



## SEN NEWSLETTER

Summer Term  
2023  
Half term 1

### SEND Survey

The Norfolk SEN service is calling on children with SEND, their families and the professionals who work with them to get involved with the Norfolk SEND survey. This year's survey can be completed anonymously and should only take around 15 minutes. It is divided into three separate sets of questions for each of these groups: children and young people aged 8-25; parents and carers with children and young people aged 0-25; and professionals working with children and young people aged 0-25. The survey is open until Friday 30 June. Find it at: [www.norfolk.gov.uk/sendsurvey](http://www.norfolk.gov.uk/sendsurvey)



### Take part in the Norfolk SEND Survey

Give us 15 minutes of your  
time to help make services  
better for children with  
special educational needs  
and disabilities.

[www.norfolk.gov.uk/sendsurvey](http://www.norfolk.gov.uk/sendsurvey)



or scan this  
code to link to  
the survey

There are 24 questions. You don't have to answer them all!  
Ask for help if you need it

Ask for help if you need it

If answering the survey online – don't forget to click submit at  
the end!

If you need a paper copy we can send you one

There is a widget version of the survey you can complete



Click this link to complete the survey:

<https://www.norfolk.gov.uk/children-and-families/send-local-offer/about-the-local-offer/norfolk-annual-send-survey>

### Norfolk SEN: where can I go for help?

The Flourishing Families tool has been designed by Norfolk County council for families who might want a little extra help meeting their child's needs. There are all sorts of things that you can get help with, whether it's healthy eating, fun activities or financial management, and this tool was developed to help you work out what you're already doing well and help you find support when and if you need it.

In just five minutes you can find out about the support that's available for you and your family to help you thrive together.

Visit:  
<https://www.justonenorfolk.nhs.uk/flourishingfamilies>  
for more details.

### \*NEW\* Book Look

Each half term, I will share details about a useful book for parents and/or children with SEN that can help you understand or learn more about a particular need or aspect of SEN.

First up are a series of books written by **Poppy O'Neill** (Summersdale Publishers). These practical guides are designed for 7-11 year olds and cover a variety of social and emotional difficulties. Combining cognitive behavioural therapy and mindfulness methods, they contain a variety of fun activities and exercises that can be completed independently or with the guidance of parents.



# Neurodiversity- free parent workshops

Neurodiversity is a term used to describe people whose brains work in different ways. This programme of free virtual workshops for parents and carers is provided by the NHS psychology for schools service and will provide advice and guidance on how to support neurodiverse children with the challenges they face. Any parent or carer is welcome to join regardless of whether their child has a neurodiverse diagnosis. The workshops are live on Zoom and 60 minutes long. Recordings of the workshops will be available after the live event. Details of upcoming courses are listed below:

## Childhood neurodiversity: What you need to know as a parent

What is neurodiversity? What is autism, ADHD and learning disability? Does my child need a diagnosis to get support? This introductory workshop will answer these questions and introduce where parents/carers can find advice and guidance for supporting their neurodiverse children.

**6<sup>th</sup> June 2023 – 18:00** [Book here](#)

## Childhood neurodiversity: Managing big feelings (including anxiety and low mood)

This workshop will explore why neurodiverse children may develop difficulties with their emotions, including anxiety and low mood and how parents/carers can support neurodiverse children with managing their big feelings.

**3<sup>rd</sup> July 2023 – 13:00** [Book here](#)

## Childhood neurodiversity: How the brain develops

This workshop covers child brain development including the impact of relationships in early childhood and changes in adolescence. The workshops will also explore neurodiversity in brain development.

**8<sup>th</sup> August 2023 – 18:00** [Book here](#)

## Childhood neurodiversity: Understanding and managing behaviour

When distressed, neurodiverse children and young people may show behaviours that challenge the adults around them. This workshop explores how to understand behaviour and how parents/carers can support their neurodiverse children with behaviours of distress.

**7<sup>th</sup> September 2023 – 13:00** [Book here](#)

Scan the QR code to find out more and book a place on a workshop or visit [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and search for Psychology in Schools Team - NSFT



## Building Resilience: Managing the Next Steps

For parents/carers to learn strategies they can teach their children for managing difficult thoughts, feelings and situations

**19<sup>th</sup> June 2023 – 13:00** [Book a place](#)

**19<sup>th</sup> June 2023 – 18:00** [Book a place](#)

## Supporting our Young People with Anxiety

For parents to understand anxiety and how to support their child with worry

**20<sup>th</sup> June 2023 – 18:00** [Book a place](#)

## Supporting our Young People to Manage Big Feelings

A workshop aimed at parents of young people aged up to 11 to help support our children in managing difficult emotions

**20<sup>th</sup> June 2023 – 19:15** [Book a place](#)

## Supporting our Young People with Eating Difficulties

A workshop for parents to help them look out for and understand what to do if their child is struggling with eating

**17<sup>th</sup> July 2023 – 13:00** [Book a place](#)

**17<sup>th</sup> July 2023 – 18:00** [Book a place](#)

## Supporting our Young People with Sleep (11+ years)

For parents/carers to learn about the importance of sleep and strategies they can teach their young people to support better sleep

**18<sup>th</sup> July 2023 – 18:00** [Book a place](#)

## Supporting our Young People with Anxiety

For parents to understand anxiety and how to support their child with worry

**18<sup>th</sup> July 2023 – 19:15** [Book a place](#)

Scan the QR code to find out more and book a place on a workshop or visit [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and search for Psychology in Schools Team - NSFT



<https://www.eventbrite.co.uk/o/psychology-in-schools-team-nsft-32627846273>