

# Suffolk Parent Carer Forum

## Newsletter July 2025





## Welcome

Welcome to the Summer 2025 end of term edition of our newsletter, where you will find Suffolk Parent Carer Forum news, updates and events.

## Membership

We always welcome new Parent and Carer 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 is 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 Summer End of Term Closure

We will be closed from Wednesday 23<sup>rd</sup> July, and return on Wednesday 3<sup>rd</sup> September. All the SPCF team are parent carers, and this enables us to meet our caring responsibilities.

# SPCF Upcoming Opportunities

Please see below a list of our upcoming sessions in the new academic year for your diaries.



**ARFID Peer to Peer  
Support Group**



**SENDIASS  
Information Group**



**Meet Sharon Muldoon  
Service Director - Inclusion  
Education and Learning**



**Permanent Exclusion  
Focus Group**



**Therapeutic Thinking  
Focus Group**



**Alternative Provision  
Focus Group**



**Local Offer  
Focus Group**

## SPCF Meetings

Over the past few weeks, we have been involved in several key meetings aimed at improving support for families and strengthening our partnership work.

We took part in an EHCP audit tool meeting, where we reviewed a process for auditing Education, Health and Care Plans. The goal is to improve the overall quality of plans and ensure they better meet the needs of families. While the initial tool showed potential, we agreed that further development is needed to make it truly effective.

We also participated in a DfE deep dive, which provided a valuable opportunity to reflect on local practice. The Department for Education will publish a letter outlining the outcome in due course.

Work has continued on a new Memorandum of Understanding, which sets out how we collaborate with the local authority and the Integrated Care Board. This document is now awaiting final sign-off before being published.

Across all areas, we remain committed to amplifying the voices of families, continually sharing their concerns about services at board level.

Finally, we continue to advocate for clear, empathetic, and accurate communication with families—particularly in ensuring letters are written in plain language and that statutory timeframes are correctly reflected.

Please keep sharing your feedback with us. We value your voice and your time.

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

## 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](#)



## Our Role

SPCF is the official, statutory co-production partner of Suffolk County Council and the Integrated Care Board (NHS), bringing the voices of parents and carers to shape services for better outcomes for the children and young people of Suffolk with SEND.

## What We Do

We work to consult families and gather their views and experiences of SEND services. Through co-production meetings with the local authority, education and health services and voluntary sector, we use the feedback we collect to challenge service providers and improve the quality of services for children and young people. We work alongside, but independently from the local authority, education and health services.

## How We Support Families

We signpost families to appropriate services and groups in Suffolk and share useful information related to SEND through our member newsletters, website and social media. We host SEND services events across Suffolk with relevant organisations in education, health and voluntary sectors. We also engage service leaders in a variety of workshops and focus groups virtually throughout the year.

Unfortunately, our service is not permitted to intervene or influence individual cases.





# SPCF West Open Event 2025

On Thursday 12th June, Suffolk Parent Carer Forum hosted an in-person event for families of children and young people with special educational needs and disabilities. It was a valuable opportunity for families to connect with professionals from Education, Health, and the Voluntary Sector. Families were offered a supportive space to ask questions and share experiences.



We're grateful to everyone who attended and look forward to welcoming you at our future events.





# Community Inclusion Forum Conference

On Wednesday, 2nd July, our Chair, Claire, delivered an engaging interactive presentation to approximately 200 school professionals at the Suffolk Community Inclusion Forum Conference.

The focus of the session was working with parents and carers with the aim of supporting the development of positive, constructive relationships between families and education professionals.

The presentation was very well received, with excellent feedback from attendees, making it a truly rewarding and impactful day.



## SNEE ICS 'Can Do' Health and Care Awards 2025



Suffolk Parent Carer Forum was nominated for the Co-production and Co-delivery Award at this year's Suffolk and North East Essex (SNEE) Integrated Care System (ICS) 'Can Do' Awards.

At the ceremony, we were honoured to receive a Highly Commended Award, recognising the impact of our ongoing work in co-production.

Thank you to those who nominated us.

We remain committed to strong partnerships and ensuring families' voices shape the services that matter most.



# Define Fine

Define Fine is a national parent carer led peer support organisation. Their team all have lived experience of children and young people with school attendance difficulties, sometimes referred to as EBSA: Emotionally Based School Avoidance - linked to unmet Special Educational Needs & Disabilities including physical or mental health, either suspected or diagnosed, bullying, issues relating to academic pressure, or even the school environment.

Their support model is based on current relevant government guidance and research to enable parents, carers and professionals to work together from the earliest signs that a child or young person is experiencing barriers to education.

You can find out more about Define Fine, their parent and carer resources and useful links [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





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](#)

Click  
here to  
view

*Summer 2025*  
**Activity Guide**





# Childcare Choices Increase

In September 2025, the UK government is expanding its free childcare offer for working parents in England, with eligible families potentially accessing 30 hours of childcare per week for children aged nine months and older.

You may still be eligible if your partner is working, and you are on carer's leave or if you get Carer's Allowance. For full eligibility criteria, click [here](#)

Parents and carers can apply for the 30 hours childcare offer through the Childcare Choices website [here](#).

If parents and carers already claim 15 hours, they can reconfirm their details as usual, and if they remain eligible, it will be automatically updated to 30 hours from September 2025.



# GOV.UK



**Here to help  
you juggle  
family life**

Expanding childcare support, like 15 and 30 hours, can help give your child a great start, and you the choices you need.

**Search 'Childcare Choices' to see what support you could get.**





**Suffolk Parent Carer Forum will close for the summer on Tuesday 22<sup>nd</sup> July and reopen on Wednesday 3<sup>rd</sup> September**





# COMMUNITY FUN DAY

FREE TO  
ATTEND

BRING  
A  
PICNIC

Join us for a FREE fun day in your community! We'll have a range of activities and services available, including climbing, axe throwing, bouncy castle, multisports, and much more!!!



\*Limited tickets available, bookings on a first come first served basis.



Just come along on the day to take part – activities for all ages.

## FREE Packed Lunch!

Children who receive means tested free school meals are able to pre-book some activities and order a free lunch. Follow the QR code\*

**Monday 21st July**

**10:00–14:00**

**Sudbury, Belle Vue Park**

**Thursday 24th July**

**10:00–14:00**

**Thurston, New Green**

**Friday 25th July**

**10:00–14:00**

**Hadleigh Pool & Leisure Centre**

**Monday 28th July**

**10:00–14:00**

**Stowmarket, Recreation Ground**



# Hop to it!

## SUFFOLK 2025



A Wild in Art event brought to Suffolk by St Elizabeth Hospice

The trail will once again be hosted in Ipswich as well as, for the first time, in neighbouring satellite locations including Woodbridge, Felixstowe, Beccles and Lowestoft.

**The art trail will take place between 21 June and 29 August 2025.**

You can view the trail map online, download the 'Hop it' App or collect a paper map from St. Elizabeth locations around Suffolk.

Find out more [here](#)





# SEND Family Holiday Sessions

Join SEND Family Support Coordinator Sarah for fun over the holidays.

**29th July** – Suffolk Wildlife Trust visit, Ipswich. Exact location to be confirmed. 2pm - 3.30pm

**04th August** – Sensory play activities – Castle Hill Community Centre. 10:30am - 11:30am

**12th August** – Mini Monsters Soft Play exclusive session, Sproughton, Ipswich. 10am - 12pm. Children up to 9 years old.

**21st August** – Suffolk Wildlife Trust - Ipswich. Exact location to be confirmed. 10am - 11:30am

**28th August** – Family Meet up in the park – games, fly a kite and make a 'nature based' collage – location to be confirmed

**To book your space contact Sarah on 07542 785649 or email [Sarah@families-together-suffolk.org.uk](mailto:Sarah@families-together-suffolk.org.uk)**



**Families  
Together**  
SUFFOLK







# SUMMER FETE

Sunday 3<sup>rd</sup> August 11am-4pm

MEET OUR FARM ANIMALS!

FAMILY BBQ

SW CAKERY & CO

RAFFLE

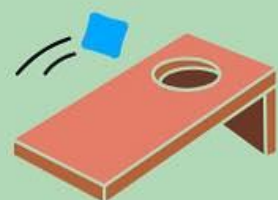
CRAFT STALLS

FACE PAINTING

LIVE MUSIC

PHOTO BOOTHS

GARDEN GAMES



Accessible for all - First aid on site - Wheelchair accessible

Families & Community welcome! - FREE ENTRY



Allonsfield house grounds & Allonsfield Farm  
Campsea Ashe, Woodbridge





# EDEN'S YOUTH CENTRE

## Holiday Youth Drop-in

for secondary school age young people,  
free admission, free food and drink

Tues 22 July, Thurs 24 July, Tues 29 July, Thurs 31 July,  
Tues 5 Aug, Thurs 7 Aug, Tues 12 Aug, Thurs 14 Aug

2pm-6pm

pool table, table football, gaming, garden,  
dancing, spotify music, chat, youtube,  
@ Eden's Youth Centre

45 Gainsborough Street, Sudbury, CO10 2EU  
[www.edensproject.co.uk](http://www.edensproject.co.uk)

**Part funded by:**  
**Babergh's Holiday Activities Fund**



Department  
for Education





# SUMMER PROGRAMME



Junior sessions (8-11yrs): 10am-12pm (meet at 9.45am)  
Senior sessions (12-16yrs): : 1pm-3.15pm (meet at 12.45pm)

## MAKE-IT MONDAYS

## MOVE & PLAY TUESDAYS

## WORK OF ART WEDNESDAYS

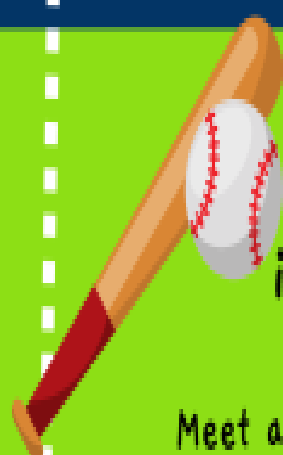
## TOGETHERNESS THURSDAYS

WEEK 1  
28 JUL

Intro to stop-motion  
animation

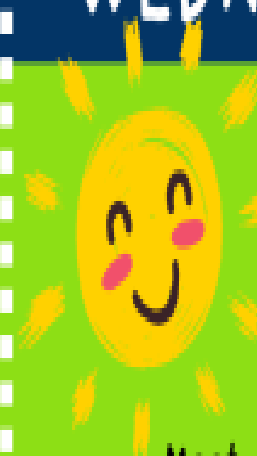


Meet at AMPP Studios



Rounders  
in the Park

Meet at 4YP Hub



DIY Sun  
Catchers

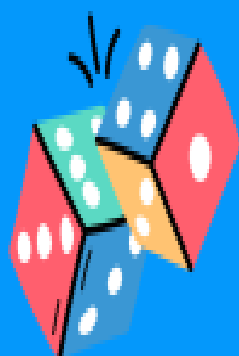
Meet at 4YP Hub



Hangout Hub =  
Meet/Hang/Chill

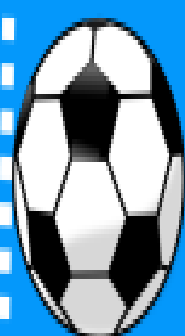
Meet at 4YP Hub

WEEK 2  
4 AUG



Design your  
own board  
game!

Meet at 4YP Hub



5-a-side fun



Meet at Goals

Make  
your own  
Dream Catcher

Meet at 4YP Hub



Dance  
techniques  
+ creative workshop

Meet at DanceEast

WEEK 3  
11 AUG

Vinyl  
printing  
on socks!



Meet at AMPP Studios

Sports Day  
in the Park



Meet at 4YP Hub

Exploring art  
in nature

Meet at 4YP Hub



Hangout Hub =  
Meet/Hang/Chill

Meet at 4YP Hub

WEEK 4  
18 AUG



Baking  
day at  
the Hub

Meet at 4YP Hub

5-a-side fun



Meet at Goals



Messy Day:  
The stuff  
you can't do  
at home!

Meet at 4YP Hub



Dance  
techniques  
+ creative workshop

Meet at DanceEast

WEEK 5: 26-29 Aug

TIME TO LEVEL-UP! Moving to new school? Back-to-school anxiety?  
Still need to find your tribe? We've got your back! Drop-in for  
a 1-2-1 slot between 10am and 4pm. No booking required.

Apply for a place using the [sign-up form here](#)





# PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025



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

## ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

## ASDA

Kids eat for £1 daily, with no adult spend

## ASK ITALIAN

Kids under 10 eat for £1 during school holidays

## BEEFEATER

Kids Eat FREE with Newsletter Voucher this Summer

## BELLA ITALIA

Children eat for £1 with any adult main

## BILLS

Kids Eat Free weekdays, 21st July – 29th Sept

## BREWERS FAYRE

Kids Eat FREE with Newsletter Voucher this Summer

## BREWDOG

2 Kids eat free with 1 adult, 19th July - 31st August

## BURGER KING

From 28th July - 31st August, Kids Eat Free (via app)

## CHIQUITO

Kids eat FREE Daily Until August 31st

## DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

## FRANKIE & BENNY'S

Kids Eat Free from 14<sup>th</sup> July – 31<sup>st</sup> August 2025

## FUTURE INNS

Under 5s eat for free with any adult meal

## GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

## HARVESTER

Kids eat for £1, Mon - Fri via the App

## HUNGRY HORSE

Kids eat for £1 on Mondays

## IKEA

Kids get a meal from 95p daily from 11am

## LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

## MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

## MORRISONS

Kids Eat FREE all day, every day with a £5 spend

## PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

## PREMIER INN & TRAVELODGE

2 kids eat for FREE with 1 adult breakfast

## PRETO

Kids up to age 10 eat free with 1 paying adult

## PUREZZA

Kids under 10 get free pizza with every adult meal

## SA BRAINS PUBS

Kids eat for £1 on Wednesdays

## SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

## TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

## TESCO

Kids Eat FREE with a 60p spend until Aug 31st

## TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

## THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

## TOBY CARVERY

Kids eat for £1 all day (weekdays) until Aug 29th

## WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

## YO! SUSHI

Kids eat free all day (weekdays) in school holidays

## ZIZZI

Kids eat free this summer holidays (ex Saturdays)



# 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 and carers to access their 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](#)

Special Educational Needs  
and Disability Information,  
Advice & Support Service

**sendiass**  
in Suffolk

## Is your child without a school place for September?



If you are facing this situation, do reach out to us. IPSEA (Independent Provider of Special Education Advice) also has information which may help you.

Click [here](#) to view helpful information and links

Special Educational Needs  
and Disability Information,  
Advice & Support Service

**sendiass**



These **Not in Employment, Education or Training drop ins** are available to get help and advice on subjects like work and volunteering opportunities as well as support with money.

Click the flyers to go to their session dates and to see what stall holders are attending the events. These sessions run during the summer break.

More information can be found at [www.suffolk.ac.uk/thrive](http://www.suffolk.ac.uk/thrive)

Thinking of leaving your course or job?

Not sure what to do next?

If so, get help and advice, find out about jobs, volunteering and work experience opportunities, and support with money and access to the foodbank at

**INFO @ IPSWICH**

at 4YP, 14 Lower Brook Street, Ipswich, IP4 1AP  
Every 3rd Thursday of the month starting 22 May 1-3pm

[www.suffolk.ac.uk/thrive](http://www.suffolk.ac.uk/thrive)

**POP-IN, NO  
APPOINTMENT  
NECESSARY**



Funded by  
UK Government



Department  
for Work &  
Pensions



Thinking of leaving your course or job?

Not sure what to do next?

If so, get help and advice, find out about jobs, volunteering and work experience opportunities, and support with money and access to the foodbank at

**INFO @ STOW**

at The Mix, 127 Ipswich Street, Stowmarket, IP14 1BB  
Every second Tuesday starting 10 June 11am - 1pm

[www.suffolk.ac.uk/thrive](http://www.suffolk.ac.uk/thrive)

Don't forget to visit the cafe while you are here!



**POP-IN, NO  
APPOINTMENT  
NECESSARY**



Funded by  
UK Government



Department  
for Work &  
Pensions



Thinking of leaving your course or job?

Not sure what to do next?

If so, get help and advice, find out about jobs, volunteering and work experience opportunities, and support with money and access to the foodbank at

**INFO @ SUDBURY**

at Sudbury Arts Centre, St Peters, Market Hill, Sudbury, CO10 2EA  
Every 2nd Wednesday of the month starting 11 June 12-2pm

[www.suffolk.ac.uk/thrive](http://www.suffolk.ac.uk/thrive)

Don't forget to visit the cafe while you are here!

**POP-IN, NO  
APPOINTMENT  
NECESSARY**



Funded by  
UK Government



SUDBURY  
ARTS —  
CENTRE

Department  
for Work &  
Pensions







# THE BLANK PAGE PROJECT

LUNCH  
PROVIDED

## Creative workshops for 10–16 year olds

Join talented local  
artists at the library  
for creative workshops  
during the school  
holidays!



To book, visit:  
[suffolkcommunitylibraries.co.uk/blank-page](https://suffolkcommunitylibraries.co.uk/blank-page)

**Suffolk**  
Community Libraries

 **Suffolk**  
County Council

The Holiday Activity Fund is funded  
by the Department for Education.

## Home-Start Suffolk

Home-Start provides informal, family support in families homes or via telephone video calls. Volunteers can offer regular support, friendship, and help to families under stress in their own homes where they feel comfortable and in control. The visits or calls are flexible, and the parent or carer can decide how their support will be shaped.

Volunteers also offer practical support, including helping with things such as routines, budgeting, meal planning and getting out to appointments and groups within the community.

You can find out more [here](#)

Home-Start also have a dedicated SEND Navigator.

You can find out about SEND support [here](#)

To view their term time group sessions, click [here](#)

They have at home play ideas with every day household items [here](#)

**HOME  
START**  
Suffolk





- Support navigating the complex SEND system
- One-to-one support and advice
- Volunteer support
- **Monthly Support Group sessions**
  - An opportunity to connect with parents experiencing similar challenges and to come together as adults to chat about raising children with additional needs and disabilities in a friendly, virtual group setting, led by experienced Home-Start Coordinator Tracy Clark, with the support of fully trained Home-Start volunteers
- **Fortnightly Group for children and parents**
  - Are you worried about joining local groups in case your child doesn't cope in a large group environment?
  - Have you had a negative experience of being judged when your child has found it challenging to be in a group environment?
  - Or are your child's additional needs preventing you from joining groups in your community?
  - Our dedicated Time to Explore Group is has especially created and has an open to all and inclusive approach.



**A Time to Explore**  
 For children with additional needs aged 0-5 years old  
**Butterflies Family Hub**  
 1. Inclusive group sessions  
 2. Free play and sensory activities  
 3. No judgement or pressure to children or adults

Every other  
 Wednesday morning  
 10.30am - 11.30am

Find out more call 01473 643 000  
 or visit [www.homestartinsuffolk.org](http://www.homestartinsuffolk.org)

**A Time to Be**  
 For other parents and carers of children with additional needs for our new monthly evening virtual support group  
**Via Zoom**  
 An opportunity to connect with other experienced parents, share experiences and advice, and to meet other young people with additional needs and disabilities in a friendly, safe group setting. No judgement or pressure to children or adults.

First Wednesday Evening of every month  
 7.30pm - 9.30pm

Find out more call 01473 643 000  
 or visit [www.homestartinsuffolk.org](http://www.homestartinsuffolk.org)

**A Time to Be**  
 For other parents and carers of children with additional needs for our new monthly evening virtual support group  
**Via Zoom**  
 An opportunity to connect with other experienced parents, share experiences and advice, and to meet other young people with additional needs and disabilities in a friendly, safe group setting. No judgement or pressure to children or adults.

First Thursday evening of every month  
 6.30pm - 8.30pm

Find out more call 01473 643 000  
 or visit [www.homestartinsuffolk.org](http://www.homestartinsuffolk.org)



# 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](mailto:localoffer@suffolk.gov.uk)  
[www.suffolklocaloffer.org.uk](http://www.suffolklocaloffer.org.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](#)

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](#)



# 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.

They 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.

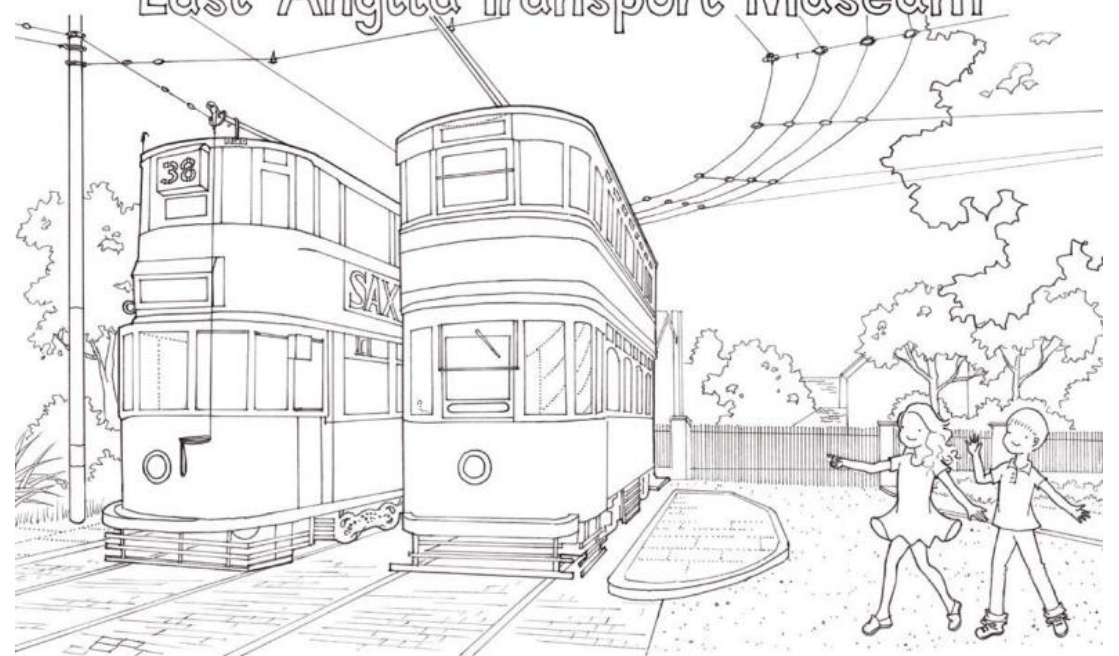
## Framlingham Castle



Alex and Rosie were excited to visit Framlingham Castle.

The castle walls were very tall.

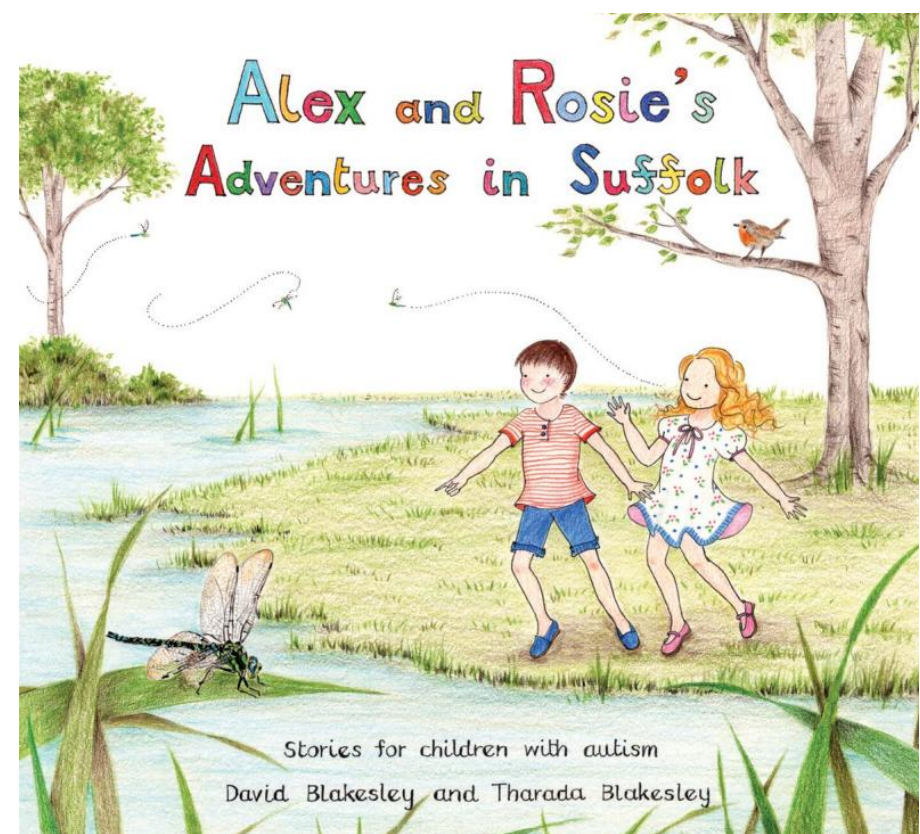
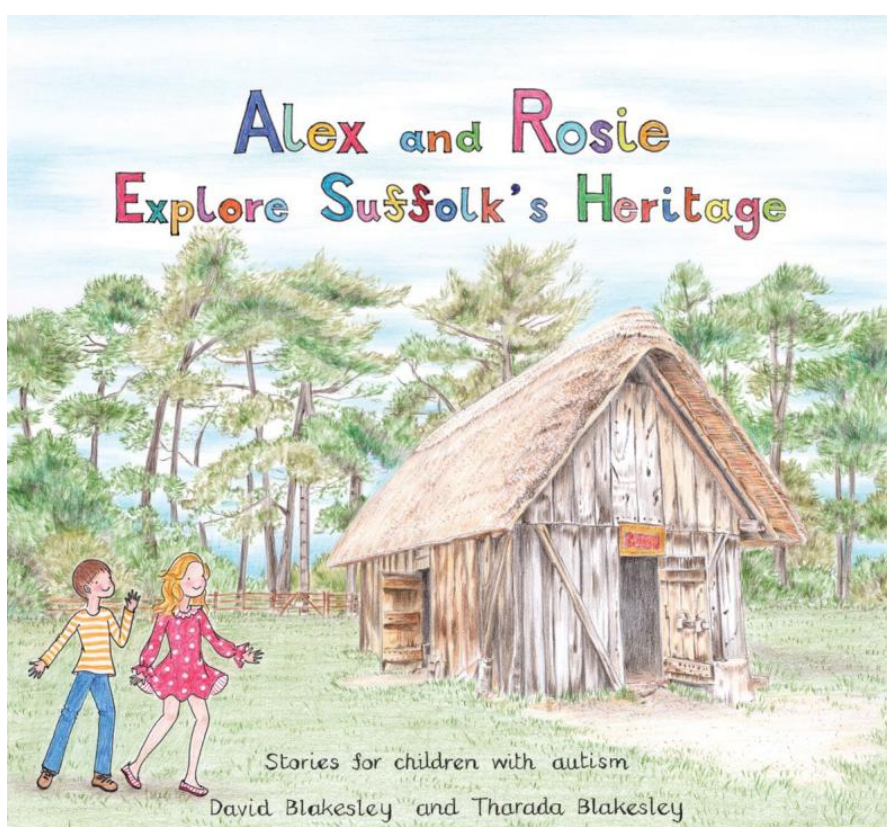
## East Anglia Transport Museum



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](#)

## Alex and Rosie Explore Suffolk's Heritage





Libraries across Suffolk have various events in your local library, including meet-ups, author talks, wellbeing sessions, activities for children and more.

You can find out what's coming up at your local community library [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, their Home Library Service volunteers can help. The service is free and available from most libraries.

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

Contact your local library [here](#) Email: [hls@suffolklibraries.co.uk](mailto:hls@suffolklibraries.co.uk)



Reading Quest is back for 2025! Children of all ages can sign up at any library and receive their reading passport from 19 July onwards. You can sign up at any time during the school holidays to start your quest.

You don't need to read a set number of books – Reading Quest is designed to encourage children to enjoy reading at their own pace in a fun, interactive way by taking part in different challenges and activities to suit them.

For each activity you complete, bring your passport back to the library to receive a stamp and a reward! Collect a passport from the library to get started.



# Low Sensory Swim Session

FOR SEND CHILDREN AND THEIR FAMILIES

[Click the image to see session dates and booking information](#)

Suffolk  
Family Carers  
Living Fuller Lives



SWIM SESSIONS

# Craft & Play Session

WHOLE FAMILY ACTIVITY WITH NEURODIVERGENT CHILDREN

[Click the image to see session dates and booking information](#)

Suffolk  
Family Carers  
Living Fuller Lives



SUMMER HOLIDAYS

# Mini Monsters Soft Play

DURING THE SUMMER HOLIDAYS

[Click the image to see session dates and booking information](#)

Suffolk  
Family Carers  
Living Fuller Lives



SUMMER HOLIDAYS



# SUPPORT PROVIDERS



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.



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](#) to 85258.

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](http://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](tel:88247) Email: [pat@papyrus-uk.org](mailto: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 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](#). 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.**



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](mailto: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](http://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/**



## *#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





**A monthly group  
for parents & carers  
of neurodivergent  
children & young people.**



**Steam House Cafe, Ipswich  
First Tuesday of every month 10am-12pm  
22 Carr Street, Ipswich, IP4 1EJ**

**Linden House, Bury St Edmunds  
Third Tuesday of the month 10am-12pm  
147 kings Road, Bury St Edmunds, IP33 3DJ**



**Join us to ask questions, raise concerns &  
receive non judgemental support & guidance.**

proudly part of  
**access**  
Your Community Your Thrust

## **Citizens Advice**

Citizens Advice Suffolk are a group of independent charities that help people to find a way forward. They offer confidential and impartial advice for free.

They help with a range of topics including:  
benefits, debt, employment, housing, family and relationships, energy advice,  
consumer issues and more.

Their main website has resources that you can access online that could support you. They also offer support by phone; by completing a contact form or some locations offer face to face appointments.

Contact your local Citizens Advice [here](#)

**citizens  
advice**



# Drop in at **THE OAKS** Felixstowe

Whatever the problem, we're here for  
free, impartial and confidential advice



Face to face drop in  
The first Wednesday of every month  
11.30 am to 2.30pm  
**The Oaks Family Hub (Children's Centre)**  
**Grange Road Felixstowe IP11 2LA**



**East  
Suffolk**

Call us on **0808 278 7866**  
or email us via **caes.org.uk**

Our offices are in :

**Beccles • Felixstowe • Leiston • Lowestoft • Woodbridge**  
plus outreach centres across the region



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)