



Welcome to the SPCF Newsletter

OCTOBER 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 Response
- Meeting Feedback
- Cost of Living
- School Holiday Ideas: (Inc: Activities Unlimited, Suffolk Libraries, Autism Anglia & Suffolk Family Carers)
- BEANS
- PACT – Parents and Carers Together Flyer
- LiftLoud for Danny
- Cerebra – Accessing Public Services Workshop
- SENDIASS
- Feedback Methods
- Learning Disabilities & Autism Service
- Half Term Opening Hours

DfE Revisit Response

Unfortunately, the DfE have not responded or contacted us within the timeframe we were given during the July meeting. We have chased up a response and will update parent carers once we receive it.

Meeting Feedback

Following on from our communications in July about increasing our transparency and information sharing with parent carers, members should have received a July/August Summary and a September Summary via email. We will continue to provide these updates monthly they and will also be published on our website.

The summaries can be found here: [Meeting Updates](#)

The minutes and paperwork for the SEND Accountability Board and the SEND Programme Board will now be uploaded by Suffolk County Council. Please note that they have as some issues in regards to some of the files which they are in the process of rectifying. We raised the importance of the information being uploaded promptly and in full during the SEND Accountability Board meeting on 21st Oct.



Cost of Living

We have been pulling together some information for those that may be struggling with the cost-of-living crisis.

Suffolk County Council have devised a webpage full of useful information: [Help for Households](#)

There is also a Suffolk Local Welfare Assistance Scheme for those who are experiencing financial hardship: [Suffolk LWAS](#)

There are many local organisations which have signed up to the Warm Spaces initiative where local businesses and organisations are welcoming members of the public to come and stay warm if they are not able to heat their homes. Places can be found on the Rural Coffee Caravan website where they have produced an interactive map: [Map](#). The Warm Spaces category can be selected to filter the results. As of writing this newsletter there are already **133** locations across Suffolk which have subscribed.

Ease the Squeeze Money Roadshows are taking place all over East Suffolk. Pop along for free professional advice.

MONEY ROADSHOWS
WORRIED ABOUT THE RISING COST OF LIVING?

Come to our Money Roadshows for free professional advice on how to Ease the Squeeze, including:

- Money saving tips
- Dealing with rising fuel costs
- Benefits advice
- Financial support
- Dealing with debt

Free refreshments depending on venue

FOR INFORMATION, INCLUDING PRACTICAL SUPPORT, FUNDING AND ADVICE, VISIT WWW.EASTSUFFOLK.GOV.UK/SQUEEZE OR CALL 0333 016 2000

See overleaf for venues and times.

Advice and support will be on offer from service providers and organisations ranging from locally based groups to those working across the district, county and further afield.

Have a confidential chat with a professional at the event or arrange to speak with them at a more convenient time.

Find out exactly what support is available for you and how to access it.

More help can be found at:
www.eastsuffolk.gov.uk/community/squeeze/

Woodbridge*	Woodbridge Community Hall, Station Road IP12 4AU	25th October	10am-12noon
Beccles	Blyburgate Hall, Blyburgate NR34 9TA	27th October	11am-2pm
Halesworth	St Mary's Church, Steeple End IP19 8LL	1st November	11am-2pm
Felixstowe	St Philips Community Hub, Wadgate Road IP11 2LY	2nd November	10.30am-1.30pm
Carlton Colville*	Uplands Community Centre, Ashburnham Way NR33 8LJ	4th November	10am-12noon
Reydon*	Reydon Village Hall, Lowestoft Road IP18 6RF	11th November	2pm-4pm
Framlingham	St Michaels Church, Church Street IP13 9BJ	15th November	11am-2pm
Saxmundham	Smile Café, The Fromus Centre, Street Farm Road IP17 1AL	16th November	10am-2pm

*event will take place at a Community Cuppa organised by Communities Together East Anglia



School Holiday Ideas:

Activities Unlimited

Welcome to our Autumn Holiday Guide 2022! [Download our Autumn 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!

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: [AU Website](#)

Suffolk Libraries

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

[Events across Suffolk](#)

Suffolk Family Carers

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

[October Events](#)

Autism Anglia

Holiday clubs for children aged 5-16 years old with either an EHCP or One Plan at Doucecroft School: [October Half Term](#)
Spaces are limited, advanced booking is essential. If you have any queries please email: advocacy@autism-anglia.org.uk

Families Suffolk

Don't miss the What's On guide full of ideas for family days out this Autumn, including the top pick of local Pumpkin Patches and lots of Halloween themed days out.

Find out more here: [Autumn Guide](#)



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



**"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



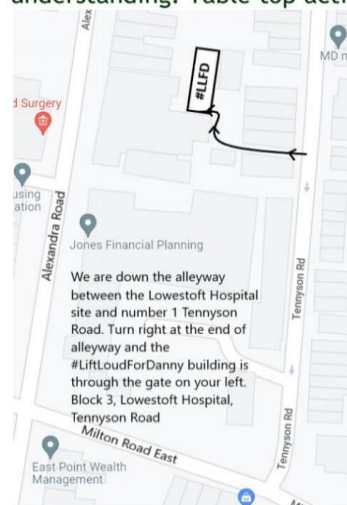
PACT for parents/carers of young people 0-25 who may be struggling with their wellbeing.

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.  
Tues 1<sup>st</sup> November 2022 from 12:00pm to 2:00pm

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 23/10/22\*

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 is open 9am to 5pm Monday to Thursday, and 9am to 4pm on 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. You can also find a lot of information on our [Sendiass website](#). Including the Events Calendar with details of all our upcoming training events: [Events](#)

## 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) . direct message on Twitter: [www.twitter.com/suffolkpcf](https://www.twitter.com/suffolkpcf) or email: [info@suffolkpcf.co.uk](mailto:info@suffolkpcf.co.uk)

## Learning Disabilities & Autism Service

A review of Suffolk's specialist Learning disabilities & Autism Service is currently being undertaken.. The team are inviting parents & carers of East & West Suffolk to share their feedback & experience of these services for their child or young person and to look at how we can improve service experience going forward. The session is scheduled for Monday 31st October at 11:30am and can be booked here: [Eventbrite](#). If you are unable to attend the event but would still like to feed back, please contact Tara Reid on: [tara.saunders@suffolk.gov.uk](mailto:tara.saunders@suffolk.gov.uk) or Mobile: 07415 799474.

## SPCF October Half Term Opening Hours

The SPCF Management Committee will be working at a reduced capacity over the school holidays so it may take us a little longer to respond to emails, phone calls and social media messages. We hope that you all manage to have a nice break and as always, if there is anything we can do to help, please do not hesitate to reach out..

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