

## Alternative Family forums

### **National Autistic Society (NAS)**

This is a link to the NAS 'Your Community' which includes a discussion forum:  
<http://community.autism.org.uk/>

### **Mencap**

Mencap can provide online support for family carers who have a relative with a learning disability, please see <http://www.mencap.org.uk/communitylp> . You can also get support, advice and information from Mencap's [Families forum](#), [Families blogs](#) and [Talk learning disability blogs](#)

### **Contact a Family**

Contact a Family have an online forum called 'Making Contact' for family carers caring for a child with a disability here: <http://www.makingcontact.org/> .

### **Carers Trust**

Carers Trust have discussion boards, live chat and carers blogs, along with a 'Wednesday night hob nob' opportunity to get in contact with other carers please see: <http://www.carers.org/carers-chat>

### **Unique**

Unique's Rare Chromosome Disorder Support Group can be contacted via Facebook at <http://www.facebook.com/#!/pages/Unique-Rare-Chromosome-Disorder-Support-Group/130797430472?fref=ts>