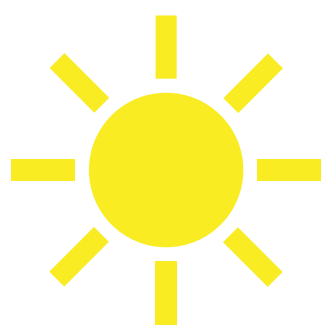
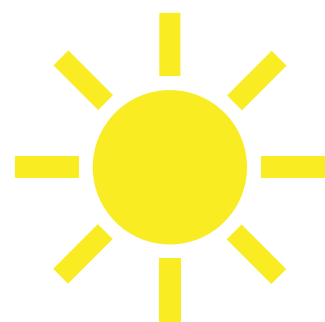


# Suffolk Parent Carer Forum Newsletter July 2024



## Welcome

Welcome the Summer Term edition of our improved newsletter where you will find news, updates and events.



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

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

We are currently updating our website, please bare with us!

## A Special Thank You

As we draw to a close for the summer we would like to thank you all for your support and participation this academic year. Our open forum events have been our biggest and best to date and well supported by both families and professionals. Our annual survey attracted double the responses of last year and engagement and membership has grown. We really are grateful.

## SPCF Closed

Please note that Suffolk Parent Carer Forum is run by Parent Carers and we will be closed from Monday 22<sup>nd</sup> July for the school holidays and will re open on Monday 2<sup>nd</sup> September when we will respond to any enquiries.

# What's Coming Up in Autumn

We will be holding online sessions to meet leaders from health and education in Suffolk. Ros Somerville, Garry Joyce, Sarah-Jane Smedmor, Richard Watson, Lisa Nobes and Kathryn Searle have confirmed that they are willing to meet families so far. We are hoping that Cllr Andrew Reid will also offer his time.

Time to listen appointments with senior leaders to provide feedback will continue to be available through the summer. You can book via the local offer website here - [Time to Listen - Suffolk SEND Local Offer \(suffolklocaloffer.org.uk\)](https://suffolklocaloffer.org.uk)

We will be holding a focus group on complaints. Many families share disappointing experiences of the complaints process so this will be an important area of focus for us.

We will be asking for many more focus groups. Your voice is valuable and necessary.

When we return in September, we will begin to plan our next Forum event. This will be online for accessibility to more parents and carers. We hope to have as many speakers as possible throughout the day and will share an agenda in advance.

We will continue to share information and events on our Facebook page from other organisations.

## Annual Survey Summary



Our 2024 Annual Survey saw our biggest response rate to date, indicating that parents and carers are passionate about the quality of services that their children and young people receive. Below is a summary of the feedback we collected from parents and carers.

The complaints submitted to SPCF highlight a variety of issues with the educational and social care services. They include concerns about the failure to provide necessary support and services, delays in the EHCP process, lack of involvement from the local authority, and inadequate handling of cases. It's evident that families are facing significant challenges in accessing appropriate provisions for their children, and there are frustrations with the lack of resolution and support from the authorities specifically when dealing with complaints.



# SPCF Challenges

Unfortunately there have been challenges for the forum. Coproduction has not always been as it should and we have had to remind those involved in some work streams that this is vital. We hope to hold many more focus groups and workshops in the new academic year. We want your voice!

We have also faced a lot of short notice cancellations of meetings which wasted forum time. In one monitored timeframe we lost 10% of our hours. We have asked leaders to repeatedly tell their teams to not do this.

We regularly remind people to use respectful language in meetings.





## Post 16

Planning for your disabled child's transition to adulthood is always a good idea, even if they don't use social services or have an Education, Health and Care plan. A transition plan can help them to think about what a happy adult life would look like. And it will help in discussions with others involved in making decisions about their support.

Below are some questions to consider when making a plan — but you'll find more advice, plan templates and toolkits on our website here -

[contact.org.uk/transition-planning](https://contact.org.uk/transition-planning)

For more adulthood advice visit - [contact.org.uk/adulthood](https://contact.org.uk/adulthood)

You can also visit the Suffolk Local Offer Website for the post 16 transition guide here - [preparing-for-adulthood-transitions-guide \(suffolklocaloffer.org.uk\)](https://suffolklocaloffer.org.uk/preparing-for-adulthood-transitions-guide)

# Making your disabled child's adulthood transition plan:

Key questions to consider...



- What is important to your child? For example, do they have particular interests, routines, favourite places?
- What does a good day or a bad day look like?
- Who are the important people in your child's life?
- What are their plans and ideas for the future – what would their perfect week look like?
- What is important for your child? For example, do they need help to stay safe and healthy?
- What skills and abilities do they have?
- How do they communicate with others, and what does it mean?
- What help will be needed to make this happen? Over what timescale?



# Benefits and Grants

When a young person turns 16, it's important that they get advice on what benefits they may be entitled to. These benefits will affect some benefits that are paid to you, the parent/carer.

At 16, young people can either claim benefits in their own right, or you will be able to claim on their behalf. It is important that you get independent advice around what benefits can be claimed and how they could affect what payments you already receive before you decide which is the best option for your family.

You can find out more information on Suffolk's Local Offer Website here - [Benefits and grants - Suffolk SEND Local Offer \(suffolklocaloffer.org.uk\)](https://suffolklocaloffer.org.uk)

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



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

# Meeting News

## Kathryn Boulton

We would like to thank those who attended our session to meet Kathryn Boulton, the independent improvement board chair. It was valuable to Kathryn to hear firsthand the experiences of families in Suffolk. We hope to hold a follow up session in the Autumn.

## Improvement Board

We have continued to share feedback to the board, often following up with an email to make sure nothing is forgotten. EHCP's, communication and complaints have been a regular theme.

## Mental Health Crisis

We attended the IThrive workshop to look at and develop a new crisis model for children and young people in Suffolk. It is very important that this service is 24/7 and that someone's inability to communicate does not exclude them from getting help.

## 111 Option 2

We have repeatedly fed back difficulties families have faced trying to access mental health support. Currently staff are not trained to support children and young people and there have been refusals to help where a child or young person cannot speak independently to the call handler. This is not acceptable. We also know that some of you have been given unhelpful advice.

## EHCP Annual Review Training

New and improved annual review training has been rolled out. All settings can access this free of charge. We hope that this will bring better experiences, documentation shared in advance, notice given and better coproduction.

## EHCP QA Board

The board has been developing a new audit tool to better quality assure plans.

## Scrutiny Committee

SEND finally returned to Scrutiny for the first time since December 2022. You can watch the meeting here. <https://www.youtube.com/live/YBaEs4Kxz7Y?si=KZOqE4SgwnOG6RAv>

## Liquid Logic

We have continued to feed back the difficulties families have faced using the portal and suggested changes. For example, the ability to use a known as name as well as a birth name.

## SEND Assessment Day

SPCF were invited to attend Endeavour House to be involved in the assessments and interviews of potential family services employees.



# Meeting News Cont.

## NDD

We held a focus group and attended meetings to identify what support is needed by families on the pathway. Procurement will soon begin for services. We have said that it important families are not dropped from support if they are declined an assessment. Knowing what service is suitable and how to access it needs to be easy.

## ARFID

We attended, with families a workshop where the new model was shared. We do not know when this will be up and running. Currently they are not taking referrals or hold a waiting list.



## SPCF in the Media



Suffolk Parent Carer Forum have featured in several media pieces in the last few months.

Our Chair, Claire Smith was interviewed on BBC Radio Suffolk about school attendance. You can listen here - <https://fb.watch/toHLUi4xZq/>

Read what SPCF had to say about school attendance on BBC News here - <https://www.bbc.co.uk/news/articles/cxr2g7z26qyo>

Our Chair, Claire Smith and Cllr Samantha Murray spoke to BBC Radio Suffolk during our Open Forum Event in Stowmarket about SEND services in Suffolk for children and young people. You can listen here - <https://fb.watch/tnlc9202Bc/>

SPCF featured on BBC News about the current state of SEND in Suffolk. You can read the article here - [SEND parents fear they are being gaslit by county council - BBC News](#)

BBC Radio Suffolk mentioned our event in Stowmarket in their news segment and spoke to our Chair about Suffolk's Children and Young People with SEND. Listen here - [https://fb.watch/tnIT2d\\_M2e/](https://fb.watch/tnIT2d_M2e/)

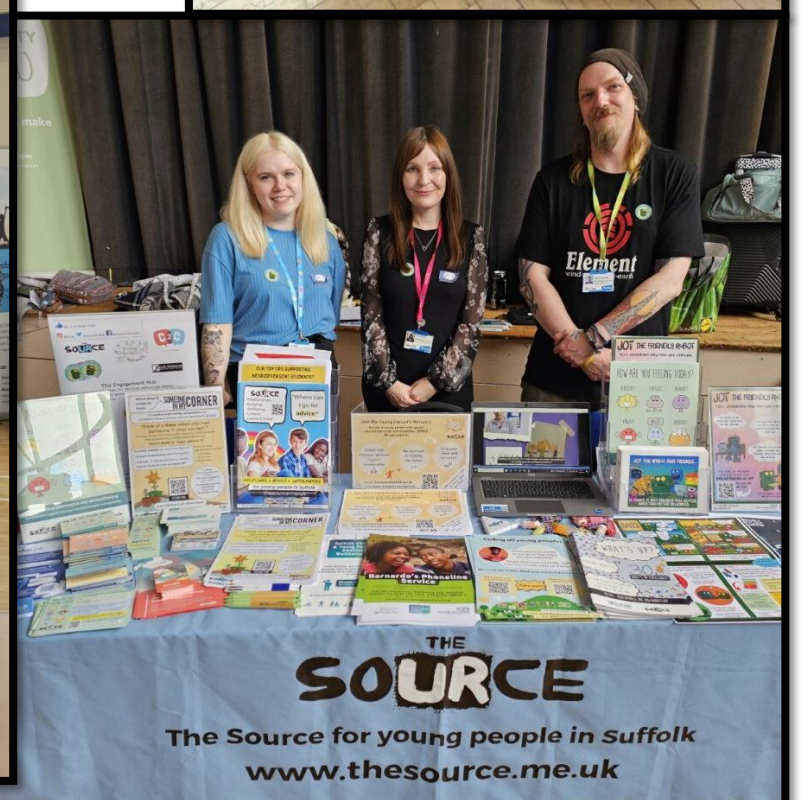
Our Chair voiced the views of Parents and Carers in Suffolk about a young person with SEND who missed education for 18 months. Listen here - <https://fb.watch/tnm8RkAjVO/>



# SPCF Open Events

SPCF hosted Forum Events recently in Stowmarket and Lowestoft for parents and carers to meet professionals from health and education and the voluntary sector. These events were extremely well received by attendees and parents and carers. We would like to thank all the attending professionals for giving their time and knowledge to families.

Stay up to date with our upcoming events, meetings and focus groups by linking and following our Facebook page below





# The Source


The Source website has been created to provide information, advice and sources of support to young people in Suffolk – when they need it, on a range of issues that impact their lives.

Their website is aimed at supporting young people in Suffolk aged 11-19 years old (up to 25 for young people with additional needs) and is packed full of helpful resources including 'your body', 'your mind', 'your future' and 'your life'.

They have dedicated sections about advice and support for young people with additional needs that can be found here - [Information and advice if you have additional needs - The Source](#)



 Funded by  
UK Government

**Multiply**  
**SUFF**  **LK**



Multiply Suffolk is here to deliver bespoke coaching, training, and mentoring to support you into learning and employment across Suffolk. Multiply Suffolk will provide opportunities for you to improve your knowledge, understanding and use of maths in daily life: at home, in learning and in work.

### Eligibility Criteria:

- Age 19+
- Live in a Suffolk Postcode area
- Does not hold a Level 2 qualification or above in Numeracy (GCSE or Functional Skills)

### The Multiply Suffolk team can:

- **Support** to engage with education, employment and training
- **Improve** numeracy, money management and budgeting skills
- **Encourage** career progression whilst in or out of employment
- **Promote** independence, choice and wellbeing
- **Empower** you to remove barriers to employment and gain a numeracy qualification



## The Mix

The Mix aims to create a place where all young people feel welcome and relaxed, and respond to each young person's needs, working together to help everyone feel they belong.



All of the projects at The Mix are supported by their SEN Youth Worker, Anna. This includes inclusion training, adapting resources, building support networks in the community, and creating bespoke approaches to working with young people with different needs.

More information about their SEND programmes and summer activities can be found on their website here - [Inclusive Youth Work | Our Services | The Mix Stowmarket](#)

## National Autistic Society – Preparing For a Holiday

Planning a holiday is exciting, but there can be extra things to consider when travelling with your autistic child. This guide sets out how to prepare your child for a holiday and get the support you need on the journey and at your destination.

You can find out more information here – [Holidays – guide for parents and carers](#)



**National  
Autistic  
Society**

## Family Fund Grants

Family Fund Trust offer various grants to families of disabled children and young people to purchase things like Family breaks, Computers and tablets, Sensory toys, Games consoles, Outdoor play, Days out, Games, books and music, Specialist trikes / bikes, Clubs, hobbies and activities.

Eligibility, criteria and application can be found here – [Grants - Family Fund](#)



**Family Fund**  
Helping disabled children

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



# Zero Suicide Alliance



The Zero Suicide Alliance (ZSA) aims to empower, educate, and equip individuals and organisations to support suicide awareness and prevention.

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**

## 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



Want to  
support our work?  
Donate at  
[www.sibs.org.uk/donate](http://www.sibs.org.uk/donate)

# Sibs

For brothers and sisters  
of disabled children and adults



Watch here!

## We're the charity for siblings of disabled children and adults

### Young Siblings

Children and young people growing up with a disabled brother or sister, often find that life is harder for them than their peers.

Many young siblings experience daily challenges at home and at school and can feel like no-one understands what life is like for them.

Young siblings also bring many positives to their families, often providing friendship and care for their brothers and sisters.

### How we can help

YoungSibs is our online support service for siblings aged 7-17.

- Get information about disabilities and conditions
- Read about how to manage feelings
- Get help with issues at home or at school

### Parents and Professionals

Sibs can provide help for others to support young siblings.

- Training for professionals to run sibling support groups for children
- SibsTalk Lite resources for primary and secondary schools
- SibsTalk intervention training for primary schools
- Information and training for parents and professionals on supporting young siblings

### Adult Siblings

Adult siblings of someone with a lifelong disability provide support for their brothers and sisters at the same time as juggling their own life and commitments.

They rarely receive recognition for their role or support for their needs, and can experience negative effects on their work, mental health, relationships and finances.

Many siblings just want to enjoy social time with their brother or sister, rather than time being spent on care tasks.

### How we can help

For adult siblings aged 18 and over (including bereaved siblings).

- Information and advice
- Peer support groups
- eBook *Self-care for siblings*
- Guides on care topics
- Workshops and events

“My sister Frances is an exceptional person, the kind of individual you never forget once you’ve met them. She is loving and loud and a real live wire. She also has learning disabilities which means that life sometimes, gets complicated. This means that I have an understanding of what it means to be a sibling – the fun and the not so fun bits!”

Jo Whiley, Patron

[www.sibs.org.uk](http://www.sibs.org.uk)

Sibs is the UK charity for brothers and sisters of disabled children and adults.

✉ [info@sibs.org.uk](mailto:info@sibs.org.uk)  
✂ Sibs\_uk

☎ 01535 645453  
f SibsCharity

[www.sibs.org.uk](http://www.sibs.org.uk)  
Registered charity no. 1145200 Limited company no. 7834303



# 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](#)





# PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024



[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

## LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

## ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

## SAINSBURY'S CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

## PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

## THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

## TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

## PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

## TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

## IKEA

Kids get a meal from 95p daily from 11am

## SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

## BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

## PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

## MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

## TESCO CAFES

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

## GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

## YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

## WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

## BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

## COCONUT TREE

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

## DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

## TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

## HUNGRY HORSE

Kids eat for £1 on Mondays

## FUTURE INNS

Under 5s eat for free with any adult meal.





THE DUKE OF  
EDINBURGH'S AWARD

# FOR YOUNG PEOPLE IN YEAR 9, 10 & 11

EXPLORE OUTDOOR

YOUTH  
WITHOUT  
LIMITS

# FREE

Fully Funded – Bronze Award

- Kit and equipment provided
- Camping and expedition fees covered
- Food for training and expeditions paid for
- Funding for boots available
- Weekends Away
- Learn New Skills
- Online support

Follow the QR code to register your interest or  
send us an email: [DofE@acleisure.com](mailto:DofE@acleisure.com)



[abbeycroft.org.uk/HAF](http://abbeycroft.org.uk/HAF)

\* For those entitled to free school meals





## Activities Unlimited Summer Guide

Click the logo below to find out  
what holiday clubs and activities  
are on this summer in Suffolk



## SCHOOL UNIFORM SWAP SHOP

*Be a part of this sustainable system to  
help prevent landfill by passing on  
outgrown uniform to new homes and  
finding new-to-you uniform!*

**Thursday 22<sup>nd</sup> August**

**Friday 23<sup>rd</sup> August**

**9:30am-12 noon**

**The Salvation Army Hall**

**1 Station Road**



**COMING THIS SUMMER**

**NEURODIVERGENT ABILITIES'**

**FAMILY PARK  
MEET-UPS 2024**



**WEDNESDAY  
7TH AUGUST  
BOURNE  
PARK**

**11AM - 1PM**



**WEDNESDAY  
21ST AUGUST  
HOLYWELLS  
PARK**

**11AM - 1PM**



# CRAFT WITH US THIS SUMMER!

**HAVE YOU VISITED THE HANDCRAFTED ME STUDIO?**

**VISIT US THIS SUMMER AND GET CRAFTY!**

**STUDIO WALK IN ACTIVITIES INCLUDE:**

- SAND ART
- CERAMIC PAINTING
- DIAMOND ART

**PRE-BOOK WORKSHOPS INCLUDE:**

- SEWING CLASSES
- SLIME MAKING!
- HOT AIR BALLOON MAKING

**FROM MINI MAKERS TO MATURE MAKERS, ALL AGES AND ABILITIES WELCOME! FURTHER DETAILS ARE AVAILABLE ON OUR WEBSITE.**

**MORE INFORMATION:**

📍 47 Queen's Way, Ipswich, IP3 9EX

🌐 [www.handcraftedme.com](http://www.handcraftedme.com)

📱 @handcraftedmeltd

**WE STRIVE TO BE SEND FRIENDLY. ANY EXTRA REQUIREMENTS, JUST ASK .**



HANDCRAFTED Me



**Sand Art**



**Slime Making**







**FREE EVENT**

**IPSWICH MUSEUM**

**YOUNG ASSOCIATES LAUNCH**

**FRIDAY 26TH JULY**

**AT 5PM - 8 PM**

**CHRISTCHURCH MANSION**

**AGES 14-25**

**BOOK HERE**

**FOR MORE INFO EMAIL**  
JADE-MARIE.ANDERSON@COLCHESTER.GOV.UK




**YOUNG ASSOCIATES**

Christchurch Mansion

**5PM - ARRIVAL + WELCOME**

**5.30PM - TOUR WITH CURATOR AROUND JOHN FERGUSON EXHIBITION**

**6PM - BRING YOUR OWN ARTEFACT ACTIVITY**

**6.30PM - ILLUSTRATION WORKSHOP WITH UWU STUDIO AND MUSEUM COLLECTIONS HANDLING**

Colchester+Ipswich Museums

Supported using public funding by

ARTS COUNCIL ENGLAND

IPSWICH BOROUGH COUNCIL

WOLSEY 550

Made possible with

Heritage Fund

CHIP Youth

YOUNG ARTISTS IN SUFFOLK

## Ipswich Museum Young Associates Event

Join us for the exciting launch of the Ipswich Museum Young Associates program! This initiative is open to young people aged 14–25 keen to plunge into the world of museums. As a Young Associate, you'll gain insider knowledge of the museum sector and develop new and existing skills by helping shape your events. Our monthly meetings offer a unique platform to collaborate with peers, interact with our collections, and learn from professionals in the field. Plus, you'll lead an annual event at the museum, entirely orchestrated by you and your fellow associates.

This is a free event, but booking is required. To find out more information click [here](#)

To book onto this event and complete the Microsoft form click [here](#)



# CRAFT & PLAY SESSIONS



Come as a whole family to enjoy a play and craft session suitable for children up to the age of 11 who are neurodivergent. We will have activities inside and outside (weather permitting).

5th August 10am -11.30am  
Felixstowe Opportunity Group, Felixstowe

6th August 10am -11.30am  
Dumbarton Scout Hall, Ipswich

8th August 10am -11.30am  
Moreton Hall Community Centre, Bury st Edmunds





# *Family fun day*



August 7th  
11am-2pm

DUMBARTON HALL, DUMBARTON RD IP4 3JP



FREE ENTRY  
AND STALLS

JOIN US FOR LOTS OF FUN!

teddy tombola  
free refreshments  
free books  
games and activities for all ages  
raffle tickets available to buy



**FAMILY FIRST**  
Supporting families through change

Family first is a local Ipswich  
charity who work with  
parents to reach their goals  
and improve family life



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)

## SENDIASS changes - from August 2024

To offer families the best support we can (while working at reduced capacity) we're doing things differently from August:

- **Enquiries** to the service will be managed on a **Monday, Tuesday and Thursday**.
- **Ongoing support** to families **may be reduced**, depending on our availability. However, we will continue to provide information and advice to families, including signposting to other sources of support.
- **Limited** website and social media **activity**.
- **Pausing** some of our planned **development work**.

**We will closely monitor the impact of these changes and may need to review our published response times (currently 5 working days).**

**We're working on ways we might build capacity.**

**Thank-you for your patience and support.**

You can find a list of the SENDIASS 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](#)



**Whitton Youth Partnership**

# **Summer Craft & Play**

**Free**

**for 6 - 13 year olds living in the Whitton,  
Castle Hill & Whitehouse areas of Ipswich**

**@ Whitton Parish Hall, Whitton Church Lane**

**TUESDAY 30TH JULY 2024  
TUESDAY 6TH AUGUST 2024  
TUESDAY 13TH AUGUST 2024  
TUESDAY 20TH AUGUST 2024  
TUESDAY 27TH AUGUST 2024**

**10 am to 12:30 pm**

**SPACES LIMITED  
BOOKING ESSENTIAL**

**TO BOOK EMAIL**

**[info@whittonyouthpartnership.co.uk](mailto:info@whittonyouthpartnership.co.uk)**

**Registered Charity no 1155594**



## **PLEASE Hear Me**

Lucy Jacobs

### **Please Hear Me – Lucy Jacobs**

A selection of poems taken from the lived experiences of a Suffolk family who have battled through the Special Educational Needs and Disabilities (SEND) system and came out the other side. Written with an aim to inform, support and empower the reader. The book covers topics that have been the real life experiences of the author and their family and so not only gives a real, raw account of the truth but also give suggestions for support in such situations. The author hopes that families reading the poetry will realise that they are not alone and can reach out when they need to.

The author hopes that it may add further insight into family life for professionals reading the poetry. The book covers aspects of school, family life, local authorities, Law, disabilities and support networks."





# SEN SESSIONS



TUESDAY • 4–6 PM  
& SATURDAY • 9–10 AM

An inclusive SEN session in our play park for anyone that finds daily life that little bit harder. This could include those with autism, learning difficulties or physical disability.

The Special Educational Needs session is suitable for ages 2+ (ages 2–5 must always be supervised on a 1:1 basis).

SEN sessions are priced at £7 per child. Siblings are able to also be booked on to this session.

One carer goes FREE with every paying participant.

*Every participant must have socks which can be purchased for £1.*



01502 447951  
[www.adventureislandplaypark.co.uk](http://www.adventureislandplaypark.co.uk)

TO  
BOOK  
YOUR  
PLACE



SCAN ME





*#LiftLoudForDanny*

## **SEND Drop In**

Do you have a child or young person with special educational needs?

You are welcome to come along for a cuppa and chat.

**10am - 12noon**

**at #LiftLoudForDanny**

The **first** Tuesday of each month.

Block 3, Lowestoft Hospital, off Tennyson Road (down the alleyway)

The **third** Tuesday of each month is a virtual meet up on zoom, please message or email us for details

at Liftloudfordanny SEND Support Suffolk Facebook page or  
[llfd.send@gmail.com](mailto:llfd.send@gmail.com)

Independent information, guidance and support with Lucy and Sue  
SEND Law trained and qualified



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

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

PARENTS AND CARERS TOGETHER

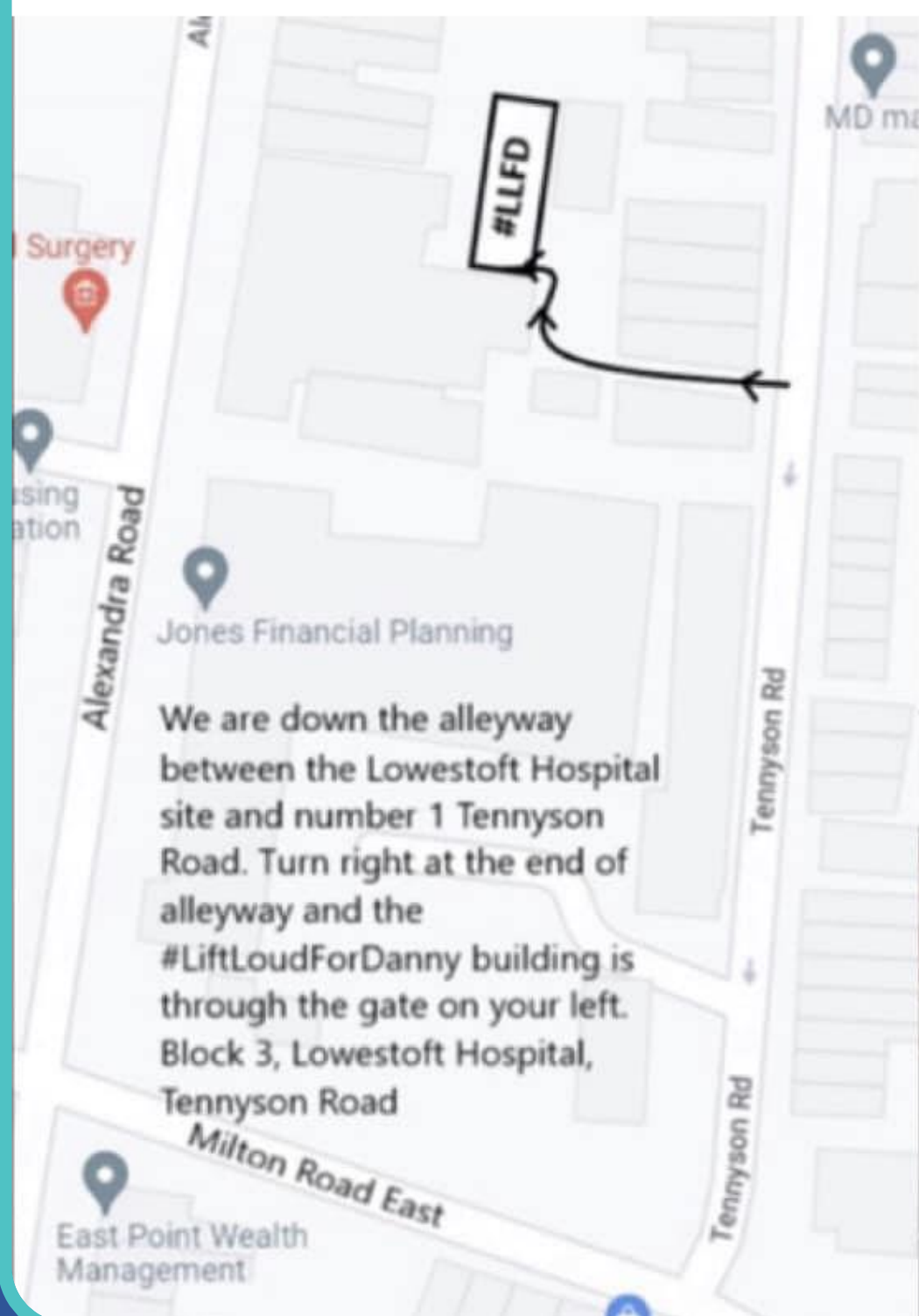
Are you a parent or carer concerned about the mental health/ wellbeing of a child or young person?

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)





# contact

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 \(contact.org.uk\)](#)

Contact have also launched a free helpful guide which is an all-in-one book full of the information and help you need to enjoy family life. You can order a copy here – [Order your copy of 'The helpful guide for families with disabled children' \(contact.org.uk\)](#)

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 \(acast.com\)](#)

## An out-and-about **essential**, the **RADAR key**

Providing essential access to  
over 10,000+ disabled toilets  
across the UK

£4.99



**fledglings**  
Part of the Contact family





## Sensory Library sessions 2024

Thursday 18 <sup>th</sup> January February*	Thursday 22nd
Thursday 14th March April*	Thursday 11th
Thursday 9th May June	Thursday 6th
Thursday 4th July August*	Thursday 1st
Thursday 29th August* 26th September	Thursday
Thursday 31st October* November	Thursday 21st
Thursday 19th December holidays	* = In school

Each session will run 9.30am – 11.30am

Address = Milton Road North, Stowmarket, IP14 1EX

Not much parking outside, please use local car parks such as 'ASDA'

The local community can see what we have and look at items before borrowing.

This allows us to have a place for people to collect and return items more easily.

Anyone welcome even if you just fancy a social catch up.

We keep a book at the library showing what's available including a leaflet & contact details for anyone unable to make these sessions and would like to borrow an Item.

We will have a comments box for people to post suggestions and comments.

To loan an item please contact Caroline on 07510 217172 or [cgrove@stowmarketsaturdayclub.co.uk](mailto:cgrove@stowmarketsaturdayclub.co.uk)

## 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



# 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



**OMNIPLEX**  
CINEMAS

**SENSORY FRIENDLY  
SCREENINGS**

SATURDAY & SUNDAY MORNINGS



FAMILY FRIENDLY  
MOVIES



DIMMED LIGHTS  
LEFT ON



VOLUME  
LOWERED



REDUCED  
TICKET PRICE

BOOK NOW AT [WWW.OMNIPLEXCINEMAS.CO.UK](http://WWW.OMNIPLEXCINEMAS.CO.UK)



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**





## Parent support programmes for those caring for a neurodivergent child

TIME OUT FOR ASD  
FOR THOSE PARENTING  
AUTISTIC CHILDREN  
UNDER 11  
(CARE FOR THE FAMILY)

TEEN LIFE  
FOR THOSE PARENTING  
AUTISTIC YOUNG  
PEOPLE AGED 10 TO 16  
(NATIONAL AUTISTIC SOCIETY)

TIME OUT FOR ADHD  
FOR THOSE PARENTING  
CHILDREN UNDER 11  
WITH ADHD  
(CARE FOR THE FAMILY)

To find out more information visit  
[www.suffolkfamilycarers.org/who-do-we-support/parent-carers/neurodevelopmental-differences-project/](http://www.suffolkfamilycarers.org/who-do-we-support/parent-carers/neurodevelopmental-differences-project/)

### **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](#)



**Could you offer  
regular telephone  
support to a parent  
who needs it?**

**Want to find out more?**  
**[volunteer@suffolkfamilycarers.org](mailto:volunteer@suffolkfamilycarers.org)**  
**01473 835477 and ask for Heather**



# 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</b> - Neurodivergent Abilities and Suffolk Family Carers, 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: tracy@homestartsuffolk.org
<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 Unite</b> 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 Unite</b> 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 that Suffolk County Council offer Parent Carer Needs Assessments?

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

**August 3rd, 10th, 17th, 24th, 31st**



### **SUFFOLK LIBRARIES**

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

They have also launched Linked In Learning for their members – find out more here -  
[LinkedIn Learning - Learning Resources, Articles & Support - Suffolk Libraries](#)

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)