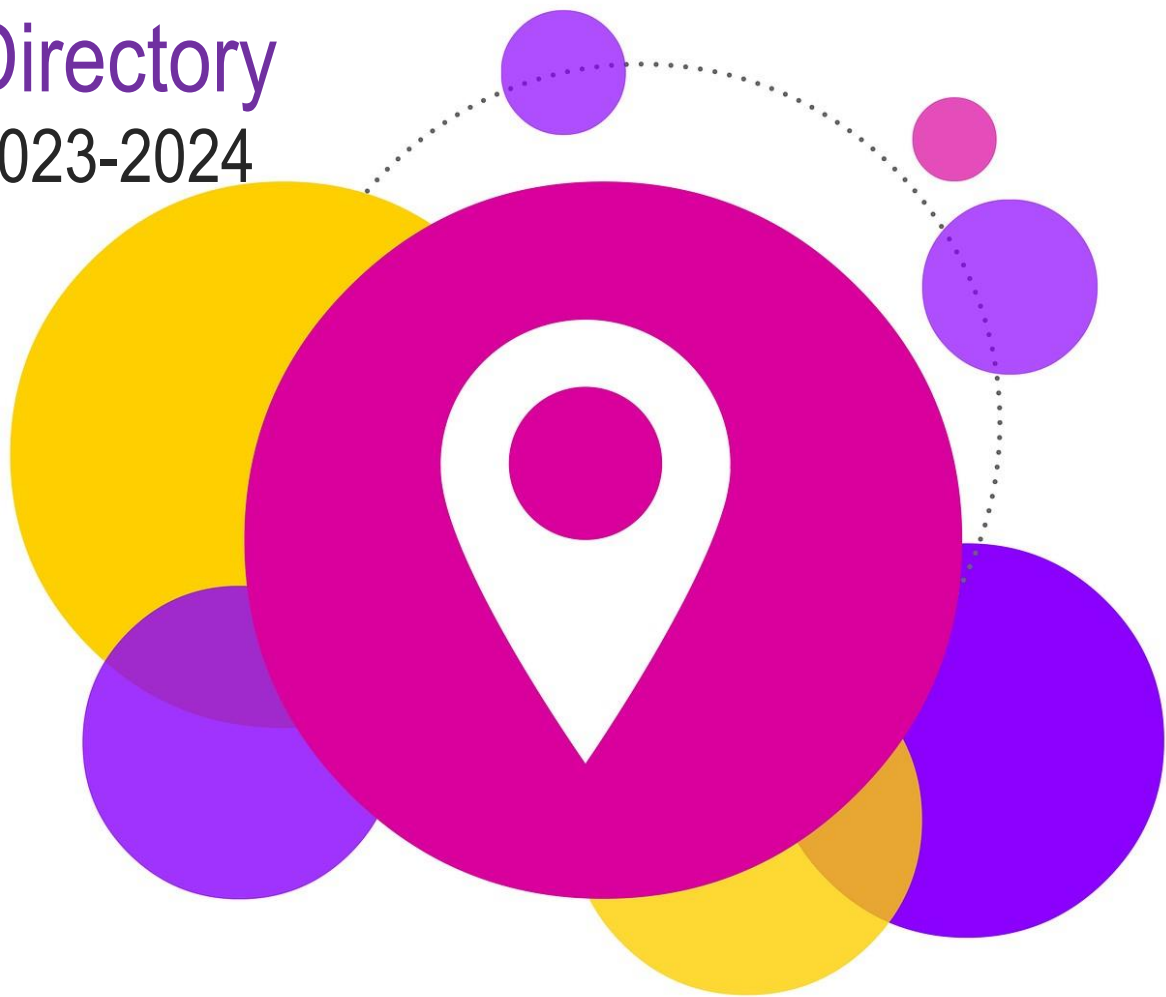


MENTAL HEALTH ORGANISATIONS, PROVISIONS AND SERVICES (MHOPS) FOR NEURODIVERSE FAMILIES, ADULTS AND CHILDREN IN THE EAST OF ENGLAND

Directory
2023-2024



Introduction

What is the MHOPS directory?

The MHOPS directory is a list of organisations providing mental health services for neurodiverse families, adults, and children in the East of England. The regions covered are Bedfordshire, Cambridgeshire, Hertfordshire, Essex, Norfolk, and Suffolk.

Who is the directory for?

The directory is designed for neurodiverse families, adults and children looking for mental health support for themselves or others. This resource may also be useful in supporting professionals in referring individuals to appropriate services in the East of England.

About us

We are a team of researchers based at the University of Hertfordshire, whose work explores the availability of mental health services for the neurodiverse population. As part of this we

mapped the mental health provisions and services available for children and adults with autism in the East of England to make them more accessible.


The Directory

The directory lists 49 organisations that offer differing services. These may include social support, family support, educational support, clubs/activities, diagnostic support and much more.

The organisations are listed in alphabetical order, with full address and contact details, location, services available, their focus and access and referral.

Most of the organisations listed are registered charities or businesses. All other services are provided by the NHS, these are marked with *.

Iconography Key

 Address

 Website

 Service Location

 Telephone

 Email

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Directory

About with Friends

Address

22D Hold Road
Cromer
Norfolk
NR27 9JW

Website

<https://aboutwithfriends.co.uk>

Service Location

Norfolk

Telephone

01263 515230

Email

info@aboutwithfriends.co.uk

Services

- Children and Young people's services
- Adult services
- Social activities and events
- Supported living
- Work skills services and training
- Outreach services

Focus

A charity offering support and services to people of all ages, with Autism.

Access and Referral

Self-referral

ACE Anglia

Address

Red Gables
Ipswich Road
Stowmarket
Suffolk
IP14 1BE

Website

<https://www.aceanglia.com>

Service Location

Suffolk

Telephone

01449 678088

Email

info@aceanglia.com

Services

- 1-1 advocacy
- Group advocacy
- Project work
- Producing accessible information
- Peer education
- Health and wellbeing advice and support

Focus

A registered charity offering advocacy and support services for people with learning disabilities and Autism.

Access and Referral

Self-referral

ADD-Vance

The ADHD and Autism Trust

Address

Foundation House
2-4 Forum Place
Fiddlebridge Lane
Hatfield
AL10 0RN

Website

<http://www.add-vance.org>

Service Location

Hertfordshire, Hatfield and surrounding areas

Telephone

01727 833963

Email

herts@add-vance.org

Services

- EHCP and SEN support
- Pre-assessment support and advice
- Specialist sleep services
- Support groups
- Training for professionals
- Telephone helpline

Focus

A charity run by a group of professionals with children that have ADHD and/or Autism, offering support and advice to parents of children with neurodiverse needs.

Access and Referral

Self-referral

Adult Autism Diagnostic service*

Address

Clinical Resource Centre
Twinwoods Health Resource Centre
Bedford
MK41 6AT

Website

www.elft.nhs.uk/services/adult-diagnostic-service-bedfordshire

Service Location

Bedfordshire and Luton

Telephone

01234 310593

Email

Elft.bl.autism.service@nhs.net

Services

- Specialist clinical assessment
- Advice services

Focus

NHS service for adults 17+ for diagnostic services and advice/support pre and post diagnosis. Also offer access to support groups and social care services.

Access and Referral

GP or other primary care services
Specialist healthcare services

Adult Autism Service*

Address

169 Church Elm Lane
Dagenham
Essex
RM10 9RR

Website

<https://www.nelft.nhs.uk/adult-autism-spectrum-disorder/>

Service Location

Essex

Telephone

0300 555 1200

Email

ASDAssessmentsService@nelft.nhs.net

Services

- Assessment and diagnosis
- Support to mental health professionals
- Post diagnostic support
- Psychoeducation
- Advice regarding employment and benefits support
- Pre diagnostic support for clients on the waiting list.

Focus

NHS service for adults 18+ for diagnostic services and advice/support pre and post diagnosis.

Access and Referral

GP or other primary care services

AEA

Asperger East Anglia

Address

1a Market Street
Beccles
Suffolk
NR34 9AQ

Website

<https://www.asperger.org.uk>

Service Location

Norfolk and Suffolk

Telephone

01502 471061 / 01603 620500

Email

info@asperger.org.uk

Services

- Workshops
- Social groups
- Personal support
- Employments and benefits advice
- 1-1 support
- Work experience

Focus

A registered charity offering support services to children, young people and adults with Asperges Syndrome and other related neurodiverse conditions. Also offers support to families.

Access and Referral

Self-referral

Affinity Trust

Address

Unit 18
South Fens Business Centre
Fenton Way
Chatteris
Cambridgeshire
PE16 6TT

Website

<https://affinitytrust.org>

Service Location

Cambridgeshire, Norfolk and Suffolk

Telephone

01354 696009

Email

infoeast@affinitytrust.org

Services

- Supported living and residential services
- Outreach support
- Children and young peoples services
- Positive behaviour support
- Transition support for young people
- Specialist Autism support
- Supporting people in to work
- Support to live at home & independently

Focus

A registered charity offering support for children and young people with learning difficulties, disabilities and neurodiverse conditions such as Autism.

Access and Referral

Self-referral

Ambitious About Autism

Address

The pears National Centre for Autism Education
Woodside Avenue
London
N10 3JA

Website

www.ambitiousaboutautism.org.uk

Service Location

Essex, Suffolk, Norfolk

Telephone

02088 155444

Email

info@ambitiousaboutautism.org.uk

Services

- Education support
- Employment support
- Online support
- Training, research, and campaigns
- Youth network

Focus

A charity that provides support for autistic children and young people.

Access and Referral

Self-referral

ASD Helping Hands

Address

Rooms 412-416
Breckland Business Centre
Dereham
Norfolk
NR19 1FD

Website

<https://www.asdhelpinghands.org.uk>

Service Location

Norfolk

Telephone

01362 685860

Email

contact@asdhelpinghands.org.uk

Services

- Specialist clinical assessment
- Advice services
- Benefits help and advice
- Family support service
- Support groups
- Activity days and residential holiday
- Training for parents, carers, and professionals
- Online courses

Focus

Charity supporting children and adults with autism and their families and carers. Runs off donations and payment for services.

Access and Referral

Self-referral

Atypical Workspace

Address

Unit 2
Executive Park
Hatfield Road
St Albans
AL1 4TA

Website

<http://atypicalworkspace.com>

Service Location

Hertfordshire, St Albans

Telephone

01727 229944

Email

admin@atypicalworkspace.com

Services

- Paid work experience for adults with Autism or other neurodiverse conditions
- training

Focus

Paid work experience for adults with Autism and other neurodiverse needs, within St Albans.

Access and Referral

Self-referral

Autism Anglia

Address

59 North Hill
Colchester
Essex
CO1 1QF

Website

www.autism-anglia.org.uk

Service Location

Essex, Suffolk, Norfolk

Telephone

01206 577678

Email

info@autism-anglia.org.uk

Services

- Adult services
- Family support services
- Residential support/supported living
- Diagnostic support
- Welfare rights services
- Advocacy services

Focus

Independent charity that provides care and support to autistic children, adults, and their families.

Access and Referral

Self-referral

Autism Bedfordshire

Address

1 Hammond Road
Bedford
Bedfordshire
MK41 0UD

Website

www.autismbedfordshire.net

Service Location

Bedfordshire

Telephone

01234 214871

Email

enquires@autismbeds.org

Services

- Employment support
- Educational support
- Helplines
- Social groups
- Support for carers
- Skill development and work shops
- Youth groups
- Family activity groups

Focus

Support for adults and children with autism and their families, siblings, and carers.

Access and Referral

Self-referral

Autism Diagnostic service*

Address

Haymills House
Station Road East
Stowmarket
IP14 1RQ

Website

<https://www.nsft.nhs.uk/autism/service/autism-diagnostic-service-suffolk>

Service Location

Suffolk

Telephone

01449 745389

Services

- Specialist clinical assessment

Focus

NHS service for adults 17+ for diagnostic services and advice/support pre and post diagnosis. Also offer access to support groups and social care services.

Access and Referral

GP or other primary care services
School referrals
Social and health care professionals

Build Charity

Address

Ground Floor
12 Bank Street
Norwich
Norfolk
NR2 4SE

Website

<https://www.buildcharity.co.uk/contact>

Service Location

Norfolk

Telephone

01603 618029

Email

admin@buildcharity.co.uk

Services

- Community opportunities programme
- Skills for life
- Social & support groups
- Residential & day trips

Focus

A registered charity providing social, leisure and learning opportunities to anyone with a disability over the age of 18, in Norfolk.

Access and Referral

GP or other primary care services
School referrals
Social and health care professionals

CAMH Cambridge*

Children & Adolescent Mental Health Service

Address

Brookside Family Consultation Clinic
18a Trumpington Road
Cambridge
CB2 8AH

Website

<https://www.cpft.nhs.uk/service-detail/service/child-and-adolescent-mental-health-services-camhs-63/>

Service Location

Cambridgeshire

Telephone

01223 465100

Services

- Support services for children and adolescents, their families and carers

Focus

NHS mental health service offering support, advice and information for children, adolescents, their families and carers.

Access and Referral

Self-referral

GP/Teacher/School nurse/Any health professional

CAMH Hertfordshire*

Children & Adolescent Mental Health Service

Address

The Colonades
Beaconsfield Road
Hertfordshire
AL10 8YE

Website

<https://www.hpftcamhs.nhs.uk/>

Service Location

Hertfordshire

Telephone

0800 6444101

Services

- Support services for children and adolescents, their families and carers

Focus

NHS mental health service offering support, advice and information for children, adolescents, their families and carers.

Access and Referral

Self-referral

GP/Teacher/School nurse/Any health professional

CAMH North Bedfordshire*

Children & Adolescent Mental Health Service

Address

9 Rush Court
Bedford
Bedfordshire
MK40 3JT

Website

<https://www.elft.nhs.uk/camhs/where-we-work/north-bedfordshire-camhs>

Service Location

North Bedfordshire

Telephone

01234 893300/301

Services

- Support services for children and adolescents, their families and carers

Focus

NHS mental health service offering support, advice and information for children, adolescents, their families and carers.

Access and Referral

Self-referral

GP/Teacher/School nurse/Any health professional

CAMH South Bedfordshire*

Children & Adolescent Mental Health Service

Address

1st Floor Charter House
Alma Street
Luton
LU1 2PJ

Website

<https://www.elft.nhs.uk/camhs/where-we-work/south-bedfordshireluton-camhs>

Service Location

South Bedfordshire/Luton

Telephone

01525 638613/614

Services

- Support services for children and adolescents, their families and carers

Focus

NHS mental health service offering support, advice and information for children, adolescents, their families and carers.

Access and Referral

Self-referral

GP/Teacher/School nurse/Any health professional

Carers in Bedfordshire

Address

Emerald Court
Pilgrim Centre
Brickhill Drive
Bedford
MK41 7PZ

Website

www.carersinbeds.org.uk

Service Location

Bedfordshire

Telephone

0300 111 1919

Email

contact@carersinbeds.org.uk

Services

- Support services for carers
- Groups and workshops for carers

Focus

A charity offering support, advice and information for carers across Bedfordshire.

Access and Referral

Self-referral

CLASS Clinic*

Cambridgeshire Lifespan Autism Spectrum Service

Address

Chithra Sethia Autism Centre
Fulborn
Cambridge
CB21 5EF

Website

<https://www.cpft.nhs.uk/classclinic/>

Service Location

Cambridgeshire

Telephone

01234 219673

Email

classclinic@cpft.nhs.uk

Services

- Specialist diagnostic assessment

Focus

Support for individuals 18+ registered with a GP in Cambridgeshire who may have Autism.

Access and Referral

GP and primary care service
Mental health services in CPFT
(Must have received an initial assessment but the primary care mental health services)

Connect Without Limits

Address

1 George Williams Way
Colchester
Essex
CO1 2JS

Website

<https://cwlccic.com/>

Service Location

Essex

Telephone

07484330948

Services

- Peer support
- Workshops
- Social groups

Focus

Support for autistic young people, their families and carers.

Access and Referral

Self-referral

Engage Norfolk

Address

47 Bergen Way
North Lynn ind. Estate
Kings Kynn
Norfolk
PE30 2JG

Website

<https://www.engagenorfolk.co.uk>

Service Location

Norfolk

Telephone

01553 401200

Email

hello@engagenorfolk.co.uk

Services

- Person centred support
- In home care
- Bespoke support packages
- Support in the community
- Social and leisure opportunities

Focus

A charity that supports individuals with additional needs including Autism, mental health needs, physical disabilities, and dementia.

Access and Referral

Self-referral

Families in Focus Essex



Address

Townfield House
03-33 Towfield Street
Chelmsford
Essex
CM1 1QL



Website

<https://www.familiesinfocussessex.org.uk>



Service Location

Essex



Telephone

01245 353575



Email

helpline@fifessex.org.uk

Services

- Specialist support and advice services
- Educational advice and support (EHCPs, tribunals, appeals)
- Activity clubs
- Parent and peer support and drop ins
- Support with benefits
- Workshops and events

Focus

An independent charity supporting families with children and young people that have Autism or other educational needs and disabilities.

Access and Referral

Self-referral

F.L.A.G

Families in Luton Autism Group

Address

Main Entrance
York St
Luton
LU2 0HA



Website

www.luton.gov.uk



Service Location

Luton



Telephone

01582 548151



Email

chloe.bishop@luton.gov.uk

Services

- Online support group

Focus

Online support meetings for families, parents, and carers of people with Autism.

Access and Referral

Self-referral

Forward Day Centre

Address

St Margrets School House
Millfleet
Kings Lynn
Norfolk
PE30 5EG

Website

<http://forwarddc.org.uk>

Service Location

Norfolk

Telephone

01553 776910

Email

office@forwarddc.org.uk

Services

- Training and work experience
- Sensory rooms
- Sow and grow project

Focus

An independent charity supporting adults with learning disabilities and Autism.

Access and Referral

Self-referral

Grapevine Essex

Address

Tulip Hall
31 Clacton Road
St Osyth
Essex
CO16 8PA

Website

<https://www.grapevinesessex.org.uk>

Service Location

Essex

Telephone

07933 631016 / 07976 578868

Email

info@grapevinesessex.org.uk

Services

- Support and advice
- Social events and outings
- Life skills
- Exercise and sport
- Educational outings
- Life enhancing experiences

Focus

A charity offering support, social outings and groups for anyone ages over 18 with a learning disability in Essex. There is a membership fee for this service of £10.00 per year plus fees for some events.

Access and Referral

Self-referral

IPSEA

Independent Provider of Special Education Advice

Address

2A Stansted Courtyard
Parsonage Road
Takeley
Bishops Stortford
Hertfordshire
CM22 6PU

Website

<https://www.ipsea.org.uk>

Service Location

Hertfordshire

Telephone

01799 582030

Email

office@ipsea.org.uk

Services

- Advice line
- Tribunal helpline
- Tribunal support and advice
- Education support and advice

Focus

An independent charity offering support and advice for families of children and young people with Autism. Support and advice offered for education needs.

Access and Referral

Self-referral

Little Heroes ASD support

Address

409 London Road
Westcliff-on-sea
Essex
SS0 7HU

Website

<https://littleheroesasd.co.uk>

Service Location

Essex

Telephone

07379 897947

Email

Littleheros.asd@gmail.com

Services

- Drop in support sessions
- School holiday events
- Professional support
- Information and advice services
-

Focus

Parent led support group for families of children with Autism.

Access

Self-referral

Mencap West Norfolk

Address

West Norfolk Mencap
PO Box 1255
Kings Lynn
Norfolk
PE30 9GF

Website

<https://wnmencap.org.uk/contact-us/>

Service Location

Norfolk

Telephone

01553 776154

Email

office@wnmencap.org.uk

Services

- Gateway clubs for adults
- Gateway clubs for children
- Social skills development
- Befriender scheme
- Day trips
- Advice and support
- Helpline

Focus

A charity supporting parents with learning disabilities, their families, and carers.

Access and Referral

Self-referral

Musical Keys

Address

Memorial Hall
21 Colegate
Norwich
Norfolk
NR3 1BN

Website

<https://www.musicalkeys.co.uk>

Service Location

Norfolk

Telephone

01603 766690

Email

info@musicalkeys.co.uk

Services

- Referral portal for children and young people
- Music therapy
- Bespoke 1-1 music activities delivered at home, communal areas and online
- Social groups for children & young people
- Family groups
- Music groups
- Library groups
- Technology groups

Focus

A charity that offers musical groups and therapy to anyone with a disability and their families in Norfolk.

Access and Referral

Self-referral

MYOTAS

My Own Time and Space



Address

57a Highcliffe Road
Wickford
SS11 8JP



Website

<https://myotas.org>



Service Location

Essex



Telephone

07840 799718



Email

info@myotas.org

Services

- Information and advice
- Social activities and opportunities
- Educational activities and opportunities
- Training and education for health professionals, parents and carers
- Clubs and events for children and young people with Autism

Focus

A charity that offers support and advice to parents of children with Autism.

Access and Referral

Self-referral

National Autistic Society



Address

393 City Road
London
EC1V 1NG



Website

www.autism.org.uk



Service Location

Cambridgeshire, Essex, Suffolk



Telephone

02078 332299



Email

nas@nas.org.uk

Services

- Residential support
- Diagnostic support
- Community support
- Educational support
- Employment support
- Online support

Focus

A registered charity providing advice, guidance and support to autistic children, adults, and families.

Access and Referral

Self-referral

Neurodivergent Safe Space*

Address

Friends & Places Together
Unit 13 Victoria Plaza
Southend High Street
Southend-On-Sea
Essex
SS2 5SP

Website

<https://www.differentnotdeficient.co.uk/neurodivergentsafespace>

Service Location

Essex

Email

ndadvocateessex@gmail.com

Services

- Social club
- Outreach support
- Mental health advice and support

Focus

Support for autistic/PDA/ADHD adolescents and young adults aged 13-20 with mental health difficulties.

Access and Referral

Self-referral

Norfolk Autism Partnership

Address

ASD Helping Hands Room 412-416
Breckland Business Centre
St Withburga Lane
Dereham
Norfolk
NR19 1FD

Website

www.autism.org.uk

Service Location

Cambridgeshire, Essex, Suffolk

Telephone

01362 685860

Email

contact@norfolkautismpartnership.org.uk

Services

- Diagnosis support
- Engagement working groups
- Workforce development groups
- Employment support groups
- Family support, events and social groups
- Advice, information and education
- Online forums

Focus

A registered charity providing advice, guidance and support to autistic children, adults, and families.

Access and Referral

Self-referral

Norfolk SEN Network

Address

62 Catton chase
Old Catton
Norfolk
NR6 7AS

Website

<https://www.norfolksennetwork.org>



Service Location

Norfolk

Telephone

01603 300178

Services

- Training for parents and professionals
- Assistance applying for EHCPs
- Help with tribunals
- Support with school exclusion
- Helpline
- Development worker service

Focus

A charity supporting parents of children with educational needs 0-16. Also offers support for parents of young people and young people themselves 16-25. Free and membership options. Some services are chargeable.

Access and Referral

Self-referral

Opening Doors

Address

38a Bull Close
Norwich
Norfolk
NR3 1SX

Website

<https://www.openingdoors.org.uk/page/59/Contact-us>



Service Location

Norfolk

Telephone

01603 631433

Email

admin@openingdoors.org.uk

Services

- Individual support
- Advocacy service and group
- Training courses
- Advice and information service
- Service user training sessions – led by service users for professionals

Focus

A user led service for adults with learning disabilities in Norfolk.

Access and Referral

Self-referral

Pact for Autism

Adults and Children Together

Address

Office 50
Latton Bush Business Centre
Southern Way
Harlow
Essex
CM18 7BL

Website

<https://www.pactforautism.org.uk/contact>

Service Location

Essex and surrounding areas

Telephone

07377 386090 / 07377 386093

Email

support@pactforautism.org.uk

Services

- Telephone helpline
- Monthly information and support meetings
- Family activities
- Talk and straining available for family and professionals
- Annual awareness events

Focus

A charity supporting children, young people, and adults with Autism. This charity also provides support for families and carers.

Access and Referral

Self-referral

PALMS*

Positive behaviour, Autism, Learning disability and Mental health service

Address

Unit 1a Howard Court
14 Tewin Road
Welwyn Garden City
Hertfordshire
AL7 1BW

Website

<https://www.hct.nhs.uk/service-details/service/positive-behaviour-autism-learning-disability-and-mental-health-service-palms-50/>

Service Location

Hertfordshire

Telephone

01707 388000

Email

Hct.palms@nhs.net

Services

- Individually tailored support
- Support groups & workshops
- Therapeutic work with children, young people, parents, carers, and siblings
- Second opinions

Focus

Specialist multidisciplinary approach to children and young people ages 0-18 with global learning disability and/or Autism.

Access and Referral

GP, SENCOS, HSC or Primary Care professionals

RAGS

Romford Autistic Group Support

Address

Taunton Hall
90 Taunton Road
Harold Hill
Romford
Essex
RM3 7SU

Website

<https://www.rags-havering.org.uk>

Service Location

Essex

Telephone

07760 169187

Email

info@rags-havering.org.uk

Services

- Advice and support
- Events for families
- Autism friendly events
- Parent sessions

Focus

A support created by parents of children with Autism offering support for parents, carers and families of children with Autism.

Access and Referral

Self-referral

SAFE

Supporting Asperger families in Essex

Address

43 Buttercup way
Southminster
Essex
CM20 7RY

Website

<https://safeessex.org.uk>

Service Location

Essex, Thurrock and Southend

Telephone

07813323682

Email

info@safeessex.org.uk

Services

- Family support
- Local support groups
- Social groups
- Social skills development and support
- Information and advice services

Focus

A support group for people with Asperger Syndrome and high functioning Autism and their families.

Access and Referral

Self-referral

SET CAMHS*

Southend, Essex & Thurrock Child & Adolescent
Mental Health Service

Address

NELFT NHS Foundation Trust
CEME Centre-West Wing
Marsh Way, Rainham, Essex
RM13 8GQ

Website

<https://www.nelft.nhs.uk/set-camhs/>

Service Location

Essex, Thurrock and Southend

Telephone

0800 9530222

Email

SET-CAMHS.referrals@nelft.nhs.uk

Services

- Support services for children and adolescents, their families and carers

Focus

NHS mental health service offering support, advice and information for children, adolescents, their families and carers.

Access and Referral

Self-referral

GP/Teacher/School nurse/Any health professional

SNAP

Special needs and parents

Address

The SNAP Centre
Pastoral Way
Brentwood
Essex
CM14 5WF

Website

<https://www.snapcharity.org/contact/>

Service Location

Essex, Thurrock, and Southend

Telephone

01277 211300

Email

familyteam@snapcharity.org

Services

- Support groups (also online)
- Events and activities
- Youth, parent and sibling groups
- Stay and play groups
- Clubs
- Training

Focus

A charity supporting parents of children, young people and adults aged between 0-25 with learning disabilities. Funded by donations and cost for groups.

Access and Referral

Self-referral

SPACE

Address

The Maltings
Stanstead Abbotts
Ware
SG12 8HG

Website

<https://spaceherts.org.uk>

Service Location

Hertfordshire

Telephone

01920 452270

Email

admin@spaceherts.org.uk

Services

- Training and Workshops
- Conferences
- Support groups
- Virtual support
- Inclusive activities
- Training for professionals
- Social opportunities

Focus

Hertfordshire based charity offering support to families of children and young people with Autism, ADHD and other neurodiverse conditions.

Access and Referral

Parent, carer, school or other professionals

S.W.A.N

Support with Autism Network

Address

Main Entrance
York St
Luton
LU2 0HA

Website

<https://directory.luton.gov.uk/kb5/luton/directory/service.page?id=oWrY5iQZC4s>

Service Location

Luton

Telephone

01582 548151

Email

chloe.bishop@luton.gov.uk

Services

- Face to face support group
- Drop in sessions

Focus

Face to face support meetings for families, parents, and carers of people with Autism.

Access and Referral

Self-referral

The Ark Centre

Address

15 Springfeild Lyons Approach
Chelmsford
Essex
CM2 5LB

Website

<https://www.thearkcentre.org>

Service Location

Essex

Telephone

01245 466355

Email

admin@thearkcentre.org

Services

- Behavioural therapy
- Speech and Language therapy
- Occupational therapy

Focus

A charity founded by parents of children with Autism offering specialised therapy to children with autism and/or communication difficulties ages 2-5.

Access and Referral

Self-referral

The Hamlet

Address

Johnson Place
Norwich
Norfolk
NR2 1SJ

Website

<https://thehamletcharity.org.uk>

Service Location

Norfolk

Telephone

01603 215193

Email

admin@thehamleycharity.org.uk

Services

- Children and young people's services
- Adult services
- Family support services
- Short breaks
- Day trips
- Day services
- Coffee mornings
- Advice and support services

Focus

A charity supporting people of all ages with learning difficulties and Autism. Also offers support for siblings and families.

Access and Referral

Self-referral

United response

Address

Unit 10, Hill View Business Park
Old Ipswich Road
Ipswich
Suffolk
IP6 0AJ

Website

<https://www.unitedresponse.org.uk/support-area/suffolk/>

Service Location

Suffolk, Hertfordshire

Telephone

01473 836160

Email

info.Suffolk@unitedresponse.org.uk
info.housing@unitedresponse.org.uk

Services

- Housing support & supported living
- Community services and support
- Sports sessions
- Social events
- Volunteering projects

Focus

A registered charity supporting adults with mental health needs, physical health needs, neurodiverse needs and other disabilities.

Access and Referral

Self-referral

Contact Us

If you have any questions about the directory or our stream of research, please do get in touch with Jasmine Chavda, who is leading the research:

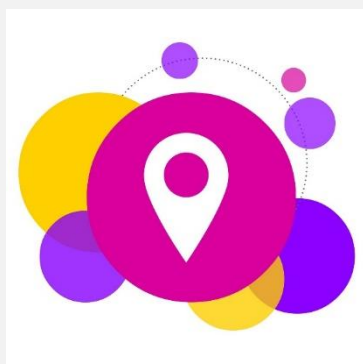
 **Email**

j.chavda2@herts.ac.uk

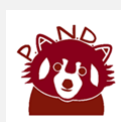
 **Address**

University of Hertfordshire
College Lane
Hatfield
Hertfordshire
AL10 9AB

Please note that if you have any questions relating to any of the services listed, do get in touch with the individual organisations.



University of
Hertfordshire **UH**



If the listed organisations do not provide the support you require, please see below for contact details of local agencies that can provide support.

ADHD Foundation

 **Website**

www.adhdfoundation.org.uk

 **Telephone**

020 8952 2800

Samaritans

 **Website**

www.samaritans.org

 **Telephone**

116 113

Bruce, Kristy*, Chavda, J*, Ludlow, Amanda., Trivedi, Daksha. (2024). Mental Health Organisations, Provisions and Services for neurodiverse families, adults and children in East of England: A Directory and Mapping Report.

*Co-Authors

NIHR | Applied Research Collaboration
East of England