



Where can I get general SEN support?

Find clear, easy-to-understand and up-to-date information about SEND services and support in Norfolk on the SEND Local Offer website :		https://www.norfolk.gov.uk/children-and-families/send-local-offer		Just One Number: 0300 300 0123 Parentline: 07520 631590 Website: https://www.justonenorfolk.nhs.uk/		
https://www.norfolk.gov.uk/children-and-families/send-local-offer/health-and-social-care/social-care/short-breaks	https://www.norfolk.gov.uk/children-and-families/send-local-offer/advice-and-support/send-elearning	https://www.familyvoice.org.uk/ 	https://www.norfolksendiass.org.uk/ 	https://www.nansa.org.uk/sensational-families/ 	https://www.norfolksenetwork.org/ 	https://www.norfolkfamilycarers.org/ 

Where can I go for ideas on how to support my child with....?

Dyslexia	https://www.dyslexiaoutreach.co.uk/resources/strategies-for-parents/	Speech and language difficulties	https://speechandlanguage.info/parents
Autism	https://padlet.com/juliestewart1/parent-information-rfj56bsahtmf3g	Self Care	https://www.nhsggc.org.uk/kids/resources/
ADHD	https://www.adhdfoundation.org.uk/resources/	Mental health	https://thismayhelp.me/
Sleep	https://thesleepcharity.org.uk/national-sleep-helpline/	Toileting	https://eric.org.uk/
Behaviour	https://www.justonenorfolk.nhs.uk/child-development-additional-needs/behaviour-sleep/behaviour-troubleshooting/	Transition	https://www.norfolk.gov.uk/-/media/norfolk/downloads/children-and-families/send/education-and-training-0-25/moving-on/transition-to-secondary-school-a-guide-for-parents-and-carers.pdf

