



**Building
stronger
families**

Education, SEN Support, EHCPs, Exclusion		
SEND Local Offer for Norfolk	https://www.norfolk.gov.uk/children-and-families/send-local-offer	A directory of services, activities and events in Norfolk for those with SEND and their parents/carers.
Norfolk SEND Partnership	https://norfolksendiass.org.uk	Free and impartial information for those with SEND in Norfolk. Useful for EHCPs and exclusions.
SEND Local Offer for Suffolk	https://www.suffolk.gov.uk/children-families-and-learning/send-and-the-local-offer/	A directory of services, activities and events for those with SEND and their parents, in Suffolk.
Suffolk SEND Partnership	https://www.suffolksendiass.co.uk/	Advice for children and young people up to 25 and their parents. Can provide advocacy.
IPSEA	https://www.ipsea.org.uk/	Independent provider of specialist education provision. Can provide advocacy. Some fees.
The Special Needs Jungle	https://www.specialneedsjungle.com/	Parent-centred information, news and resources re SEND.
Council for Disabled Children	https://councilfordisabledchildren.org.uk/	Advice on Needs Assessments and education generally.
Ambitious about Autism	https://www.ambitiousaboutautism.org.uk/	Whole section on Autism and Education.
National Children's Bureau	https://www.ncb.org.uk/	Information about SEN support in schools, EHCP and the new sex and relationships programmes for schools.

Autistic Spectrum Disorder		
The National Autistic Society	https://www.autism.org.uk/	The go-to website for information about Autism, strategies including social stories, sensory information.
ASD Helping Hands	https://www.asdhelpinghands.org.uk/	Guidance, practical support and training re ASD. Not all services are free.
Autism Anglia	https://www.autism-anglia.org.uk/	Good for autism passports. Independent charity providing support and training packages. Fees can apply.

Norfolk ASD Pathway	https://childrens.nchc.nhs.uk/neurodevelopmental-service/asd-diagnostics-pathway/	Pdf with information about the NCHC pathway.
NAS West Norfolk	https://naswestnorfolkbranch.webeden.co.uk/	Activities and events in the W. Norfolk Area
Resources for Autism	https://resourcesforautism.org.uk/	Includes uplifting videos of families talking about autism.

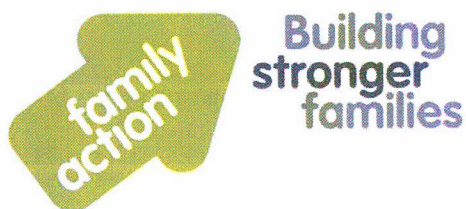
ADHD		
ADHD Norfolk	https://www.adhdnorfolk.org.uk/	Providing support and advice around ADHD. Can provide private screening and diagnosis of ADHD.
National Centre for Mental Health	https://youtu.be/YeamHE6Kank	A positive and child friendly video about ADHD
ADHD Foundation	https://www.adhdfoundation.org.uk/	Information and support about neurodiversity generally.

HEALTH AND WELLBEING		
Just One Norfolk	https://www.justonenorfolk.nhs.uk/	Health advice for children and YP. Sleep, behaviour, emotional health. Find Family Action's Positive Behaviour Support videos.
Young Minds	https://youngminds.org.uk/	Children and Young Person's Mental Health Charity. Has a Parent Helpline if you need to speak to someone.
Mencap	https://www.mencap.org.uk/	The voice of Learning Disability.
Change 4 Life	https://www.nhs.uk/change4life/activities	NHS healthy living website for children and young people.
KOOTH	https://www.kooth.com/	Free, safe and anonymous counselling for young people. Available in Norfolk
Childline	https://www.childline.org.uk/	Online, On the Phone, Anytime Support for children and YP.
ChatHealth Norfolk	https://www.justonenorfolk.nhs.uk/our-services/chathealth	Text messaging service for 11 – 19 year olds.
MinDed for Families	https://mindedforfamilies.org.uk/	Free learning resource about mental health of children and YP

Mental Health	https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf	Access a booklet called 'The Anxious Child' for parents.
Mental Health	https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown	Advice about returning to school after lockdown.
The Sleep Charity	https://thesleepcharity.org.uk/	Sleep Issues, merged with the Sleep Council.
NANSA	https://www.nansa.org.uk/for-families/	Sleep and more, including the Nansa Family Centre, Woodcock Rd, Norwich
ERIC	https://www.eric.org.uk/blog/tackling-problems-with-toilet-training-autistic-children	Website of the Children's Bowel and Bladder Charity.
Raising Children	https://raisingchildren.net.au/autism/health-daily-care/sleep/sleep-problems-children-with-asd	This is an Australian website with good sleep advice re ASD.
Samaritans	https://www.samaritans.org/	Much more now than just suicide prevention. Lots of support for mental health issues.
Action for Children	https://www.actionforchildren.org.uk/	Wide range of support including benefits calculator and range of support for parents.
The Mix	https://www.themix.org.uk/	Wide ranging support for under 25s.
Little Miracles	https://littlemiraclescharity.org.uk	Wide ranging support and activities for children and their families aged from birth to 25 with or without a diagnosis.

RESOURCES		
Sensational Families	https://www.sensationalfamilies.org.uk/	Hire out weighted blankets, wobble cushions and other sensory items.
Sensory Spectacle	https://www.sensoryspectacle.co.uk/	Lots of info about sensory processing and activity sheets and charts to download
Happy Learners	https://happylearners.info/social-stories/	A bank of social stories ready to be adapted by you as well as visual timetables and anger charts.
Sensory Direct	https://www.sensorydirect.com/	Sensory resources
TinknStink	https://www.tinknstink.co.uk/	Sensory resources
Sensory Smart	https://www.sensorysmart.co.uk/	Seamless socks and undies among other things.
Twinkl	https://www.twinkl.co.uk/	Educational resources.

Sparklebox	https://www.sparklebox.co.uk	Educational resources.
Pathological Demand Avoidance	https://www.pdasociety.org.uk/	Latest information about PDA
Build Charity	https://www.buildcharity.co.uk/	Providing opportunities for those with disabilities to train, work and volunteer.
Carers Matter Norfolk	https://carersmatternorfolk.org.uk/information-advice/your-money/welfare-benefits/	Advice on benefits.
BBC Bitesize	https://www.bbc.co.uk/bitesize/support	Mental health, body image, stress management.
National Autistic Society	https://www.autism.org.uk/advice-and-guidance/topics/behaviour/toileting	NAS advice on toileting issues.
Autism Society	https://www.autism-society.org/about-the-autism-society/publications/resource-materials/	Various publications about Autism.
Early Years Story Box	https://www.earlyyearsstorybox.com/corona/	Storybooks and Resources about Coronavirus.
ABA Educational Resources	https://www.abaresources.com/	Educational resources for children with Autism.
SEN Resource Source	https://www.senresourcesource.co.uk/	Free and low price resources including many social stories. See 'I must not play with my poo.'
Online Safety	https://www.thinkuknow.co.uk	National Crime Agencies CEOP education team help to protect children and young people from online sexual abuse and exploitation for children aged 4years to teenage and their parents.



#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.

10_{am} - 12_{noon}

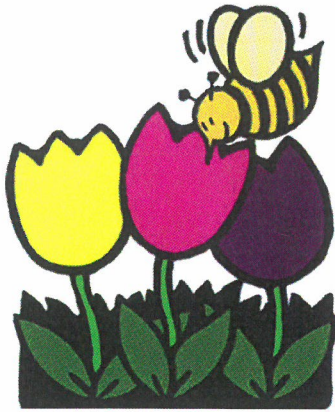
at #LiftLoudForDanny

Block 3, Lowestoft Hospital, Tennyson Road (down the alleyway)

The first and third Tuesday of each month.

Independent information, guidance and support with Lucy and Sue.

SEND Law trained and qualified.



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

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

'Plan Bee' is a FREE 3 week course (2hrs per week) written by two Clinical Psychologists working in Norfolk and is aimed at parents or carers of children or young people with additional needs including suspected or diagnosed ASD or ADHD.

During the three week course, we will explore:

- Behaviour as communication.
- Understanding the full range of needs your child may have.
- Developing a plan to support behaviour in difficult situations which can then be shared with grandparents, schools and others.
- Strategies for creating an environment in which your child or young person can thrive.
- Sharing experiences, challenges and successes with other parents experiencing similar issues and learning from these.



Courses Available to book:

**Great Yarmouth Primary Academy, Dickens Avenue, Great Yarmouth,
NR30 3DT**

18th, 25th Jan 2024 and 1st Feb 2024

09.30am until 11.30pm

Places are limited.

You must reserve your place by contacting gorleston@family-action.org.uk or call us 01493 650220 for more information.

