

SEND Service 0-25 Years Girls & Autism Signposting List

General information:

National:

National Autistic Society: UK's leading charity for autistic people and their families.

Available at: [National Autistic Society \(autism.org.uk\)](https://autism.org.uk)

Autism Education Trust: Promotes and supports partnerships throughout the education system to improve educational access, experience and outcomes for children and young people with autism.

Available at: [Autism Education Trust](https://autismeducationtrust.org.uk)

Autism Toolbox: Free online Scottish resource developed to support the inclusion of autistic learners.

Available at: [Home | Autism Toolbox](https://autismtoolbox.org.uk)

Ambitious about Autism: UK national charity which aims to improve opportunities for young people on the Autistic Spectrum

Available at: [Ambitious about Autism | National charity for autistic children and young people](https://ambitiousaboutautism.org.uk)

Local:

NHS Cambridgeshire Community Services: General information by Cambridgeshire Paediatricians with resources, videos and signposting for post-assessment support.

Available at: [After assessment \(cambcommunityservices.nhs.uk\)](https://cambcommunityservices.nhs.uk)

Pinpoint Cambridgeshire: Run for parents by parents to provide help and information to parents and carers of children and young people aged 0-25 with SEND.

Available at: [Parent Carer Support in Cambs from Pinpoint Cambridgeshire \(pinpoint-cambs.org.uk\)](https://pinpoint-cambs.org.uk)

NAS Cambridge: Cambridge branch of the National Autistic Society

Available at: [NAS Cambridge | Cambridge branch of the National Autistic Society](https://nas.org.uk/cambridge)

Aspire, Romsey Mill: Youth clubs and support for autistic children and young people

Available at: [Aspire | Romsey Mill Trust](https://aspire-romsey.org.uk)

Girls and Autism:

NASEN, Carpenter, B. & Egerton, J. (2016), *Girls and Autism: Flying under the radar*.

Available at: [Girls and Autism: Flying under the radar | Nasen](https://nasen.org.uk/girls-and-autism)

National Autistic Society, *Autistic women and girls*.

Available at: [Autistic women and girls \(autism.org.uk\)](https://autism.org.uk/autistic-women-and-girls)

Online training module available at: [Women and girls \(autism.org.uk\)](https://autism.org.uk/women-and-girls)

Carpenter, B., Happé, F. & Egerton, J. (Eds.), (2019) *Girls and Autism: Education, Family and Personal Perspectives*. London & New York: Routledge

Hebron, J. & Bond, C. (Eds.), (2019) *Education and Girls on the Autism Spectrum: Developing an Integrated Approach*. Jessica Kingsley Publishers

James, L., (2017) *Odd girl out: An autistic woman in a neurotypical world*. London: Bluebird

Biography tracking the author's year of her life when she received her ASD diagnosis as an adult.
Bargiela, Dr S. (2019) <i>Camouflage: The Hidden Lives of Autistic Women</i> . Jessica Kingsley Publishers
Rhiannon, M., (2020) <i>Existing Autistic: A reflection and collection of everything that I have place together along the way</i>
Poe, C. A., (2020) <i>How to be Autistic</i> . Myriad Editions. Biography following the author's journey through school, college and young adulthood.
Hendrickx, S., (2015) <i>Women and girls with autism spectrum disorder: understanding life experiences from early childhood to old age</i> . Jessica Kingsley Publishers
Ted Talks The autism spectrum TED Talks ; Rosie King: How autism freed me to be myself TED Talk
The ASD Girls' Wellbeing Toolkit: An evidence-based programme promoting Mental, Physical and Emotional Health. Available at: The ASD Girls' Wellbeing Toolkit (hintonpublishers.com)

Transitions and growing up:
Nichols, S. with Moravcik, G. M. & Pulver Tetenbaum, S., (2009) <i>Girls growing up on the Autism Spectrum: What parents and professionals should know about the pre-teen and teenage years</i> . Jessica Kingsley Publishers
Reynolds, K. E., (2015) <i>What's happening to Ellie? A book about puberty for girls and young women with autism and related conditions</i> . Jessica Kingsley Publishers
Riley-Hall, E., (2012) <i>Parenting girls on the Autism Spectrum: Overcoming the challenges and celebrating gifts</i> . Jessica Kingsley Publishers
Steward, R., (2019) <i>The Autism-Friendly Guide to periods</i> . Steward, R., (2013) <i>The independent woman's handbook for super safe living on the autistic spectrum</i> . Available at: Books and Media — Autism training from a person not just a textbook (robynsteward.com)
National Autistic Society, <i>Transitions</i> Available at: transitions england (autism.org.uk)
National Autistic Society, <i>Sex education</i> Available at: Sex education – a guide for parents (autism.org.uk)

Social and emotional development:
The Curly Hair Project: Social enterprise helping people on the autistic spectrum (Books, e-courses, webinars, autism training, blog, social media, animations, songs.) Available at: The Girl With The Curly Hair – Autism Training, Animations, Books
Autism Toolbox, <i>Social and emotional wellbeing</i> Available at: Social and Emotional Wellbeing Autism Toolbox
Rae, T. & Such, A., (2019) <i>The ASD Girls' Wellbeing Toolkit: An evidence-based intervention promoting mental, physical & emotional health</i> . Hinton House Publishers
Sedgewick, F., Hull, L. & Ellis, H., (2021) <i>Autism and masking: How and why people do it, and the impact it can have</i> . Jessica Kingsley Publishers

Resources for children and young people:
Books - Fiction:
Scott, L. & Westcott, R., (2019) <i>Can you see me?: A powerful story of autism, empathy and kindness</i> . Scholastic Age 10-12. Story about an 11 year old girl who has autism starting secondary school.
McNicoll, E., (2020) <i>A Kind of Spark</i> . Knights of Media. Age 8-12
Lucas, R., (2107) <i>The state of grace: Sometimes fitting in means standing out</i> . Macmillan Children's Books. Age 12+
Leach, S., (2017) <i>Slug days</i> . Pajama Press Age 6-9, illustrated chapter book about a young girls experiences with autism
The students of Limpsfield Grange School & Martin, V., (2015) <i>M is for Autism</i> . London & Philadelphia: Jessica Kingsley Publishers
Book Series: <i>Pablo goes shopping; Pablo at the zoo; Pablo and the noisy party; Goodnight Pablo; Pablo's feelings; Pablo picks his shoes</i> . Age 3-5. Pablo is an animated Cbeebies TV show and book series which stars an autistic character.
Books - Non-fiction:
Finley-Mosca, J., (2017) <i>The girl who thought in pictures: The story of Dr Temple Grandin</i> . Innovation Press Age 5-9, picture book biography told in rhyming text about an important figure with autism in scientific history
Higashida, N., (2013) <i>The Reason I Jump: One boy's voice from the silence of autism</i> . Random House. Age 13+. Biography of a 13-year-old nonverbal autistic person from Japan
Purkis, Y. & Masterman, T., (2020) <i>The Awesome Autistic Go-To Guide: A Practical Handbook for Autistic Teens and Tweens</i> . Jessica Kingsley Publishers. Age range 9+. Explores what it feels like to be a young person on the autism spectrum.
Castellon, S., (2020) <i>The Spectrum Girl's Survival Guide: How to grow up awesome and autistic</i> . Jessica Kingsley Publishers
Web resources:
Ambitious Youth Network at <i>Ambitious about Autism</i> . Online platform for autistic young people aged 16-25. Available at: Join the Ambitious Youth Network (ambitiousaboutautism.org.uk)