

# Suffolk Parent Carer Forum Newsletter May 2024



## Suffolk Parent Carer Forum Newsletter

Welcome to our new and improved newsletter where you will find news, updates and events.

You may notice we recently changed our font to become more dyslexia friendly, we hope you like it!

We're making some changes to our website to incorporate the new font and updating the content. Please bare with us while we implement the changes.

You can provide your feedback here - [SPCF Members Feedback Form](#)

We're always looking at growing our member base and widening our reach in Suffolk. If you know any other Parent Carers they can sign up to be a member here - [Membership - Suffolk Parent Carer Forum](#)



# Welcome to our new members!



## SPCF Closed

Please note that Suffolk Parent Carer Forum will be closed from Monday 27<sup>th</sup> May and will re open Monday 3<sup>rd</sup> June when we will respond to any enquiries

# Activities Unlimited Awards 2024-2025

Activities Unlimited have been processing the awards for this year. New applications have to be processed through their relevant checks. A new provider for "know your customer" checks had to be found. It has caused some delays but hopefully families will receive notice that their award has been paid very soon. SPCF recognise the delay can be difficult as well as not having funds available over Easter. We will feed this back at our next meeting with Activities Unlimited.

## SEND Strategy 2024-2028

The 24-29 send strategy has been signed off and will be published in June. SPCF have spent a considerable amount of time on this. Many other meetings were cancelled or postponed by the local area partnership to prioritise the strategy. We were very concerned that there was a request to remove the word gaslit from parents and carers feedback. SPCF stood firm and would not remove the voice of lived experience. This involved additional meetings, calls and emails as well as giving up personal time at the weekend and consulting Refuge, practitioners and the Certain Curtain Theatre Company. We are pleased that our firm stance has meant parents and carers feedback is uncensored in the new strategy.

## Executive Director for Children & Young People

SPCF met with the new executive director for children and young people, Sarah-Jane Smedmor. We gave her a frank view of the situation for families in Suffolk and the desperate and urgent need for change. The forum currently working with Sarah-Jane have found it to be a positive experience. We look forward to Sarah-Jane joining us and meeting parents, carers, children and young people in Suffolk.

## Independent Improvement Board Chair

SPCF also met with Kathryn Bolton. We shared the difficulties and frustrations of families in Suffolk. We hope that her independence will help to lead positive change, meaning better outcomes for the children and young people of Suffolk.

# Shadow Improvement Board Meeting

## Social Media Presence

**Social Media Reach is 16.6K, a 160% increase in the last 90 days**

**7% Increase in Registered Membership since January 2024**

**In the last 90 days we have had 4.6K visit our Social Media**

**Our online engagement is up 167% in the last 90 days**

**207% Increase in Followers in the last 90 days**

**Our content reached 3.6K people in a day in April**

**In the last 90 days we have seen a 231% increase in our online content interactions**



## Growth, Reach & Engagement

SPCF were pleased to show their membership and follower growth at this meeting.

## Shadow Improvement Board

### Feedback from SPCF

We are concerned about attitudes from our experience as a forum and from feedback from families. In a nutshell these attitudes are demonstrating defensiveness and lack of listening. We need listening to learn not listening to defend.

Families tell us when making contact with Suffolk County Council they don't feel heard, they don't experience empathy and are met with defence. We agree. When we raise issues we are often asked how many people? It doesn't matter. We also do not have the time and staff capacity to make endless tallies. When we are met with this we feel Suffolk County Council are minimising.

# Shadow Improvement Board

## Feedback from SPCF Cont.

We would like to be clear our feedback is from families. We do not make it up or simply feedback on our own experiences although they are just as valid. When we mention names it's to help you identify and resolve problems. It is not to single out or pick on anyone. It is natural that we will individually get more feedback from the parts of the county we live in because that is our community.

The issues over parent carer feedback in the SEND strategy have been incredibly disappointing. The suggestion to change parent carers views demonstrates a lack of understanding and awareness to the real, lived experiences and contradicts the strategy. We were disappointed to see Cllr Reids email. It included a quote from an American domestic abuse hotline which makes it bias to the situation. I spoke to Refuge in the UK who are part of the UK Domestic Abuse hotline who said..

“The dictionary definition of Gaslight does not include any reference to who may perpetrate this behaviour other than in examples of how to use the word in a sentence. They define it as "to trick or control someone by making them believe that their memories or beliefs about something are wrong."

I believe you are doing the right thing in standing firm to ensure parents and carers have their voice heard and gaslighting is a term very often used with regards to professionals, even outside of the context of a local authority.”

However difficult it might be to hear, the truth is parent carers do feel gaslit.

Families tell us complaints are shut down and no empathy is shown. They are just met with defence. Families strongly feel the local authority ring fence. They feel they are gaslit. Families do not feel the complaints system is working for anyone but the local authority. The complaints system is broken! Families are not the problem for complaining, you are the problem for giving them cause for complaint!

# Shadow Improvement Board

## Feedback from SPCF Cont.

Communications are corporate and not person centred. It needs to be remembered that these are real people's lives. We are talking about a child's future, not a transaction.

There is NO accountability. This is clearly demonstrated to the forum, to our members and those who feedback to us. We do not want lip service or procrastination. We want solid actions that change culture, actually hold to account and follow the law. These things are doing nothing to build relationships or trust. This feedback needs to be taken on board and not defended.

The most recent data shows the average current wait for a finalised EHCP is 36 weeks and 4 days. 62.1% are late and 13.6% over 52 weeks. We have been told that all draft plans are checked by a manager before they are sent out to families. We raised concerns over the competency of these checks as poor quality plans that are not specified or quantified are still reaching families.

# Parent Carer Feedback



**\*Trigger Warning\* The next page mentions suicide**

# Zero Suicide Alliance



Zero Suicide Alliance have developed Autism and Suicide awareness training.

Our chair of trustees, Sue Willgoss writes:

“I have been working with the Zero Suicide Alliance developing a new edition of their training to help people recognise and support autistic people who may be in crisis or suicidal. This was commissioned by Greater Manchester after their lead heard me present at a national meeting about Daniel, our loss and the horrific suicide statistics for autistic people. We launched on April 2nd, World Autism Acceptance Day, having over a 1000 people book to attend the live launch. This training is free and aimed to save lives.”

Details of the launch and training can be found here: [Our NEW Autism and Suicide Awareness Training has officially launched! :: Zero Suicide Alliance](#)

## SAMARITANS

Call for free on **116 123**

# shout

## 85258

here for you **24/7**

## SPCF Annual Survey

Keep your eyes peeled for our 2024 Annual Survey coming soon!





**Suffolk Parent Carer Forum**  
**OPEN EVENT**

Meet professionals in SEND & Mental Health from  
Suffolk County Council, Health Services, Voluntary  
Sector and more

**Wednesday 19<sup>th</sup> June**

**10:30 – 1:30**

United Reformed Church  
Ipswich St, Stowmarket  
IP14 1AD

Information Stands

Presentations

Refreshments Provided

Free Attendees draw to win an Amazon Voucher

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

🏠 Suffolk Parent Carer Forum, Brightspace, 160 Hadleigh Road, Ipswich, IP2 0HH  
☎ 01473 760933 ✉ info@suffolkpcf.co.uk 🌐 www.suffolkpcf.co.uk

## **SPCF Open Event – Stowmarket**

We are expecting to have representation from SES, Attendance, Travel Training, Sendiass, Particip8, NDD, Activities Unlimited, School Nursing, Beans, the voluntary sector and more.

The venue is close to main bus routes and there is a small car park at the front for use of attendees with mobility difficulties on a first come first served basis.

# Suffolk Local Offer

Suffolk Local Offer provide a range of information and advice for families of children and young people with Special Educational Needs and Disabilities (SEND) in Suffolk.

They cover topics including:

Education

Health and Wellbeing

Social Care

Preparing For Adulthood

Short Breaks & Leisure

You can find them here -

[Home - Suffolk SEND Local Offer](#)

## Suffolk Inclusion Support Line

Advice, guidance and information for education settings to help meet the needs of children and young people with Special Educational Needs and Disabilities (SEND).



Call us today on 01473 265502  
Email - [localoffer@suffolk.gov.uk](mailto:localoffer@suffolk.gov.uk)  
[www.suffolklocaloffer.org.uk](http://www.suffolklocaloffer.org.uk)

Activities Unlimited is part of Suffolk County Council. They give grants to activity providers around the county, to enable them to put on high quality, inclusive groups, clubs and activities for children and young people with additional needs and disabilities.



Here is the guide of providers for 2024-2025 -

[Activities-unlimited-provider-guide-24-25 \(suffolklocaloffer.org.uk\)](#)

## Short Breaks Personal Budgets

A Short Break Personal Budget is a sum of money paid directly to eligible families as a contribution to help your child access short breaks and to give you a break from your caring responsibilities.

You can find out more information and how to apply here -

[Activities Unlimited Short Breaks Personal Budgets - Suffolk SEND Local Offer](#)



Suffolk SENDIASS (Special Educational Needs and Disabilities Information Advice and Support Service)

is a confidential and impartial information, advice and support service on issues related to Special Educational Needs and Disability (SEND). It is free, easy to access and confidential. They can help children, parents and young people take part in decisions that affect their lives.

They offer information, advice and support to:

- Children and young people (up to 25 years) with SEND
- Parents and carers of children with SEND
- Practitioners (who might support children, young people or parents to access our service)

You can find a list of their Summer online sessions here - [SENDIASS-Summer-Training-for-Families-2024.pdf](#)

All of the SENDIASS workshops can be viewed after the event on their YouTube Channel here - [Suffolk Sendiass - YouTube](#)

## Don't forget to opt - in!



Does your child receive Suffolk County Council funded travel to school?

If so, don't forget that you must 'opt-in' each year.

The deadline to 'opt-in' for school year 2024 -2025 is:  
31st May 2024.

Visit: [www.suffolkonboard.com](http://www.suffolkonboard.com) for further information on eligibility and to re-new your application.



Join us for an incredible chance to boost your wellbeing through a hands-on 'farm' experience, specifically designed for individuals with physical, neurodiverse or neurological needs. Whether it's for you or someone you know, don't miss out on this wonderful free event!

# Saturday 25th May

1 hour sessions:

10:30am, 11:30am, 1:00pm, 2:00pm

This is a free event although booking is required due to limited spaces.

To book please call 01449 673947 or email [contact@redgables.org.uk](mailto:contact@redgables.org.uk)



A dementia and SEND friendly event

Red Gables, Ipswich Road, Stowmarket IP14 1BE



# BRIDGE THE GAP



## BRIDGE FAMILY HUB

Bridge Community Church,  
68 Queens Rd, Bury St Edmunds, IP33 3EW

2024

10:30 - 12:30

April 30th

May 14th

June 11th

June 25th

July 9th



**Do you have a child who struggles with school attendance?**

'Bridge the Gap' is a drop-in support space for children and their families who struggle to attend school for whatever reason.

**JOIN** with other parents and carers

**ENJOY** activities for your child including sensory circuits, creative space, lego station, games and separate sensory space.

**CONNECT** to gain the support and advice you need to overcome the barriers to accessing school regularly

for further details  
please contact

[emma@bridgecommunitychurch.co.uk](mailto:emma@bridgecommunitychurch.co.uk)  
07501 408608



PACT offer non-clinical peer-led support and resources for parents and carers. Their vision is to reach parents and carers across Suffolk who are caring for a child or young person with mental health issues. They offer support (face to face meetups, online, and our outreach 1:1 service), training (including Youth Mental Health First Aid and parent guided CBT) and tools/resources to help both with a parent/carers wellbeing and via them, their child/young person too.



You can contact PACT at [parentsandcarerstogether@gmail.com](mailto:parentsandcarerstogether@gmail.com)



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

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

[www.parentsandcarerstogether.uk](http://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/**

# 3rd Monday of the month 10.30 ~ 12.30

# **act** Lowestoft Parent/Carer Meet Up

PARENTS AND CARERS TOGETHER

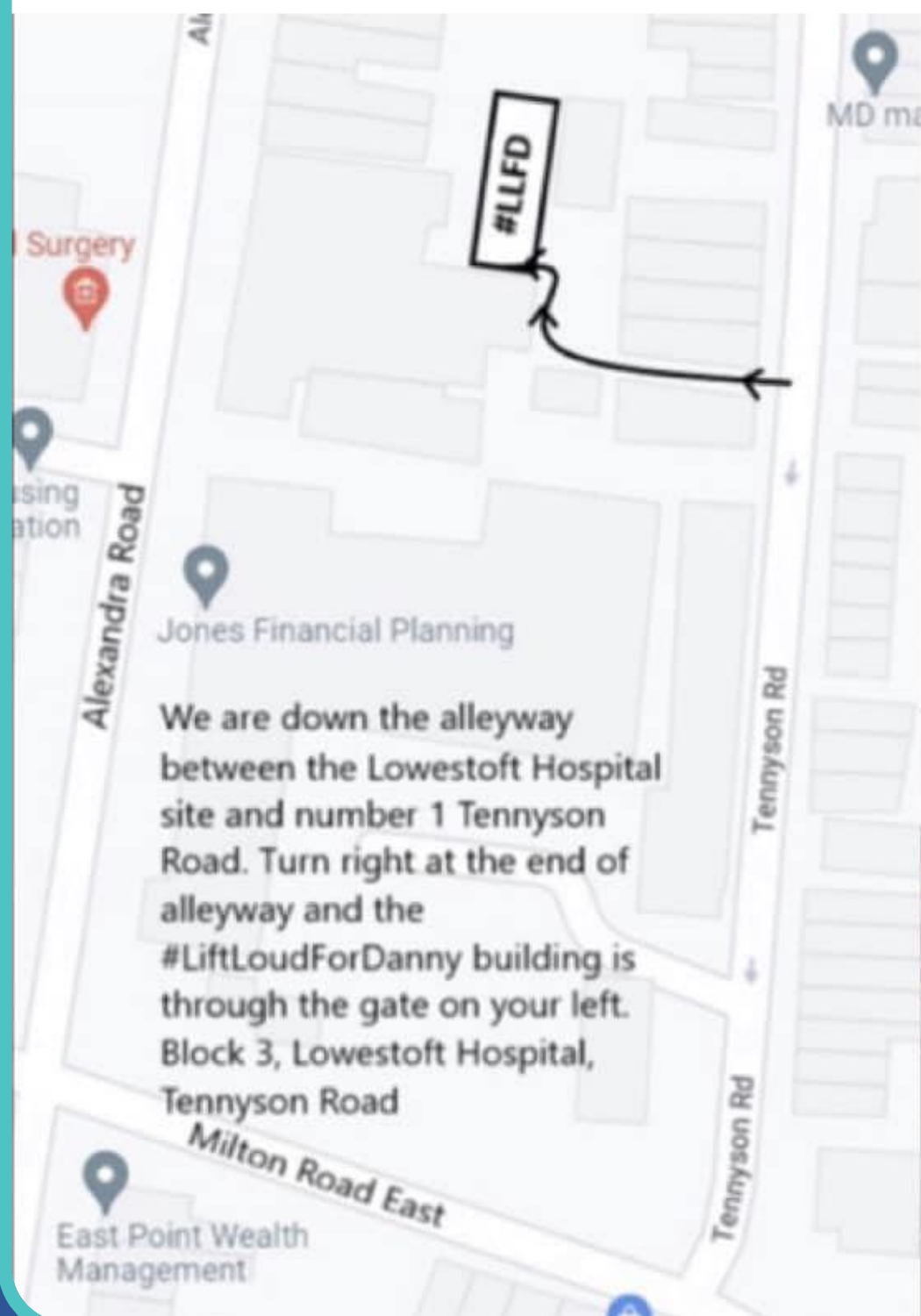
Are you a parent or carer concerned about the mental health/ wellbeing of a child or young person?

If so, come along and meet up with other parents and find friendship, support, advice and training to help build your knowledge toolkit so in turn you can help support your child.

Support and advice ~ Supporting you to support your child ~  
Training Events ~ Guest Speakers ~ Sharing experiences and  
gaining knowledge ~ Resource Library

VENUE: #LiftLoudForDanny, Block3, Lowestoft Hospital,  
Tennyson Road, down the alleyway just past the hospital  
building and before houses (at the telegraph pole)

[Parentsandcarerstogether.co.uk](http://Parentsandcarerstogether.co.uk)



We are down the alleyway between the Lowestoft Hospital site and number 1 Tennyson Road. Turn right at the end of alleyway and the #LiftLoudForDanny building is through the gate on your left. Block 3, Lowestoft Hospital, Tennyson Road



# contact *For families with disabled children*

Contact are a charity that offer a range of services to support families with disabled children. They give information and advice, run a variety of workshops, provide 1:1 telephone appointments for parent carers needing emotional support and more.

You can find out more about the services they provide here – [Support for families](#)

Their workshop calendar can be viewed here – [Workshops and events \(contact.org.uk\)](#)

They have a Podcast showcasing topics like money matters, annual health check tips and more. You can find it here – [The helpful podcast for families with disabled children - Hosted by Contact \(acast.com\)](#)

## Are you getting the right amount of Universal Credit as a parent carer?



[contact.org.uk/uc](https://www.contact.org.uk/uc)

### Carer element

Paid if you're eligible for Carer's Allowance (or if you meet the criteria for it but your earnings are too high). You don't actually have to have claimed Carer's Allowance.

### Child element

Paid for each dependent child in your family. You won't normally get this for a third or subsequent child born on or after 6 April 2017.

### Disabled child addition

Paid (at one of 2 rates) for each dependent child who gets DLA or PIP. If you're eligible but don't receive this addition, add a note to your journal. It should be backdated in full.

### Childcare element

Covers up to 85% of your registered childcare costs if you work (any number of hours), up to a certain amount.

Family Action West Suffolk Neurodevelopmental Support Service

## Parent and Carer Drop In

Do you have a neurodivergent child?

### Drop In Sessions

- Meet other parents and carers
- Chat to our friendly Family Support Workers

First Thursday of each month, 10:30am - 12:00pm  
Term time only

No need to book.

📞 01284 636 655

✉ [wsuffolk@family-action.org.uk](mailto:wsuffolk@family-action.org.uk)

📍 Oakes Barn, St Andrews Street,  
Bury St Edmunds, IP33 3PH



## Family Action West Suffolk Neurodevelopment Support Service

Do you have a neurodivergent child?

### NEW Parent and Carer Drop In

- Meet other parents' and carers
- Chat to our friendly Family Support Workers

First Wednesday of the month, 10:30am - 12:00pm  
First Drop In: Wed 3rd Jan 2024

No need to book

Free tea and coffee available

📞 01284 636 655

✉ [wsuffolk@family-action.org.uk](mailto:wsuffolk@family-action.org.uk)

📍 Clements Community Centre  
Leiston Road  
Haverhill



## Family Action West Suffolk Neurodevelopmental Support Service



Family Action West Suffolk Neurodevelopmental Support Service support parents and carers of children in the geographical areas of Forest Heath, Bury St Edmunds Town and Bury St Edmunds Rural who are waiting for, or undergoing, a neurodevelopmental assessment, or where there has been a recent diagnosis of autism or ADHD or other neurodiverse condition. We offer 1:1 parent support, courses, peer support groups, and a range of workshops covering issues raised by parents/carers.

Their service is open Monday to Friday 9am to 5pm.

To contact the West Suffolk ND Support Service team:

Email: [Wsuffolk@family-action.org.uk](mailto:Wsuffolk@family-action.org.uk)

Telephone: 01284 636655

Parent Carer Drop in for those caring for a neurodivergent child or child with SEND



Opportunity for peer support and advice from a Family Advisor

First Tues of the month (term time only)  
Starting 7th May 2024  
10am to 11.30am

The Phoenix Family Hub, Tudor Rd, Sudbury,  
CO10 1NP



[www.suffolkfamilycarers.org](http://www.suffolkfamilycarers.org)



## Universal Credit: Managed Migration



If you are confused or worried about what managed migration will mean for your family, we have lots of information that can help on our website.

contact For families with disabled children

**wellbeing**  
Helping you live your life

**NHS**

Suffolk

Talking Therapies

# We will be at the Suffolk Show!

**UNDER 15s GO FREE**  
**THE SUFFOLK SHOW** **FREE PARKING P**  
WEDNESDAY 29 MAY & THURSDAY 30 MAY 2024

29th - 30th May 2024

We will be at the Suffolk Show on the 29th and 30th of May at stand **439B** to answer any questions about who we are and what we do - come along and say hi!

**wellbeing**



for anxiety and depression



# Annual Health Checks

Adults and young people aged 14 or over with a learning disability who are on the doctor's practice learning disability register should be invited by their doctor to come for an annual health check.

Most doctors offer annual health checks to people with a learning disability. But they do not have to offer this service.

If your doctor's practice has not offered you an annual health check, you can ask them if you can have one.

If they say no, ask your local community learning disability team to help you get one.

Click here to find local learning disability services - [Find local learning disability services](#)

Mencap have an Easy Read information leaflet providing information about the Annual Health Check you can show your young person to help them Understand the benefit and what to expect.

Click the Mencap logo to view the Easy Read leaflet



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Stowmarket United Reformed Church  
Minister: Rev'd Robert Sheard  
Secretary: Mr Brian Hewitt  
[www.urcstowmarketandvillages.com](http://www.urcstowmarketandvillages.com)

**TIME  
OUT  
FOR CARERS  
AND THE  
PEOPLE  
THEY CARE  
FOR**



**COFFEE MORNING**

**Every 1<sup>st</sup> Tuesday of the month  
11.00am to 1.00pm**

Why not come along for a Coffee (or tea), a chat and put  
the world to rights.

**ALL ARE WELCOME TO JOIN US**

# Youth Sailing Course

Young people between 10 and 15 years old who are neurodivergent and NEET, Home Educated or in Part Time Education

**Levington Marina, Ipswich**

**This is a 7 session course  
to work towards an RYA sailability award**

**Fortnightly sessions starting  
Weds mornings from 8th May 2024**

**Funded by the Crane Fund**

**Introduction session will be offered  
before place is confirmed**

To indicate an expression of interest please email  
[michelle.jones@suffolkfamilycarers.org](mailto:michelle.jones@suffolkfamilycarers.org)

**Suffolk** ●●●  
**Family Carers**  
**Living Fuller Lives**

Suffolk Family Carers offer advice and guidance, workshops and courses, a listening ear, support in hospitals and help you find time for yourself.

They have a range of events for Parent Carers both online and in person such as drop in sessions, swim and yoga sessions, Carer Rights workshops and more.

Here is a link to their upcoming events and workshops -  
[Parent Carer Workshops | Suffolk Family Carers](#)

# PARENT CARER SUPPORT GROUPS



All information is correct at time of publication, we advise contacting the organiser directly for updates.

IPSWICH	
<b>Suffolk Family Carers</b> , Unit 9, Hill view Business Park, Old Ipswich Rd, Claydon, IP6 0AJ. For parent carers of ND children and young people.	2nd Tuesday each month 10:00-12:00
<b>MENCAP Community Carers Drop In</b> , The Meeting Place, Limerick Close, Ipswich IP1 5LR	Contact Barbara Thorn 07766 103563
<b>Ipswich Opportunity Group</b> Salvation Army Hall Woodbridge Road Ipswich IP4 4PH	Monday: 10.00 - 11.30 and 13.00-14.30 Friday: 10.00 - 11.30 Cost £4.00 per family
<b>Over 18's Neurodivergent Abilities Evening Social Club</b> , The Golf Pub, 748 Foxhall Road Ipswich, IP4 5TR. We welcome Neurodivergent individuals, partners/carers of neurodivergent children.	Contact nd-abilities@outlook.com for further dates. <a href="http://www.neurodivergentabilities.org">www.neurodivergentabilities.org</a>
<b>Coffee Morning - Neurodivergent Abilities and Suffolk Family Carers</b> , The Key Café, St Margaret's Plain, Ipswich, IP4 2BB	Last Thursday of the month 10:00 - 12:00 term time only
<b>Neurodivergent Abilities Men's Talk</b> , The Golf Pub, 748 Foxhall Road Ipswich IP4 5T	Contact nd-abilities@outlook.com for further dates. <a href="http://www.neurodivergentabilities.org">www.neurodivergentabilities.org</a>
WOODBIDGE/LOWESTOFT/SAXMUNDHAM/FELIXSTOWE	
<b>Pit Stop SEN Sessions</b> St Edmunds Church Felixstowe	Saturdays 10a.m. -12.p.m.
<b>BEANS</b> , The Pavilion, Jetty Lane, Kingston Fields, Woodbridge, IP12 4BA. <i>Group for parent carers of ND children and young people</i>	2nd Tuesday each month 10:00-12:00noon
<b>Coastal Parenting Hub</b> Felixstowe Library Crescent Road Felixstowe IP11 7BY	1st Wednesday of the month 13:00 – 14:30 (term time only).
<b>BEANS</b> , Sax'cess House, High St, Saxmundham, IP17 1AE <i>Group for parent carers of ND children and young people</i>	4th Tuesday each month 10:00-12:00 noon
<b>MENCAP Felixstowe</b> Felixstowe Ferry Centre, Ferry Road, Felixstowe, IP11 9RS  All social clubs cater for a range of individuals with a variety of needs and provide a fun and supportive environment. Activities change throughout the year.	<b>Drop-In - Age 2+</b> Saturdays 9.30am-11.45am Contact: Amy Peachey 07738902914 <b>The Gateway Club - Age 16+</b> Alternate Wednsdays - 7-9pm Contact: Simon Jennings 07971 930226 <b>Magic - Age 16+</b> 2nd & 4th Friday - 7-9pm Contact: Nikki Taylor 07899 971585



## STOWMARKET/NEEDHAM MARKET/BURY ST EDMUNDS/HADLEIGH/SUDBURY/HAVERHILL

<b>PACT</b> (Parents and Carers Together) Walk and Talk at Needham Lake	3rd Thursday each month 10:00 -12:00
<b>Parent Carers Monthly Meet Up Drop in</b> Robins Family Hub, Quinton Road Needham Market IP6 8BP	1st Monday in the month 13:00 -14:30 familyhubs@suffolk.gov.uk
<b>Family Action - West Suffolk</b> , Oakes Barn St Andrews St Bury St Edmunds IP33 3PH. Group for parent carers of ND children and young people	1st Thursday each month 10.30-12:00 wsuffolk@family-action.org.uk
<b>Family Action - West Suffolk</b> , Clements Community Centre, Leiston Rd, Haverhill, Group for parent carers of ND children and young people to get support and advice.	1st Weds of month from Jan 2024 10:30-12:00
<b>BEANS</b> , Linden House, Kings Rd Bury St Edmunds, IP33 3DJ. <i>Group for parent carers of ND children and young people</i>	3rd Tuesday each month 10-12 noon
<b>Parent Carers Monthly Meet Up Drop in</b> Blossoms House, Crockett Road Hadleigh IP7 6RJ	1st Tuesday in the month - 13:00-14:30 familyhubs@suffolk.gov.uk
<b>Parent Carers Monthly Meet Up Drop in</b> Phoenix Family Hub 27 Tudor Road, Sudbury CO10 1NP	1st Tuesday in the month - 10:00 -11.30 familyhubs@suffolk.gov.uk
<b>SEN Superstars: Stay and Play</b> at Blackbourne Community Centre Elmswell IP30 9UH.	Thursdays fortnightly 10:00 -11.30
<b>Embrace celebrating &amp; supporting neurodiversity.</b> Old Newton Church Institute IP14 4ED	2nd Wednesday each month 9:30 -11:00
<b>The Arc SEN parent support group</b> Stanton Village Hall IP31 2BX	Wednesdays 10:00-12:00
<b>The Arc SEN parent support group</b> Bay Tree Café Bury St Edmunds	Thursdays 10:00-12:00
<b>Stowmarket ASD Club Parent and Carer evening meet up.</b> Pallet Bar, Old Fox Yard, Stowmarket. Open to members and non members.	1st Thursday of each month 19:00
<b>Stowmarket ASD Club Parent Café</b> , Stowmarket Community Hub, Crown St, Stowmarket	Bi-monthly Saturdays 12:00-14:00 Contact stowmarketasdsaturdayclub.co.uk

## VIRTUAL DROP IN SESSIONS FOR PARENT CARERS

<b>PACT Group</b> (parents and carers together)	Every Friday 6pm on <a href="#">Facebook</a>
<b>A Time to Be</b> , Home Start Suffolk. Virtual group for parents of children with additional needs.	First Wednesday evening every month 19.30-20.30 E-mail: <a href="mailto:tracy@homestartsuffolk.org">tracy@homestartsuffolk.org</a>
<b>Join Speek</b> ; virtual group sessions for parents carers whose children self harm	<a href="#">Connect &amp; Learn Sessions</a>

## SUPPORT GROUPS WHERE BOOKING IS ESSENTIAL

<b>Haverhill: SEND Families</b> Unite Chalkstone Community Centre Haverhill support group for parents and carers of children with a diagnosis or undiagnosed special needs.	1st Monday 10:00 -12:00 noon. Places need to be booked call Stephen on 07925138186.
<b>Stowmarket: SEND Families</b> Unite Red Gables, Stowmarket IP14 1BE. Support group for parents and carers of children with a diagnosis or undiagnosed special needs	3rd Tuesday of every month 13:00-14:30. Places need to be booked call Vickie on 07754764477.

# Parent Carer Needs Assessments

Did you know Suffolk County Council offer Assessments for Parent Carers?

The purpose of a Parent Carer Needs assessment (PCNA) is for you to have an assessment of your own needs, allowing you to discuss with a practitioner your caring role and how it affects your wellbeing, your feelings and choices about caring, what help you need to support you as a carer of a child/young person with additional needs and/or disabilities, and to find out what help and support may be available.

To request a Parent Carer Needs Assessment contact  
Customer First on 0808 800 4005

Find out more information here -  
[Parent Carers | Suffolk Family Carers](#)

Friends of **S.E.N.D**  
Lowestoft Library

Every Saturday 9:00 - 10:00

Browsing - Sensory Play - Chat  
Exclusive to S.E.N.D Families

with **SENDIASS** on **18th May**



**SUFFOLK  
LIBRARIES**

Libraries across Suffolk have a range of social groups, courses, play sessions and events to attend.

Find out what's coming up here -  
[What's On | Suffolk Libraries](#)



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

🏠 Suffolk Parent Carer Forum, Brightspace, 160 Hadleigh Road, Ipswich, IP2 0HH  
☎ 01473 760933 ✉ [info@suffolkpcf.co.uk](mailto:info@suffolkpcf.co.uk) 🌐 [www.suffolkpcf.co.uk](http://www.suffolkpcf.co.uk)