



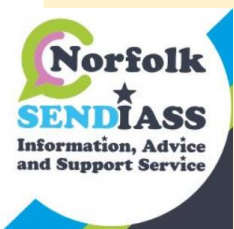
SEN NEWSLETTER

Spring Term
2024
Half term 2

WHERE CAN I GO FOR HELP?

This half term's newsletter shares important information about **support services** available to parents of children with SEND. There are so many agencies and teams offering guidance and support that it can often be difficult to know where to start!

To help, this page includes details of key places to contact for general advice and support, whilst the next page features a flow chart of contact details based on the type of information or support you might need.



SENDIASS

The Norfolk SEND Information, Advice & Support Service can offer parents:

- Advice clinics
- One off support
- Parent/ carer training
-

Visit their website for more information at:

<https://www.norfolksendiass.org.uk/>



SEND Norfolk

The Local Offer website will help you to:

- Find information on support in education
- Learn about special needs services that can help children, young people and their families
- Find a support network - parents, groups and organisations
- Get guidance and advice about how to help a young person plan their adult life

Visit: <https://www.norfolk.gov.uk/SEND> for more information.

FAMILY HUBS

Parent or carer? Need advice or support?

There's lots of services to help in Norfolk and they're joining together in what's called Norfolk family hubs.

Visit www.norfolk.gov.uk/familyhubs or www.justonenorfolk.nhs.uk/family-hubs to find out more, including information on:

- Parenting
- Health and wellbeing
- Pregnancy
- Money and work
- Learning
- Days out and activities.

From the minute you know you're having a baby, right up to your child's 19th birthday (25 if your child has special educational needs), Norfolk family hubs are here to help.

Norfolk.gov.uk

Just One Norfolk



WHERE CAN I GO FOR HELP?

I really want to speak to someone straight away

FREE FAMILYLINE HELPLINE

<https://www.family-action.org.uk/what-we-do/children-families/familyline/>

Monday to Friday 9am- 9pm
Tel: 0808 802 666
Text: 07537 404282

Out of hours:
Text FAMILYACTION to 85258

JUST ONE NORFOLK

<https://www.justonenorfolk.nhs.uk/our-services/just-one-number-parentline/>

Parentline 07520 631590

Parentline is our text service for parents and carers to get in touch about any parenting questions or concerns.

Just one Number 0300 300 123

Your single point of access for Norfolk & Waveney Children & Young People's Health Services. This includes; the Norfolk Healthy Child Programme and Norfolk & Waveney Children's Speech and Language Therapy Service.

I'd like to access information/ learn more in my own time

ACTION FOR CHILDREN

<https://parents.actionforchildren.org.uk/feelings-behaviour/>

Setting boundaries with your child, using rules and rewards, and coping with challenging behaviour.

CHILD MIND INSTITUTE

<https://childmind.org/article/angry-kids-dealing-with-explosive-behavior/>

How to respond when a child lashes out.

YOUNGMINDS

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/challenging-behaviour/>

If you're experiencing challenging behaviour from your child, visit the website above for tips on what you can do and where to get help.

JUST ONE NORFOLK

[Norfolk Positive Behaviour Strategies \(PBS\)](https://www.justonenorfolk.nhs.uk/norfolk-positive-behaviour-strategies-pbs/)
([justonenorfolk.nhs.uk](https://www.justonenorfolk.nhs.uk))

Online course/videos that provide some practical skills and strategies to help you manage your child in a positive way.

FAMILY LIVES

[Parenting classes online - | Family Lives](#)

Free, online parents together programme- six interactive blocks with helpful techniques and ideas to help you become a happier, more confident parent.

I'd like to meet/ talk to others who know what it's like

FAMILY HUB

<https://www.facebook.com/groups/brecklanfamilies/>

To join please scan the QR code below



ASD HELPING HANDS

[Support and Social Groups — ASD Helping Hands](#)

Family support groups provide support, advice and information for all the family who support a child with Autistic Spectrum Disorder (with or without diagnosis).

NATIONAL AUTISTIC SOCIETY

[National Autistic Society - our Community](https://www.autism.org.uk)
([autism.org.uk](https://www.autism.org.uk))

An online community for Autistic people and their families to meet like-minded people and share their experiences.

NORFOLK AUTISM PARTNERSHIP

[What's On? - Norfolk Autism Partnership](#)

A selection of events across Norfolk for those with Autism and their parent/carers, including regular support and social groups as well as one off events.