham Children's Trust, providing intensive support for families of children and young people aged 5–25 who have a formal autism diagnosis or are currently on the autism assessment pathway.

### Intensive Support Programme

This programme is tailored to each family's unique needs, with a specific focus on autism. We work alongside parents and carers to build on existing strengths, deepen understanding, and explore practical strategies that work for their family. We can deliver direct sessions with the young person and sibling autism awareness sessions as part of our wider offer.

Support can be offered between 4 to 12 weeks, through a mixture of weekly and fortnightly sessions. These can take place at home, school, or your local children's centre.

**Direct referrals for this support must be made by an Early Help lead professional.**



### Areas of support include:

- Sensory processing and strategies
- Behavioural understanding and strategies
- Sleep routines and hygiene
- Communication and PECS/Makaton support
- Supporting anxiety and low mood
- Responding to sexualised behaviours
- Child-Friendly Autism Awareness
- 1-1 Cygnet delivery
- Signposting to local resources

### Cygnet Autism Support Programme

Our service offers the group Cygnet Programme for parents and carers, with the option to self-refer. For more information or to book a place, please click [here](#) or scan the QR code.



**Please note:** The Early Help Autism Service offers autism-focused learning and strategies for families. We do not provide general family support or direct care services, but will signpost to relevant resources where possible. If you're looking for wider family support, the Birmingham Local Offer website has more information about Early Help services available in your area. Alternatively, you can enquire at your child's school or local children's centre.