



Welcome to the SPCF Newsletter

JULY 2022

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:

- DfE Revisit Survey
- The Open Forum Event
- School Holiday Ideas:
(Inc: Activities Unlimited, Suffolk Libraries, Holiday Activity Food & Suffolk Family Carers)
- BEANS
- PACT – Parents and Carers Together Flyer
- LiftLoud for Danny
- Cerebra – Accessing Public Services Workshop
- SENDIASS
- Open Letter – Ros Somerville
- Feedback Methods
- Summer Opening Hours

DfE Revisit Survey – Feedback Update

Following on from our DfE Revisit Survey, we have publicised the report and data as well as an update from the meeting.

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

The response data can be found here: [Response Data](#)

The update from the meeting is as follows:

This morning, we attended a meeting with the Department for Education in regards to the Accelerated Progress Plan in place for Suffolk. We presented the data from the survey which was published in Friday 15th July .

As per the last visit, we continued to emphasise the experience on the ground for too many children, young people and their families has not improved and in some instances declined. Our attendance and the reporting of parent carer experiences was appreciated by all and will be taken into evidence for the decision-making panel.

We were advised that they would be seeking further clarification from colleagues including SPCF for which, we will of course, make ourselves available. The DfE did reinforce that they cannot consider any evidence outside of the accelerated progress plan points. The decision as to whether the formal monitoring will cease will be made by September 2022 and all parties will be notified when the decision is made.



Open Forum Event

THANK YOU to all that helped make our second Open Forum Event a success.

This event was Health focused and was attended by those leading the NDD pathway and those supporting it, such as: BEANS, Suffolk Family Carers, Families Together Suffolk, Barnados & Family Action. We also had PACT Ace Anglia & Activities Unlimited as well as Mental Health services.

We had the most wonderful day meeting everyone and introducing parent carers to the many organisations available to them in Suffolk. We have received such lovely feedback from attendees and we cannot wait to organise the next one.





School Holiday Ideas:

Activities Unlimited

Welcome to our Summer Holiday Guide 2022! [Download our Summer Holiday Guide!](#)

These activities are available to all children and young people with SEND living in Suffolk. There are an exciting range of activities including, horse riding, sailing, music, social groups, family camping and much more! To book any of these activities please make sure you have completed an enrolment (<https://www.access-unlimited.co.uk/enrolment>).

Before booking please read our [Terms and Conditions](#) page, which gives details about the checks we carry out on providers and the responsibilities of parents and carers to check the activity is suitable.

More details about Activities Unlimited and what they offer can be found on their website:

www.access-unlimited.co.uk/activitiesunlimited/

Suffolk Libraries

A library of free and low-cost creative experiences happening in and around Suffolk:

<https://getcreative.suffolklibraries.co.uk/>

Suffolk Family Carers

Summer Activities for all the family, just follow the link:

[Summer Events](#)

Holiday Activity and Food

HAF is back again for Summer 2022 and will enable children and young people to enjoy fun activities with friends and develop new skills. The local programme is targeted at those who are eligible for benefits-related free school meals, and other vulnerable children or those with additional needs that would benefit from accessing the programme.

Find out more here: [Holiday Activity and Food \(HAF\) programme 2022 in Suffolk | Community Directory](#)



Beans – (Belong, Enrich, Adapt, Neurodiversity, Support)

beans
belong enrich adapt neurodiversity support

Woodbridge Drop In sessions!

Wellbeing Drop-In sessions for parents and carers of neurodivergent children and young people.

What is it?
A monthly group for parents and carers to ask questions, receive non-judgemental support and guidance.

What is Neurodivergent?
Autism/ASD, ADHD, Tourette's, Tic Disorder, FASD, Dyspraxia/DCD & more.

When?
The 2nd Monday of every month
11am - 1pm.
(Starting 14th March)

Where?
The Pavilion Cafe,
Jetty Lane,
Woodbridge,
Suffolk IP12 4BA.

Starts 14th March!

For more information or questions contact **access**
Your Community Your Trust

beans@accessct.org
 07553 894 199
 www.accessct.org

These groups are aimed at supporting parents and carers of neurodivergent young people. People can drop in, ask questions, meet people and receive non-judgemental support.

Contact: beans@accessct.org for any questions or more information.

[#neurodivergent](#) [#suffolk](#)
[#neurodiversity](#) [#burystedmunds](#)
[#woodbridge](#) [#saxmundham](#)

beans
belong enrich adapt neurodiversity support

Bury St Edmunds Drop In sessions!

Wellbeing Drop-In sessions for parents and carers of neurodivergent children and young people.

What is it?
A monthly group for parents and carers to ask questions, receive non-judgemental support and guidance.

Neurodiverse conditions include:
Autism/ASD, ADHD, Tourette's, Tic Disorder, FASD, Dyspraxia/DCD and more.

When?
The 3rd Tuesday of every month
10am - 12pm.
(Starting June 21st)

Where?
Linden House,
Kings Road,
Bury St Edmunds,
IP33 3DJ

For more information or questions contact **access**
Your Community Your Trust

beans@accessct.org
 07553 894 199
www.accessct.org
www.gobeans.co.uk

beans
belong enrich adapt neurodiversity support

Saxmundham Drop In sessions!

Wellbeing Drop-In sessions for parents and carers of neurodivergent children and young people.

What is it?
A monthly group for parents and carers to ask questions, receive non-judgemental support and guidance.

Neurodiverse conditions include:
Autism/ASD, ADHD, Tourette's, Tic Disorder, FASD, Dyspraxia/DCD and more.

When?
The 4th Friday of every month
10am - 12pm.
(Starting June 24th)

Where?
Saxcess House,
Saxmundham,
Suffolk,
IP17 1DB

For more information or questions contact **access**
Your Community Your Trust

beans@accessct.org
 07553 894 199
www.accessct.org
www.gobeans.co.uk



Working towards a brighter future for
Suffolk's children and young people

PACT – Parents and Carers Together



act

PARENTS AND CARERS TOGETHER

**"Supporting you,
supporting your child"**

Suffolk Support for parents and carers of children and young
people with mental health issues

www.parentsandcarerstogether.uk

Helpline number (07856) 038799 (not 24/7)

**Support group for parents and carers of children and
young people with mental health issues**



@pactenquiries



/parentsandcarerstogether/



LiftLoud for Danny

Our mission is to:

- Raise awareness of mental health difficulties, especially mental health and autism as Daniel had autism which meant the support he needed, had to be more specialised.
- Ensure that specialised support is available for those on the spectrum, including adequate training for mental health teams and schools.
- Ensure that support is there from the earliest opportunity, as too many children and young people hit crisis point before getting support.
- Improve the experience of those that end up in police custody rather than a hospital bed or other safe place
- Promote the importance of physical activity to improve mental health, recent research has shown that lifting weights has a positive impact similar to running.
- Ensure our gym Mammoth Power Gym is a centre of excellence for positive mental health wellbeing, support and signposting.
- Campaign for a Rapid Response Mental Health Team so those in crisis do not have to spend time in a police cell.
- Suicide Prevention and Awareness

#LiftLoudForDanny Groups

Monday Drop ins 10.30am to 12.30pm, pop along for as little or long as you like for any of our sessions.

1st Monday of the Month, Time for You for Carers of those struggling with their mental health. Free relaxation therapies, mini mindfulness with Stacey Richards, cuppa and chat.

2nd Monday



Heart of the Matter with Stacey, a wellbeing drop-in for those experiencing mental health difficulties or their carers.

3rd Monday



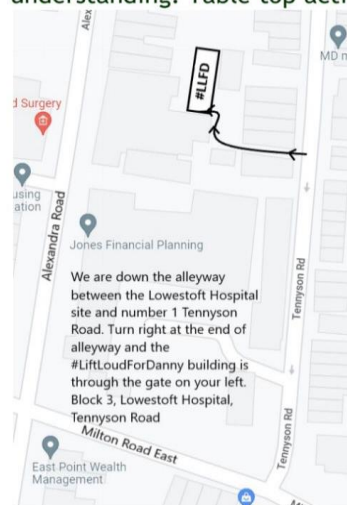
PACT for parents/carers of young people 0-25 who may be struggling with their wellbeing.

4th Monday

Time for You for those who may be struggling with their mental health. Free relaxation therapies, mini mindfulness with Stacey Richards, cuppa and chat.

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**Thursday Night Drop In 7.30 until 9pm**, Cuppa and chat for those who experience mental health issues, loneliness or isolation. Somewhere to support each other through kindness, empathy and understanding. Table top activities/games and pool table





## Cerebra – Accessing Public Services Workshop



### We invite you to join us at our virtual Accessing Public Services Toolkit Workshop

Hosted by Cerebra – A charity dedicated to those with Brain conditions.  
Monday 12<sup>th</sup> Sept 2022 from 10:00am to 12:30pm

The aim of the workshop is to support families who are encountering difficulties in relation to the provision of health, social care and education support services. The workshop isn't about giving legal advice or solving individual issues, but about general strategies that parents can use to get the services that they need for their child and family. By the end of the workshop you will be able to:

- Identify commonly occurring problems facing families accessing services and recognise different types of dispute
- Come up with problem-solving approaches to these problems
- Use a number of template letters when corresponding with public bodies

The workshop includes working on a case study.

\*A pack is required to attend the workshop so booking will close on 4/9/22\*

Please email to book your place: [info@suffolkpcf.co.uk](mailto:info@suffolkpcf.co.uk)



Call us: 01473 760933

Find us: [www.suffolkpcf.co.uk](http://www.suffolkpcf.co.uk)

Email us: [info@suffolkpcf.co.uk](mailto:info@suffolkpcf.co.uk)

Tweet us: [www.twitter.com/suffolkpcf](https://www.twitter.com/suffolkpcf)

Like us: [www.facebook.com/suffolkpcf](https://www.facebook.com/suffolkpcf)





## SENDIASS

The SENDIASS helpline will stay open over the Summer, from 9am to 1pm, Monday to Friday. 01473 265210 or Text ADVICE4ME to 87007

Why not follow us on Facebook? Our page is called [Sendiass in Suffolk](#). We regularly share information on training courses, events and articles that are of use to parents in Suffolk.

You can also subscribe to our [YouTube channel, Suffolk Sendiass](#), where we have over 50 videos containing information on a variety of topics including:

- Annual Reviews of EHC Plans
- The Process of SEN Support
- Choosing a school for a child with SEND

You can also find a lot of information on our [Sendiass website](#).

## Open Letter from Ros Somerville

Please find the Open Letter for July 2022 below:

### OPEN LETTER

## 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/](http://www.suffolkpcf.co.uk/feedback/)  
Members are also able to message the Facebook page: [www.facebook.com/suffolkpcf](https://www.facebook.com/suffolkpcf) or email: [info@suffolkpcf.co.uk](mailto:info@suffolkpcf.co.uk).

## SPCF Summer Opening Hours

The SPCF Management Committee will be working at a reduced capacity over the Summer Holidays so it may take us a little longer to respond to emails, phone calls and social media messages. We have this week submitted all the necessary paperwork for the CIO and are hoping to have an update for you all soon. We hope that you all have a nice Summer break and we look forward to seeing everyone back in September for some more events.