

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>