



Hertfordshire Neurodiversity Parental Support Hub: 01727 833963; supporthub@add-vance.org

Hertfordshire Neurodiversity support: [Neurodiversity Support](#)

The Toolbox: <https://thetoolbox.mindler.co.uk> (< 16yrs Hertfordshire)

Autism Hertfordshire: >16yrs: <https://www.autismbedfordshire.net/support-in-hertfordshire/>

Add-vance: www.add-vance.org

Angels: www.angelssupportgroup.org.uk

SPACE: www.spaceherts.org.uk

Herts Hub: www.hertshub.co.uk

Books:

[The Awesome Autistic Go-To Guide: A Practical Handbook for Autistic Teens and Tweens:](#)

[Amazon.co.uk: Yenn Purkis, Tanya Masterman, Emma Goodall: 9781787753167: Books](#)

[The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic : Siena Castellon, Temple Grandin: Amazon.co.uk: Books](#)

[Women and Girls with Autism Spectrum Disorder: Understanding Life Experiences from Early Childhood to Old Age \(Audio Download\): Sarah Hendrickx, Judith Gould, Lucie McNeil, John Murray: Amazon.co.uk: Books](#)

[Girl Unmasked Uncovering Autism Saved My Life by Emily Katy](#)

Vlogs:

[21 Signs You're Autistic, ADHD, or BOTH | Neurodivergent Magic - YouTube](#)

[Things I Didn't Realize Were Related to Being Autistic Before I Was Diagnosed "with Autism" - YouTube](#)

People to follow/look up:

1. Hannah Gadsby - comedian
2. Jerry Seinfeld actor/ - comedian
3. Steven Spielberg - director
4. Sir Anthony Hopkins – actor
5. Paige Layle – tiktok autism activist

- There are many more online if you wanted to do your own search

Organisations:

[Home - Autistic Girls Network](#)

Sleep difficulties: Sleep clinic <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>

For CYP < 16 with a brain related condition and disrupted sleep routine