

## Family support groups

Little hiccups <http://www.littlehiccups.co.uk/index.htm>

ZigZag – (Autism) <http://www.zigzagleedsautismsupport.co/>

SNAPS - <https://www.snapsyorkshire.org/>

The Blossom Tree - <https://www.facebook.com/blosstree/>

Sunshine and Smiles - (Down syndrome) <https://www.sunshineandsmiles.org.uk/>

Carers Leeds <https://www.carersleeds.org.uk/>

Barnardo's (for siblings) <http://www.barnardos.org.uk/willow.htm>

EPIC <http://www.epicleeds.org.uk/>

MENCAP (sibling groups) <http://www.leedsmencap.org.uk/support-for-adults/parents-carer-support-groups>

MENCAP family support - <http://www.leedsmencap.org.uk/support-for-adults/parents-carer-support-groups>

ABC – Autism <https://leedsabctgroup.wordpress.com/>

Sensory world <https://www.facebook.com/SensoryWorldDewsbury/>

**SCOPE =** Equality for disabled people