





**Northumberland Post  
Diagnostic Support is  
available at  
The Toby Henderson Trust**

**Please get in touch to  
discuss the support we  
can offer.**

**Our dedicated email  
address is:**

**NorthumberlandPDS@ttht.co.uk**

**Follow us on social media:**

-  **Facebook** - The Toby Henderson Trust
-  **Instagram** - the\_toby\_henderson\_trust
-  **Twitter** - @AutismTTHT
-  **TikTok** - thetobyhendersontrust

  
**The Toby Henderson Trust**

“

"Thank you so much for just being at the other end of the phone I literally came off that call feeling so much lighter and actually felt heard!"

**GET IN TOUCH**



Contact: 0300 365 3055



NorthumberlandPDS@ttht.co.uk



Toby House, Earth Balance  
Bedlington, Northumberland,  
NE22 7AD



www.ttht.co.uk



**SCAN HERE FOR MORE  
INFORMATION ABOUT  
THIS SERVICE**



 **Northumberland Autism  
Post Diagnostic Support Service**

**Specialist Post Diagnostic Support for families, offering practical advice, guidance, and provision of information.**

**Direct specialist support for children and young people diagnosed autistic in Northumberland, this being a recent or historic diagnosis, to help them understand and embrace their autistic identity.**

**Easy self-referral process - get in touch with us! (contact details on reverse) individualised, flexible and adaptable support to meet your families needs, including outreach and peripatetic services.**



## **WHO ARE WE AND WHAT DO WE DO?**

The Toby Henderson Trust is a registered charity (1149952) and company limited by guarantee (0685892) who offer a specialist autism post diagnostic support service free to all families in the area with a Northumberland postcode whose child or young person (up to the age of 18 years) has a confirmed autism diagnosis, either recent or historic.

Our impressive track record spans over more than 20 years and we remain committed to help wherever and however we can.



## **OUR SERVICE PROVISION**

### **WHAT WE OFFER:**



Specialist Family Support Sessions providing advice, strategies, suggestions and resources, along with signposting to other relevant services. The family support can be a telephone call, email, zoom call or a face to face to suit your needs. The sessions are followed up by an email including the information and resources discussed during the session, a check-in email can be offered thereafter.

These sessions can be face-to-face, at The Toby Henderson Trust, via Zoom, telephone call or even via email, to suit the needs and flexibility of each family. Sessions can be accessed by ringing or emailing The Toby Henderson Trust to book an appointment.



We offer a rolling programme of free targeted webinars, please see [www.ttth.co.uk](http://www.ttth.co.uk), click on events and training for information.



A monthly peer support group 'Time To Talk', times and dates area available on our website or Facebook page.

## **WORKING WITH YOUR CHILD OR YOUNG PERSON**

### **DIRECT SUPPORT FOR CHILDREN & YOUNG PEOPLE**

#### **0-5 years INTENSIVE INTERACTION**

2 Sessions Designed to work with the family and child to support verbal and social communication and managing behaviours through this effective and practical approach.

#### **5-7 years NEURO CUBS**

A 4 week course delivered flexibly by experienced TTHT staff to help children understand, express and embrace their autistic identity.

#### **8-14 years NEURO BEARS**

A 4 week course delivered flexibly by our staff again to help young people as above.

#### **15-17 years "WHO AM I?"**

"Understanding My Autistic Identity" x 2 sessions, delivered on a 1:1 basis, either in person or remotely to meet the needs of the individual family situation.

All interventions are followed up with the offer of check-in's and further sessions where necessary.

