



ND Connected

November 2023

INSIDE:

- A Focus on: Irlen Syndrome
- Our ADHD Journey
- Much more...



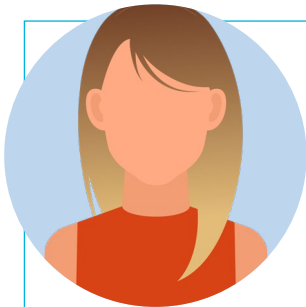
INTRODUCING...



Michelle Jones is a Project Manager, she is also a parent of three adult children one of which received an ASD diagnosis at the age of 19. Michelle has previously worked as a nurse, health visitor and special needs teacher and enjoys being able to utilise her diverse range of lived and learned experience to support families.



Scott is a Youth Peer Worker, He is a father of neurodiverse children as well as being diagnosed with ASD himself. He previously had a career in uniformed public services and brings with him his personal experience and knowledge of navigating a somewhat difficult and challenging world. Scott works with young people in a coaching and mentoring role.



Wendy is a Family Adviser and is a single parent to two young adults. Wendy has worked in a variety of childcare settings including a day nursery, and as a childminder, main stream school and a special support unit. With 30 years of working with children and families she has lots of experience to share.



Katie is a Family Adviser, and she is the parent of three children. Her son has a diagnosis of Autism and ADHD and they are now navigating their way through high school together. Her two other children are dyslexic. Alongside experience as a parent carer Katie has lots of knowledge from previous roles in family support and education.



Angela is a Family Advisor she has two adult sons, She has previously worked in secondary schools with SEND children, She has also been a foster carer which led to her being a Mockingbird Hub carer where she supported families who had children in care. She has lots of experience working with children with SEND.



A monthly group for parents and carers of neurodivergent children and young people to ask questions, raise concerns and receive non judgemental support and guidance.

beans The Pavilion - Woodbridge

- Jetty Lane, Kingston Fields, Woodbridge, IP12 4BA.
- 2nd Tuesday of the month, 10am - 12pm.

beans Linden house - Bury St Eds

- 147 King's Road, Bury St Edmunds, IP33 3DJ.
- 3rd Tuesday of the month, 10am - 12pm.

beans Sax'cess House - Saxmundham

- 24 High Street, Saxmundham, IP17 IAE.
- 4th Tuesday of the month, 10am - 12pm.

For more information, contact beans@accessct.org
call [07455 488199](tel:07455488199) or visit gobeans.co.uk



lived experience advisory forum

Neurodiversity
Drop ins for those who are neurodivergent or their parents, carers or support network

Our LEAF groups are spaces where the voices of the local community are listened to and valued. Join us to share your ideas and experiences with neurodiversity and how support services could be improved.

LEAF The Pavilion - Woodbridge

- Jetty Lane, Kingston Fields, Woodbridge, IP12 4BA.
- Second Tuesday of the month, 12am - 1pm.

LEAF Linden house - Bury St Eds

- 147 King's Road, Bury St Edmunds, IP33 3DJ.
- Third Tuesday of the month, 12am - 1pm.

LEAF Sax'cess House - Saxmundham

- 24 High Street, Saxmundham, IP17 IAE.
- Fourth Tuesday of the month, 12pm - 1pm.

For more information, contact beans@accessct.org
call [07455 488199](tel:07455488199) or visit gobeans.co.uk

PARENT CARER EVENTS CALENDAR

We have upgraded our events calendar to make it easier for you to find events and book on to them.

You'll find training, activity sessions and peer support drop-ins.

Why not check it out and book yourself on to some!

VISIT NOW!

Please note that most of our events are for families registered under the ND Pathway.



TIME OUT SUPPORT PROGRAMME FOR PARENTS



4-week Support Programmes for those caring for an autistic child or child with ADHD

Both courses provide an opportunity for you to support and encourage

others, helping you share feelings and experiences, and come up with solutions to problems on the basis of what works – not what's meant to work!

Time Out courses are very informal and provide plenty of time for you to talk to other parent carers. Choose from the ASD or ADHD course.

REGISTER YOUR INTEREST

We are working on dates and venues at the moment, so you registering your interest will help us the best locations.



A SPACE FOR PARENTS

A Space for Parents is a section on the Suffolk Family Carer website which is set aside for parent carers. We regularly add articles to the site to provide information, advice, support and resources for parent carers.

We are aiming to add a new article each month so do take a look to see if there is anything that might be supportive to you.

VISIT NOW





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

Stowmarket
Community
Centre

1st Friday
of every
month

12:30pm - 2pm

Vickie
07754 764477

Forest Schools

Our SEND Forest School sessions run in blocks of 6 weeks with locations and time changing after each block. Please contact Vickie for up to date details on these sessions on 07754 764477 or Vickie@famielstogethersuffolk.org.uk

WE NEED YOU!



We would really love to start including some parent carer contributions in our bulletin and this is something that parents have asked for too. So if you have a story that could encourage others, some top tips or have read a really useful book recently we would love to hear from you. You don't need to be a great writer, as we can always support you with that, we are also able to create podcasts if you would prefer to tell your story that way. We won't be able to share every contribution but we would be keen for you to be involved so do email the [Project Manager Michelle](#) to talk further.

VOLUNTEER WITH US

Do you have a few hours a week which you could use to support parent carers? We have a range of volunteering roles, such as - Social Media Assistant, Peer Support, Youth Support and Parent Carer Peer Support, available in which you can use your lived experience to help others.

For more information please visit [BeCollective](#)

#VolunteerSuffolk

BE AMAZING. BE A VOLUNTEER.

OUR ADHD JOURNEY...

By Katie Lorandeau, Family Advisor, ND Project, Suffolk Family Carers

October was ADHD Awareness month, so I thought now was the time to write about ADHD and my experience of it. So, what is ADHD? ADHD stands for attention deficit hyperactivity disorder. In the Diagnostic and Statistical Manual V (DSM V) ADHD is listed under the heading 'Neurodevelopmental Disorder' and is defined further in to three different types of ADHD dependent on whether symptoms are predominantly inattentive, hyperactive/impulsive or a combination of these. ADHD feels different for each person. This video explains a bit more about [What's it like to have ADHD?](#)

My first experience of ADHD was many years ago as a teenager playing with my younger cousin, and listening to my Auntie explain how she had to talk him down from the lamp post. He was always full of life and great fun to be with, but I also remember hearing my Auntie explain to my Mum how, despite being a nurse, she had to fight to get the doctor to listen to her, eventually he received a diagnosis of ADHD and started medication to help him concentrate and manage at school.

Fast forward many years and I found myself in a similar position but our ADHD journey was unlike any other. When my Son was a toddler, I knew there was something unique about him, he was not like most toddlers but having the knowledge and experience in child development and child psychology I had gained over the years, I kept it to myself not wanting to project anything on to my child. Eventually his Dad came out with the comment 'surely that's not normal for his age anymore?' My first thought was 'finally!' someone sees what I have been seeing all this time. We

agreed to talk to the Health Visitor about our concerns as he was also developmentally behind according to his Wellcomm assessment.

Although we had concerns about his behaviour, at this point the idea that he might have ADHD had not crossed my mind, all of my children have been very active, inquisitive - I taught the older two how to go leaf kicking, have fun in the rain and climb trees and they taught the youngest, and the majority of toddlers are impulsive, hyperactive and lack attention. After gathering as much information about our concerns, together with observations to support our concerns, the Health Visitor referred us to a Paediatrician. Despite my Son being a very active child, the idea of ADHD still had not crossed my mind. One paediatrician's appointment later and we were referred to Paediatric Cardiology where he was diagnosed with ASD (Arterial Septal Defect). As you can imagine all of our concerns about his unusual behaviours were put on hold. About four to five months later we were down in London at The Royal Brompton Hospital to have the two holes in my son's heart repaired (ASD repair). When we arrived the Doctors and Nurses kept asking us about his symptoms and who was monitoring him at our local hospital, they could not believe that he had never shown any signs or symptoms, he was not lethargic, he in no way lacked energy, got tired easily or turned blue. The only reason the defect had been picked up was because the Paediatrician must complete a routine check, including listening to the heart, and referring every heart murmur for a scan as a precaution.

So, you are probably wondering 'When did they think he had ADHD?' Well after the operation we were discharged the next day

and told for the next few weeks he needed to rest, TV, DVD, stories and cuddles, nothing to strenuous and to not let him over do it. This was music to my ears, I was eight months pregnant at the time and had just had a very sleepless night in a hospital chair and a long drive home (I was glad it wasn't me driving). The next morning, I took my eldest to school and prepared for a chillout in front of the TV with a day of cuddles. Boy was I wrong! The second day after his operation he was bouncing, and I mean literally bouncing, off the walls, off the sofa, I could not get this child to sit still for anything. The only way to describe him was like the Energizer bunny, but with extra energy and it was down to me to get him to calm down and sit down before he popped a stitch or disturbed his device. I was fighting a losing and somewhat exhausting battle. From there on he never walked anywhere, he always ran, luckily, from a young age I had taught him to stop at markers, stop at the next lamp post, I had also taught him that if he couldn't see me, he had gone to far. I used to say 'If you can't see me then I can't see you and that is too far.' I learnt very quickly that if I tried to run after him, he would run further and faster, but calling stop at the next lamp post worked. And yet as most of us do I still doubted myself, I managed to convince myself that it was just me, no one else had noticed. It wasn't until my Dad said to me 'Do you think he's got more energy since he's had his operation?' and I replied 'YES! Yes, I do.' Little did I realise that everyone else around him had realised it too, they just didn't feel they could say it. Eventually we got back on track with the diagnosis and he was diagnosed at nine years old with Autism and ADHD. One thing I have learned is never to question whether my son has ADHD or not, because there is always a reminder waiting for me just around the corner, whether it's climbing the side of my Sister's house to prove he can climb in to the window that is part of the staircase or coming first in field running

in P.E then continuing to run another 10 laps to support his friends to finish and not feel disheartened (or tired). I can often be heard saying, 'If I could bottle his energy, I would be rich. Or at least have more energy for myself.'

If you think you child may have ADHD and are wanting to request an assessment it is important to gather as much information and evidence as you possibly can. You should speak to other professionals who are involved with your child and in particular the school. In Suffolk the process for seeking an ADHD assessment is through the [NDD pathway](#).

As a Family Advisor in the ND team and Suffolk Family Carers I often have discussions with parents around ADHD and medication. Choosing whether to medicate your child or not is a personal choice. [Medication for ADHD](#) is a controlled substance and must be prescribed and monitored carefully by a specialist.. I know people that have chosen to go down the medication route, I myself chose not to medicate and to manage my sons ADHD in other ways. We use visual aids, reminders and a timer to prepare him for the day or any changes. We have a number of activities he can do at home to use his energy, he will often ask for a walk when he gets home from school and during the winter months we do [Yoga](#) and he has an indoor Yoga/Sensory swing to hide, stretch and swing, although he does also like to be out in the rain.

It is worth remembering that although children with ADHD experience challenges they also have many strengths and talent.

For more helpful links to support your child with ADHD, visit our website.



PARENT & CARER EVENING MEET UP

1st Thursday of each month 7:00pm

Pallet Bar

Old Fox Yard

An informal get together to give parents and carers the chance to meet and chat to others who are caring for young people with additional needs. Come along to socialise, vent and ask questions, plus volunteers from Stowmarket ASD Saturday Club will be there to help advise.

Open to members and non-members of Stowmarket ASD Saturday Club. No need to book. Any queries, please email sanstee-parry@stowmarketsaturdayclub.co.uk

www.palletbar.uk
stowmarketsaturdayclub.co.uk



WAYS TO DE-ESCALATE

www.thestillmethod.com

Don't try to reason

Don't start shouting over a screaming child

Try to distract

Respect their personal space

Get on your child's level

Don't judge

Listen but stay silent

Be aware of your body language

Empathise

Use their coping strategies



SUPPORT IN SCHOOLS

We frequently hear from parent carers that they are struggling to get the right support for their children in educational settings or an appropriate education placement. Your child does not need a diagnosis in order to get support but it is important that your child's educational setting has a good understanding of your child.

Regarding Education, Health Care Plans (EHCP's) there is no requirement to have a diagnosis in order to apply for an EHC needs assessment (the first step to getting an EHC plan) - there is no need for any professionals to give permission and parent carers can apply for an assessment themselves.

For further support and advice with this we would suggest looking at the following articles and websites provided by professionals experienced in this area:

[Asking for an EHC Needs Assessment](#)

[Sendiass](#)

[Scope UK - Applying for an EHCP](#)

[EHCP - Contact](#)

[Working With Schools](#)

Myth

A child must have a diagnosis to qualify for an EHC needs assessment.

Fact

An EHC needs assessment is not dependent on diagnosis. The legal test sets quite a low threshold and parents/carers can apply for an assessment themselves if they think their child has, or may have, special educational needs (SEN).





CARE FOR THE FAMILY

This article has been shared with permission of Care for the Family

Parenting a child with additional needs takes courage and determination. Our Additional Needs Support Coordinator, Nicola Watson-Bird, shares ten things for parents to consider as they search for the strength to keep going.

Whether it's digging a wheelchair out of the mud, stretching legs, teaching British Sign Language, calming fears, wiping away tears or running toward difficult situations rather than away from them, all of this takes determination, courage and persistence. Basically just boring, old-fashioned grit.

These are the attributes parents of children with additional needs develop by the sack load. They never give up, even when they feel like it. When they are sick, hurting, exhausted and discouraged, they persevere – they press on.

You may feel more ordinary than heroic most of the time, but please remember:

1. You are not alone

There may not be anyone else with the same cluster of symptoms as your child but there are people with similar challenges. Find those people in support groups and on social media to remind yourself that you are not alone.

2. You too deserve to be cared for

Parenting a child with additional needs can mean that we are constantly caring for others. However, you still need, and deserve, to be cared for. This could entail asking friends or family to provide a meal every now and then, getting your nails done or going out for a meal. Whatever you enjoy doing, whatever makes you feel special and taken care of, take the time to do it, you are worth it!

3. You aren't perfect – and that's OK

No one is perfect. We all make mistakes. We can wallow in our mistakes, or we can move on. Try to reframe your thinking – maybe there was a good reason you missed that appointment that you were sure was on Tuesday but apparently was on Monday. Maybe your child had a tough day at school and just needed the night off. Who knows? But beating yourself up isn't going to change the situation, so try to move on.

4. You can enjoy your child

Parents of children with additional needs tend to be busy and time-poor. However, while everything on your calendar is important, it's also important to make time to play, laugh, be silly and just enjoy your child. Read to them, snuggle with them, engage with them with what's important in their world. Make memories together.

5. You won't always get it right

Many of the choices you are forced to make have no right answer, just the lesser of the hard and painful wrong choices. You will do your best, but you won't always get it right no matter how many sleepless nights you spend agonising over how to handle a situation.

6. You are a great parent

Your parenting is extra hard but it can also be extra rewarding, make us extra passionate, and will almost always make life extra interesting. With the challenges come the rewards. Sometimes you have to search your heart for the rewards but they are there if you look for them.

7. You are important, you matter

Don't let being the parent of a child with additional needs create or reshape your identity – it is part of our identity but it shouldn't be all

of our identity. When you focus all of your life, all of your contacts, all of yourself around your child and their needs, who you are can get lost. Include things in your life that you enjoy doing.

8. You have got something to celebrate

Brag about those accomplishments that might seem small to others but are huge for your child! Your child may learn many skills late, and some they may never master. A wiggled toe that couldn't wiggle before, a word, a sentence, a smile, a hug, whatever that milestone may be, share it with those who love you and your child.

9. You can rise above the hard knocks

It's hard to hear from parents that their child, six months younger than yours, is walking

when yours isn't. It's hard when you feel judged by strangers. Be patient – explain, teach and raise awareness among those who just don't get it. Remember, every parent deserves the right to boast and their pride at their child's accomplishments is not meant as a knock to yours.

10. You can trust your instincts

You know your children best. Doctors, teachers and therapists are all fantastic resources, but if you don't feel like you're being heard or your child's needs are being met, it's reasonable to get a second opinion. Don't be afraid to fight for your child and their needs. While the professionals are experts in their areas, you are the expert on your child.

For further resources and support from Care for the Family visit [Additional needs - Care for the Family](#)

“

Walk and talk with
PACT

Needham Lake
3rd Thursday 10am
refreshments
provided
#HappinessHour

www.parentsandcarerstogether.co.uk

”

BEHAVIOUR SAFE AT HOME

Behaviour Safe At Home supports parents, carers and family members living with children who display extreme behaviours, to improve the safety of everyone. The focus of the programme is on early intervention, to help prevent the behaviour escalating and to reduce the need for restrictive interventions. Meaningful and focused guidance is given to help parent/carers make appropriate positive choices when managing difficult behaviours.

Two-day courses will be delivered by Bells Croft Consultancy on the following dates:

- 9th and 26th September - Bury St Edmunds
- 10th and 17th October - Lowestoft
- 7th and 14th November - Ipswich
- 16th and 23rd January 2024 - Sudbury
- 6th and 13th February 2024 - Bury St Edmunds
- 5th and 12th March 2024 - Ipswich

All of these venues have Wheelchair access with the exception of Sudbury.

Prices are:

£30.00 for one parent/carer

£50.00 for two parent/carers

Please note these courses are heavily subsidised with the original cost being £200 per person, therefore the booking fee is non-refundable.

Please contact us at aufamilyadvice@suffolk.gov.uk for a Booking form or to go on our waiting list.

News shared by Jackie Markell, Provider Account Manager, Activities Unlimited, Inclusion Services,

Children & Young People's Directorate, Suffolk County Council.

[FIND OUT MORE](#)

CHRISTCHURCH MANSION - RELAXED VISITS

Visit Christchurch Mansion for a relaxed visit at our special openings for enjoy who enjoys a quieter atmosphere. You can find out more about the events and access information (including a visual story and sensory floorplan) on their [website](#).

If it would help to talk anything through, we have a team of Access Champions who can be reached on 01206 282931 or by emailing museums@colchester.gov.uk

[Watch their visual story video](#)



‘When a flower doesn't bloom, you fix the environment in which it grows, not the flower.’ Alexander Den Heijer



Building stronger families

‘Plan Bee – Understanding and supporting your child or young person with additional needs’



‘Plan Bee’ is a 3 week course (2hrs per week) written by two Clinical Psychologists working in Norfolk Community Health and Care who are passionate about supporting parents to understand their children/young people who may fall under the neuro-divergent umbrella.

We believe all behaviour is a means of communication and the course seeks to understand what your child is communicating in their most anxious moments.

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



- Understand why their child or young person might find life a challenge at times.
- Have time to reflect on what might trigger certain distressed behaviours and how to help their child or young person before they become overwhelmed.
- Develop a support plan which they can share with other family members or carers and with schools to provide a consistent approach.
- Meet with other parents/carers to share challenges and ideas.



For next course details visit the [Family Action website](#).

Face to Face and Virtual events available.

[Visit Now](#)

Please contact 01284 636655 or email wsuffolk@family-action.org.uk for further information and to book a place.



IRLEN SYNDROME

Neurodiversity encompasses autism, dyslexia, dyspraxia, dyscalculia, ADHD and Irlen Syndrome. You may find if your child has one condition that they have others too. Finding supportive strategies for your child or young person will assist them to regulate their emotions and enable them to engage in learning, hobbies and interests.

This article is written by Tracy Goymer a Irlen Screener in Suffolk.

I am a Mum of two grown children, both with SEN, who were diagnosed with Irlen. Earlier this year, I was given the opportunity to train as a screener. I absolutely love helping children overcome their obstacles and finally finding some answers to their symptoms.

Irlen Syndrome was first identified in the 1980's by a New Zealand teacher called Olive Meares who described the problems some students had with writing and reading on white paper.

In the same decade, but completely separately, Helen Irlen, a school psychologist in America, began to research the condition, recognising that some individuals struggle with bright lighting, slow reading ability, constant headaches and sometimes nausea. She developed coloured overlays and spectral filters to help reduce the symptoms. She labelled this condition scotopic sensitivity. Due to the research Meares had contributed, it then became known as "Meares-Irlen" before finally being re-named Irlen Syndrome due to the vast amount of research, dedication and commitment Helen had devoted to the condition. You may also hear the term "visual stress" or "visual perceptual problem"

The symptoms of those with Irlen can vary from mild to severe, they include words

swimming, swirling or falling off the page, headaches, anxiety, reading problems and attention problems. It is important to note that this is not related to the level of intelligence an individual has.

A screening takes less than an hour and is completely non-invasive. The individual will be asked a series of questions to help the screener identify if Irlen may be present. There seems to be a misconception that an individual will need to read out loud, or read long paragraphs of text, however we can use a variety of alternative methods which enables us to screen individuals who are not able to read.

Once the questionnaire is completed, the screener will use a range of coloured filtered overlays to see if any specific colour reduces the symptoms. For me, this is where I see the magic happen. I have seen children who are completely taken aback by how much difference that simple overlay makes, it can increase reading speed substantially and reduces the visual stress that Irlen causes.

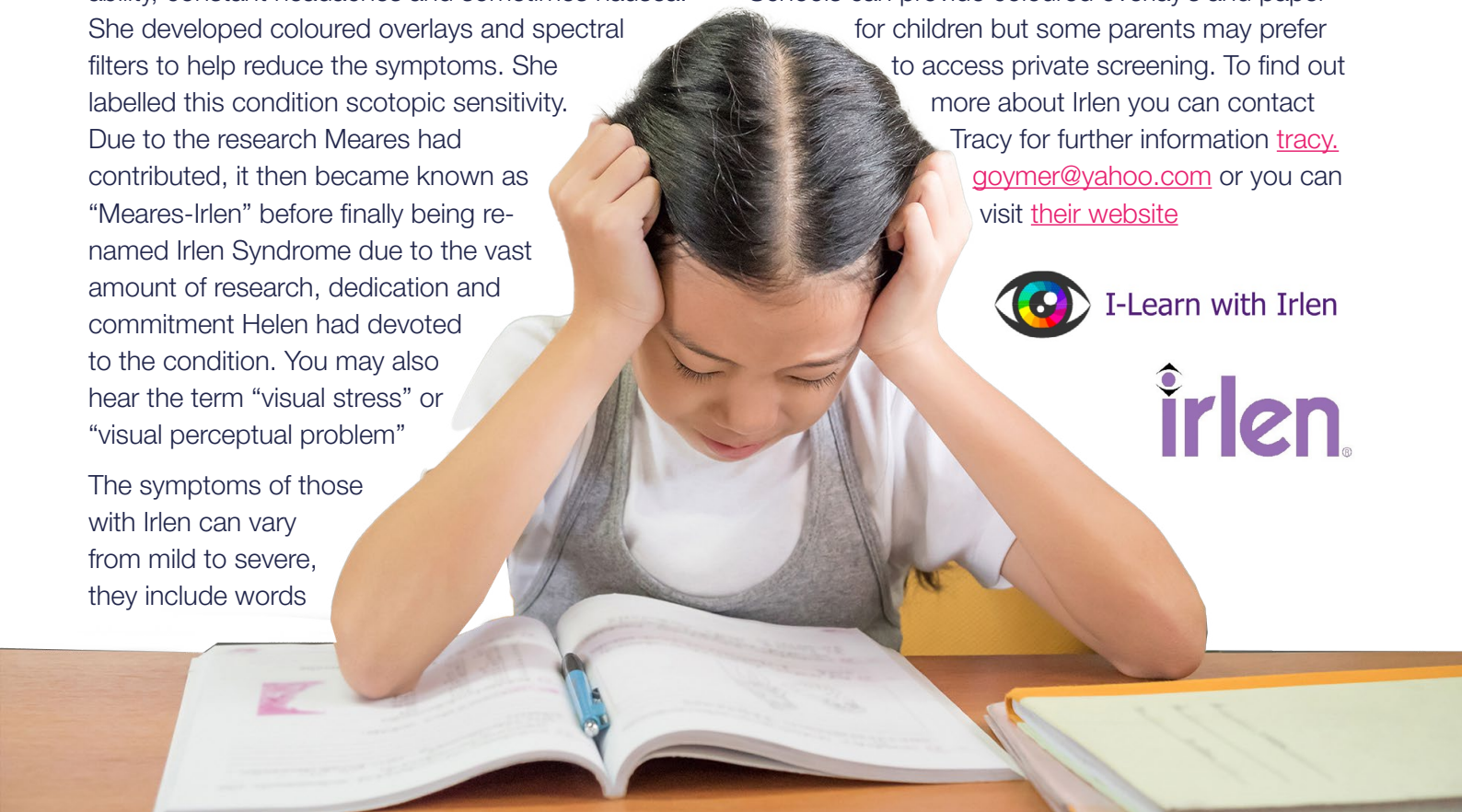
Irlen is recognised under the Equality Act 2010, which means that educational settings and employers must make reasonable adjustments to ensure the individual's needs are met.

Schools can provide coloured overlay's and paper for children but some parents may prefer to access private screening. To find out more about Irlen you can contact Tracy for further information tracy.goymer@yahoo.com or you can visit [their website](#)



I-Learn with Irlen

irlen[®]



SUFFOLK LIBRARIES

Your local libraries stock a range of books about Autism and ADHD. You can search the online catalogue or look at the recommendations list. If the book isn't in your nearest library, or is out on loan, you can request it. It is also worth talking to the library service assistants about any future titles you would like to see added to the library catalogue.

[AUTISM](#)

[ADHD](#)



CHILDHOOD NEURODIVERSITY PARENT/CARER WORKSHOP PROGRAMME

Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops for parents and carers will explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. Any parent or carer is welcome to join regardless of whether their child has a diagnosis. The workshops are live on Zoom and are 75 minutes long. Recordings of the workshops and resource packs will be sent after the live event to everyone who has registered.

[TO BOOK A WORKSHOP](#)



SEND Advice drop in

Date: 24th November 2023
Venue: Hillside Community Centre,
Address: Hillside Community Centre, Hillside, Stowmarket, IP14 2BD
Time: 10am-12pm

A chance for families of children and young people with SEND to get advice from a range of services all in one place. Find out more about what our services have to offer and how they can help you.



www.suffolk.gov.uk/familyhubs



SEN Superstars STAY AND PLAY

2023 dates

Blackbourne Community Centre,
Elmswell, IP30 9UH
10AM - 11:30AM

- April 20th
- May 4th
- May 18th
- June 1st
- June 15th
- June 29th
- July 13th
- July 27th
- August 10th
- August 24th
- September 7th
- September 21st
- October 5th
- October 19th
- November 2nd
- November 16th
- November 30th
- December 14th

Admission -

Adults - £1 Additional adults - £0.50
Children - £1 each

SEN Superstars STAY AND PLAY

Friendly Announcement

SEN Superstars STAY AND PLAY is opening its doors to Neurotypical Families too.

As a committee we believe it would be wonderful to welcome non-additional needs families to come in and see how amazing it can be to support one another.

Coming together in a Sensory setting to see our beautiful Neurodiverse and Neurotypical children thrive in a safe and welcoming environment.



PARENT CARER DROP-INS

Enjoy a cuppa and a chat with our parent carers.

Our drop-in sessions, both face to face and virtual, are facilitated by our family advisors from the ND Team and give you the chance to meet other parent carers. Discuss your experiences and swap ideas.

MORE INFORMATION

IN-PERSON held at Suffolk Family Carers, Claydon on the second Tuesday of the month from 10.00am-12.00pm.

VIRTUAL drop-in via MS Teams on the first Wednesday of the month from 8.00-9.00pm.

No need to book, just turn up.



A DAY OUT AT THE FOOD MUSEUM

FOOD MUSEUM

THE ARMED FORCES COVENANT FUND TRUST

We have two corporate day passes for the Food Museum in Stowmarket that are available FREE for a day to any registered family carer, with each providing free entry to the museum for up to 6 people, giving an opportunity for a fun day out.

[MORE INFORMATION
CLICK HERE](#)

A DAY AT THE FARM

As part of our Time Out Together project we now have a family day pass for Easton Farm Park.

To have the chance for FREE entry to the farm please click here.

[FIND OUT MORE HERE](#)

Easton farm park

THE ARMED FORCES COVENANT FUND TRUST

MISSED OUR WORKSHOPS?

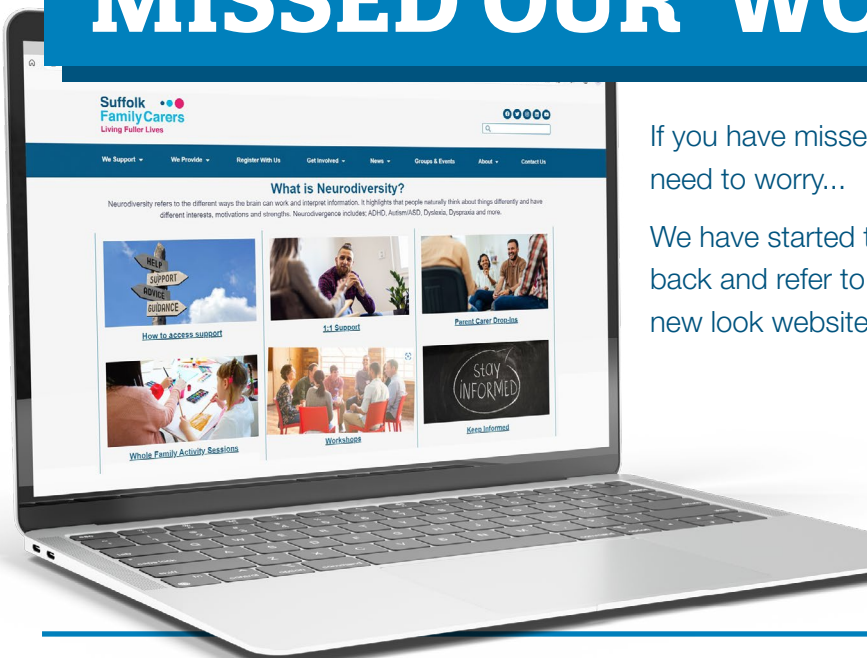
If you have missed one of our Parent Carer Workshops, no need to worry...

We have started to record some of these for you to watch back and refer to when needed. You can find them on our new look website.

[PARENT CARERS](#)

[ND PROJECT](#)

[RECORDED WORKSHOPS](#)



SUFFOLK SENDIASS

Suffolk SENDIASS are trained by IPSEA through the National IASS network. Each of our team members complete an initial 90 hours of accredited legal training, so that we can give you information based on legislation rather than local policy. We regularly receive training updates to ensure that the information we share is correct and current.

We work to a set of national Minimum Standards for services providing impartial information, advice and support relating to Special Educational Needs and Disability (SEND). The Minimum Standards are developed by the Information, Advice and Support Services Network. Providing unbiased information and advice about the local authority's policies and procedures, about health services and provision in relation to SEND, and about the policy and practice in local schools and other settings.

You may find the answer to some of your questions by looking through the information on our website [HERE](#) or through our social media channels. We have some downloadable leaflets and factsheets. If you can't find the answers to your questions, you can get in touch directly. enquiries@suffolksendiass.co.uk

Text ADVICE4ME to 87007 and we will get in touch with you as soon as we can.

The SENDIASS helpline 01473 265210 is open 9am to 5pm Monday to Thursday, and 9am to 4pm on Friday.

We are a small team and the helpline usually has only one operator working at any given **time**.

If you can't get through to someone on your first attempt please do leave your details in a message. Please remember to give your name and your telephone number slowly and clearly on any message you leave.

SENDIASS Online Events

AUTISM CENTRAL

Autism Central is a peer education programme, commissioned by NHS England. It aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support. Local support helps families to get the right understanding and adjustments in place across the services they use.

Everything the programme does is informed by, or co-produced with autistic people, families and carers.

Autism Central hubs deliver the programme in seven regions of England through group and one-to-one sessions, giving information on local services. Each session is delivered by parents and carers of autistic people who are happy to share their knowledge and experience with others. To find out more visit [Autism Central](#) for Parents and Carers.



Family
Line



If you need support contact FamilyLine today.

A free helpline that offers emotional support and practical guidance via telephone, text, email and live chat for all family members over the age of 18.*

 **Call**

0808 802 6666

 **Text**

07537 404 282

 **Live Chat**

family-action.org.uk/familyline

 **Email**

familyline@family-action.org.uk

Scan me



*We will refer anyone under the age of 18 to the relevant services required.

Registered as a Charity in England & Wales no: 264713. Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales: 01068186.

Join our friendly 'Drop-in'

West Suffolk Neurodevelopmental Support Service

Neurodivergent conditions include:

Autism, ADHD, Sensory Processing Difficulties or behaviours that indicate a Neuro developmental condition

Location: Oakes Barn,
Bury St Edmunds,
St Andrews Street
IP33 3PH

1st Thursday of the month

What is it?

An opportunity to meet up once a month in a friendly, informal setting with other parents/carer's/ grandparents along with Family Support Workers, who can offer support and answer any questions



West Suffolk Neurodevelopmental Support Service supports families of children with neurodevelopmental differences.

For more information, contact our friendly team on..

01284 636655

or Email wsuffolk@family-action.org.uk

*Please note drinks will not be provided but are available to purchase at the venue.

Suffolk Family Carers
Living Fuller Lives



01473 835477 | hello@suffolkfamilycarers.org

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Unit 6, 8 & 9, Hill View Business Park, Claydon, IP6 0AJ