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# Norfolk & Waveney Autism/ADHD Support Service March 2024 Newsletter



This month's newsletter includes:

- **ND Celebration Week**
- **School Transitions**
- **Our Upcoming Courses, Workshops and Support Groups**
- **Family Action FamilyLine**
- **About our Service - contact details**

Just as every child is unique, every family's situation is different. We in the Norfolk and Waveney Autism/ADHD Support Service speak to many families with children of differing needs. Some of the information contained in this newsletter is anecdotal and some from respected websites. We hope you find the following interesting and helpful.



**"To be different is  
not a weakness.  
It's a strength in  
many ways, because  
you stand out from  
the crowd"**



- Greta Thunberg on why her autism  
is a strength

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)



**Did you know  
Channing Tatum  
has ADHD?**



**"I've always had way too much  
energy, so I'm always looking for  
new things to do, to channel that  
energy"**

- Channing Tatum, Actor

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)



## **Did you know Chris Packham is Autistic?**



**"Humanity has prospered of people with autistic traits. Without them, we wouldn't have put a man on the moon or be running software programs"**

- Chris Packham, Naturalist / Presenter

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)



**Did you know  
Will.i.am  
has ADHD?**



**"Music brings control to my  
thoughts. I am here to let you know  
that you can be anything you want  
to be"**

- Will.i.am, Singer / Producer

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)



**Did you know  
Emma Watson  
has ADHD?**



**"I don't want other people to decide  
what I am. I want to decide that for  
myself"**

- Emma Watson, Actor / Activist

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)



**Did you know  
Maggie Aderin-Pocock  
is dyslexic?**

**"My dyslexic thinking means I  
don't just think outside the  
box... I think outside the planet"**

Maggie Aderin-Pocock, Space Scientist

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)



We wanted to focus the newsletter this month on **Neurodiversity Celebration Week**, 18th to 24th March.

Neurodiversity Celebration Week is a multi-national initiative to challenge stereotypes and to encourage schools, universities, employers, health providers and everybody else, to think about their approach to difference.

Click here to visit the site [Neurodiversity Celebration week](http://www.neurodiversityweek.com) for information about events you can join and to access the many articles, interviews, podcasts and other resources. Most of the events are recorded to allow greatest access to participants from different countries and there is information on the website about how to register to attend.

We particularly liked the look of

Creating a Neuro-Inclusive Classroom Tuesday 19th March 2:30 to 4pm

Understanding Neurodiversity as a Family Wednesday 20th March 4:30 to 6pm

Neurodiversity for Parents/Carers Thursday 21st March 6:30 to 8pm

**GO TO THE WEBSITE TO SEE THE FULL SCHEDULE AND REGISTER FOR EVENTS**

Here are some of the other highlights for those who may not have time to trawl through the website.

Siena Castellon is a 17 year old campaigner and author who is also neuro-diverse. You can read her interview with [New Scientist Magazine](http://www.newscientist.com)

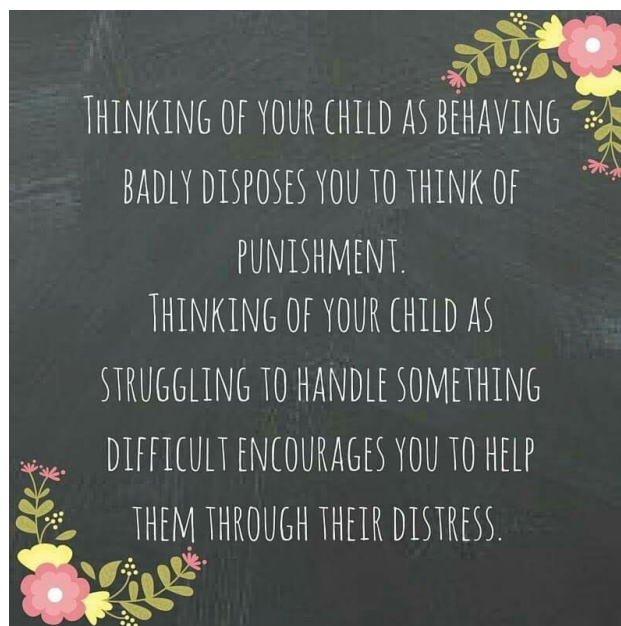


Or watch her being interviewed on the [Chrissy B Show](#)

Siena Castellon is the author of 'The Spectrum Girl's Survival Guide - Growing up Awesome and Autistic.'



Nottinghamshire Children's Trust has produced a guide for families to help them to support younger children and keep them safe at home. Called [Autism At Home](#) (click on the link) it is all about understanding autism and the importance of creating a supportive environment and gives parents/carers useful tips and advice about daily routines such as dressing, toileting and eating, among many other things. We like that it gives such practical advice and may give you a few more tools for your toolbox for supporting your younger child.



The quote above is taken from another resource included in those available from [Neurodiversity Celebration week](#).

Southern Health & Social Care Trust, is another UK based contributor. Have a look at their [Information Booklet for Parents/Carers about ADHD](#).



## School and Transition



Your children and young people have just returned to school after the half term holiday. The second part of this spring term is a short one, around four weeks for most schools, before they break up for Easter, and return for their final term of this school year.

If you have a child who is transitioning to the next phase of their education in September, such as a move from Primary school to High school, it really is time to begin thinking about what preparation is needed for that transition. But for a child with additional needs, even a move within the same school to a different teacher and classroom can be the source of a lot of anxiety which will need to be managed.

Schools will in most cases be proactively thinking about the best ways to support your child or young person with an important transition. It never however does any harm to check that this is the case. Ask the SENCo what they think an 'enhanced transition' will look like for your child and offer additional suggestions which you feel may be necessary. Ask also what they would like you to do at home to help support their efforts to make this move a smooth one for your child or young person.

If your child has an EHCP and this is a 'phase transfer', so a move between key stages of education, such as Infants to Juniors or Primary phase to High School phase, the EHCP should have been reviewed in anticipation of the move and made fit for purpose in the new setting.

If you are worried about the right support being put in place, where can seek advice?



Every local authority must provide independent, free and impartial advice and support for parents/carers about special educational needs and disabilities (SEND)

In Norfolk and Waveney that means [Norfolk SENDiass](#) or [Suffolk SENDiass](#).

As well as lots of information and resources, you can also, through the websites, book a telephone appointment with a trained advisor to discuss any difficulties you are having with getting the right support in place for your child in school.



Another excellent website. Go to [www.specialneedsjungle.com](http://www.specialneedsjungle.com) To download their helpful flow charts about Seeking SEN Support or Asking for an EHCP Assessment click on:

<https://www.specialneedsjungle.com/flow-chart/>

[IPSEA](#) is most useful when a dispute with a school has reached a higher level and you need advice on your legal position. They offer free SEND legal guides and letter templates for you to use to ensure that you are getting it right. They also have a helpline where you can access free and independent legal advice.



**IPSEA**  
Independent Parental Special  
Education Advice

The Autism Support Specialist team within Norfolk's Educational Psychology and Specialist Support service (EPSS) for schools, produces a [PADLET](#) which is full of information to support parents of children or young people in school in Norfolk.

This Autism Support Specialist team are available to visit schools to advise them on getting the environment right for their autistic students and can also provide training to schools.

Please note that EPSS is a service for schools to use as they see fit and when their budget allows. You can, as parents, still access some of the support they offer, such as the padlets above, and you can certainly suggest as another option for supporting your child, that school access their services or training.



**Educational Psychology  
& Specialist Support**

Another useful document for parents/carers is:

[Provision Expected at SEN Support](#) or the PEaSS document.

This sets out the kinds of adjustments which mainstream schools have available to them and which they are expected to use to try to meet the needs of a child with special educational needs and disabilities. It is considered that this range of adjusted provision should allow mainstream schools to support the vast majority of children and young people with additional needs. Only when a school can still not meet need should a needs assessment be required and an Education, Health and Care Plan be applied for. (Please note that there are cases where a child's needs are so clearly above what a mainstream school could support, that attempting to meet needs through SEN Support can be dispensed with and an EHCP applied for at a very early stage.)

*Each month we run free courses, workshops and drop-ins. Why don't you join us in March?*

## **ZOOM Information Session in MARCH**



### **HELPING YOUR CHILD WITH SCHOOL ANXIETY**

**THURSDAY 21ST MARCH - 1PM TO 2PM**

**No need to book for this friendly and informal hour long zoom session. Come along for a short presentation by our team and some time for your questions. To get involved just use the following Zoom joining details:**

**Meeting ID: 945 5838 0983**

**Passcode: 402086**

**See you there!**

## Drop-in support groups - Come along and meet other parents/carers and share concerns...and successes.



**Our Drop-In Groups are friendly and informal. No need to book. Just come along for a tea/coffee, meet other parents and chat to members of our team. We would like to welcome you to one of our drop-in support sessions soon.**

**Click on the cards below to find a drop-in group near you.**

### **KING'S LYNN Drop-In Group**

**DOBBIES, next to TESCO HARDWICK, KING'S LYNN PE30 4WQ**

Come along and join us on **Tuesday 12th MARCH 2024** - 9.30 am - 11.00 am, FIND US IN THE COMFY, SOFA AREA.

Please note there will be no drop-in during April due to the Easter school holiday

RING **01603 972589** or EMAIL [Swaffham@family-action.org.uk](mailto:Swaffham@family-action.org.uk) for more information.

### **NORWICH DROP-IN**

**WEDNESDAY 13TH MARCH 2024**

**at NORWICH MIND**

Churchman House

71 Bethel Street, Norwich, NR2 1NR 10am to

RING **01603 972589** or EMAIL [Swaffham@family-action.org.uk](mailto:Swaffham@family-action.org.uk) for more information.

Come and visit us at our drop-in at EMNETH

Click to see More.

If you have a child with a diagnosed or suspected neurodivergence why not join us?



PLEASE COME ALONG FOR A CUPPA AND A CHAT IN...

**SWEET THINGS SAVOURY**

**33 GAULTREE SQUARE EMNETH PE14 8DA on Wednesday 13th MARCH 2024**

***DROP IN ANYTIME BETWEEN 9:30 AND 11AM. NO NEED TO BOOK. WE WILL BE THERE TO WELCOME YOU.***

COME AND MEET OTHER PARENTS LIVING WITH THEIR CHILD OR YOUNG PERSON'S AUTISM/ADHD AND SO REALLY 'GET IT'. THERE WILL ALWAYS BE A MEMBER OF OUR TEAM TO ANSWER ANY QUESTIONS OR GIVE ADVICE, SUPPORT, INFORMATION, RESOURCES OR SIGNPOSTING TO OTHER SERVICES.

For more information ring Family Action on 01603 972589

Or email [Swaffham@family-action.org.uk](mailto:Swaffham@family-action.org.uk)

Hoping to see you there!

**GORLESTON Drop-In Group**

**GORLESTON LIBRARY, FAMILY ACTION OFFICE, GORLESTON-ON-SEA, NR31 6SG**

Come along and meet our team and other parents on **Wednesday 6th MARCH 2024** from 10:00am to 11:30am RING **01493 650220** or EMAIL [gorleston@family-action.org.uk](mailto:gorleston@family-action.org.uk) for more information.

**SWAFFHAM Drop-In Group**

**UPSTAIRS IN COSTA COFFEE, MARKET PLACE, SWAFFHAM, PE37 7AB**

Come along and join us in the quiet, upstairs room in Costa Coffee on **Wednesday 13th MARCH 2024** 9:30am - 11:00am.

RING **01603 972589** or EMAIL [Swaffham@family-action.org.uk](mailto:Swaffham@family-action.org.uk) for more information.

**LOWESTOFT Drop-In Group**

**AT THE RIVERSIDE FAMILY HUB, 6 CANNING ROAD, LOWESTOFT, NR33 0TQ**

Come along and join us on **Thursday 7th MARCH 2024** from 10:00am to 11:30am In RING **01493 650220** or EMAIL [gorleston@family-action.org.uk](mailto:gorleston@family-action.org.uk) for more information.

## PLAN BEE



### **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 Autism 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.



**MARCH 2024 - Watton Youth and Community Centre, 37 Harvey St, Watton, THETFORD, IP25 6EB**

Tuesdays 5th, 12th and 19th March 2024 10am to 12noon To book your place please ring **01603 972589** or email [swaffham@family-action.org.uk](mailto:swaffham@family-action.org.uk)

Also in **MARCH 2024 - PLAN BEE on ZOOM** for those who cannot get along to a face to face course.

Wednesdays 13th, 20th and 27th March 2024 10am to 12noon ***Sorry, but this course is now FULL.***

**APRIL 2024 - St Faith's Community Hub, Next to Gaywood Church Rooms, KING'S LYNN, PE30 4DW**

Tuesdays 23rd, 30th April and Tuesday 7th May 10am to 12noon. To book your place please ring 01603 972589 or email

**APRIL/MAY 2024 PLAN BEE IN GREAT YARMOUTH - VENUE STILL TO BE CONFIRMED**

Wednesdays 24th April, 1st May and 8th May 10am to 12noon RING **01493 650220** or EMAIL [gorleston@family-action.org.uk](mailto:gorleston@family-action.org.uk) for more information.

**MAY 2024 Owen Barnes Room, Breckland Road, New Costessey, NORWICH, NR5 0DW**

Tuesdays 7th, 14th and 21st May 10am to 12noon To book your place please ring 01603 972589 or email

You can still access the online videos of our Positive Behaviour Strategies course (now Plan Bee) on the NHS for Norfolk website, Just One Norfolk.

Just click here: <https://www.justonenorfolk.nhs.uk/child-development-additional-needs/behaviour-sleep/norfolk-positive-behaviour-strategies-pbs/>

**Puffins Autism Programme** - for parents/carers of children or young people with a *diagnosis* of Autism



Family Action is working with Norfolk Community Health and Care to run the Puffins ASD Programme for Parents/Carers of children or young people **with a diagnosis of Autism**. This is a free, comprehensive, four week course with sessions led by Speech and Language and Occupational Therapy professionals from within the Neurodevelopmental Service and by the Autism Specialist Educational Team.

**March 2024 – Fakenham Community Centre, Oak Street, FAKENHAM, NR21 9SR**

**Mondays 4th, 11th, 18th and 25th March 9.30am – 12.30\***

- Please note that the first session only is slightly longer, finishing at 1pm. All other sessions ending 12:30pm.

**April 2024 – St Faiths Community Hub, Nxt Gaywood Church Rooms, KING'S LYNN, PE30 4DZ (Parking at Gaywood Church Rooms) Thurs 18th Mon 22nd Thurs 25th & Mon 29th Apr 9:30am – 12.30\***

**May 2024 - Robert Kett Primary School, Hewitts Lane, Wymondham, NR18 0LS**

**Thursdays 2nd, 9th, 16th and 23rd May 9:30am - 12:30\***

**RING** 01603 972589 or **EMAIL** [swaffham@family-action.org.uk](mailto:swaffham@family-action.org.uk) for more information or to book your place.



**Do you live in East Norfolk or Waveney? In February/March 2024 our team in the east are delivering Cygnet in Lowestoft. CYGNET is the approved post-diagnosis course for families who use the Newberry Clinic for assessment.**

**CYGNET- Riverside Family Hub, Canning Road, LOWESTOFT, NR33 0TQ. - 10am-**

**12pm**

**Thursdays 29th Feb, 7th, 14th, 21st, 28th March - 10am-**

**12pm**

Please call 01493 650220 if you would like more information or want to be placed on the waiting list for another course.

Family Action also serves families in West Suffolk





To contact us for advice and support, or to book a place on one of our courses please use the details below. Our number is 01284 636655 or Email [wsuffolk@family-action.org.uk](mailto:wsuffolk@family-action.org.uk)

## Family Action FamilyLine



### FamilyLine

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Supporting adult family members  
via telephone, text, email and  
web chat



Family life is full of special moments but it can feel difficult sometimes too. Whether you're feeling anxious or worried as a parent or carer, or need support with a problem big or small, our free FamilyLine is here to help.

[FamilyLine](#) is a service for adult family members that aims to:

- provide both immediate and long-term support
- help with practical information and guidance
- provide emotional and listening support
- help with understanding and accessing relevant services and information
- provide regular one-to-one befriending
- support to service users feeling isolated
- access to short term telephone counselling
- a referral into our many projects across England and Wales, where relevant.

Family members aged 18 years old and over from anywhere in England, Wales and the Isle of Man can get in touch with the service for free via telephone, text message, web chat or email, using the details below.

**Opening times:** Monday to Friday, 9am to 9pm

**Contact details:** Telephone: 0808 802 6666

**Text message:** 07537 404 282

**Email:** [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)



## Live web chat

### Contacting FamilyLine out of hours

Do you need FamilyLine but it's out of our operation hours? You can either call back in our opening hours, leave a message on our voice mail for a call back in our operation hours or if you're in crisis you can contact our crisis line to get in touch with a trained professional.

### Text FAMILYACTION to 85258

Our crisis messenger text service provides free, 24/7 crisis support across the UK. We know that getting the correct support at the correct time is so beneficial which is why we've introduced our crisis line. This service is delivered in partnership with [Shout](#).

## About our Service - Contact Details



To contact us for advice and support, or to book a place on one of our courses or information sessions, please use the details below.

For West and Central Norfolk **01603 972589** or email [swaffham@family-action.org.uk](mailto:swaffham@family-action.org.uk)

For East Norfolk and Waveney **01493 650220** or email [gorleston@family-action.org.uk](mailto:gorleston@family-action.org.uk)

Unsure which area to contact? Use any of the above – we are all here to help you.

*If you wish to join our closed Facebook group, go to Facebook and to the Family Action page and then search for Norfolk and Waveney Autism and ADHD Support Service.*

*Or use the link below to visit our ND Services Web Pages.*

