



National
Autistic
Society

Lancaster and
Morecambe
Branch



Information Booklet

All things Autism

Welcome

The NAS supports autistic people and their families across the UK with trusted information and community-based services.

I'm Lauren, running the Lancaster branch to help parents, carers, and young adults understand what support is available. If you would like volunteer some of your time , to support our branch there are some details on the next page about the roles available.

This booklet contains useful information on groups and services available in our local area.

I hope you find this booklet useful.

Lauren





National
Autistic
Society

Lancaster and
Morecambe
Branch

Lancaster and Morecambe Branch

Do you have a few spare hours a week ?

We need



To apply



07500881831



lancastermorecambe.branch@nas.org.uk



National
Autistic
Society

Lancaster and
Morecambe
Branch

Lancaster and Morecambe Branch



07500881831



lancastermorecambe.branch@nas.org.uk



Lancashire
SEND IAS
Information, advice and support
for Special Educational Needs and Disability



 National
Autistic
Society | Lancaster and
Morecambe
Branch

Contact us

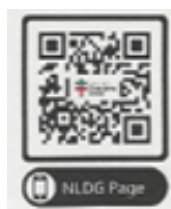
Tel: 0300 123 6706

Monday to Friday 9am to 5pm

Email: information.lineteam@lancashire.gov.uk



North Lancashire Directions Group Parent Carer Network



The SEND Den

Art and Craft Room

Movement Room

Euston Road

Refreshments Area

Sensory Suite

Climbing Cave

160 Euston Road,
Morecambe, LA4 5LE

office@thesendden.com

07551892196

The SEND Den

MULTI-SENSORY CENTRE

Timetable

Monday

- 10am–12pm Private Hire / Exclusive Hire
- 12pm–1.45pm Under 5s
- 2pm–3.45pm Open to All
- 4pm–5.45pm Open to All

Tuesday

- 10am–12pm Private Hire / Exclusive Hire
- 12pm–1.45pm Over 8s
- 2pm–3.45pm Adults Only
- 4pm–5.45pm Adults Only

Wednesday

- 10am–12pm Childminders
- 12pm–1.45pm Under 5s
- 2pm–3.45pm Open to All
- 4pm–5.45pm Open to All

Thursday

- 10am–12pm Private Hire
- 12pm–1.45pm Under 5s
- 2pm–3.45pm Adults Only
- 4pm–5.45pm Open to All

Friday

ALL FRIDAY SESSIONS OPEN TO ALL

- 10am–11.45am
- 12pm–1.45pm
- 2pm–3.45pm
- 4pm–5.45pm
- 6pm–7.45pm

The SEND Den

MULTI-SENSORY CENTRE

Weekend Timetable

Saturday

- 10am–11.45am Under 5s
- 12pm–1.45pm Open to All
- 2pm–4pm Private Parties
- 4.30pm–6.15pm Open to All
- 6.30pm–8pm Adults Only

Sunday

ALL SUNDAY SESSIONS OPEN TO ALL

- 11am–12.45pm
- 1pm–2.45pm
- 3pm–4.45pm



Meeting dates Easter to Summer 2026

No April Social Café due to Easter holiday

No April Connections Meeting due to Easter holiday

Thursday 16th April - EBSA - 10am-1pm

Emotionally Based School Avoidance

Thursday 30th April - Zoom online meeting - 7pm-8.30pm

Friday 1st May - Social Café - 10am-12pm

Thursday 14th May - Connections meeting - 10am-12pm

Thursday 21st May - Workshop - 10am-1pm

No May Zoom meeting due to half term holiday

Friday 5th June - Social Café - 10am-12pm

Thursday 11th June - Connections meeting - 10am-12pm

Thursday 18th June - Workshop (to be confirmed) - 10am-1pm

Thursday 25th June - Zoom online meeting - 7pm-8.30pm

Friday 3rd July - Social Café - 10am-12pm

Thursday 9th July - Connections meeting - 10am-12pm

Thursday 16th July - Connections Fair - 10am-1pm

No July Zoom meeting due to summer holiday

Social Café, Connections meetings & Workshops are hosted at

More Music 13-17 Devonshire Road, Morecambe LA3 1QT

SEND support GROUP

There will be no group in April,
as we will be hosting the
SEND Roadshow at Lune Park,
on Wednesday 15th April 2026
between 9.30am - 1pm

Dates for your diary...

Friday 1st May at Lune Park
1pm - 3pm

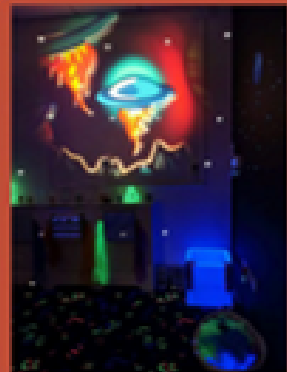
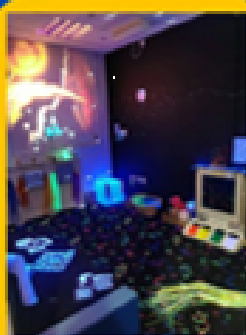
Friday 5th June at Lune Park
1pm - 3pm

Friday 10th July at Lune Park
1pm - 3pm



SUITABLE
FROM BIRTH
AND SEND
NEEDS.

SENSORY ROOM



OUR SENSORY ROOM IS A
WELCOMING AND SAFE SPACE.
WE HAVE BUBBLE TUBE, BUBBLE
WALL, LIGHTING AND SENSORY
TOYS.

POULTON FAMILY HUB
THE OLD FIRE STATION
CLARK STREET
MORECAMBE
LA4 5HT

FREE TO BOOK
1 HOUR SLOTS
CONTACT US ON 01524 581280
FOR MORE INFORMATION.

Coffee & Connect One Stop Shop

FIRBANK FAMILY CENTRE
FIRBANK ROAD, LANCASTER,
LA1 3HL.
ALL WELCOME!

FREE HOT DRINKS AND A
BISCUIT

A CHANCE FOR PEOPLE TO DROP IN AND
CONNECT WITH OTHERS IN A WARM
AND FRIENDLY ENVIRONMENT.

GET PRACTICAL ADVICE ON:

- HOUSING
- FINANCE
- EMPLOYMENT
- PARENTING/ TRIPLE P ADVICE
- EMOTIONAL HEALTH & WELLBEING
- RELATIONSHIPS



STARTS 11TH FEBRUARY
EVERY SECOND WEDNESDAY
OF THE MONTH
9:30-11:30AM

TOYS AVAILABLE TO KEEP
YOUR LITTLE ONES
ENTERTAINED TOO.
EVERYONE WELCOME

LANCASHIRE
**FAMILY
HUBS**
NETWORK
LANCASTER

**BEST
START
IN LIFE**



FACEBOOK- LANCASTER AND MORECAMBE FAMILY HUBS



[EVENTS.APPS.LANCASHIRE.GOV.UK/W/WEBPAGE/ALL-EVENTS](https://events.apps.lancashire.gov.uk/w/webpage/all-events)

COFFEE & CONNECT

Free refreshments

*Toys available to keep
your little ones
entertained too.*

Everyone welcome

*A chance for people to
drop in and connect with
others in a warm and
friendly environment.*

Get practical advice on:

- *Housing & Finance*
- *Employment*
- *Parenting Advice*
- *Emotional Health & Wellbeing*
- *SEND advice*



*every first thursday of
the month*

9:30am-11:30am

Lancashire
SEND IAS
Information, advice and support
for Special Educational Needs and Disability



citizens
advice



Lancashire
County Council



*Morecambe Library
Central Dr, Morecambe LA4 5DL*



March - April 2026

COLOURFUL FOOTSTEPS



Children and Family
Wellbeing
Service

These sessions are for children with physical, learning, behavioural and emotional difficulties along with their families, including siblings of any age. We provide an inclusive environment, with opportunities for learning, development, and support. Your child does not need to have an official diagnosis to attend.

Easter Holiday

31st March 10am - 11.30am
Primary School session

2nd April 1pm - 2.30pm
Under 5 years session

7th April 10am - 11.30am
Primary School session

9th April 1pm - 2.30pm
Under 5 years session

Please note that sessions activities are designed for the age range of the group.

5th March 1pm - 2.30pm
Portage & Teacher of the Deaf

12th March 1pm - 2.30pm

19th March 1pm - 2.30pm
Teacher of the Deaf

26th March 1pm - 2.30pm
Portage & Longlands

16th April 1pm - 2.30pm
Portage & Teacher of the Deaf

23rd April 1pm - 2.30pm

30th April 1pm - 2.30pm
Teacher of the Deaf
& Longlands



Lancashire
County
Council



The

LISTENING

Lounge

Lancashire
**FAMILY
HUBS**
NETWORK
Lancaster



A friendly, relaxed
space to talk, listen
and connect.



Children and family
wellbeing advice
and signposting



Support services
and agencies
attending



Someone to talk to,
someone to listen



Refreshments
provided

All welcome

- ♥ Citizens Advice Bureau
- ♥ Carers Help Advisory Training Support (CHATS)
- ♥ Green Rose Energy
- ♥ Primary Mental Health Team
- ♥ ADHD North West

and many more.



**FIRST MONDAY
OF THE MONTH**

Next dates:



1ST JUNE



6TH JULY



9:45 – 11:15



**CARNFORTH COMMUNITY
PRIMARY SCHOOL**

North Road
Carnforth
Lancashire
LA5 9LQ

*Drop in, have a chat,
you're not alone.*



Drop ins / events across North
Lancashire for parent carers of children
and young people with / without SEND

May/June 2026



SUPPORT
& ADVICE

DROP-IN
HERE!

12th May Lancashire Parent Carer Forum Drop in online 7pm

13th May Firbank Family Hub One Stop Shop 9.30-11.30

15th May Unique Kidz Coffee & Cake Cheyette Fitness 10.30

16th May Unique Kidz Stay & Play Family Drop in 12-3

22nd May Lancaster Road Community Information Event 1-3

27th May Unique Kidz Wills & Estates Info Evening 7pm

1st June Carnforth Family Hub Listening Lounge 9.30

4th June Morecambe Library One Stop Shop 9.30-11.30

5th June CHATS Social Café More Music 10-12

5th June SEND Support Group Lune Park Family Hub 1-3

10th June 9.30-11.30 Firbank Family Hub One Stop Shop

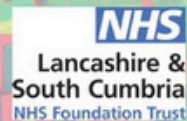
11th June CHATS Connections More Music 10-12

25th June CHATS online drop in 7-8.30

LANCASTER ROAD
PRIMARY SCHOOL



RESPECT RESILIENCE
RESPONSIBILITY



Supporting children, young
people and families to
succeed in Lancashire



Lancashire Family Hubs Network

Find support for you and your family from local services both in person and online.

Support is available for all stages of family life, from pregnancy through to 19 years old or 25 for those with special educational needs and disabilities (SEND).

Families can access a wide range of services at Family Hubs, such as:

- midwife and health visitor appointments
- groups for expectant mums and dads
- counselling for families
- baby feeding advice
- SEND support groups and advice



Our network and partners

We are working together with partner organisations like the NHS or schools to provide you with the help you need, without having to repeat yourself to lots of different people. [Find out more about our network and partners.](#)

Care and communication passport

A hospital passport provides important information about patients care and communications needs, including personal details, the type of medication they are taking, and any pre-existing health conditions.



Scan the QR code on screen to complete on your mobile device or click the link. You will need the patients NHS number to complete this passport.

Upon completion, a copy of your new passport will be available to download and will also electronically send to your Hospital electronic health record.



Your Voice Your Experience Your Influence

"Nothing about us without us"



Check out our
website -
Scan the QR Code



Lancashire Parent Carer Forum

Empowering SEND families across Lancashire

www.lancashireparentcarerforum.org.uk

SEND Children

Are you a parent or carer of a child or young person (0–25) with special educational needs and/or disabilities (SEND) in Lancashire?

We'd love to hear from you.

Who can join?

- Parents and carers of children or young people with SEND
- Living in Lancashire
- No diagnosis required
- Membership is FREE
- Volunteer opportunities

What do we do?

- Represent parent carers' views and experiences
- Collaborate with health, education, and local services to enhance SEND support
- Ensure families' voices are included in important decisions
- Foster opportunities for connection, sharing, and influencing change

Why get involved?

- Help shape better services for families
- Share your experiences in a safe, supportive space
- Receive updates, surveys, and opportunities to have your say
- Make a difference by volunteering to shape services

Join us today - www.lancashireparentcarerforum.org.uk

Facebook - Lancashire Parent Carer Forum

Volunteers@lancashireparentcarerforum.org.uk



YOUR VOICE MATTERS
COME & JOIN US, HAVE YOUR SAY!



Tea
and cake
provided



Lets chat over a brew!

What do you love
about our centres, services
and groups?

Share your ideas of things you
would benefit from.



Children welcome with
exciting activities
provided and friendly
staff to support play.



4th March

3rd June

30th September 2026

Lune Park - 11:30am - 12:30pm

UP Project

SAFE SPACE FOR YOU

Small creative group activities for young people aged 13-19 & 20-25.

Monday Evenings
BARTON ROAD CENTRE

Tuesday Evenings
CARNFORTH SALVATION ARMY

Thursday Evenings
MORECAMBE RAINBOW CENTRE

Last Monday of the Month
MORECAMBE CHURCH OF ASCENSION

It's a safe environment to be with others. I enjoy the creative activeness and if I want a quiet time I can, without feeling any pressure.

Before the project, I found it difficult to talk to others my age. The Prop Up Project has acted as a stepping stone to improving my confidence, feeling comfortable with people my age.

I like coming to Socialease because if I didn't I wouldn't go out - no pressure to speak, relaxed atmosphere

The people are friendly, people find it easy to talk even if they are shy.

Socialease

We provide a safe place to get out from the 4 walls; to relax, just sit with a brew, interact, use the resources, chat - it's your choice.

Tuesday
MORECAMBE BREW ME SUNSHINE

Wednesday
LANCASTER CORNERSTONES

Contact a team member for a referral to join Prop Up or Socialease

TABLE CARDS

Display your green card if you're happy to chat, your yellow card if you'd like to relax undisturbed.



BEE UNIQUE

AUTISM



WELCOME TO BEE UNIQUE



At BEE UNIQUE we host a variety of events and sessions in Cumbria and Lancashire.



Special educational needs and disabilities - local offer

The local offer brings together information for children and young people with special educational needs and disabilities and their families.

<https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/>





Built by Parents, Made by Unique Kidz



At Unique Kidz and Co, we celebrate individuality.

We're dedicated to giving young people with disabilities opportunities to socialise, play and grow, while providing families with the support and respite they deserve.

Today, the Unique Kidz and Co charity has grown as an organisation for young people with disabilities across North Lancashire, with a dedicated team of SEND-trained professionals providing daytime support and a range of services in a safe, inclusive and fun environment.

We're deeply committed to safeguarding and protecting all young people who use our services, ensuring they feel secure, valued, and empowered every step of the way.



Want to get in touch?

Visit

You are welcome to visit us at:
Unique Kidz and Co
Woodhill Lane,
Morecambe,
Lancashire
LA4 4NW

Email

If you would prefer to email us, just fill in our contact form or click on the link below.

hello@uniquekidzandco.org.uk

Call

Give us a ring! We're always happy to have a chat and help you find the perfect support.

01524 831132



Toy Library

Looking to try out a new toy or some specialist equipment?

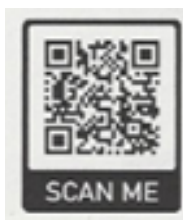
You're in the right place!

Our **Toy Library** is packed with specialist toys and equipment designed to support children and adults with disabilities. It's a completely free service for families in Lancaster, Morecambe, and the surrounding areas.

Run by Louise, one of our Play Workers, the Toy Library is super easy to use – we'll handle all the bookings and deliveries, so you can focus on enjoying the equipment! We can also lend items to local schools, nurseries, and community groups.

You don't need to use any of our other services to become a member. Just complete a membership form, agree to the terms and conditions, and you'll be all set to borrow your first item.

Fill in the document below and return it to us in person or via email, hello@uniquekidzandco.org.uk. If you have any questions, just get in touch – we're happy to help!





**Courses
Available**

Lancashire

SEND IAS

Information, advice and support
for Special Educational Needs and Disability



Does your child
struggle in school?

Do you know what help is
available for them?

Are you confused by the
words and abbreviations
that are used in meetings?

Do you know how to find
information, advice and
support for yourself?

Do you want to know
more?

Making Sense of

SEND

You are invited to attend this
FREE six-week online course.

Thursday evenings 6pm -8pm

7th May

14th May

21st May

4th June

11th June

18th June

To register complete the registration form:

[Making Sense of SEND Information and Awareness Course – Fill in form](#)

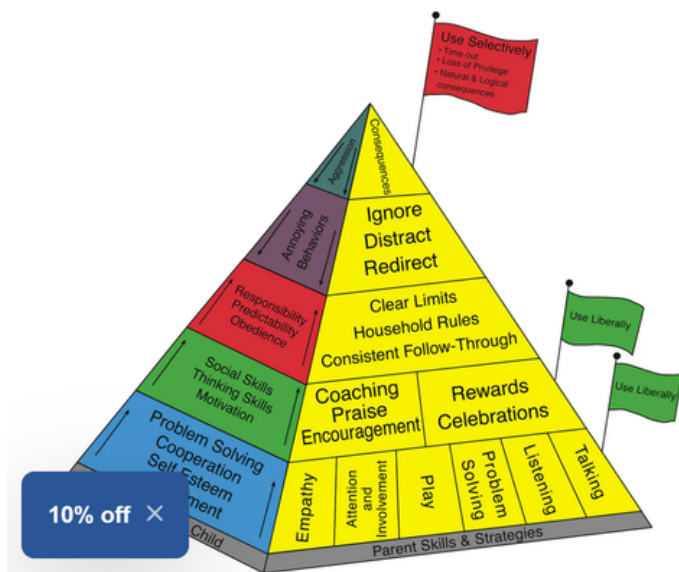


There are limited places, we will confirm your place via email.



The Incredible Years®

An Empower Community Care Organization



Incredible Years

Parenting programme

Next group due to start Autum 26

Tuesday 09:30 - 12 at Harvey House

Contact: d.lawless@lscft.nhs.uk



Useful Websites



CEREBRA

Working wonders for children
with brain conditions

Disability Living Allowance (DLA)

Get your free Guide to the Disability Living Allowance (DLA) in England and Wales

Anyone who has ever tried to fill in a Disability Living Allowance (DLA) claim form will know what a huge and daunting task it can be. Our step-by-step guide to filling it in makes it easier for you.

The guide takes you through all the questions on the DLA form, explaining what each one means and giving tips on how to answer. It also offers advice on how to appeal if you are unhappy with the decision.

This guide is for England and Wales only.





Family Fund

Helping disabled children

Family Fund deliver grants and services to families raising a disabled or seriously ill child or young people on a low income across the UK.



contact *For families
with disabled children*

Contact is a UK charity supporting families with disabled children (0-25) by providing advice, emotional support, and campaigning for better services.

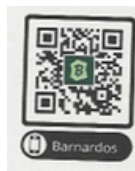




Raise awareness of autism — Help us to Transform attitudes & change lives. Make a difference today. We help people with autism by offering support and guides. Help us make a difference. Support us. Raise money for autism.



Find Out About Our Specialist Services That Support Children's Emotional Wellbeing. We Offer Many Services To Help Children's Mental Health & Emotional Wellbeing.



Educational and Pre-school Material
SEN Friendly Products
5 Star Customer Satisfaction





Flying with a hidden disability



General tips



Contact your airline or tour operator as far in advance as possible. Ask to include DPNA (Disabled Passenger Needing Assistance) on the travel documents.

**Books + cartoon video for children
Travelling by plane suziebooks.co.uk**

Manchester Airport

Sunflower Lanyard Available from Assistance Reception Areas I Check in Halls. Will give you access to family and priority lanes at security

Liverpool John Lennon Airport

**Sunflower Lanyard or Butterfly flyer Email
customerservices@liverpoolairport.com No fast track
access but staff awareness to offer assistance if needed**

Nimbus Access Card



What is the access card



The physical card acts as a photo ID that can be used to easily communicate your access requirements to events and venues, so that the venues can provide accessibility to the needs of their visitors.



It also works online with other platforms like ticketing systems, to unlock the access facilities you need.



The card shows a photo ID and translates a persons disability or impairment into symbols, effectively highlighting the barriers they face and the reasonable adjustments they might need.

The Access Card app provides you with a personalised directory of venues, with first-class accessibility information to help you plan your trips.



CEA Cinema Card



The scheme allows a Cardholder to be accompanied by someone, free of charge, when they purchase the applicable full price ticket to visit a participating cinema with that person.



NOW Card - Bus Pass



Learning disability



You can apply for a National Concession bus pass if you have a learning disability, that is a state of arrested development of mind which includes significant impairment of intelligence and social functioning:



Disabled Child Railcard



What Is It?

A Disabled Persons Railcard is for children with a disability or long-term health condition. It costs £20 and gives you and a travelling companion a third off all adult rail fares, plus additional discounts at selected restaurants and hotels.



Who qualifies

To apply for a Disabled Persons Railcard you must meet the following criteria:



Receive Child Disability Allowance at either the higher or lower rate for the mobility component, or the higher or middle rate for the care component



Have a visual or hearing impairment Have epilepsy
Buy or lease a vehicle through the Motability scheme



Version 2- June 2026

The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427).