



Welcome to the SPCF Newsletter

April 2023

Our newsletters will contain details of events, information, surveys or anything else we think would be good to share with you all. This edition will look at:

- Meeting Feedback
- Annual Survey Results
- A message from Activities Unlimited
- Activities Unlimited Holiday Guide
- Waveney Open Forum Event
- A message from SENDIASS
- Suffolk Libraries
- Bury St Edmunds Open Forum Event
- Linden House Holiday Guide
- Upcoming Workshops
- PACT News
- Time to Listen Events – Children & Young People
- Feedback Methods
- Easter Opening Hours

Meeting Feedback

In order to increase our transparency and information sharing with parent carers we continue to provide these monthly updates published on our website. The summaries can be found here: [Meeting Updates](#). The minutes and paperwork for the SEND Accountability Board and SEND Programme Board are now being uploaded by Suffolk County Council for public access. They had some initial issues in regards to uploading some of the files which we believe has now been rectified. If members come across any issues, please do let us know so we are able to inform them. The documents can also be found on the above link.

Annual Survey Results

We have now published the results of our Annual Survey. We had a combination of old questions and new ones so there may be some new information on there for you to see. We were encouraged to see that there was an increase in children and young people being involved in their EHCPs. Unfortunately, the lived experience has not improved as we would have hoped in this past year but we will continue fighting for better outcomes.

The report can be found here: [Survey Report](#)

The data can be found here: [Survey Results](#)



A message from Activities Unlimited

If you have completed our new short break personal budget application form and returned the agreement form via the portal once it has been received. We are aiming to make payment between the beginning of April and the end of May 2023.

If you have requested a support telephone application, please bear with us we are working our way through the list of requests and will get to you as soon as possible.

If you receive your personal budget via a prepaid card, please ensure that you have spent your 2022-23 personal budget by the 31st March 2023.

If you receive your personal budget into your own bank account, please ensure you have completed a spending record and submitted receipts to account for 2022-23.

Regarding the change in your Activities Unlimited Short Break Personal Budget. For the past 3 years Activities Unlimited have been going through a review which we have communicated widely through our website, newsletters, our social media channels and directly via email to current users. To see why we had to review our Short Break service please click [here](#).

We would advise at this stage that you accept your current offer, and we will be able to review all appeals post April. We will be in contact and send an appeal form closer to the time for you to provide us with additional information to support your appeal application, if your appeal is upheld, we will provide an additional top up payment.

Activities Unlimited Holiday Guide

Welcome to our [Easter Holiday Guide 2023!](#)

Bringing you lots of exciting activities for children and young people with additional needs and disabilities to take part in this holiday. We're excited to be working even more closely with the Suffolk Holiday Activity and Food (HAF) programme, which provides free activity days including meals to children who are eligible for free school meals. Look out for the logo throughout the guide! [Visit our website to find out more!](#)

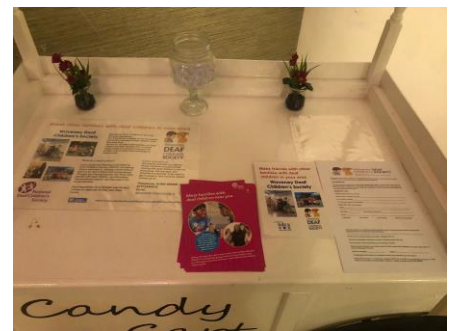
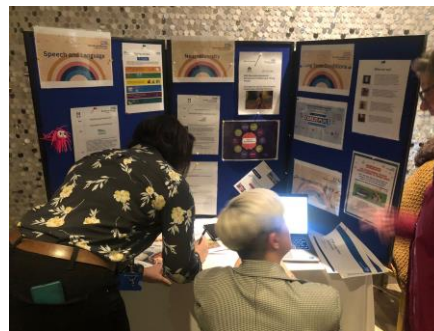
More information on each break can be found on the website, along with details on how to book: [Activities Unlimited Website](#). Don't forget we love to see what you get up to, so do send us photos and reviews via emailing: info@activities-unlimited.co.uk or tag us on Facebook!

The Activities Unlimited Team



Waveney - Open Forum Event

Thank you to everyone that attended our Waveney Open Forum Event. We all had a great day meeting everyone and really appreciate those taking the time to feedback their lived experience. We had some young people themselves join us this time which was great and we hope so see more at our future events.





A message from SENDIASS

The poster has a bright yellow background decorated with several colorful Easter eggs in shades of pink, blue, purple, orange, and green, each with white floral patterns. In the top right corner, there is a small blue box with white text: 'Special Educational Needs and Disability Information, Advice & Support Service'. The 'sendiass' logo is in blue lowercase letters. The main title 'Sendiass Easter Helpline and Enquiry Arrangements' is in large, bold, green letters. Below this, the helpline closure and reopening times are listed in bold green text: 'Our Helpline will close at: 4pm 31st March and reopen at: 9am 17th April'. A paragraph of text explains the closure: 'We will be unable to respond to your telephone, email or web form enquiries during this time. The closure will enable us to catch up with outstanding enquiries due to the high demand for our service that we are currently experiencing.' Another paragraph asks for contact on the 17th of April: 'Please contact us again from Monday 17th April, when we will be pleased to help you.' A final paragraph suggests finding answers on the website or YouTube channel: 'You may find the answer to some of your questions on our website or YouTube channel.' The poster concludes with 'Thank-you for your understanding.' in black text.

You can also subscribe to their [YouTube channel, Suffolk Sendiass](#), where they have over 50 videos containing information on a variety of topics. You can also find a lot of information on the [Sendiass website](#). Including the Events Calendar with details of all the upcoming training events: [Events](#)

Suffolk Libraries

Did you know that there's a whole host of events that happen at libraries around the county? Visit the [Suffolk Libraries UK What's On](#) page for details on the courses, groups, play sessions and more coming up near you:

<https://www.suffolklibraries.co.uk/whats-on>



Bury St Edmunds - Open Forum Event



We invite you to join us at our
Open Forum Event - West

on
Tuesday 20th June 23 from 10:00am to 1:00pm

at
The Moreton Hall, Symonds Rd, Bury St Edmunds, IP32 7EE

Who would you like to see at the Event? Let us know!

Are you a support organisation who covers West Suffolk and
would like to be at the event? Let us know!

Refreshments will be provided



Call us: 01473 760933

Find us: www.suffolkpcf.co.uk

Email us: info@suffolkpcf.co.uk

Like us: www.facebook.com/suffolkpcf





Linden House – Easter Holiday

Our Easter Holiday Schedule is here!

Linden House will be open throughout this Spring Break with different activities every day.

These activities are free to attend with no booking required. The age range is 8-18 and sessions will be hosted by our fully trained team in a safe environment. Parents are welcome to stay and use our café facilities to unwind whilst they wait. We hope that these sessions will act as additional support to childcare whilst also providing an excellent support network for parents.

Web www.accessct.org

Twitter: [@access_ourwork](https://twitter.com/access_ourwork)

Facebook: [@AccessCommunityTrustUK](https://www.facebook.com/AccessCommunityTrustUK)



Linden House

Young Person Support | Careers Advice
🕒 Monday - Friday 9:00 - 17:00

Visit us!
IP33 3DJ



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Half Term Week 1 (3rd - 7th April)

MON	TUE	WED	THU	FRI
9am-1pm	9am-1pm	9am-1pm	9am-1pm	9am-1pm
Relax, Games, Xbox	Spring Arts & Crafts	Football Tournament	Easter Egg Hunt	Closed (Good Friday)
2pm - 5pm	2pm - 5pm	2pm - 5pm	2pm - 5pm	2pm - 5pm
Pancake Making	Egg Painting	Easter Egg Hunt	Fitness Afternoon	Closed (Good Friday)

Half Term Week 2 (10th - 14th April)

MON	TUE	WED	THU	FRI
9am-1pm	9am-1pm	9am-1pm	9am-1pm	9am-1pm
Easter Monday Closed	Yoga & Just Dance	Air Hockey Tournament	Board Game Cafe	World Art Day Celebration
2pm - 5pm	2pm - 5pm	2pm - 5pm	2pm - 5pm	2pm - 5pm
Easter Monday Closed	Relax, Games & Xbox	Gaming Afternoon	Fitness Afternoon	World Art Day Celebration

All activities are free to attend with no booking required!

Contact us with the details below to ask any questions

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Upcoming Workshops

School attendance issues is something that we receive a lot of feedback about. Knowing the legislation and statutory guidance around the subject can be difficult. That is why we have booked 2 workshops with Define Fine – Parent Peer Support for School Attendance Difficulties to virtually host their workshops for our members.

Email: info@suffolkpcf.co.uk to secure your space.



Define Fine
Parent Peer Support
for School Attendance Difficulties



Define Fine
Parent Peer Support
for School Attendance Difficulties



We invite you to join us at our

'Have you tried a sticker chart?' Workshop

Hosted by – Define Fine: Parent Peer Support for Attendance Difficulties
Thursday 4th May from 10:00am to 11:30am

This course focuses on understanding the issues that surround the barriers to school attendance and school distress. Attendance difficulties can be due to a child or young person having SEND – Special Educational Needs and/or Disabilities, physical or mental health issues.

Often in these cases the child is described as being 'fine in school' rather than being assessed and their needs acknowledged.

Define Fine will share their guide based on relevant, current government and statutory guidance and provide a framework for working together and finding solutions. This will help ensure that parent carers are supported and empowered to work with professionals to assess needs, then plan appropriate and timely support for their child or young person.

Please email to book your place: info@suffolkpcf.co.uk



Call us: 01473 760933
Find us: www.suffolkpcf.co.uk
Email us: info@suffolkpcf.co.uk
Tweet us: www.twitter.com/suffolkpcf
Like us: www.facebook.com/suffolkpcf



We invite you to join us at our

Meeting & Working Effectively with Professionals Workshop

Hosted by – Define Fine: Parent Peer Support for Attendance Difficulties
Thursday 6th July from 10:00am to 11:30am

This course focuses on reviewing the issues that surround the barriers to school attendance and school distress. Attendance difficulties can be due to a child or young person having SEND – Special Educational Needs and/or Disabilities, physical or mental health issues.

It will also review the importance of defining 'fine'.

Define Fine will then share:

The Define Fine Barrier to Attendance Guide
Relevant legislation and policy.

What support parent/carers need and why?
Working with mutual respect and dignity.

Meeting methods: finding your voice and following up.

Please email to book your place: info@suffolkpcf.co.uk



Call us: 01473 760933
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Email us: info@suffolkpcf.co.uk
Tweet us: www.twitter.com/suffolkpcf
Like us: www.facebook.com/suffolkpcf





PACT – Parents and Carers Together – News

PACT will continue to offer support during the Easter holidays in our Facebook support group and we will be running our face to face meet-ups in Stowmarket on 1st Monday of April and Needham Lake on the 3rd Thursday.

Details and info can be found on our website. www.parentsandcarerstogether.co.uk

The poster for PACT (Parents and Carers Together) features a white background at the top with a purple logo consisting of a cluster of dots forming a map of Suffolk, followed by the word 'pact' in a large, bold, purple font. Below this, the text 'PARENTS AND CARERS TOGETHER' is written in a smaller, purple, sans-serif font. The main body of the poster has a pink background with a dark purple curved banner across the middle. The text on the banner reads: "Supporting you, supporting your child" in a large, bold, black font. Below the banner, the text 'Suffolk Support for parents and carers of children and young people with mental health issues' is written in a white, sans-serif font. The website address 'www.parentsandcarerstogether.uk' is written in a yellow, sans-serif font. The helpline number 'Helpline number (07856) 038799 (not 24/7)' is written in a white, sans-serif font. At the bottom, the text 'Support group for parents and carers of children and young people with mental health issues' is written in a white, sans-serif font. The Twitter handle '@pactenquiries' is written in a white, sans-serif font, and the Facebook page name '/parentsandcarerstogether/' is written in a white, sans-serif font.



Time to Listen Events – Children and Young People

Calling all children and young people with SEND!

As you might know, we run something called "Time to Listen", where parents and carers can meet leaders and talk about their experiences of SEND services in Suffolk, but we want to hear from you too!

Our next online session specifically for young people is on 23 May 2023, 4:30-5:30pm with Allan Cadzow, Corporate Director for Children and Young People, Suffolk County Council and Ros Somerville, Assistant Director for Inclusion, Suffolk County Council.

If you're under 18, you'll need your parent/carer's permission to attend – to find out more, drop us a line on localoffer@suffolk.gov.uk

Feedback Methods

We want to ensure that providing feedback is as private as possible so we have devised a feedback section on our website which is always available to receive feedback. It can be found here: www.suffolkpcf.co.uk/feedback/ Members (and non-members) are also able to message the Facebook page: www.facebook.com/suffolkpcf , or email: info@suffolkpcf.co.uk.

We have also devised a Feedback Form for Professionals and Voluntary Sector colleague who support parent carers. It can be found on the website or directly via this link: [Feedback](#)

SPCF Easter Opening Hours

The SPCF team will be closing over the Easter holidays. We will be closing at 3:30pm on Friday 31st March 2023 and reopening on Monday 17th April 2023 at 9:30am. On our return we will respond to all emails, phone calls/voicemails and social media messages so please bear with us if there is a delay in getting a response.

We hope that you all manage to have a nice break, from the SPCF team.

[If there is any content that you would like to see or have any suggestions, please do not hesitate to contact the team.](#)