

#### About us

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people.

We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help

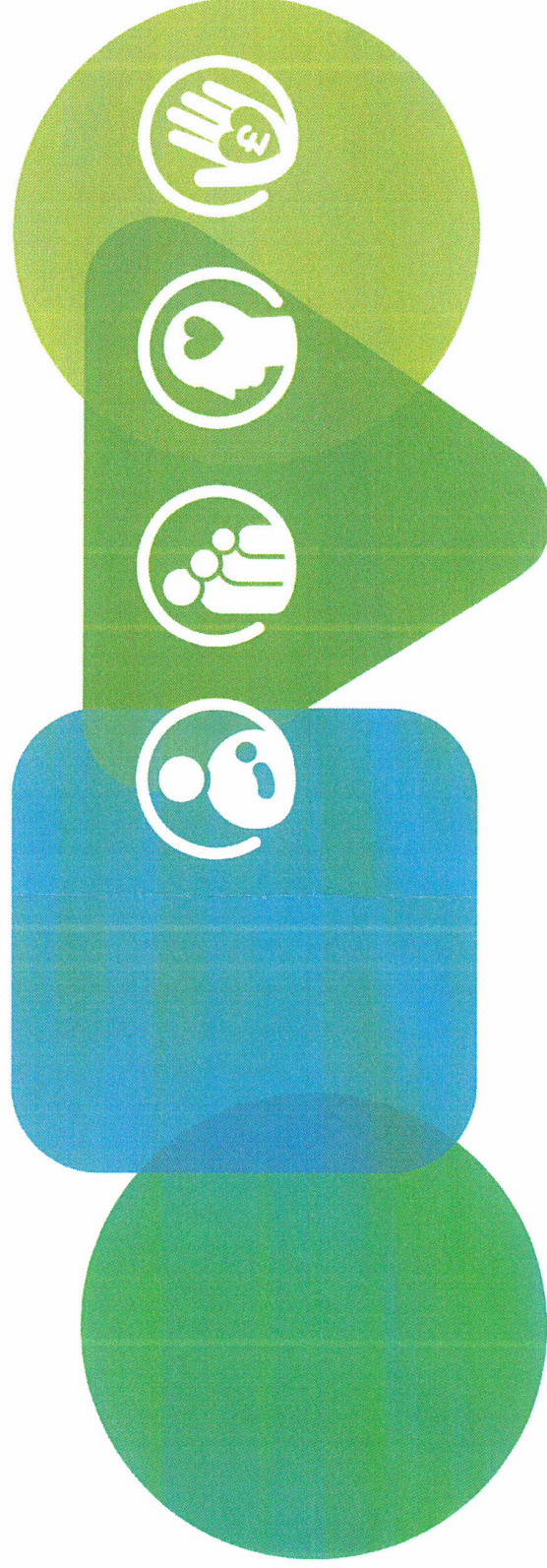
#### Norfolk & Waveney ASD/ADHD Support Service

Gorleston Library, Lowestoft Road,  
Gorleston, NR31 6SG

Email: [gorleston@family-action.org.uk](mailto:gorleston@family-action.org.uk)  
Web: [www.family-action.org.uk](http://www.family-action.org.uk)

# Family Action Norfolk & Waveney ASD/ADHD Support Service

Providing support and advice to families.



Family Action Head Office, 24 Angel Gate, City Road, London, EC1V 2PT

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Registered Company Limited by Guarantee in England and Wales: 01068186.

Patron: Her Majesty the Queen. Chair: Mary Fulton. Chief Executive: David Holmes CBE

Vice Patrons: Christine Davies CBE. Dr Andrew McCulloch. Dame Denise Platt DBE. Katie Vanneck-Smith.  
Professor Harriet Ward CBE.



## NORFOLK & WAVENEY ASD/ADHD SUPPORT SERVICE

### **DROP IN SUPPORT GROUPS**

Come along to one of our friendly support drop-ins for an opportunity to meet others with shared experiences.

Family Action Office, Gorleston Library, Lowestoft Road,

Gorleston- First Wednesday of each month 10am-11.30am

Riverside Family Hub, Canning Road, Lowestoft- First Thursday of each month 10am-11.30am

**PLEASE CALL US ON 01493 650220 FOR FURTHER SUPPORT & ADVICE**

**INFORMATION SESSIONS –** held regularly via Zoom on a variety of useful topics such as:

**Understanding & Supporting Anxiety**

**First steps to school support**

**EHCP Questions & Answers**

**ASK TO JOIN OUR MAILING LIST TO BE UPDATED OR JOIN OUR FACEBOOK GROUP**

**NORFOLK & WAVENEY ASD/ADHD SUPPORT GROUP ON FAMILY ACTION'S MAIN FACEBOOK PAGE**

### **Free courses for Parents/Carers**

#### **Plan Bee – Understanding your Child with Additional Needs**

is a FREE 3-week programme for families of children with differing needs. This course will help you think about the messages your child is trying to communicate to you with some practical skills and strategies to help you support your child in a positive way.

**You must reserve your place to attend. – Places are limited**

Dates available throughout the year across Norfolk

#### **Cygnets- Parent Programme**

Developed by Barnardo's this FREE 6 week course offers information on communication, sensory needs and understanding and supporting your child.

This course is available to you if your child has received a diagnosis of autism.

Online sessions are available for you to complete over the course of 6weeks with a weekly call from one of our family support workers or you can attend our face to face sessions.

**You must reserve your place to attend. – Places are limited**

**Please do contact us for more information and to book your place: [gorleston@family-action.org.uk](mailto:gorleston@family-action.org.uk)**

**Dad and Male Carer Drop in Support VIA ZOOM - Contact us for joining details**

