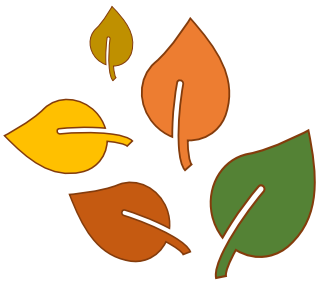


Suffolk Parent Carer Forum

Newsletter October 2024





Welcome



Welcome the Autumn edition of our newsletter where you will find Suffolk Parent Carer Forum news, updates and events.

You can provide your feedback on SEND, Education and Health services in Suffolk at any time [here](#)

Membership

We always welcome new Parent and Carer and Affiliate membership to capture real experiences of SEND in Suffolk.

If you would like to become a member, please sign up [here](#)

Did you know that we also offer Affiliate Membership at SPCF?

Affiliate membership has been designed for practitioners, within both the Voluntary and Statutory sectors. Members will be kept up to date by receiving regular information and news. You can sign up [here](#)



SPCF Half Term Closure

We will be closed from Monday 28th October and return on Monday 4th November. All of the SPCF team are parent carers and this enables us to meet our caring responsibilities.



What's Coming Up



Complaints Focus Group

This is your opportunity to share your feedback and ask questions on the complaints process.

Friday 15th November - 10.30AM - 12PM

Suffolk Youth Justice Service Focus Group

This is an opportunity to meet the Youth Justice Service in Suffolk, share your feedback and ask questions.

Thursday 21st November - 12 - 1PM

Educational, Health and Care Needs Assessment Request Portal Focus Group

This is an opportunity to provide feedback and ask questions about the Educational, Health and Care Plan (EHCP) Portal

Friday 29th November - 10:30AM - 12PM

Sarah-Jane Smedmor & Andrew Reid Focus Group

This is an opportunity to meet the Youth Justice Service in Suffolk, share your feedback and ask questions.

Tuesday 10th December – 11AM – 12:30PM

Full details and invitations of upcoming focus groups will be emailed to members and affiliates in due course and reminders will be shared on our Facebook page.

Please note, our focus groups are not designed to address individual cases

There are many commissioned support services and social media groups managed by individuals who are qualified to provide reliable information. While it is great to support each other, SPCF always recommends parents and carers ensure information they receive is accurate and in line with legislation.

I.P.S.E.A

I.P.S.E.A are the leading charity in the field of SEND law in England, and they provide free and independent legal advice and support to families of children and young people with SEND. They also provide training on the SEND legal framework.

They have a range of resources available for parents and carers. Click the links below to find out more.

- [Online legal guides, resources and template letters](#)
- [Email Information Service](#)
- [Telephone helplines](#)
- [Tribunal Support Service](#)



IPSEA
Independent Provider of Special
Education Advice

Neurodevelopment Differences

If you suspect or know your child may have Autism or ADHD you may find the below resource pack helpful. The Suffolk Local Offer website has information and guides available on what to expect throughout the process, how to get support while you wait, and some other resources that may support you and your young person through the journey.

[The East & West Suffolk NDD Pathway](#)

You can access the forms for an Autism and/or ADHD referral [here](#)



Suffolk Parent Carer Forum

MEMBERS COMPETITION

WIN A FIDGET TOY ADVENT CALENDAR!

To enter, registered members need to look for this poster on our Facebook page, then like and comment on it by midnight on 21st November.

To register as a member, click [here](#)
Follow us on Facebook [here](#)

GOOD LUCK!

Recent Focus Groups

SPCF are pleased to have offered 10 online Focus Groups for parents and carers this half term.

These have included:

- Education/Inclusion with Ros Somerville and Sarah-Jane Smedmor
- Health with Garry Joyce, Lisa Nobes, Richard Watson and Kathryn Searle
- Social and Emotional Mental Health with SES, Special Education Services
- Activities Unlimited
- Liquid Logic/EHCP Portal
- Let's Talk SNEE
- NDD Workshops Input



If you attended one or more of our Focus Groups, we would be grateful for your feedback. We also welcome suggestions on other focus groups you as parents and carers would find helpful. You can provide your feedback and suggestions on our website [here](#) or email by clicking [here](#)

We recognise that not all families are able to attend our Focus Groups during the daytime, we apologise for this. As SPCF is made up of parent carers we have limited evening availability due to our own caring responsibilities. We are able to pass on topic feedback if you are unable to attend. Please email info@suffolkpcf.co.uk with your comments.

Meeting Minutes

Suffolk County Council make documents and minutes from their SEND meetings available on the Governance and Oversight section of their website. You can view the documents along with information about the committees, boards and panels [here](#)

Family Feedback

Through our focus groups and feedback, we are hearing the continued difficulties families are facing with EHCP's and communication.

So many families are waiting far longer than legal timescales to receive your child or young persons final educational and care plans. Annual reviews are also facing similar delays. When plans are received, numerous families are reporting concerns over the schools named.

We have also heard how so many of you are not having your emails answered or phone calls returned. Many of you are waiting on the NDD pathway and are not receiving communications leaving you wondering if you have been forgotten about.

Lots of families say they never receive an apology for their experience of failings.

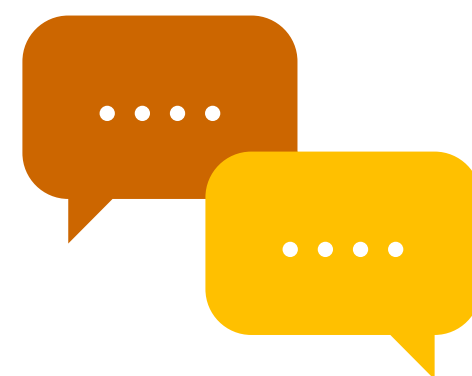
We have heard about schools not making reasonable adjustments, unreasonable punishments and using part-time time tables unlawfully.

We take your feedback to meetings and ensure this is heard by services.

You can feed back to us via Facebook Messenger [here](#)

Our website [here](#)

Or by emailing info@suffolkpcf.co.uk



Primary School Emotional Wellbeing Intervention Provider

Suffolk County Council have chosen Hamish & Milo as their preferred Emotional Wellbeing Intervention provider for primary schools. This is part of Delivering Better Values.

The term "delivering better values" (DBV) doesn't explain the benefits schools are reporting that the interventions have on children.

Suffolk Parent Carer Forum have heard feedback from schools who have been able to identify many students with additional needs in English and Maths. All mainstream schools are invited to be involved.

You can find out more about Suffolk County Council's decision to use the Hamish & Milo [here](#)

You can visit the Hamish & Milo platform [here](#)



ARFID Pathway Update

Those working on the pathway share the following:

“Following a period of focus on recruitment and service planning within NSFT, the Suffolk Specialist ARFID Team are readying to re-establish regular co-production and peer support groups. Thank you to all who have contributed and shared your views to date, this input has informed the topic plans for these groups. It is not too late to share your views, please contact Ask Suffolk ARFID by 04/11/2024 to share any topics you would be interested in discussing. For anyone who would like to be included on future mailing lists for updates on the Suffolk ARFID pathway, along with co-production and peer support information, again please email Ask Suffolk ARFID (asksuffolkarfid@nsft.nhs.uk) to request this.”

Suffolk Mainstream Inclusion Framework

This Framework (SMIF) outlines the ‘ordinarily available’ provision expected in Suffolk’s mainstream schools for all children and young people (CYP) including those with special educational needs and/or disabilities (SEND).

Provision and support should be provided in line with the needs of all children and young people (CYP) and is not dependent on any formal diagnosis.

You can read about it and refer to it [here](#)

Autism and Nature

Autism and Nature are a non-profit organisation who aim to improve life for children with autism by engaging them with nature.



believe that contact with the natural world can benefit a child's learning, health and wellbeing, and act to raise awareness of these benefits by developing educational resources in partnership with schools, local authorities, conservation organisations and autism charities.

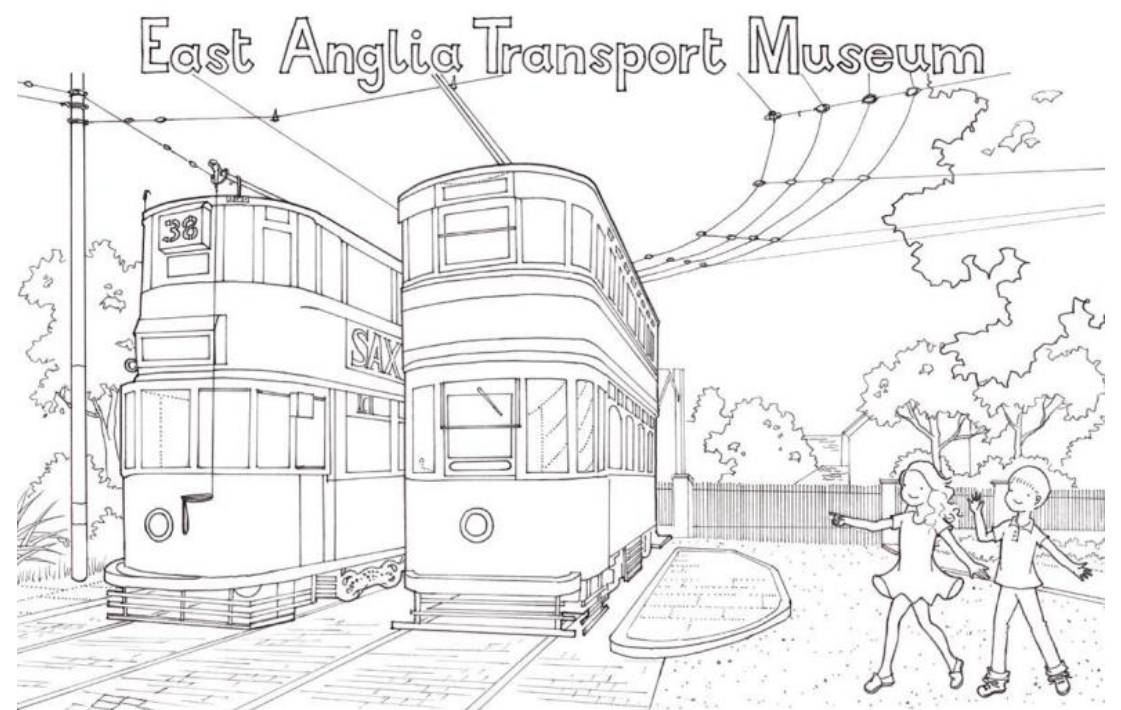
Their books are designed to help parents, carers and teachers to engage children with autism and related disabilities with the countryside, natural world and rural heritage. Illustrations are accompanied by simple text supported by Widgit symbols.

Framlingham Castle



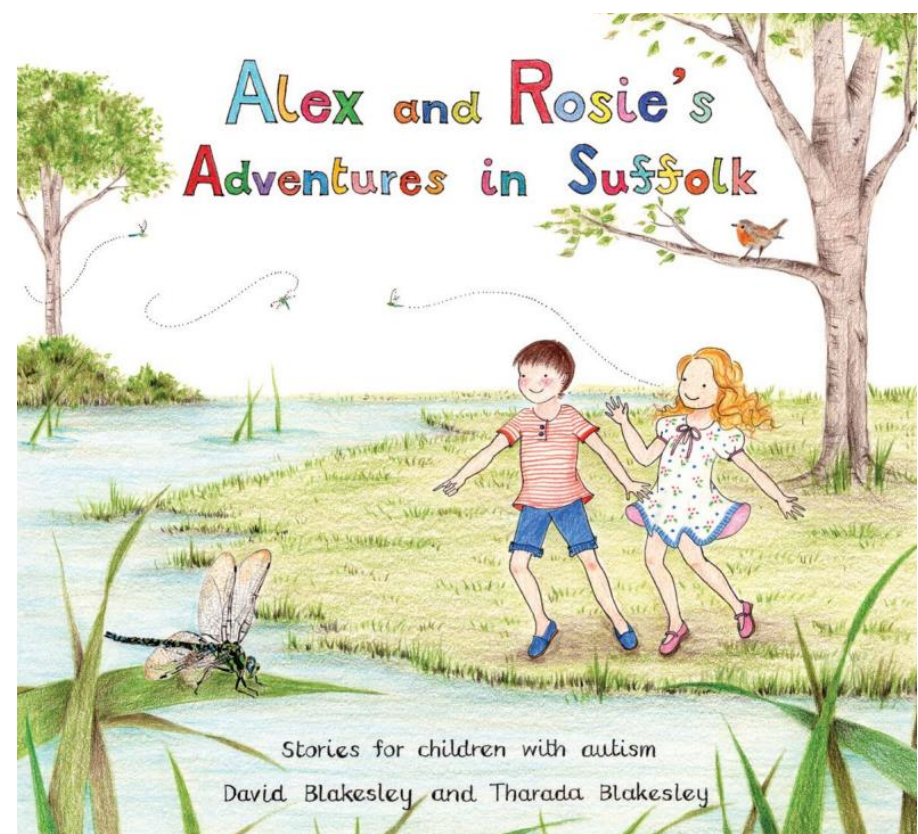
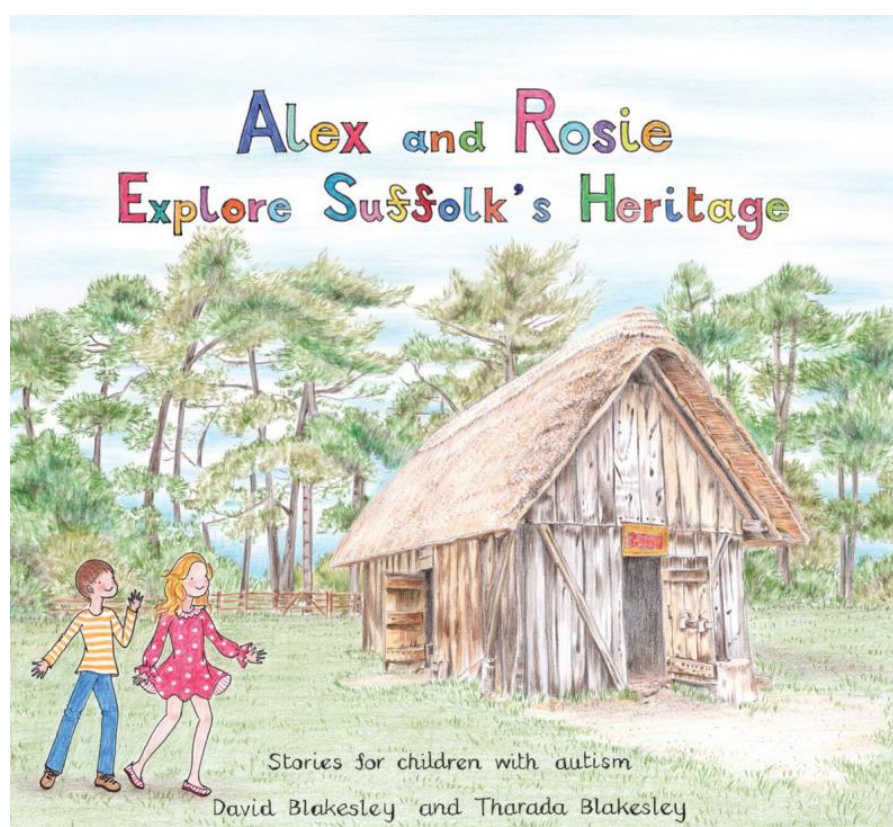
 Alex and Rosie were excited to visit Framlingham Castle. 

 The castle walls were very tall. 



 Alex and Rosie enjoyed a ride on the tram. 

They have kindly made the resources below available for families in Suffolk to download free of charge on the Suffolk Local Offer Website [here](#)



Dyslexia and Dyscalculia

Does your child have, or do you suspect them to have dyslexia or dyscalculia?

Following dyslexia week, we wanted to share The British Dyslexia Associations wide range of resources that are available to support people with dyslexia and dyscalculia both diagnosed and undiagnosed.

They are available for parents and carers, adults, education providers and employers [here](#)

They also have a helpline that offers free and confidential information, support and signposting. For contact details and opening times click [here](#)

Facts and Figures



This means that dyslexia affects 10% of the population. That's around 6.7 million people in the UK.

OVER
1 Million

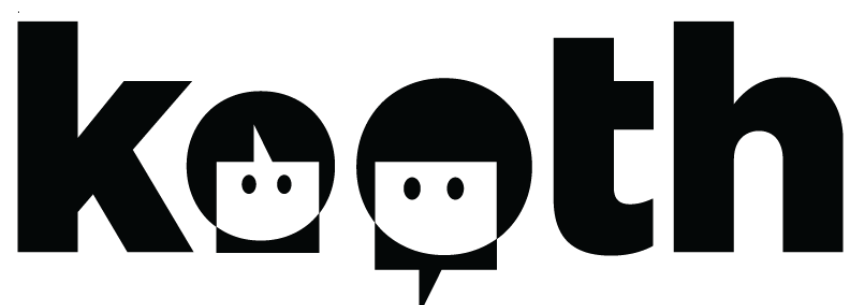
school children
in the UK have
dyslexia. Many
are undiagnosed.

OVER
3.3 Million

adults in the
workplace. Many
are undiagnosed.

Kooth

Kooth is a free digital mental health support website for young people. It gives children and young people access to an online community of peers and a team of experienced counsellors. Kooth has no referrals or waiting lists, and Young people can access this service anonymously by signing onto the Kooth website [here](#)



kooth

Autumn Activity Ideas

We have put together a list of free resources, ideas and activities that can be done indoors and outside over the October half term. All resources are from reliable sources like Crayola, Hobbycraft and Baker Ross. Click the leaves to be taken to the free resources.



Crayola
Colouring
Pages



Woodland Trust
Autumn Sensory
Hunts



Baker Ross
Scavenger
Hunt



Good
House Keeping
Autumn
Craft Ideas



Baker Ross
Autumn
Craft Ideas



ADVENTURE DAYS

AGES 8-12 YEARS



28th October – 1st November

*subject dates apply

08:30–16:30

Join us this October Half Term for a range of exciting activities. Take part in activities including fire lighting, archery, axe throwing, swimming and more

With our Adventure Days happening across Babergh, Mid and west Suffolk, your child has the chance to unlock their inner explorer whilst fitting around your working hours.

Breakfast, lunch and snacks provided!



FREE*
BOOK NOW

*free for those eligible for free school meals or meet the eligibility criteria

abbeycroft.org.uk/HAF



Abbeycroft
Let's Love Life





FAMILY PARK COOKING

28th October – 1st November
Across Suffolk

10:00–15:00

*subject dates apply

Parents and children take part in an amazing family day out with a wide range of activities including an outdoor cooking master class where you will cook a delicious lunch together.

Every family that attend will take home all of the ingredients and recipe cards for a weeks' worth of meals.

FREE*



BOOK NOW

*free for those eligible for free school meals or meet the eligibility criteria

abbeycroft.org.uk/HAF



Abbeycroft
Let's Love Life



Sensory Library sessions 2024

**Thursday 18th January
February***

**Thursday 14th March
April***

**Thursday 9th May
June**

**Thursday 4th July
August***

**Thursday 29th August*
26th September**

**Thursday 31st October*
November**

**Thursday 19th December
holidays**

Thursday 22nd

Thursday 11th

Thursday 6th

Thursday 1st

Thursday

Thursday 21st

*** = In school**

Each session will run 9.30am – 11.30am

Address = Milton Road North, Stowmarket, IP14 1EX

Not much parking outside, please use local car parks such as 'ASDA'

The local community can see what we have and look at items before borrowing.

This allows us to have a place for people to collect and return items more easily.

Anyone welcome even if you just fancy a social catch up.

We keep a book at the library showing what's available including a leaflet & contact details for anyone unable to make these sessions and would like to borrow an Item.

We will have a comments box for people to post suggestions and comments.

To loan an item please contact Caroline on 07510 217172 or cgrove@stowmarketsaturdayclub.co.uk

Home Library Service

If you or someone you know can't make it to the library, Suffolk's Home Library Service can deliver titles to homes and care homes. If health or mobility problems are preventing you or someone you know from visiting a library branch or mobile library, our Home Library Service volunteers are here to help. The service is free and available from most libraries.

Their volunteers visit you in your home to discuss which books you are interested in, including audiobooks. You can tell them about your favourite authors, genres or non-fiction subjects, and they will choose a selection of books and order them from the library on your behalf. They then collect the books from the library and deliver them to your door and return any books you've finished.

Many titles in their catalogue are also available in Large Print and audiobook form for those who are visually impaired.

All our Home Library Service volunteers undergo an enhanced DBS check.

If you think this might be right for you, you can visit their website [here](#)

Contact your local library [here](#)

Email: hls@suffolklibraries.co.uk

**SUFFOLK
LIBRARIES**

Level Two Youth Club

Level Two Youth Club aim to promote the welfare of young people (age 7-25) living in Felixstowe and surrounding villages, through supportive relationships and positive experiences, designed to enhance their personal and social development.

They offer a range of programmes for different age groups including a home education sessions and an after school youth hub which can be found [here](#)





HOME ED SESSION

Every Tuesday and Thursday (Term time)- 12-2pm.

A session tailored to young people who are home educated, offering them an opportunity to hang out and use hub facilities. Please bring a packed lunch.

Ages 11-16

For More Information
fydg@leveltwo.org





Join us for a Free Community Event!

Funded by ESC Community Partnership

Looking for something fun to do during half-term? Come and join us on Tuesday 29th and Thursday 31st October from 11 am to 2 pm, near the Level Two Youth Hub by Tesco.

Look out for the Purple Level Two bus - We'll be there offering free snacks, safety giveaways, and plenty of friendly faces.

Learn more about Level Two and our community partnerships. If you've never visited the Hub before or haven't been in a while, we'd love to show you around!

**TUESDAY 29TH AND
THURSDAY 31ST OCTOBER
11AM-2PM**



fydg@leveltwo.org



Post 16 Benefits

When a young person turns 16, they are entitled to receive benefits as an individual. The benefits they are entitled to may affect money their parent/carer receive.

It is important to get independent advice around what benefits can be claimed and how they could affect what payments a parent/carer already receives before deciding which is the best option for your family.

You can find out more information on Suffolk's Local Offer Website [here](#)

Are you getting the right amount of Universal Credit as a parent carer?



contact.org.uk/uc

Carer element

Paid if you're eligible for Carer's Allowance (or if you meet the criteria for it but your earnings are too high). You don't actually have to have claimed Carer's Allowance.

Child element

Paid for each dependent child in your family. You won't normally get this for a third or subsequent child born on or after 6 April 2017.

Disabled child addition

Paid (at one of 2 rates) for each dependent child who gets DLA or PIP. If you're eligible but don't receive this addition, add a note to your journal. It should be backdated in full.

Childcare element

Covers up to 85% of your registered childcare costs if you work (any number of hours), up to a certain amount.

Government Childcare Funding

Did you know that individuals that receive Carer's Allowance qualify for childcare funding for a child from 9 months old?

Under the new government rules, children from 9 months up to 2 years old qualify for 15 hours per week working parents funded childcare if both parents are working and meet the criteria.

However, if one parent is working and the other cannot work, or works under 16 hours per week due to their caring responsibilities and are in receipt of Carers Allowance, they are also entitled to the funded childcare.

Please visit the government website [here](#) for more information



Child and Adolescent Mental Health Parent Workshops

NHS
Norfolk and Suffolk
NHS Foundation Trust

Upcoming virtual workshops:

- Anxiety
- Big feelings
- Low mood
- Sleep
- Emotion regulation
- Eating difficulties

Please click here to view the upcoming Workshops

Book onto a free workshop here: www.nsft.uk/workshops



The Source

The Source website has been created to provide information, advice and sources of support to young people in Suffolk – when they need it, on a range of issues that impact their lives.

Their website is aimed at supporting young people in Suffolk aged 11-19 years old (up to 25 for young people with additional needs) and is packed full of helpful resources including ‘your body’, ‘your mind’, ‘your future’ and ‘your life’.

They have dedicated sections about advice and support for young people with additional needs that can be found [here](#)



SEND FAMILY GROUPS

For parents/carers and children with diagnosed or undiagnosed special educational needs and disabilities. Please contact the allocated coordinator to register prior to attending.

SEND Families
Unite Haverhill

Chalkstone
Community
Centre

1st Monday
of every
month

10am - 12pm

Stephen
07925 138186

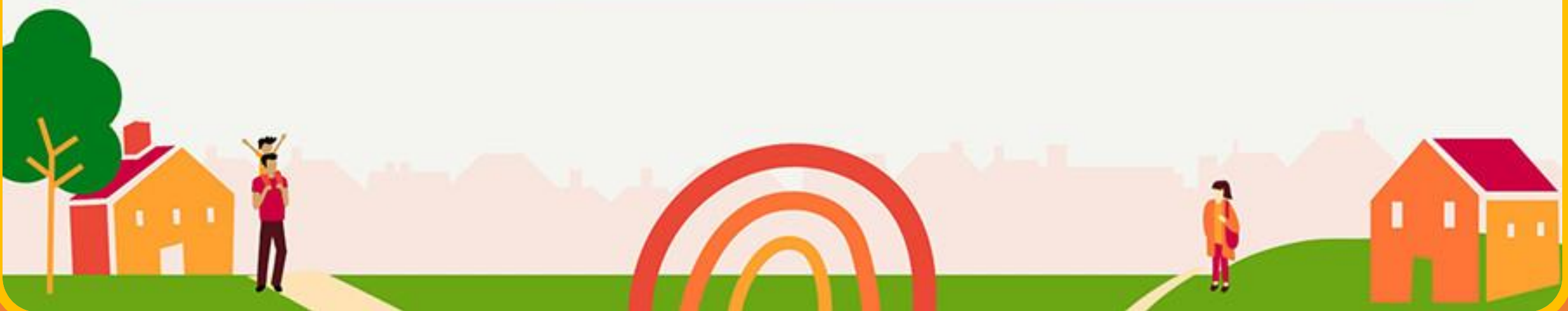
SEND Families
Unite
Stowmarket

Red Gables
Stowmarket

3rd Tuesday
of every
month

1pm- 2:30pm

Sarah
07542 785649



**Suffolk
Family Carers**
Living Fuller Lives



COFFEE MORNING

COFFEE MORNING

**Come and join Neurodivergent Abilities
for a relaxed coffee morning**

The coffee morning is for those who are neurodiverse or part of a Neurodivergent family. A Family Advisor from Suffolk Family Carers ND Project will be available at each session to provide information, advice, guidance and support.

The Key Cafe, Ipswich
Last Thursday of the month
from 10am-12noon *(term time only)*



www.suffolkfamilycarers.org/ND-coffee-mornings/



Suffolk Family Carers Limited Registered Charity No.1069937. A Company Limited by Guarantee in England No.3507600
Registered Office: Unit 8, Hill View Business Park, Claydon IP6 0AJ





Stowmarket United Reformed Church

Minister: Rev'd Robert Sheard

Secretary: Mr Brian Hewitt

www.urcstowmarketandvillages.com

**TIME
OUT
FOR CARERS
AND THE
PEOPLE
THEY CARE
FOR**



COFFEE MORNING

**Every 1st Tuesday of the month
11.00am to 1.00pm**

**Why not come along for a Coffee (or tea), a chat and put
the world to rights.**

ALL ARE WELCOME TO JOIN US

A list of activities funded by Suffolk Family Carers Neurodevelopmental Differences Project happening over half term can be found [here](#)

The Mix Half Term Drop Ins

OCTOBER HALF-TERM DROP-INS

MARIO KART



TOURNAMENT!



Join us at our October Half-term Drop Ins, and have a chance to enter our Mario Kart Tournament... on the big screen!

MONDAY 28TH

Year 7 and 8
12pm - 3pm
The Mix

THURSDAY 31ST

Year 9,10,11
12pm - 3pm
The Mix

THURSDAY 31ST

Ages 16 to 19
7pm-9pm
The Mix

FRIDAY 1ST

Years 7-11
12pm - 3pm
The Mix Hut Needham

LATE

SPOOKY EXPRESSION ART GROUP

LEAD BY

INCLUSIVE YOUTH WORKER

EXPRESSION

THE HUT

CROWLEY PARK, NEEDHAM MARKET

TUES 29TH & WED 30TH OCTOBER

AGES 11-15 YEAR OLDS

10:00AM-12:30PM

AGES 16-19 YEAR OLDS

2:00-4:30PM

To sign up, speak to a youth worker or drop us an email:

anna@themixstowmarket.co.uk



The Mix

The mix is a youth work charity-based hub in Stowmarket. They offer a range of clubs and opportunities for young people.

All of the clubs at The Mix are supported by their SEN Youth Worker, Anna. This includes inclusion training, adapting resources, building support networks in the community, and creating bespoke approaches to working with young people with different needs.

More information about their SEND programmes and activities can be found on their website [here](#)



Family Fund Grants

Family Fund Trust offer various grants to families of disabled children and young people to purchase things like Family breaks, Computers and tablets, Sensory toys, Games consoles, Outdoor play, Days out, Games, books and music, Specialist trikes / bikes, Clubs, hobbies and activities.

Eligibility, criteria and application can be found [here](#)



Family Fund
Helping disabled children

***Trigger Warning* The next page mentions suicide**

Zero Suicide Alliance



The Zero Suicide Alliance (ZSA) aims to empower, educate, and equip individuals and organisations to support suicide awareness and prevention.

Our chair of trustees, Sue Willgoss writes:

“I have been working with the Zero Suicide Alliance developing a new edition of their training to help people recognise and support autistic people who may be in crisis or suicidal. This was commissioned by Greater Manchester after their lead heard me present at a national meeting about Daniel, our loss and the horrific suicide statistics for autistic people. We launched on April 2nd, World Autism Acceptance Day, having over a 1000 people book to attend the live launch. This training is free and aimed to save lives.”

Details of the launch and training can be found [here](#)

A free, confidential, and 24/7 text support service for people who are struggling with their mental health



here for you 24/7

If you are going through a difficult time, call Samaritans for free from any landline or mobile, including Pay-As-You-Go on

116 123

SAMARITANS

Suffolk Local Offer

Suffolk Local Offer provide a range of information and advice for families of children and young people with Special Educational Needs and Disabilities (SEND) in Suffolk.

They cover topics including:

- Education
- Health and Wellbeing
- Social Care
- Preparing For Adulthood
- Short Breaks & Leisure

You can find them [here](#)

Suffolk Inclusion Support Line

Advice, guidance and information for education settings to help meet the needs of children and young people with Special Educational Needs and Disabilities (SEND).



Call us today on 01473 265502
Email - localoffer@suffolk.gov.uk
www.suffolklocaloffer.org.uk

Activities Unlimited is part of Suffolk County Council. They give grants to activity providers around the county, to enable them to put on high quality, inclusive groups, clubs and activities for children and young people with additional needs and disabilities.



To view the providers guide for 2024-2025, click [here](#)

Short Breaks Personal Budgets

A Short Break Personal Budget is a sum of money paid directly to eligible families as a contribution to help your child access short breaks and to give you a break from your caring responsibilities.

You can find out more information and how to apply [here](#)

Suffolk SENDIASS (Special Educational Needs and Disabilities Information Advice and Support Service) is a confidential and impartial information, advice and support service on issues related to Special Educational Needs and Disability (SEND). It is free, easy to access and confidential. They can help children, parents and young people take part in decisions that affect their lives.

They offer information, advice and support to:

- Children and young people (up to 25 years) with SEND
- Parents and carers of children with SEND
- Practitioners (who might support children, young people or parents to access our service)

You can find a list of the SENDIASS online sessions [here](#)

All of the SENDIASS workshops can be viewed after the event on their YouTube Channel [here](#)

Special Educational Needs
and Disability Information,
Advice & Support Service

sendiass
in Suffolk

Important notice – current response times

Due to a high volume of calls it is taking us a little longer than we'd like to respond to requests for information and advice.

(currently around 7 working days).

Thank-you for your patience. We are working through the requests in order. In the meantime, you may find the answer to some of your questions online:

www.suffolksendiass.co.uk

Also see above post for information about national organisations that might be able to help.



Important notice – current response times

Special Educational Needs
and Disability Information,
Advice & Support Service

sendiass



**Suffolk
Sight**

**SUFFOLK
LIBRARIES**

Assistive Technology Support



Do you need help with your device?

If you would like to make your computer, tablet or phone easier to see, or want to connect with friends and family using your voice alone, we can help.

Come along to our free drop-in sessions offering advice on accessibility and assistive technology.

Find out about the latest apps which make life easier for people living with a visual impairment.

Our sessions are for everyone, whatever your ability.

**Lowestoft Library, Clapham Road South,
Lowestoft, NR32 1DR**

**10am–12 noon
Saturday 21st September
Saturday 19th October
Saturday 16th November**

**For more information about the drop-in sessions please
email info@suffolksight.org.uk or call 01284 748800**

We are a Charitable Incorporated Organisation Charity Number 1183608

#LiftLoudForDanny

SEND Drop In

Do you have a child or young person with special educational needs?

You are welcome to come along for a cuppa and chat.

10am - 12noon

at #LiftLoudForDanny

The **first** Tuesday of each month.

PushForward, 113-114 High Street, Lowestoft, NR32 1HN.

The **third** Tuesday of each month is a virtual meet up on zoom, please message or email us for details

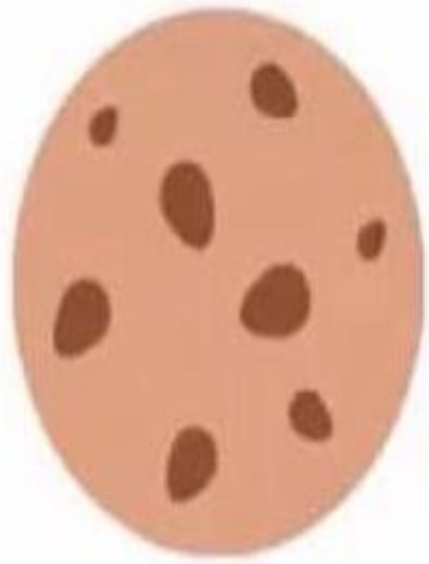
at Liftloudfordanny SEND Support Suffolk Facebook page or

llfd.send@gmail.com

Independent information, guidance and support with Lucy and Sue

SEND Law trained and qualified

#LiftLoudForDanny



Thursday Night



Drop-in

We meet every week on Thursdays for a cuppa
and a chat at

**Push Forward, 113-114 High
Street, Lowestoft, NR32 1HN**

7.30pm ~ 9pm

For those who experience mental health issues,
loneliness or isolation. Somewhere to support each
other through kindness, empathy and understanding.

Over 18's only

PACT offer non-clinical peer-led support and resources for parents and carers. Their vision is to reach parents and carers across Suffolk who are caring for a child or young person with mental health issues. They offer support (face to face meetups, online, and our outreach 1:1 service), training (including Youth Mental Health First Aid and parent guided CBT) and tools/resources to help both with a parent/carers wellbeing and via them, their child/young person too.



You can contact PACT at parentsandcarerstogether@gmail.com



"Supporting you, supporting your child"

Suffolk Support for parents and carers of children and young people with mental health issues

www.parentsandcarerstogether.uk

Helpline number (07856) 038799 (not 24/7)

Support group for parents and carers of children and young people with mental health issues

 @pactenquiries

 /parentsandcarerstogether/

3rd Monday of the month 10.30 ~ 12.30

act Lowestoft Parent/Carer Meet Up

PARENTS AND CARERS TOGETHER

Are you a parent or carer concerned about the mental health/ wellbeing of a child or young person?

If so, come along and meet up with other parents and find friendship, support, advice and training to help build your knowledge toolkit so in turn you can help support your child.

Support and advice ~ Supporting you to support your child ~
Training Events ~ Guest Speakers ~ Sharing experiences and
gaining knowledge ~ Resource Library

At Push Forward. 113-114 High Street. Lowestoft. NR32 1HN



Annual Health Checks

Adults and young people aged 14 or over with a learning disability who are on the doctor's practice learning disability register should be invited by their doctor to come for an annual health check.

Most doctors offer annual health checks to people with a learning disability. But they do not have to offer this service.

If your doctor's practice has not offered you an annual health check, you can ask them if you can have one.

If they say no, ask your local community learning disability team to help you get one.

Click [here](#) to find local learning disability services

Mencap have an Easy Read information leaflet providing information about the Annual Health Check you can show your young person to help them understand the benefit and what to expect.

Click the Mencap logo to view the Easy Read leaflet



Family Action West Suffolk Neurodevelopmental Support Service

This service supports parents and carers of children in the geographical areas of Forest Heath, Bury St Edmunds Town and Bury St Edmunds Rural who are waiting for, or undergoing, a neurodevelopmental assessment, or where there has been a recent diagnosis of autism or ADHD or other neurodiverse condition. They offer 1:1 parent support, courses, peer support groups, and a range of workshops covering issues raised by parents/carers.

Their service is open Monday to Friday 9am to 5pm.

To contact the West Suffolk ND Support Service team
email: Wsuffolk@family-action.org.uk or telephone: 01284 636655



Sibs

For brothers and sisters
of disabled children and adults

Want to
support our work?
Donate at
www.sibs.org.uk/donate



Watch here!

We're the charity for siblings of disabled children and adults

Young Siblings

Children and young people growing up with a disabled brother or sister, often find that life is harder for them than their peers.

Many young siblings experience daily challenges at home and at school and can feel like no-one understands what life is like for them.

Young siblings also bring many positives to their families, often providing friendship and care for their brothers and sisters.

How we can help

YoungSibs is our online support service for siblings aged 7-17.

- Get information about disabilities and conditions
- Read about how to manage feelings
- Get help with issues at home or at school

Parents and Professionals

Sibs can provide help for others to support young siblings.

- Training for professionals to run sibling support groups for children
- Sibs Talk Lite resources for primary and secondary schools
- Sibs Talk intervention training for primary schools
- Information and training for parents and professionals on supporting young siblings

Adult Siblings

Adult siblings of someone with a lifelong disability provide support for their brothers and sisters at the same time as juggling their own life and commitments.

They rarely receive recognition for their role or support for their needs, and can experience negative effects on their work, mental health, relationships and finances.

Many siblings just want to enjoy social time with their brother or sister, rather than time being spent on care tasks.

How we can help

For adult siblings aged 18 and over (including bereaved siblings).

- Information and advice
- Peer support groups
- eBook *Self-care for siblings*
- Guides on care topics
- Workshops and events

“My sister Frances is an exceptional person, the kind of individual you never forget once you’ve met them. She is loving and loud and a real live wire. She also has learning disabilities which means that life sometimes, gets complicated. This means that I have an understanding of what it means to be a sibling – the fun and the not so fun bits!”

Jo Whiley, Patron

www.sibs.org.uk

Sibs is the UK charity for brothers and sisters of disabled children and adults.

✉ info@sibs.org.uk
✕ Sibs_uk

☎ 01535 645453
f SibsCharity

www.sibs.org.uk
Registered charity no. 1145200 Limited company no. 7834303



Plan Bee Course

family
action

Understanding and supporting your neurodivergent child or young person's needs

Plan Bee is a 3 week course (2 hours per week) written by two Clinical Psychologists working in Norfolk Community Health and Care. We have been commissioned by Suffolk ICB to deliver this course for parents and carers of children who have suspected or diagnosed neurodevelopmental conditions.

All behaviour is a form of communication. Our course supports parents to understand their child's individual needs and how to best support them.

Free course for Parents/Carers



The aim of this course is to help parents and carers to:

- Understand why their child or young person might become overwhelmed.
- Reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.
- Develop a support plan which they can share with other family members and schools to ensure a consistent approach.
- Meet with other parents/carers for peer support.

For more information you can contact us Monday to Friday 9-5pm on:



Family Action West Suffolk Neurodevelopmental Support Service



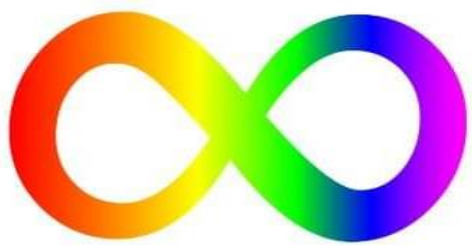
wsuffolk@family-action.org.uk



01284 636 655

Registered as a Charity in England & Wales no: 264713.





**Neurodevelopmental
Differences
Project**

Suffolk ••●●
Family Carers
Living Fuller Lives

Autumn 2024- Support programmes for parent carers

- **Time Out for Parents; Autism starts Friday 27/9/24.**
Runs over 4 sessions, 10am to 12.30pm in Felixstowe.
- **Time Out for parents; ADHD starts Friday 08/11/24.**
Runs over 4 sessions, 10am to 12.30pm in Stowmarket.
- **Teen Life; For parents of autistic teens starts Thursday 05/12/24.**
Runs over 6 sessions, 10am to 12.30pm in Stowmarket.

To register your interest in attending any programme visit
www.suffolkfamilycarers.org/events/category/parent-carer-events/parent-carer-workshops/

Suffolk Family Carers

Suffolk Family Carers offer advice and guidance, workshops and courses, a listening ear, support in hospitals and help you find time for yourself.

They have a range of events for Parent Carers both online and in person such as drop-in sessions, swim and yoga sessions, Carer Rights workshops and more.

To view the full range upcoming workshops, events and drop-in sessions click [here](#)

Suffolk ••●●
Family Carers
Living Fuller Lives

NEW!

Parent Carer drop in

Starting Wed 6th Nov 2024
& Every 2nd Wednesday
10am to 12 noon

The Church Rooms, Old Bury
Road, Stanton, IP31 2DA

Get peer support & speak to a
Suffolk Family Carers Advisor



www.suffolkfamilycarers.org



IPSWICH

| | |
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| Suffolk Family Carers, Unit 9, Hill view Business Park, Old Ipswich Rd, Claydon, IP6 0AJ. For parent carers of ND children and young people. | 2nd Tuesday each month 10:00-12:00 |
| MENCAP Community Carers Drop In, The Meeting Place, Limerick Close, Ipswich IP1 5LR | Contact Barbara Thorn 07766 103563 |
| Ipswich Opportunity Group Salvation Army Hall Woodbridge Road Ipswich IP4 4PH | Monday: 10.00 - 11.30 and 13.00-14.30 Friday: 10.00 - 11.30 Cost £4.00 per family |
| Over 18's Neurodivergent Abilities Evening Social Club, The Golf Pub, 748 Foxhall Road Ipswich, IP4 5TR. We welcome Neurodivergent individuals, partners/carers of neurodivergent children. | Contact nd-abilities@outlook.com for further dates. www.neurodivergentabilities.org |
| Coffee Morning - Neurodivergent Abilities and Suffolk Family Carers, The Key Café, St Margaret's Plain, Ipswich, IP4 2BB | Last Thursday of the month 10:00 -12:00 term time only |
| Neurodivergent Abilities Men's Talk, The Golf Pub, 748 Foxhall Road Ipswich IP4 5T | Contact nd-abilities@outlook.com for further dates. www.neurodivergentabilities.org |

WOODBIDGE/LOWESTOFT/SAXMUNDHAM/FELIXSTOWE

| | |
|---|---|
| Pit Stop SEN Sessions St Edmunds Church Felixstowe | Saturdays 10a.m. -12.p.m. |
| BEANS, The Pavilion, Jetty Lane, Kingston Fields, Woodbridge, IP12 4BA. <i>Group for parent carers of ND children and young people</i> | 2nd Tuesday each month 10:00-12:00noon |
| Coastal Parenting Hub Felixstowe Library Crescent Road Felixstowe IP11 7BY | 1st Wednesday of the month 13:00 – 14:30 (term time only). |
| BEANS, Sax'cess House, High St, Saxmundham, IP17 1AE <i>Group for parent carers of ND children and young people</i> | 4th Tuesday each month 10:00-12:00 noon |
| MENCAP Felixstowe Felixstowe Ferry Centre, Ferry Road, Felixstowe, IP11 9RS All social clubs cater for a range of individuals with a variety of needs and provide a fun and supportive environment. Activities change throughout the year. | Drop-In - Age 2+ Saturdays 9.30am-11.45am Contact: Amy Peachey 07738902914 The Gateway Club - Age 16+ Alternate Wednsdays - 7-9pm Contact: Simon Jennings 07971 930226 Magic - Age 16+ 2nd & 4th Friday - 7-9pm Contact: Nikki Taylor 07899 971585 |

STOWMARKET/NEEDHAM MARKET/BURY ST EDMUNDS/HADLEIGH/SUDBURY/HAVERHILL

| | |
|--|---|
| PACT (Parents and Carers Together) Walk and Talk at Needham Lake | 3rd Thursday each month 10:00 -12:00 |
| Parent Carers Monthly Meet Up Drop in Robins Family Hub, Quinton Road Needham Market IP6 8BP | 1st Monday in the month 13:00 -14:30 familyhubs@suffolk.gov.uk |
| Family Action - West Suffolk , Oakes Barn St Andrews St Bury St Edmunds IP33 3PH. Group for parent carers of ND children and young people | 1st Thursday each month 10.30-12:00 wsuffolk@family-action.org.uk |
| Family Action - West Suffolk , Clements Community Centre, Leiston Rd, Haverhill, Group for parent carers of ND children and young people to get support and advice. | 1st Weds of month from Jan 2024 10:30-12:00 |
| BEANS , Linden House, Kings Rd Bury St Edmunds, IP33 3DJ. <i>Group for parent carers of ND children and young people</i> | 3rd Tuesday each month 10-12 noon |
| Parent Carers Monthly Meet Up Drop in Blossoms House, Crockett Road Hadleigh IP7 6RJ | 1st Tuesday in the month - 13:00-14:30 familyhubs@suffolk.gov.uk |
| Parent Carers Monthly Meet Up Drop in Phoenix Family Hub 27 Tudor Road, Sudbury CO10 1NP | 1st Tuesday in the month - 10:00 -11.30 familyhubs@suffolk.gov.uk |
| SEN Superstars: Stay and Play at Blackbourne Community Centre Elmswell IP30 9UH. | Thursdays fortnightly 10:00 -11.30 |
| Embrace celebrating & supporting neurodiversity. Old Newton Church Institute IP14 4ED | 2nd Wednesday each month 9:30 -11:00 |
| The Arc SEN parent support group Stanton Village Hall IP31 2BX | Wednesdays 10:00-12:00 |
| The Arc SEN parent support group Bay Tree Café Bury St Edmunds | Thursdays 10:00-12:00 |
| Stowmarket ASD Club Parent and Carer evening meet up. Pallet Bar, Old Fox Yard, Stowmarket. Open to members and non members. | 1st Thursday of each month 19:00 |
| Stowmarket ASD Club Parent Café , Stowmarket Community Hub, Crown St, Stowmarket | Bi-monthly Saturdays 12:00-14:00 Contact stowmarketasdsaturdayclub.co.uk |

VIRTUAL DROP IN SESSIONS FOR PARENT CARERS

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|--|---|
| PACT Group (parents and carers together) | Every Friday 6pm on Facebook |
| A Time to Be , Home Start Suffolk. Virtual group for parents of children with additional needs. | First Wednesday evening every month 19.30-20.30 E-mail: tracy@homestartsuffolk.org |
| Join Speek ; virtual group sessions for parents carers whose children self harm | Connect & Learn Sessions |

SUPPORT GROUPS WHERE BOOKING IS ESSENTIAL

| | |
|---|---|
| Haverhill: SEND Families Unite Chalkstone Community Centre Haverhill support group for parents and carers of children with a diagnosis or undiagnosed special needs. | 1st Monday 10:00 -12:00 noon. Places need to be booked call Stephen on 07925138186. |
| Stowmarket: SEND Families Unite Red Gables, Stowmarket IP14 1BE. Support group for parents and carers of children with a diagnosis or undiagnosed special needs | 3rd Tuesday of every month 13:00-14:30. Places need to be booked call Vickie on 07754764477. |

contact

Contact are a charity that offer a range of services to support families with disabled children. They give information and advice, run a variety of workshops, provide 1:1 telephone appointments for parent carers needing emotional support and more.

You can find out more about the services they provide [here](#)

Their workshop calendar can be viewed [here](#)

Contact have also launched a free helpful guide which is an all-in-one book full of the information and help you need to enjoy family life.

You can order a copy [here](#)

Needs Assessment VS Carer's Assessment

A process used by social services to decide if your child and your family require extra help to meet your needs based on local eligibility criteria

Eligible children should get a plan from the local authority that sets out who is going to do what, where and when to help your child

Possible services include home help, short breaks, recreational equipment, leisure and education facilities, travel, adaptations, and more

Services for disabled children are available under the Chronically Sick and Disabled Persons Act 1970 and under the Children Act 1989

A chance to tell social services about your own needs as a parent – the things that could make it easier for you to look after your child

It must consider your physical, emotional and mental health, social and economic wellbeing, employment, relationships, housing and more

Eligible carers should get a care plan setting out services (arranged by the council or via direct payments), planned outcomes and review dates

Parent carers in the UK have strengthened rights to ask for an assessment of their needs at any time under the Children and Families Act 2014



Parent Carer Needs Assessments

Did you know that Suffolk County Council offer Parent Carer Needs Assessments?

The purpose of a Parent Carer Needs assessment (PCNA) is for you to have an assessment of your own needs, allowing you to discuss with a practitioner your caring role and how it affects your wellbeing, your feelings and choices about caring, what help you need to support you as a carer of a child/young person with additional needs and/or disabilities, and to find out what help and support may be available.

To request a Parent Carer Needs Assessment contact Customer First on
0808 800 4005

Find out more information [here](#)

Friends of **S.E.N.D** Lowestoft Library

Every Saturday 9:00 - 10:00

Browsing - Sensory Play - Chat
Exclusive to S.E.N.D Families

October 26th and November 9th



SUFFOLK LIBRARIES

Libraries across Suffolk have a range of social groups, courses, play sessions and events to attend.

They have also launched Linked In Learning for their members – find out more [here](#)

Find out what's coming up [here](#)



Working towards a brighter future for
Suffolk's children and young people

🏠 Suffolk Parent Carer Forum, Brightspace, 160 Hadleigh Road, Ipswich, IP2 0HH
☎ 01473 760933 ✉ info@suffolkpcf.co.uk 🌐 www.suffolkpcf.co.uk