



Welcome to the SPCF Newsletter

December 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:

- Monthly Communications
- Feedback Methods
- Cost of Living
- Activities Unlimited Holiday Guide
- Support at Christmas Poster
- Mental Health Support
- SENDIASS
- December/January Opening Hours

Meeting Feedback

In order to increase our transparency and information sharing with parent carers, we continue to provide monthly communication summaries, they are 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.

Feedback Methods

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 from members and non-members: www.suffolkpcf.co.uk/feedback/ Parent Carers are also able to email: info@suffolkpcf.co.uk if it is preferred.

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](#)



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 directory which shows wider support in the community and across the voluntary sector: [Cost of Living Support](#).

The Suffolk Local Welfare Assistance Scheme is available 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.

East Suffolk Council have put together a list of their warm rooms for those that may need them: [Warm Rooms](#)

Activities Unlimited

Welcome to the Activities Unlimited Christmas Holiday Guide 2023! [Download our Christmas Holiday Guide!](#)

We're delighted to bring you lots of exciting activities for disabled children and young people to take part in this festive period. 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 of your festive fun by emailing: info@activities-unlimited.co.uk or tag us on Facebook! We hope you have a fantastic Christmas.

The Activities Unlimited Team



Support at Christmas Poster

 You're not alone this
CHRISTMAS

AnxietyUK
03444 775 774
www.anxietyuk.org.uk

SAMARITANS
116 123
www.samaritans.org

mind
0300 123 3393
www.mind.org.uk

PAPYRUS
0800 068 41 41
www.papyrus-uk.org

ChildLine
0800 1111
www.childline.org.uk

Refuge
0808 2000 247
www.refuge.org.uk

YOUNG MINDS
TEXT YM to 85258
www.youngminds.org.uk

Switchboard
LGBT+ helpline
0300 330 0630
www.switchboard.lgbt

shout
85258
here for you 24/7
TEXT SHOUT to 85258
www.giveusashout.org

CAMPAIGN AGAINST LIVING MISERABLY CALM
0800 58 58 58
www.thecalmzone.net

Beat
Eating disorders
0808 801 0677
www.beateatingdisorders.org.uk

AA
UNITY SERVICE RECOVERY
0800 9177 650
www.alcoholics-anonymous.org.uk



Mental Health Support for Suffolk

We know that Christmas can be a difficult time of year so we have produced a list of services to help if you need it:

Who to Contact in a Mental Health Crisis...

999: If it is a life-threatening emergency

NHS 111 – Mental Health – Option 2: If not life-threatening

Childline: Call 0800 1111 (available 24/7)

Shout: Text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer (available 24/7)

The Samaritans: Call 116 123 (available 24/7)

It is possible to contact and access resources on the Wellbeing Service websites:

For Suffolk: <https://www.wellbeingnands.co.uk/suffolk/>

For Norfolk & Waveney: www.wellbeingnands.co.uk/norfolk/

There are also a number of organisations who will have some availability, these include:

- The Source: [Find help now! Helplines and support – The Source](#) for general and for urgent support. Covering both local and national organisations.
- Suffolk Mind: www.suffolkmind.org.uk/. Suffolk Night Owls remain open: [Night Owls](#)
- Norfolk and Waveney Mind: They are yet to release the Festive hours so please check: [Website](#)
- Suffolk Family Carers: Will be open between the bank holidays: [SFC](#)
- Family Action: You can find details for their FamilyLine, where they can provide support for parents can be found here: [FamilyLine](#)
- YoungMinds: Has mental health support for young people, parents and those that work with young people. Just click on the section needed: [YoungMinds](#)
- Suffolk User Forum: Do you need 'Help Now'? A page with a list of mental health resources and information for those in Suffolk: [SUF](#)
- Outreach Youth is a youth work charity that supports and works with LGBTQ+ young people aged under 25 across Suffolk: [Outreach Youth](#)
- Hope of Hope: National mental health database bringing local and national support together: [Hub of Hope](#)



SENDIASS



The SENDIASS helpline normal hours are 9am to 5pm Monday to Thursday, and 9am to 4pm on Friday: 01473 265210 or Text ADVICE4ME to 87007

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](#)

SPCF December/January Opening Hours

Suffolk Parent Carer Forum will close over the school holidays. Our last working day will be Tuesday 19th December and we will be reopening on Thursday 4th January 2024. 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 and please remember that whatever the festive season looks like for you, it's your perfect.

All that is left is for the team to say a very huge **Seasons Greetings and a Happy New Year**. We will see you in 2024!