

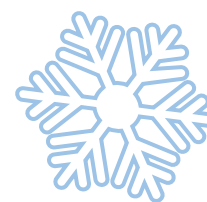
Suffolk Parent Carer Forum

Newsletter December 2024





Welcome



Welcome the Winter edition of our newsletter where you will find Suffolk Parent Carer Forum news, updates and events.

You can provide your feedback on SEND, Education and Health services in Suffolk at any time [here](#)

Membership

We always welcome new Parent and Carer and Affiliate membership to capture real experiences of SEND in Suffolk.

If you would like to become a member, please sign up [here](#)

Did you know that we also offer Affiliate Membership at SPCF?

Affiliate membership has been designed for practitioners, within both the Voluntary and Statutory sectors. Members will be kept up to date by receiving regular information and news. You can sign up [here](#)



SPCF Seasonal Holiday Closure

We will be closed from Thursday 19th December and return on Monday 6th January. All of the SPCF team are parent carers and this enables us to meet our caring responsibilities over the seasonal break.



A Message From Our Chair

Claire Smith

'2024 has been a busy year for the forum. We have welcomed new staff and many new members. It has been wonderful to meet so many of you at our focus groups and events.

We have heard so many stories from families this year. Some have broken our hearts, and some have cheered them.

Your feedback and engagement with us holds such high value. Please continue to tell us what is and isn't working in Suffolk! We are committed to making your voices heard.

Suffolk is desperate for change. It feels like pushing the biggest elephant up the steepest hill. Progress is slow and small for families that is not showing a real benefit and in some cases these changes are just not working at all.

We are passionate about SEND. We are parent carers too and will not give up or waiver on pressing services to abide by their legal duties and meeting our children and young people's needs. We also want services you meet your needs too, with kindness and empathy.

Seasonal times look different for each family. What ever yours looks like, we wish you all a settled time with hope for the new year.'

A Message From Sarah-Jane Smedmor

Executive Director of Children & Young People's Services

Suffolk County Council

‘Thank you to SPCF for inviting myself and Cllr Andrew Reid to meet for a focus group this week. I’m grateful to all the parents and carers for the time and care they took to tell their families stories.

Suffolk Parent Carer Forum ensure parent and carer views are shared with us on a daily basis. This is so valuable and being invited to meet with parents and carers is another great way for us to hear what the experiences of the families are who we are supporting.

Whilst I know services are not where we would all want them to be, I’m confident that staying in a discussion together and actively listening is vital in supporting us to get the best possible services for children and families.

We look forward to meeting again in the new year and continue to encourage families to share their thoughts with SPCF and ourselves as we continue to push forward on our improvement journey.’



Focus Groups



We have been pleased to host / co-host 16 focus groups in 15 weeks covering a range of SEND subjects. Overall, these have been helpful and a great opportunity to raise the voice of families. Due to the success of these groups, we will be continuing them in the new year.

We would like our members and users to know that we endeavour to learn from previous focus groups to make improvements for participants. We understand that your time is precious. Going forward, we will capture actions agreed by professional attendees and ensure these are provided after the meeting.

We're pleased to confirm the following online meetings taking place early next year:



Kathryn Boulton, Independent Improvement Board Chair



Post 16 Education



Home Education



Educational, Health and Care Plans (EHCP) Quality Assurance

We are waiting for confirmation of Early Years and All Age Carers Strategy focus groups.

Family Feedback

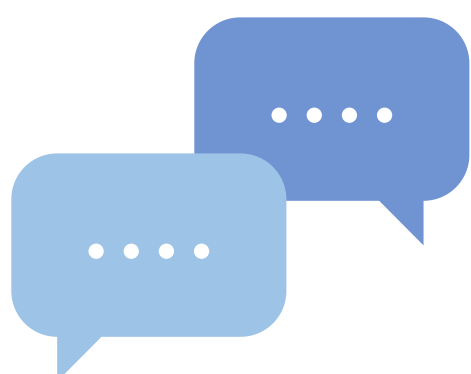
EHCP's have been the top topic of recent feedback. First EHC plans are still being issued far beyond the legal timescales whilst more are receiving amended drafts sooner following annual reviews.

Unfortunately, far too many families are reporting that timeliness is coming at the expense of quality. Families report important information is being stripped from plans. This includes needs, diagnosis, views, provision, and reports. Pre-2020 reports seem to be particularly susceptible to disappearing. We are told that drafts are checked before they are sent to families. The forum repeatedly raises this as a serious concern.

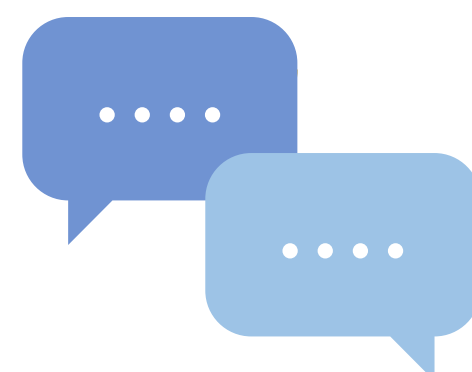
Families have raised concerns over EHCP consults being shared without their knowledge. We requested a meeting to discuss this but unfortunately the local authority cancelled a few days beforehand. We will pursue this.

Sadly, we have heard of and witnessed a rise in parent blame. Families have been blamed for staff illness and decline in wellbeing. This is inappropriate and we have raised it at the highest level. Families should not avoid raising complaints or concerns to protect staff who are paid to meet legal duties.

You can feed back to us via Facebook Messenger [here](#)



Our website [here](#)



Or by emailing info@suffolkpcf.co.uk

Services Seasonal Opening Times

Family Services

The service will be closed on the bank holidays as stated below. Many officers may be taking leave over this holiday period, which may impact response times. All officers will update their out of office message to reflect their leave.

| Wednesday 25 Dec | Thursday 26 Dec | Wednesday 01 Jan |
|---------------------|--------------------|---------------------|
| Closed | Closed | Closed |

Activities Unlimited

Suffolk Family Carers Hub and phone line will have the below amended operational hours over the holiday period.

| Tuesday 24 Dec | Wednesday 25 Dec | Thursday 26 Dec | Friday 27 Dec | Tuesday 31 Dec | Wednesday 01 Jan |
|-------------------|---------------------|--------------------|------------------|-------------------|---------------------|
| 9AM – 5PM | Closed | Closed | 9AM – 4:30PM | 9AM – 5PM | Closed |

Suffolk Family Carers

Suffolk Family Carers Hub and phone line will have the below amended operational hours over the holiday period.

| Tuesday 24 Dec | Wednesday 25 Dec | Thursday 26 Dec | Friday 27 Dec | Tuesday 31 Dec | Wednesday 01 Jan |
|-------------------|---------------------|--------------------|------------------|-------------------|---------------------|
| 9AM – 4PM | Closed | Closed | 9AM – 4PM | 9AM – 4PM | Closed |

SPCF Meetings

In the past few months, we have been attending the Joint Sufficiency Needs Assessment (JSNA) meetings, read through documents and checking data. The JSNA is about predicting what Suffolk will need in the future to meet the needs of children and young people in Suffolk. Feedback we have received has gone into this. We feel it is also important that the needs of parents and carers are met too.

We have attended the All-Age Carers Strategy meeting. There's been a big focus on young carers and support for their needs. We have invited those leading to attend a focus group with parents and carers to hear what you need from the strategy.

It was disappointing that the Barnardo's helpline ended with no alternative in place. We will be meeting with the ICB and NSFT to discuss replacing this source of support.

There are plans for coproduction training for staff members within the local area partnership. We have stressed how important it is to have the right people attending and that it should be mandatory.

We have shared your feedback at the Multiagency Educational Health and Care Plan Quality Assurance Group. We have heard so many reports of poor-quality plans.

We asked about experiences of accessing groups and clubs via Activities Unlimited. We have fed this back to the team who are keen look into this.

Suffolk County Council Meeting Minutes

Suffolk County Council make documents and minutes from their SEND meetings available on the Governance and Oversight section of their website. You can view the documents along with information about the committees, boards and panels

[here](#)

Christmas Opening Hours



The following pharmacies will be open on 25th December 2024:

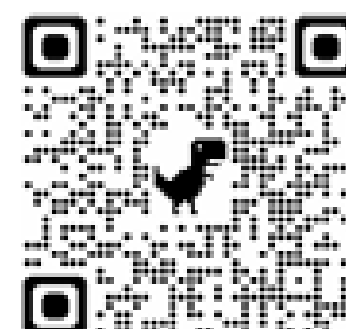
| Pharmacy Name | Town | Postcode | Contact No. | Opening Hours |
|--------------------------|-----------------|----------|--------------|---------------|
| Croasdales | Bury St Edmunds | IP32 7EW | 01284 723061 | 09:00 - 13:00 |
| Swan Pharmacy | Bury St Edmunds | IP33 1AE | 01284 756313 | 16:00 – 20:00 |
| Thurston Pharmacy | Bury St Edmunds | IP31 3QU | 01359 232727 | 10:00 – 13:00 |
| Victoria Street Pharmacy | Bury St Edmunds | IP33 3BB | 01284 767507 | 09:00 – 13:00 |
| Allied Pharmacy | Clacton on Sea | CO16 8DS | 01255 221980 | 12:00 – 16:00 |
| Queen Street Pharmacy | Colchester | CO1 2PJ | 01206 541600 | 11:00 – 15:00 |
| Eye Pharmacy | Eye | IP23 7AF | 01379 870233 | 09:00 – 13:00 |
| M&M Pharmacy | Frinton on Sea | CO13 9NE | 01255 446404 | 08:00 – 12:00 |
| Haverhill Pharmacy | Haverhill | CB9 8HF | 01440 706689 | 10:00 – 14:00 |
| Belstead Hills Pharmacy | Ipswich | IP2 9LF | 01473 683695 | 10:00 – 14:00 |
| Martlesham Pharmacy | Ipswich | IP5 3SL | 01473 623332 | 09:00 – 13:00 |
| Needham Market Pharmacy | Needham Market | IP6 8EZ | 01449 722662 | 14:00 – 18:00 |
| Saxmundham Pharmacy | Saxmundham | IP17 1DF | 01728 602051 | 10:00 – 14:00 |
| Combs Ford Pharmacy | Stowmarket | IP14 2DA | 01449 770761 | 09:00 - 13:00 |
| Island Pharmacy | West Mersea | CO5 8QT | 01206 615113 | 10:00 – 14:00 |

The following pharmacies will be open on 26th December 2024:

| Pharmacy Name | Town | Postcode | Contact No. | Opening Hours |
|-------------------------|-----------------|----------|--------------|---------------|
| Swan Pharmacy | Bury St Edmunds | IP33 1AE | 01284 756313 | 16:00 – 20:00 |
| Thurston Pharmacy | Bury St Edmunds | IP31 3QU | 01359 232727 | 10:00 – 13:00 |
| Boots | Clacton on Sea | CO15 1QN | 01255 422200 | 11:00 – 15:00 |
| Queen Street Pharmacy | Colchester | CO1 2PJ | 01206 541600 | 11:00 – 15:00 |
| ASDA | Colchester | CO4 5TU | 01206 543159 | 10:00 – 16:00 |
| Eye Pharmacy | Eye | IP23 7AF | 01379 870233 | 09:00 – 13:00 |
| Boots | Felixstowe | IP11 7AD | 01394 282022 | 11:00 – 15:00 |
| Haverhill Pharmacy | Haverhill | CB9 8HF | 01440 706689 | 10:00 – 14:00 |
| Belstead Hills Pharmacy | Ipswich | IP2 9LF | 01473 683695 | 09:00 – 13:00 |
| Martlesham Pharmacy | Ipswich | IP5 3SL | 01473 623332 | 09:00 – 13:00 |
| Boots | Ipswich | IP1 3AA | 01473 256525 | 11:00 – 15:00 |
| Boots | Newmarket | CB8 8JX | 01638 662152 | 11:00 – 15:00 |
| ASDA | Stowmarket | IP14 1DE | 01449 778510 | 10:00 – 16:00 |
| Boots | Sudbury | CO10 2EA | 01787 372617 | 11:00 – 15:00 |
| Island Pharmacy | West Mersea | CO5 8QT | 01206 615113 | 10:00 – 14:00 |

To find further details of community pharmacies open near you, scan this QR code, or visit

www.nhs.uk/find-a-pharmacy



New Year Opening Hours

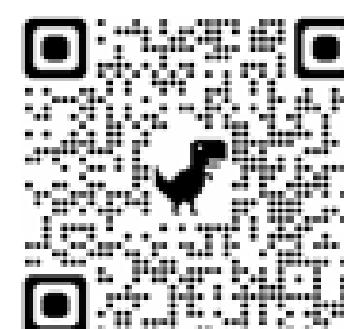


The following pharmacies will be open on 1st January 2025:

| Pharmacy Name | Town | Postcode | Contact No. | Opening Hours |
|-----------------------|-----------------|----------|--------------|---------------|
| Boots | Bury St Edmunds | IP33 1BX | 01284 701516 | 11:00 – 15:00 |
| Boots | Clacton-On-Sea | CO15 1QN | 01255 422200 | 11:00 – 15:00 |
| Boots | Colchester | CO3 8RG | 01206 766802 | 11:00 – 15:00 |
| Queen Street Pharmacy | Colchester | CO1 2PJ | 01206 541600 | 10:00 – 14:00 |
| Eye Pharmacy | Eye | IP23 1AF | 01379 870233 | 09:00 – 13:00 |
| Felixstowe Pharmacy | Felixstowe | IP11 9GA | 01394 285329 | 10:00 – 14:00 |
| Framlingham Pharmacy | Framlingham | IP13 9AY | 01728 723477 | 09:00 – 13:00 |
| Boots | Ipswich | IP1 3AA | 01473 256525 | 11:00 – 15:00 |
| Lakenheath Pharmacy | Lakenheath | IP27 9JS | 01842 862884 | 09:00 – 13:00 |
| Lavenham Pharmacy | Lavenham | CO10 9PX | 01787 247284 | 11:00 – 15:00 |
| Combs Ford Pharmacy | Stowmarket | IP14 2DA | 01449 770761 | 14:00 – 18:00 |
| Boots | Sudbury | CO10 2EA | 01787 372617 | 11:00 – 15:00 |
| Mansfield Pharmacy | Thorpe le Soken | CO16 0DY | 01255 861329 | 14:00 – 18:00 |
| Thurston Pharmacy | Thurston | IP31 3QU | 01359 232727 | 13:30 – 17:30 |
| Island Pharmacy | West Mersea | CO5 8QT | 01206 615113 | 12:00 – 16:00 |

To find further details of community pharmacies open near you, scan this QR code, or visit

www.nhs.uk/find-a-pharmacy



Christmas and New Year Opening Hours



Norfolk and Waveney

The following pharmacies will be open on Christmas Day 2024

| Pharmacy Name | Town | Postcode | Contact No. | Open |
|---------------------------|--------------|----------|--------------|------------|
| Motts Pharmacy | Reepham | NR10 4JJ | 01603871738 | 9am – 1pm |
| The Clock Pharmacy | King's Lynn | PE30 4EA | 01553 774716 | 10am - 2pm |
| Dereham Pharmacy | Dereham | NR19 1AE | 01362 692080 | 1pm - 5pm |
| Church Street Pharmacy | Cromer | NR27 9HH | 01263 512171 | 2pm – 6pm |
| Allied Pharmacy | Attleborough | NR17 2AH | 01953 452288 | 2pm – 6pm |
| Hunt's Pharmacy | Norwich | NR1 4AB | 01603 433654 | 2pm – 6pm |
| St Stephens Gate Pharmacy | Norwich | NR2 2TJ | 01603 618936 | 10am - 2pm |
| School Lane Pharmacy | Thetford | IP24 2AG | 01842 753115 | 10am – 2pm |
| Rosedale Pharmacy | Lowestoft | NR33 8LG | 01502 562101 | 10am – 2pm |
| Greyfriar's Pharmacy | Gt Yarmouth | NR30 2QE | 01493 850551 | 2pm – 6pm |

The following pharmacies will be open on Boxing Day 2024

| Pharmacy Name | Town | Postcode | Contact No. | Open Hours |
|-----------------------|-------------|----------|--------------|------------|
| Lime Pharmacy | Thetford | IP24 2HY | 01842 762913 | 2pm – 6pm |
| Drayton Pharmacy | Drayton | NR8 6EE | 01603 869029 | 1pm - 5pm |
| Dereham Pharmacy | Dereham | NR19 1AE | 01362 692080 | 10am - 2pm |
| Greyfriar's Pharmacy | Gt Yarmouth | NR30 2QE | 01493 850551 | 9am – 1pm |
| David Jagger Pharmacy | Wells | NR23 1AG | 01328 710239 | 10am - 2pm |
| Cutlers Hill Pharmacy | Halesworth | IP19 8SG | 01986 835877 | 10am – 2pm |
| Boots – Cromer | Cromer | NR27 9HH | 01263 512231 | 2pm – 6pm |
| High Street Pharmacy | Lowestoft | NR32 1JE | 01502 580002 | 2pm – 6pm |
| Boots – Hardwick | Kings Lynn | PE30 4WP | 01533 775315 | 11am – 3pm |
| Hurn Chemist Ltd | Norwich | NR4 6TA | 01603 455811 | 9am – 1pm |

The following pharmacies will be open on New Years Day 2025

| Pharmacy Name | Town | Postcode | Contact No. | Open Hours |
|---------------------|--------------|----------|--------------|------------|
| Total Care Pharmacy | Norwich | NR6 5SR | 01603 426943 | 2pm - 6pm |
| The Clock Pharmacy | King's Lynn | PE30 4EA | 01553 774716 | 10am - 2pm |
| Dereham Pharmacy | Dereham | NR19 1AE | 01362 692080 | 2pm - 6pm |
| Allied Pharmacy | Attleborough | NR17 2AH | 01953 452288 | 1pm – 5pm |
| David Jagger | Wells | NR23 1AG | 01328 710239 | 10am - 2pm |
| Lime Pharmacy | Thetford | IP24 2HY | 01842 762913 | 9am – 1pm |
| Aylsham Pharmacy | Aylsham | NR11 6EH | 01263 733118 | 9am – 1pm |
| Beccles Pharmacy | Beccles | NR24 9NQ | 01502 717278 | 2pm – 6pm |
| Asda Pharmacy | Gt Yarmouth | NR30 1SF | 01493 336819 | 10am – 2pm |
| Boots – Riverside | Norwich | NR1 1WR | 01603 662894 | 12pm – 4pm |

There will be other pharmacies that are also voluntarily choosing to be open on Boxing Day and New Years Day.

To find other pharmacies open near you, scan this QR code or visit www.nhs.uk/find-a-pharmacy.



Would you like to be more involved with Suffolk Parent Carer Forum?

We are looking to add to our **Experts by Experience**

This is an employed role where you will attend meetings with professionals in education and health in Suffolk, report to the Chair of Operations, review parent and carer information from providers and attend events.

To express an interest in this role and to find out more information please email info@suffolkpcf.co.uk



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

🏠 Brightspace 160 Hadleigh Road Ipswich IP2 0HH

🌐 suffolkpcf.co.uk ✉ info@suffolkpcf.co.uk ☎ 01473 760933

Parents/Carers, You are Invited to...

Join Dr Hope Westgate (Clinical Psychologist)

To discuss the development of a virtual parent workshop on managing parental stress.

As a parent on the NDD pathway, what have you found stressful and what has supported you to manage parental stress?

Thursday 19th of December at 11:00am-12:00pm.

This is a virtual meeting hosted on Teams and requires registration. If you would like to work with Hope on this workshop, Email admin.pst@nsft.nhs.uk to register your interest in attending. If you cannot attend, but would like to work with Hope on this project, please also get in touch.

The Mix

The mix is a youth work charity-based hub in Stowmarket. They offer a range of clubs and opportunities for young people.

All of the clubs 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 activities can be found on their website [here](#)



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](#)



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](#)

Suicide Prevention UK

Suicide Prevention UK is a Suicide Prevention charity. They help anyone who may be struggling with their mental health and/or thoughts of suicide. Their volunteers use their skills, training and empathetic approach to offer a non-judgmental listening ear to help people in what could be their darkest hour.

Volunteers aim to signpost individuals to the most relevant support available to them at that time, to get them the help they deserve.

Their service is available via the helpline 0800 689 5652 and via social media which can be found [here](#)



SEASONAL SUPPORT PROVIDERS 2024

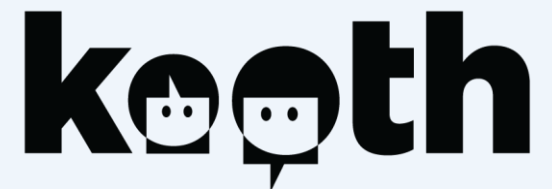


Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you. To start a conversation, text the word 'Shout' to [85258](https://www.shout247.org/).



The Mix is the UK's leading support service for young people. They are there to help you through challenges you're facing from mental health to money, from homelessness to finding a job, break-ups & drugs. The Mix crisis messenger text service provides free, 24/7 crisis support across the UK. If you're aged 25 or under, and are experiencing any painful emotion or are in crisis, you can text [THEMIX](https://www.themix.org.uk/) to [85258](https://www.themix.org.uk/).

Kooth is a free digital mental health support website for young people. It gives children and young people access to an online community of peers and a team of experienced counsellors. Kooth has no referrals or waiting lists, and Young people can access this service anonymously by signing onto the Kooth website www.kooth.com



Papyrus suicide prevention helpline, HOPELINE247, is a free, confidential, non-judgmental space to talk openly about your thoughts of suicide with trained advisers. We work with young people, concerned parents and carers and professionals via phone, text, email and webchat, every day. Call: [0800 068 4141](tel:08000684141) Text: [88247](https://www.papyrus-uk.org/) Email: pat@papyrus-uk.org

YoungMinds offer tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak to them over the phone, or chat online. You can use their Helpline service on [0808 802 5544](tel:08088025544) if you are the parent or main carer of a child or young person aged 25 or under. Our service is available across the UK. It is free and confidential.



SAMARITANS

Samaritans is a charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide. Whatever you're going through, a Samaritan will face it with you. They're available on the phone 24 hours a day, 365 days a year. Call [116 123](tel:116123). Online chat, letter and email are available, but are not available for immediate response.

If you are worried that your child is at immediate risk, or they have already made a suicide attempt or been seriously injured Call 999 for emergency services or take them straight to A&E if you can. If your child needs urgent help but the situation is not immediately life-threatening call NHS [111](tel:111) and select the mental health option, or use [111 online](https://111.nhs.uk/). 111 can provide urgent advice and tell you where you can get help. This service is open 24/7.



OTHER SUPPORT PROVIDERS ARE AVAILABLE. DON'T SUFFER ALONE.

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING CHRISTMAS 2024

moneysavingcentral.co.uk/kids-eat-free

MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

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

SAINSBURYS CAFES

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

ASDA

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

WHITBREAD INNS

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

BEEFEATER & BREWERS FAYRE

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

TRAVELODGE & PREMIER INN

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

SIZZLING PUBS

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

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

PRETO

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

EMBER INNS

Kids eat for £1 from Monday 21st October to Friday 1st November 2024 (excludes weekends)

COCONUT TREE

One child (under 10) eats free every day Monday 23rd December 2024 to Friday 3rd January 2025.

LAS IGUANAS

Download the app and join 'My Las Iguanas' for free meals for mini Iguanas. Niños get a main, two sides and a dessert with every adult main (or three tapas dishes) purchased.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

TABLE TABLE

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

THE REAL GREEK

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

PAUSA CAFE @ DUNELM

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

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.



2025 *Autism friendly* SEND SESSIONS

SUNDAY MORNINGS

9am - 10am

Jan 5th and 19th

Feb 2nd and 16th

Mar 2nd, 16th and 30th

Apr 13th and 27th

May 11th and 25th

Jun 8th and 22nd

Jul 6th and 20th

Aug 3rd, 17th and 31st

Sept 14th and 28th

Oct 12th and 26th

Nov 9th and 23rd

Dec 7th and 21st

THURSDAY EVENINGS

Feb 20th 6.30pm - 8.30pm

Apr 17th 4.30pm - 6.30pm

May 29th 4.30pm - 6.30pm

Aug 7th 4.30pm - 6.30pm

Aug 21st 4.30pm - 6.30pm

Working in partnership with Partyman's Magic
Makers Charity www.partymansmagicmakers.org.uk





#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.

PushForward, 113-114 High Street, Lowestoft, NR32 1HN.

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

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

#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 those struggling with their mental health and/or their carers. Mini mindfulness with Stacey, cuppa and chat.

2nd Monday, Heart of the Matter with Stacey Richards, 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 and/or their carers. Mini mindfulness with Stacey, cuppa and chat.

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/puzzles/games.

1st Tuesday SEND Drop in 10 until 12 for parents or young people 16+ who may need support with Special Educational Needs or just join others who understand for a cuppa and chat. Third Tuesday Zoom online, contact us for details.

You will find us at Push Forward, 113-114 High Street, Lowestoft, NR32 1HN



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 parentsandcarerstogogether@gmail.com



"Supporting you, supporting your child"

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

www.parentsandcarerstogogether.uk

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

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



@pactenquiries



/parentsandcarerstogogether/

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

At Push Forward. 113-114 High Street. Lowestoft. NR32 1HN



Navigating SEND this Season

This seasonal period is a time for rest and celebration for many families. We understand that for SEND families, it can also be a source of stress.

Preparing for and navigating the seasonal break can be difficult. Although full of excitement, it can bring significant disruptions to the routines that many SEND children & young people rely on.

This often means parents and carers have tailored strategies and plans to ensure that the time is enjoyable and not overwhelming for their child or young person and the whole family.

Below are some resources available online that have considerations on preparing for the holiday season.

 [Together Trust](#) 

 [Action For Children](#) 

 [National Deaf Children's Society](#) 

 [Sunshine Support](#) 

 [West Suffolk Family Action](#) 

We hope that parents and carers can try to plan a few nurturing ways to take breaks and care for themselves over this season. Even if this is as simple as taking five minutes to sit and have a warm drink or by incorporating activities or traditions that you enjoy into the schedule. Although difficult, try not to add pressure by comparing what others are doing.

SPCF hopes that whatever this season looks like for your family, that it is a time of joy, connection, and celebration.

Neurodevelopment Differences

If you suspect or know your child may have Autism or ADHD, you may find the below resource pack helpful. The Suffolk Local Offer website has information and guides available on what to expect throughout the process, how to get support while you wait, and some other resources that may support you and your young person through the journey.

[The East & West Suffolk NDD Pathway](#)

You can access the forms for an Autism and/or ADHD referral [here](#)

Suffolk Parent Carer Forum co-produced an extensive support pack which answers many questions a parent or carer may have about their child or young person, whether they are at the start of their SEND journey or much further along the road.

The booklet is packed full of information for parents, carers, family members and friends. It includes types of neurodevelopmental differences, support in Suffolk and an in-depth library of resources from home life to finances.

Click [here](#) to view

Right To Choose

If a GP needs to refer you for a physical or mental health condition, in most cases you have the legal right to choose the hospital or service you'd like to go to.

Our website has details on Right To Choose, including FAQ's and links to NHS information.

Norfolk & Waveney have their own information on accessing neurodevelopmental support for families and the Right to Choose process which is also available on our website.

Click [here](#) to visit our website

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](#)

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
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.



To view the providers guide for 2024-2025, click [here](#)

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 Seasonal Guide 2024

Activities Unlimited have launched their guide to short breaks and activities covering the end of term 2024 to the new year.

You can view their guide [here](#)

Suffolk
Holiday
Activity
Programme



CHRISTMAS HOLIDAY CLUBS IN SUFFOLK

Sport, arts, crafts
& activities for 5-16
year olds who are
eligible for benefit
related free school
meals

Eligibility applies



CHRISTMAS HOLIDAY ACTIVITIES

Free activities during the Christmas Holiday across Babergh and Mid Suffolk for children eligible for means tested free school meals

FIND OUT
MORE



eequ.org/suffolkhaf



Child and Adolescent Mental Health Parent Workshops

NHS

Norfolk and Suffolk
NHS Foundation Trust

Upcoming virtual workshops:

- Anxiety
- Big feelings
- Low mood
- Sleep
- Emotion regulation
- Eating difficulties



Book onto a free workshop here: www.nsft.uk/workshops

Winter Activity Ideas

We have put together a list of free resources, ideas and activities that can be done indoors and outside over the Season. All resources are from reliable sources like Crayola, Hobbycraft and Baker Ross. Click the leaves to be taken to the free resources.



Craft Ideas



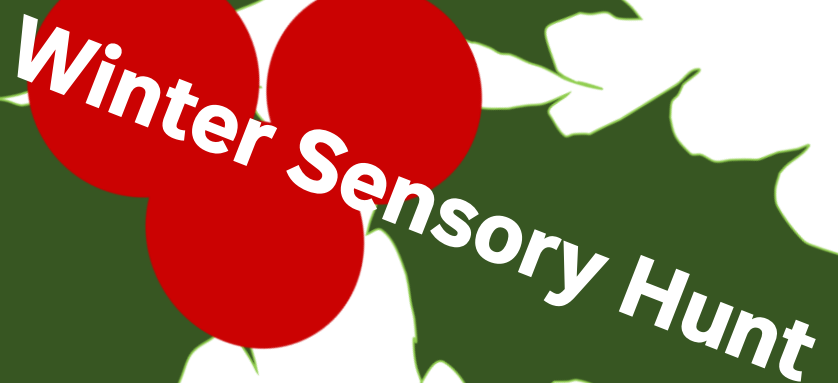
Colouring Pages



Outdoor Activity Ideas



Salt Dough Recipe & Design Ideas



Winter Sensory Hunt

Autism and Nature

Autism and Nature are a non-profit organisation who aim to improve life for children with autism by engaging them with nature.

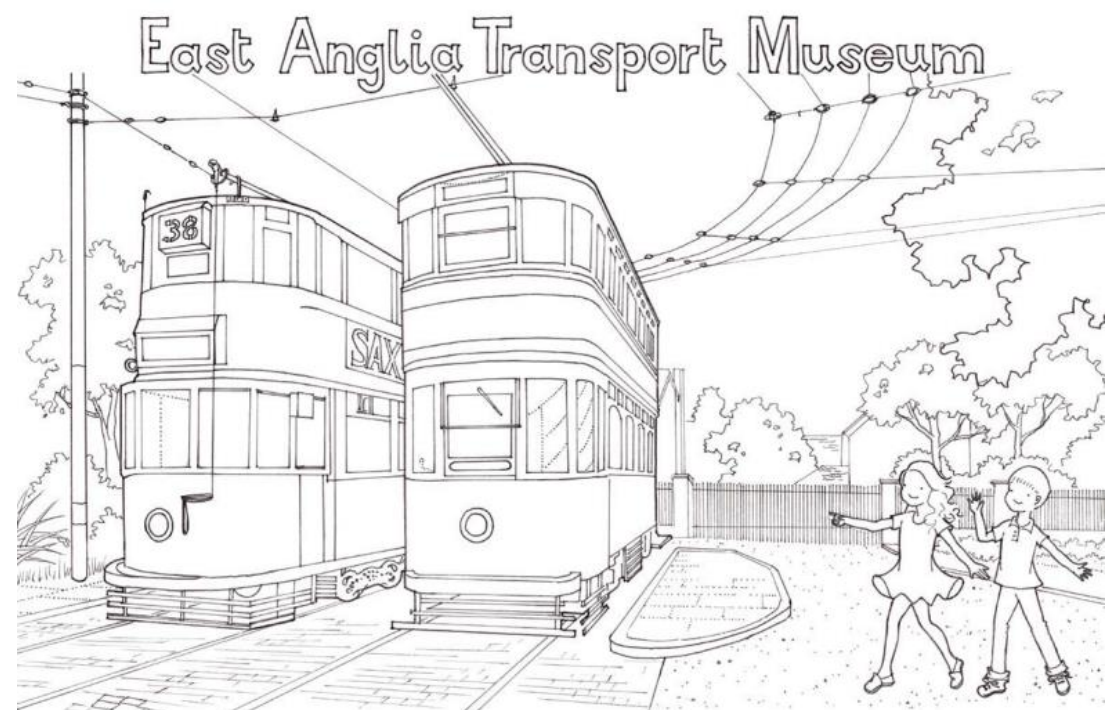
believe that contact with the natural world can benefit a child's learning, health and wellbeing, and act to raise awareness of these benefits by developing educational resources in partnership with schools, local authorities, conservation organisations and autism charities.

Their books are designed to help parents, carers and teachers to engage children with autism and related disabilities with the countryside, natural world and rural heritage. Illustrations are accompanied by simple text supported by Widgit symbols.



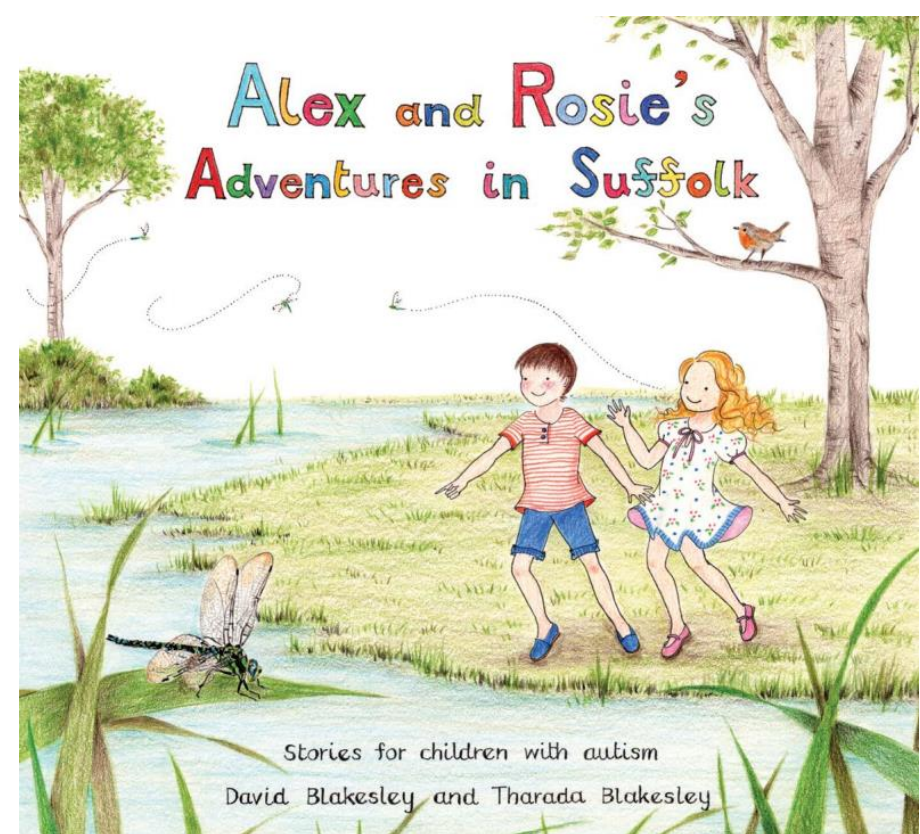
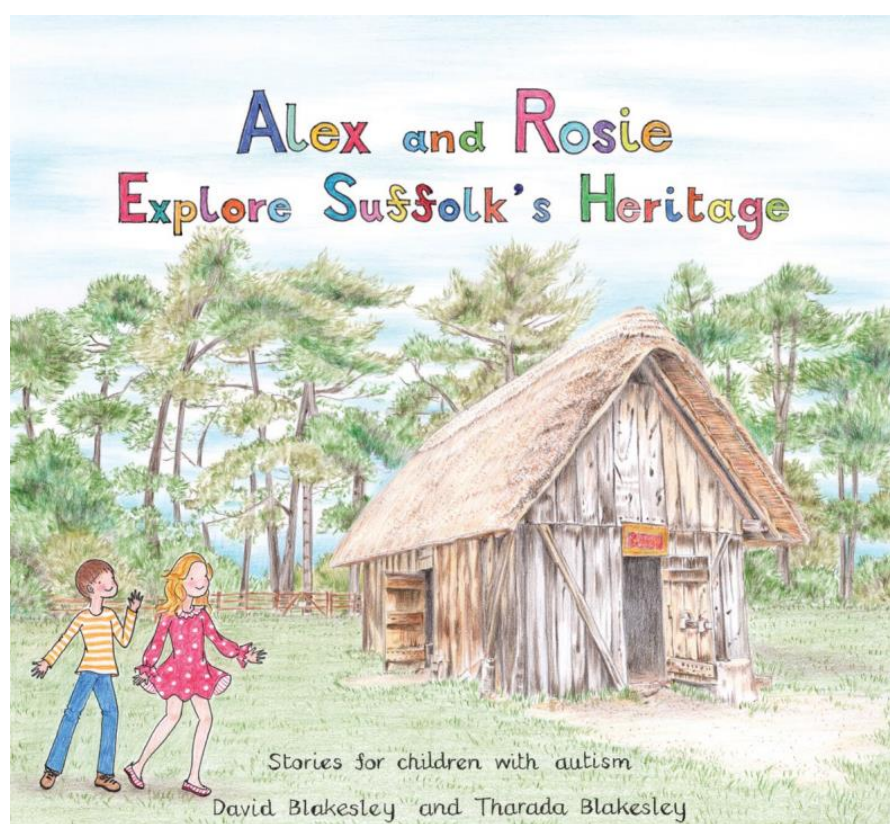
Alex and Rosie were excited to visit Framlingham Castle.

The castle walls were very tall.



Alex and Rosie enjoyed a ride on the tram.

They have kindly made the resources below available for families in Suffolk to download free of charge on the Suffolk Local Offer Website [here](#)



Home Library Service

If you or someone you know can't make it to the library, Suffolk's Home Library Service can deliver titles to homes and care homes. If health or mobility problems are preventing you or someone you know from visiting a library branch or mobile library, our Home Library Service volunteers are here to help. The service is free and available from most libraries.

Their volunteers visit you in your home to discuss which books you are interested in, including audiobooks. You can tell them about your favourite authors, genres or non-fiction subjects, and they will choose a selection of books and order them from the library on your behalf. They then collect the books from the library and deliver them to your door and return any books you've finished.

Many titles in their catalogue are also available in Large Print and audiobook form for those who are visually impaired.

All our Home Library Service volunteers undergo an enhanced DBS check.

If you think this might be right for you, you can visit their website [here](#)

**SUFFOLK
LIBRARIES**

Contact your local library [here](#)

Email: hls@suffolklibraries.co.uk

Enjoy a free hot drink at your library



Anyone is welcome to visit a Suffolk Library to find help and support. They have always been warm spaces where you can come and relax with no expectation to spend money or join in with activities. Their staff are available if you need to speak to someone and be signposted to other resources. The libraries offer free WiFi and computer access, free period products, free events and activities for all ages, and free books, including our extensive eLibrary services.

During these cold months, you can also visit the library to:

- Enjoy a free hot drink
- Pick up some warm clothes
- Charge your devices
- Collect free essential items

Different services will be available at different libraries depending on space and staff capacity. We advise you to contact [your local library](#) to see what support will be available to you.

**SUFFOLK
LIBRARIES**

Autumn Budget Announcement Carers Allowance Earnings Limit Increase

The Autumn Budget 2024 announced that the Carer's Allowance earnings limit will increase from £151 to £196 per week starting on April 7, 2025.

The new limit means that carers can earn up to £196 per week without losing their Carer's Allowance, which is equivalent to working 16 hours at the National Living Wage.

To find out more about Carer's Allowance and the new earnings limit effective from April, click [here](#)



Level Two Youth Club

Level Two Youth Club aim to promote the welfare of young people (age 7-25) living in Felixstowe and surrounding villages, through supportive relationships and positive experiences, designed to enhance their personal and social development.

They offer a range of programmes for different age groups including a home education sessions and an after school youth hub which can be found [here](#)



A list of activities funded by Suffolk Family Carers Neurodevelopmental Differences Project happening over end of term can be found [here](#)

SENDIASS

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 the SENDIASS online sessions [here](#)

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



Season's Greetings

from Suffolk SENDIASS!

**Over the festive period, we will be closed for enquiries
23rd December through to Friday 3rd January
(reopening Monday 6th January).**

**Thank you for your support in 2024 and we look forward to
working with you in 2025.**

Important notice – current response times

Due to a high volume of calls it is taking us a little longer than we'd like to respond to requests for information and advice.

(currently around 7 working days).

Thank-you for your patience. We are working through the requests in order. In the meantime, you may find the answer to some of your questions online:

www.suffolksendiass.co.uk

Also see above post for information about national organisations that might be able to help.



Important notice – current response times

Special Educational Needs
and Disability Information,
Advice & Support Service

sendiass

Suffolk Family Carers

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.

To view the full range upcoming workshops, events and drop-in sessions click [here](#)

Suffolk • • •
Family Carers
Living Fuller Lives

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](#)

Their workshop calendar can be viewed [here](#)

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](#)



Moving into adult social care services in England

What changes for disabled children

A disabled child has their needs assessed under the Children Act 1989. When they become adults, they are covered by the Care Act 2014. Services must continue until adult care takes over.

Children who are likely to have needs when they turn 18 must be offered a Child's Needs Assessment. This should take place when it's easier to know what their post-18 needs will be.

What changes for parent carers

Parent carers and siblings of disabled children are covered by the Children and Families Act 2014. When their children turn 18, parent carers' needs are assessed under the Care Act 2014.

The local authority must carry out a Child's Carer's Assessment if there is "likely need" for support when their child turns 18, and when the assessment is of "significant benefit".

Help and advice



Find information on:

- financial support
- practical support
- health and wellbeing
- work and career



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

21st & 28th December



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](#)

Find out what's coming up [here](#)



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