

Suffolk Parent Carer Forum

Newsletter October 2025



Welcome

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

We are continuing to refresh and add to our online information section to support parents and carers navigating Suffolk SEND education and health services.

We have recently added refreshed ARFID resources, Attendance Support, School Transport and SEND Acronyms.

You can view all our resources [here](#)



Membership

We are always keen to welcome new members, as this helps us diversify and further our engagement with parents and carers to accurately capture the real-life experiences of SEND across Suffolk.

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

Affiliate Membership

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](#)

Feedback

Your feedback on SEND education, and health services in Suffolk is valuable to us. Please share your thoughts anytime [here](#)



**Suffolk Parent Carer Forum will close for
half term on Monday 27th October, and
reopen on Monday 3rd November**



Ofsted Focus Visit

In September, Ofsted conducted a focused visit of children and young people's front door services at Suffolk County Council.

You can read their findings here – [Ofsted Letter](#)

Partnerships for Inclusion of Neurodiversity in Schools (PINS)

As part of the Partnerships for Inclusion of Neurodiversity in Schools (PINS) project, we have been visiting up to four schools each week to hold engagement sessions with parents and carers. These sessions provide an opportunity to introduce the project, listen to families' experiences, and explore what's working well and where challenges remain. Attendance has been strong, and the discussions have offered valuable insights into how schools and families can work together to better support neurodivergent children.

PINS is currently being delivered across 30 primary schools in Suffolk, with the aim of fostering greater understanding and inclusion of neurodivergence among both families and education staff. By strengthening collaboration between schools and home, the project seeks to create more inclusive learning environments where every child can thrive and feel understood.

Find out more about PINS [here](#)

Suffolk County Council Meeting Minutes

Suffolk County Council make some 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](#)

Carers Charter

The Norfolk and Suffolk NHS Foundation Trust (NSFT) Carers Charter is a set of commitments that explains how NSFT staff should work with, support, and involve the carers of people who use them. It was co-produced by carers and Trust staff working together to ensure carers feel recognised, heard, and supported.

The Charter serves as a guide for staff to better identify carers, uphold their rights, and ensure they get the support they need while navigating the Trust's services.

If you attend any NSFT services, look out for the Charter posters and leaflets. If these are not available, please ask at the reception for them or contact CarersQAService@nsft.nhs.uk

View the charter, including an Easy Read version [here](#)



Carers' Charter: Our commitment to you

Who is a carer?

If you regularly support someone who couldn't manage without your help because of their health, disability, or wellbeing you might be a carer.

Scan the QR code to find out more about our Carers Charter or go to



www.nsft.nhs.uk/carers-charter

Well Minds

Packed with information advice and useful contacts helping you, your family, friends and community to manage good mental health and wellbeing in Suffolk.



Suffolk Well Minds

The new Well Minds booklet is now available online and in libraries across Suffolk.

The Well Minds booklet is packed with useful information, advice, helplines and services for adults and young people in Suffolk who may be struggling with their mental health and emotional wellbeing.

You can view the booklet [here](#)

You can also pick up printed copy from your local library, or you can download a PDF version [here](#)

Adult Mental Health Support Services



We want to acknowledge the heavy toll that caring takes on parents and carers.

While we advocate for children with SEND, you must remember: **your mental health matters, too.**

Navigating life with a child who has additional needs means dealing with a system that is often complex, draining, and stressful.

If you are struggling and need help now, you are not alone. Please reach out to these vital services.

Click the images below to visit their websites.



NHS SEND Vaccination Survey

NHS

The NHS in the East of England region is inviting parents and carers of children or young people with special educational needs and disabilities (SEND) to share their experiences of vaccination.

The survey will help them to understand how they can improve vaccination services for children and young people with SEND.

The closing date is 2nd November 2025. Click the button below.

NHS Vaccination Survey

NHS Reasonable Adjustments

People with a physical disability, sensory disability, a learning disability or long-term condition are entitled to reasonable adjustments. Reasonable adjustments are individual to each person and help remove barriers that people face meeting their health needs. For example, providing information in an easy read format, longer appointments or quiet waiting spaces.

Visit the ICB (Integrated Care Board) website for more information and speak to your GP surgery about ways they could help you.

Click the image for more information.





**A bespoke community café,
supporting young people with
disabilities**

**Unit 20, The Square,
Martlesham Heath, IP5 3SL**



Telephone:
07904 196812

Email:
hello@21younghearts.co.uk



Website:
www.21younghearts.co.uk

Coffee Crawl

Join us on a Wednesday morning at 10.30am-noon for a cuppa and a chat.

Just turn up and meet like-minded people in a relaxed, informal chat setting, meeting at a different Ipswich coffee shop each week.

Oct	1	BB's Coffee & Muffins, Sailmakers Shopping Centre, Ipswich IP1 3BB
	8	The New Wolsey Theatre Café, Civic Drive, Ipswich IP1 2AS
	15	Café at the Dancehouse, Jerwood Dancehouse, Ipswich IP4 1DW
	22	The Key Ipswich, 15 St Margarets Plain, Ipswich IP4 2BB – Suffolk User Forum and Suffolk County Council planning meeting (optional)
	29	Honey & Harvey, 4-6 Queens Street, Ipswich IP1 1SS
Nov	5	Marinero Lounge, 15 Saint Peter's Wharf, Ipswich IP4 1GF
	12	Geek Retreat, 41a Upper Brook Street, Ipswich IP4 1DU
	19	The Crafty Fox Café, 15-27 Thoroughfare, Ipswich IP1 1BX
	26	Fresh Start & Coffee, 29-31 Carr Street, Ipswich IP4 2A
Dec	3	Geek Retreat, 41a Upper Brook Street, Ipswich IP4 1DU – Christmas card making workshop (optional)
	10	Christmas Lunch at St Lawrence Café, Dial Lane, Ipswich IP1 1DJ – 1-3pm (deposit and re-booking essential)
	17	Café at the Dancehouse, Jerwood Dancehouse, Ipswich IP4 1DW
	24	Honey & Harvey, 4-6 Queens Street, Ipswich IP1 1SS
	31	Isaacs Coffee Tavern, 7 Wherry Quay, Ipswich IP4 1AS
Jan	7	The Key Ipswich, 15 St Margarets Plain, Ipswich IP4 2BB
	14	The Hold, 131 Fore Street, Ipswich IP4 1LN
	21	Marinero Lounge, 15 Saint Peter's Wharf, Ipswich IP4 1GF
	28	BonBon, 19 Buttermarket, Ipswich IP1 1BQ



BRIDGE THE GAP



**BRIDGE FAMILY HUB
AUTUMN TERM
TUESDAYS
10:30-12:30**

**21 OCTOBER
4 NOVEMBER
18 NOVEMBER
2 DECEMBER
16 DECEMBER**



Do you have a child who struggles with school attendance?

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

JOIN with other parents and carers

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

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

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

**Please contact Emma Malcolm
to book a space or make a referral
emma@bridgecommunitychurch.co.uk
07501 408608**



PLACES WHERE KIDS EAT FREE (OR FOR £1) OCTOBER HALF TERM 2025

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

BELLA ITALIA

Children eat for £1 with any adult main

BILLS

Kids Eat Free weekdays, 27th - 31st October 2025

BREWDOG

1 Kid eats free with 1 adult. Scotland 13th - 17th Oct
England & Wales 27th - 31st Oct

BURGER KING

From 13th Oct - 2nd Nov, Kids Eat Free (via app)

CHIQUITO

Kids eat FREE Daily 27th - 31st October

COCONUT TREE

Kids eat FREE Daily Mon 27th Oct - Sun 9th Nov 2025

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FARMHOUSE INNS

2 Kids eat free From Mon 6th - Fri 17 Oct
(Scotland) & Fri 17th - Fri 31 Oct (England & Wales),

FLAMING GRILL

1 Kids eats free, Mon 13th - 20th Oct (Scotland) &
Mon 20th - Fri 31 Oct (England & Wales)

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 until October 31st 2025 via App

HUNGRY HORSE

2 Kids eat for £1 From Mon 6th - Fri 17 Oct
(Scotland) & Fri 17th - Fri 31 Oct (England & Wales),

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

MARSTON PUBS

kids eat for £1 during the october half term

MORRISONS

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

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PREMIER INN

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

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for free with 1 adult breakfast

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

Autumn Activities from Forestry England

Forestry England offers a variety of free activities and experiences during the autumn season, focusing on the natural beauty of the changing leaves, wildlife observation, and family fun.

These activity sheets are aimed at children aged between 4 and 11 years old. Although designed for forests, these sheets can be completed in any outdoor space where there are trees. Some of the activities can be completed back inside when you have finished exploring.

View their Autumn themed sheets [here](#)

This year, they also offer 'Room on the Broom' themed activities, free to download on their website [here](#)





Ipswich Buttermarket



www.buttermarketipswich.com

LEGO CAFE®

at Colchester Road Baptist Church

Wednesday 29th October 2025
10.00am - 11.30am

Come and have a hot drink and relax whilst the children spend time building, playing and creating with our Lego and building bricks

Suitable for all children aged 11 and under
Children must be accompanied by an adult

Get your free tickets now

by going to our website www.crbc.org.uk
or by emailing
children.worker@crbc.org.uk



FREE PUMPKIN CARVING & SPOOKY FUN WITH LEVEL TWO



SATURDAY 25TH OCTOBER
10:00 AM – 2:00 PM
THE TRIANGLE, HAMILTON ROAD, FELIXSTOWE
FREE EVENT

Halloween Treasure Hunt Oulton Broad Library

Oulton Broad Library are hosting a free treasure hunt and Trick Or Treat activity. Search in and around the bookshelves of the library for 12 Halloween-related pictures and decide a book title for each one to receive a trick or treat.

Drop in any time during opening hours.

Please note the library is closed from 13:00 to 14:00 for lunch.

Events at other Suffolk Community Libraries can be viewed [here](#)



Oulton Broad Library

HALLOWEEN

Friday 31st October

Spooky Treasure hunt,
trick or treat lucky dip
& take away colouring



Suffolk
Community Libraries

Suffolk
County Council





WHAT'S ON IN...

OCTOBER

Monday	DROP IN 10am-4pm Youth workers available for chats & support
 Tuesday	DROP IN 10am-4pm Youth workers available for chats & support GIRLS GROUP Year 7-Year 11 4.30-6.30pm @ 4YP Hub GAMES NIGHT 16+ 5-6.30pm @ 4YP Hub
 Wednesday	DROP-IN 10am-4pm Youth workers available for chats & support EAST BERGHOLT YOUTH CLUB Year 7-Year 11 5.30-7.30pm Constable Hall, Gandish Rd CO7 6TP WALK & TALK Year 7-Year 11 5-6.15pm @ 4YP Hub Year 11 & upwards 6.30-8pm @ 4YP Hub
Thursday	DROP-IN 10am-4pm Youth workers available for chats & support GIRLS GROUP Year 4-Year 6 4.30-6.30pm @ 4YP Hub KESGRAVE HANGOUT Year 6-Year 10 5.30-8.30pm Millennium Hall, Kesgrave, IP5 2EN
Friday	DROP-IN 10am-4pm Youth workers available for chats & support

 4youngpeople
4yp_hangout
 4youngpeople

ALL OF OUR
GROUPS
ARE FREE OF
CHARGE!

Visit the hub at:
14 Lower Brook St
Ipswich IP4 1AP

Contact us at:
01473 252607
Youthteam@4yp.org.uk

FREE ACTIVITY!
GIVE NATURE A HOME IN YOUR GARDEN,

COME AND CREATE A BUG HOTEL
THIS HALF TERM
at HENSTEAD ARTS AND CRAFTS CENTRE
Toad Row, Henstead, NR34 7LG
29th/30th/31st October
10am to 4pm

Everything you need to create your own
unique Bug Hotel is provided for you,
just turn up!



OCTOBER HALF TERM DROP INS

**Tuesday
28th
October**

Drop In Lates

Age 16 to 19 - 5pm till 7pm
The Mix Stowmarket

**Wednesday
29th
October**

High School Drop In

Years 7 to 11 - 12pm till 3pm
The Mix Stowmarket

**Friday
31st
October**

Needham High School Drop In

Years 7 to 11 - 12pm till 3pm
The Hut - Crowley Park

All Drop Ins at The Mix are free to attend

EDEN'S YOUTH CENTRE

Holiday Youth Drop-in

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

Tuesday 28th October
Thursday 30th October
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

Part funded by:
Babergh's Holiday Activities Fund



Department
for Education



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.

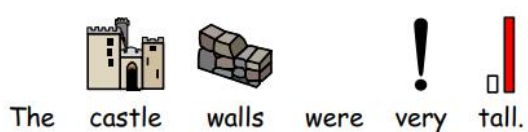
They believe that contact with the natural world can benefit a child's learning, health and wellbeing, and act to raise awareness of these benefits by developing educational resources in partnership with schools, local authorities, conservation organisations and autism charities.

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 Widget symbols.

Framlingham Castle

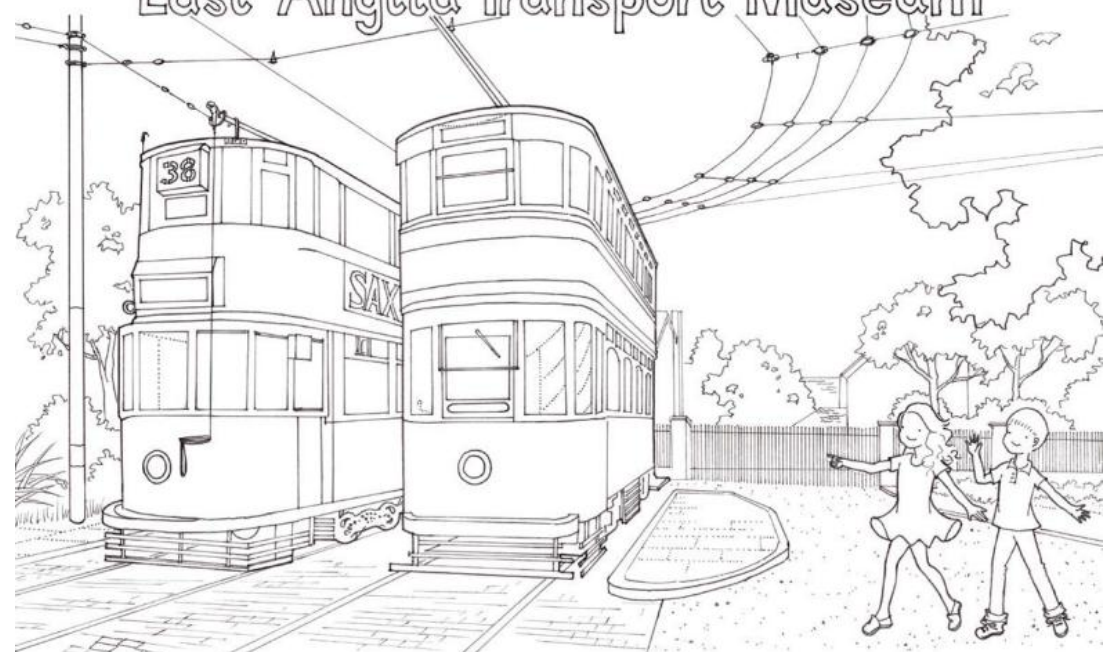


Alex and Rosie were excited to visit Framlingham Castle.



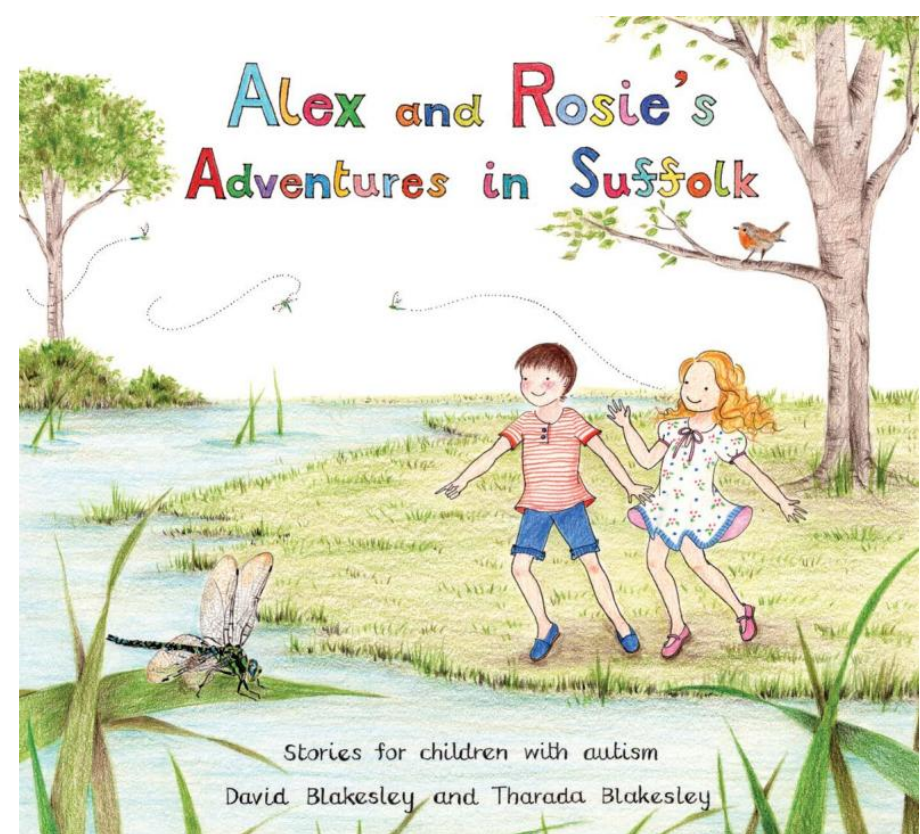
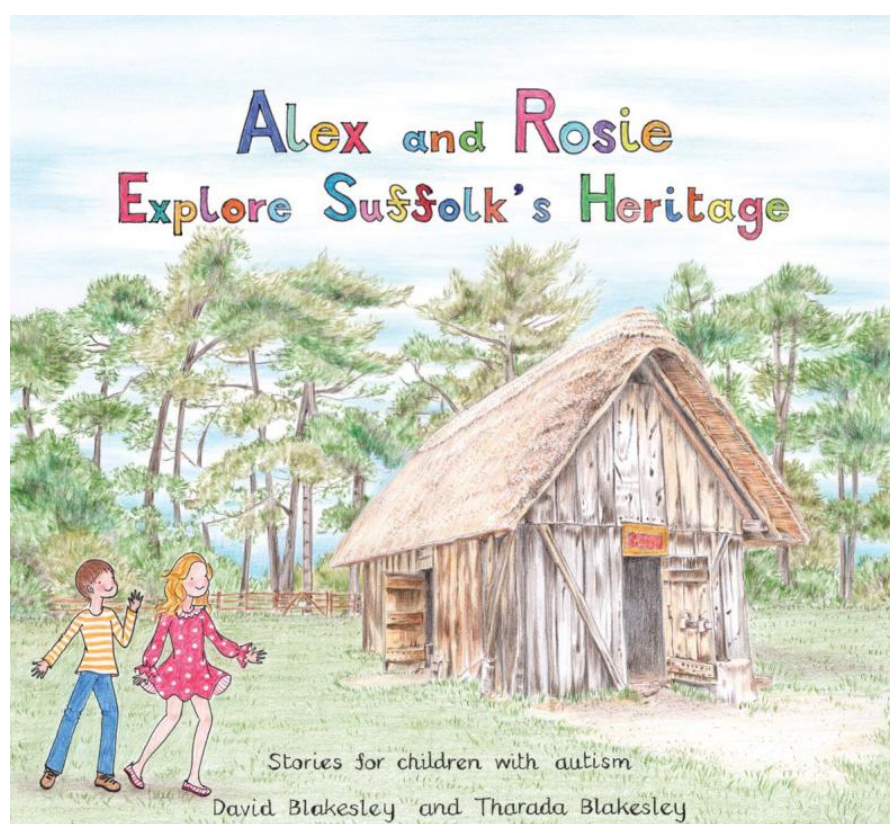
The castle walls were very tall.

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](#)



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

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.

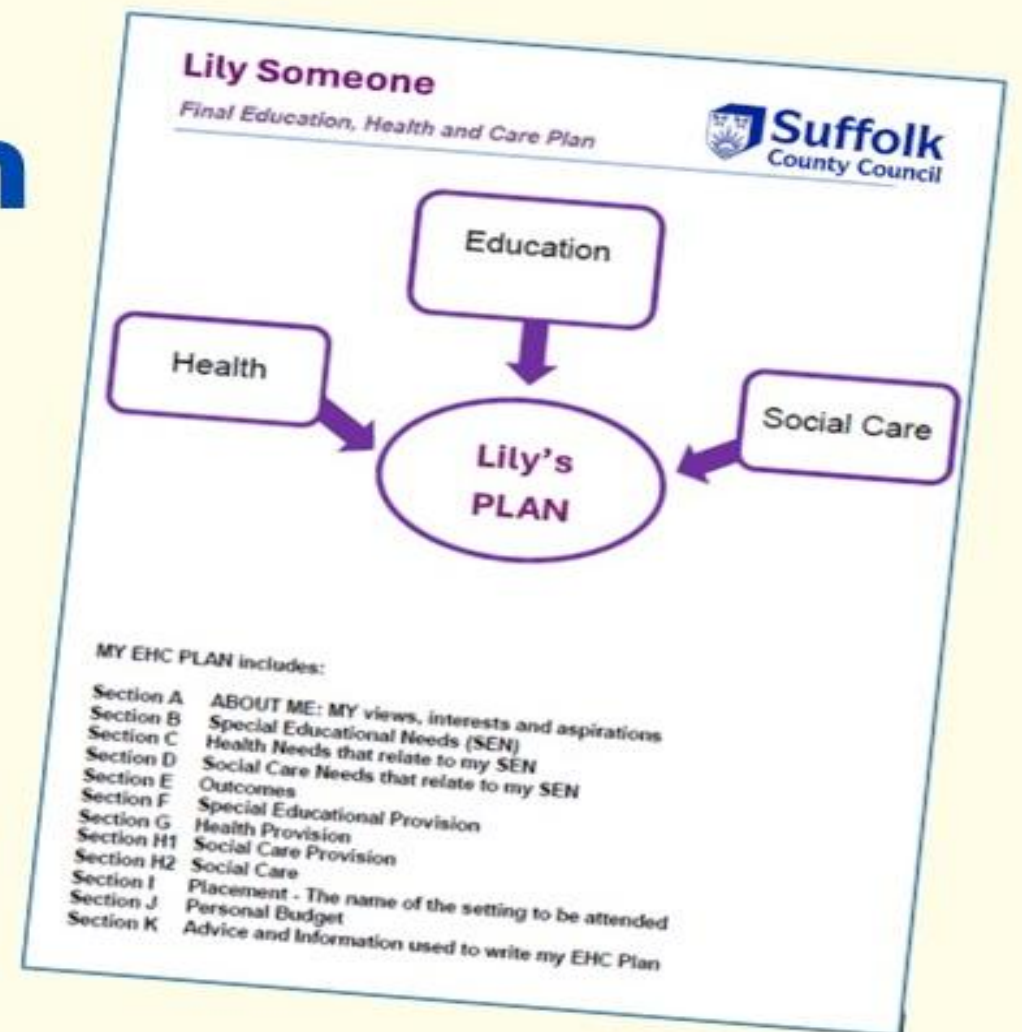
They offer information, advice and support to:

- 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](#)

Worried provision in your child's EHC plan is not being made?



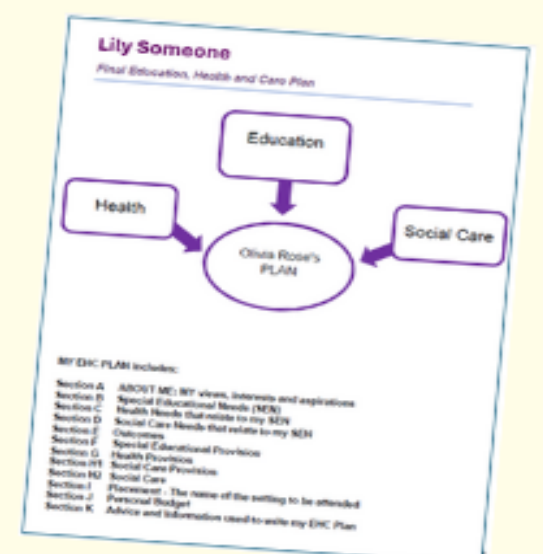
Click [here](#) to find out more
information

Special Educational Needs
and Disability Information,
Advice & Support Service

sendiass

Phase transfer reviews of EHC plans

When a child with an EHC plan is due to move to a new school phase (like primary to secondary), a transfer review **must** be completed by spring term deadlines in the year of transfer.



The process should start in the preceding **autumn term**.

Click [here](#) to find out more
information

Special Educational Needs
and Disability Information,
Advice & Support Service

sendiass



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](#)

You can follow them here – [Facebook](#)

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](#)

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

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



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](#)

Childhood Neurodivergence Parent/Carer Workshops

NHS

Norfolk and Suffolk
NHS Foundation Trust

Free Upcoming Virtual workshops on Childhood Neurodivergence:

- Understanding and Supporting Behaviour
- What you need to know as a Parent/Carer
- Supporting your Child's Education
- Supporting your Child with Anxiety

Pre-recorded Workshops and Resources

- Supporting your Neurodivergent Teenager
- Understanding and Supporting Sensory Needs
- Understanding and Supporting your Child with Low Mood
- Understanding and Supporting Eating Difficulties
- Supporting Planning, Organising and Remembering
- Supporting Social Relationships

And more..!



Access here: <https://www.suffolklocaloffer.org.uk/health-and-wellbeing/autism-adhd-and-neurodevelopment/neurodiversity-online-parentcarer-workshops>

SUPPORTING PARENT CARERS

Parenting can be fun but it can also be hard, particularly when parenting a child with additional needs.

If you would benefit from speaking to someone about your caring responsibility we are able to offer information, advice, guidance and signposting from our experienced Parent Carer Advisor.



Suffolk ●●●
Family Carers
Living Fuller Lives

Register as a parent carer at
www.suffolkfamilycarers.org or call into our
Information Hub on 01473 835477

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/

#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 Trust

Citizens Advice

**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](#)



**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