



## Looking after you locally

### External Agencies

Here are a few voluntary services that are available to contact for further information, advice or support.

Autism Anglia  
[www.autism-anglia.org.uk](http://www.autism-anglia.org.uk)  
Family Support Service  
01362 853 753

National Autistic Society  
[www.autism.org.uk](http://www.autism.org.uk)  
Helpline: 0808 800 4104  
(Mon-Fri 10 am to 4 pm)

Asperger East Anglia  
[www.aspergereastanglia.org.uk](http://www.aspergereastanglia.org.uk)  
01603 620500

Family Voice  
(for parents & carers of children with special and  
additional needs  
From 0 – 25)  
[www.familyvoices.org.uk](http://www.familyvoices.org.uk)

ASD Helping Hands  
[www.asdhelpinghands.org.uk](http://www.asdhelpinghands.org.uk)  
01362 853 018 / 07713554405  
Email: [asdhelpinghands@gmail.com](mailto:asdhelpinghands@gmail.com)

NAS West Norfolk  
[www.westnorfolknas.org.uk](http://www.westnorfolknas.org.uk)

This list is not exhaustive and if you find another service which would be useful to share with others please contact us at [AsdPathway@nchc.nhs.uk](mailto:AsdPathway@nchc.nhs.uk)