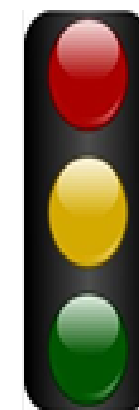


# Swale Spectrum

Supporting parents and Carers of Children with ASD/ADHD



# Welcome

- Swale Spectrum is a support group for those people who care for someone on the Autism Spectrum or who have ADHD. We aim to help families who are at any stage of diagnosis but are not medical professionals and therefore only offer opinion and support.
- You will find us at [facebook.com/swalespectrum](https://facebook.com/swalespectrum). Any request to join will be sent a PM with some questions to answer, please check your 'other' folder and respond before being approved or declined.
- We have over 300 members and our group name has changed to reflect where we are now.
- Information held within the group is private and confidential, under no circumstances must it be shared or screenshot with anyone outside of the group without the express permission of the owner of that comment.

# Meetings

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- We meet monthly for tea/coffee. Come for a chat or advice. All welcome. (we hope these will be able to start up again)
- First Friday morning of the month in term time 10:30am-12:30pm in Sittingbourne (Venue on facebook page)

# Information

- We have over 300 members who are parents/ carers of and young people who are on the spectrum or have ADHD.
- Our members are all at different stages in their journey.
  - Diagnosis or not
  - EHCP or not
  - Mainstream or SEN school
  - Primary, secondary, post 16 and post 19

- Our young people may have obstacles in their path
  - Sensory
  - Eating/Food
  - Clothes
  - Anxiety
- Our members may have obstacles in their path
  - Diagnosis
  - EHCP/school
  - Anxiety
- Our members share the highs and the lows, great advice, signposting services and sometimes just a hug.