

Suffolk Parent Carer Forum

Newsletter March 2026



Welcome

Welcome to the March 2026 edition of our newsletter, where you will find Suffolk Parent Carer Forum news, updates and family events.

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

Membership

Why should you become a member of Suffolk Parent Carer Forum?

It's completely **FREE**

Stay up to date with our projects, news and SEND developments in Suffolk

Receive our newsletters straight to your inbox

Hear about SPCF events and other SEND-related events happening locally

Take part in opportunities to share your experiences and have your say

Get involved in meaningful co-production with services

Be entered into members-only prize draws

Your voice matters. Together, we can make a real difference for children and young people with SEND.

If you are a parent, carer, grandparent, family member or professional you can join us for free today [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 the Easter
holiday from Monday 30th
March and reopen on
Monday 13th April**





Anonymous Feedback

Every Tuesday during term time, we reach out to the parent and carer community on our social media to see how you're getting on.

We understand how vital SEND services are, which is why we offer this anonymous space for you to tell us what's working and what needs to improve.

It only takes a moment to answer our two quick questions, but the impact is huge. We take your feedback directly into our meetings with health and education partners to ensure your voice is heard.

We will continue to run our anonymous feedback opportunities every Tuesday. Thank you for helping us work on improving services for our SEND children and young people; on the next page we have a **Tell Us Tuesday** update

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](#)

Suffolk Parent Carer Forum



SAVE THE DATE

MID SUFFOLK OPEN EVENT

An opportunity to meet professionals and find out about services, voluntary and support groups.

Stowmarket

United Reformed Church

Wednesday 17th June 2026

10AM – 1PM

More information to follow nearer the time

 01473 760933

 info@suffolkpcf.co.uk

 www.suffolkpcf.co.uk



FACEBOOK.COM/SUFFOLKPCF

Autism and ADHD Assessments

Many families have been waiting a long time for Autism and ADHD assessments. Some children and young people have now had their assessment, or are waiting for one, with Private Therapy Clinic Ltd working for NSFT (Norfolk and Suffolk Foundation Trust).

We know this can be a stressful time for families, especially after such a long wait. Please remember to take care of yourselves in whatever way feels right for you.

More info [here](#)

Self Care Ideas



Get some fresh air and sunlight



Contact a friend



Get lost in a good book or film



Listen, sing, dance to music



Write a gratitude list



Wear your favourite clothes



Get creative. Bake, draw, or sew



Spend time in nature or with a pet



Enjoy your favourite smells. A candle, warm bubble bath or your favourite perfume/aftershave



Get some exercise, even just a short walk



FREE ADHD WEBINAR...

Dr Sami Timimi, Consultant Child, Adolescent and Adult Psychiatrist and Psychotherapist spoke at a recent online talk exploring ADHD diagnosis, medication and alternative perspectives on YouTube.

This was hosted by Dr Becky Spelman, psychologist and founder of Private Therapy Clinic Ltd who have recently been providing Autism and ADHD assessments on behalf of NSFT.

*"Is ADHD Being Misunderstood?
Diagnosis, Medication & Alternatives"*

You can watch [here](#)

SEND REFORMS...

Many of you will know that the Schools White Paper has now been published. The proposed SEND reforms are currently open for public consultation. This means the government is asking people to share their views before any decisions are made.

We would really like to hear what you think.

You can read more about the reforms [here](#)

Please share your thoughts using the Mentimeter if you click [here](#), or you can email us at info@suffolkpcf.co.uk.



Your views are important and will help us represent families across Suffolk.

Therapeutic Thinking

Therapeutic Thinking is an approach used in schools to help adults respond to behaviour in a calm and supportive way. It focuses on understanding the feelings behind behaviour, helping children feel included, and reducing suspensions and exclusions.

Two members of the SPCF team recently attended the Therapeutic Thinking training that is being rolled out across Suffolk.

The training helps staff think about why behaviour happens and how schools can support children in a more understanding and consistent way.

PINS

Partnership for Inclusion of Neurodiversity in Schools

The Partnerships for Inclusion of Neurodiversity in Schools (PINS) programme in Suffolk has now come to an end. The project brought schools, parents, carers and professionals together to learn more about neurodiversity and how schools can be more inclusive.

Through meetings, school visits and conversations with families, we heard about children's experiences in school and the challenges many families face.

Thank you to all the parents, carers, schools and professionals who took part. What we learned will help shape future work to support neurodivergent children and young people in Suffolk schools.

How well does Suffolk support young people with SEND into their adulthood?

Preparing young people with special educational needs and disabilities for their adulthood - *have you responded to the survey?*

This survey will now close on 31 March 2026, allowing more time for feedback.

Please don't miss the chance to share your views.

Click [here](#) for more details

ATTENDANCE DIFFICULTIES...



Define Fine work with parents and professionals to find solutions to school attendance difficulties or barriers to education relating to SEND and physical or mental health, sometimes referred to as EBSA.

Define Fine is a national parent carer led peer support organisation. Our 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.

More details can be found here





PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2026

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

2 Kids eat free from 27th March - 19th April 2026

BELLA ITALIA

Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with one paying adult

BILLS

Kids eat free Mon 30th March - Fri 10th April

BREWDOG

Kids eat free 28th March - 12th April 2026

CAFE ROUGE

Kids Eat FREE 12-4pm every day of the week

COCONUT TREE

Kids eat free Mon 30th March - Sun 19th April

CHIQUITO

Kids eat free during all school holidays

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FARMHOUSE INNS

Kids eat FREE weekdays 30th March - 17th April

FRANKIE & BENNY'S

Kids eat FREE daily from 30th March - 17th April

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

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

MORRISONS

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

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PIZZA HUT

Kids Eat Free Every Day after 3pm

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

SUBWAY

Kids eat Free from the 6th - 13th April

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

TURTLE BAY

Kids eat free with every £15 adult spend

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

Come join us for . . .

SEND Oral Health Webinars

Community
Dental
Services

This **FREE** training is open to all people with SEND and/or their parents and carers in Suffolk!



When:

Where:
Online/Teams



Tuesday 3rd February - 10:00-11:00

Wednesday 11th March - 12:00-13:00

Thursday 2nd April - 17:00-18:00

Monday 18th May - 13:00-14:00

Friday 5th June - 14:00-15:00

**FREE
TRAINING!**

Discover how to care for oral health, understand the impact of sugar in everyday diets, and learn of the practical ways to help in reducing tooth decay.

Simply scan the QR code or click the link in the description to register for your chosen date!

Keep Suffolk

Smiling





Belonging Together In Suffolk for SEND families

We want to listen, learn, and understand
how we can better support you.

Save The Dates:

22nd April 2026

1pm - 6pm

The Mix, Stowmarket

29th April 2026

1pm - 6pm

The Battery, Lowestoft

6th May 2026

12pm - 5pm

Kesgrave Community Centre



Join us for free teas,
coffees, cakes, stalls
and the opportunity to
speak with a variety of
organisations around
SEND in the community.

More details to follow!

A vibrant yellow poster for an Easter craft morning. At the top, two cute white rabbits with pink inner ears peek over a green grassy hill. The hill is decorated with colorful Easter eggs (yellow with polka dots, pink with stripes, blue with wavy lines, and yellow with flowers) and various flowers like pink daisies and yellow buttercups. The text 'Home Ed' is written in a yellow, rounded font on the green hill. Below it, 'EASTER CRAFT MORNING' is written in large, bold, white, sans-serif capital letters. A green ribbon banner below the title contains the text 'Next session: Friday 27th March'. Below the banner, the time '9am-10.30am' and the location 'Unity Centre, Whitton, IP1 6ED' are written in a brown, sans-serif font. At the bottom, a row of four decorated Easter eggs (pink with polka dots, blue with wavy lines, yellow with flowers, and yellow with stripes) sits on a patch of green grass with small white and pink flowers. The background is a solid, bright yellow with a subtle floral pattern.

Home Ed

EASTER CRAFT MORNING

Next session: Friday 27th March

9am-10.30am

Unity Centre, Whitton, IP1 6ED

For home educated children and their families



EASTER EGG HUNT & FAMILY FUN DAY

SATURDAY 4TH APRIL

2PM - 4PM @ CEDARS PARK PRIMARY SCHOOL

**JOIN US FOR AN AFTERNOON OF EASTER FUN INCLUDING BOUNCY CASTLES,
CRAFTS, GAMES, EGG HUNT AND REFRESHMENTS**

ALL AGES WELCOME

FREE TO ATTEND



Room on the Broom

Forestry England trail



Join the
magical adventure!

Forestry England has introduced a new walking trail at High Lodge.

The interactive trail brings the much-loved Room on the Broom story to life in the heart of the forest.

Search for Witch's missing hat, bow and wand and add the final ingredients into her cauldron to complete the spell.

You can read all about it on their website here



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

Support Providers 2026



Below are a list of mental health support providers available to you. Click the images below to visit their websites, where you will find their contact options and operating hours.

If you, or someone you know, is at immediate risk of physical harm because of a mental health concern, or you are worried about your or their safety call 999 or visit your local A&E



YOU ARE NOT ALONE. OTHER SUPPORT PROVIDERS ARE AVAILABLE.



Go Jauntly is a free walking app that helps you discover local routes, with a specific focus on wellbeing, green paths and nature connection.

It includes a variety of step-free and accessible walks, making it easier to plan a route that works for your family. Whether you are looking for a five-minute wander or a longer weekend trail, it is a tool to help you find a walk that suits you.

Suffolk County Council provided a collection of walks to mark World Mental Health Day in 2024.

You can access the Go Jauntly website [here](#) where you can find more information.

Please note, you can explore the website for routes and maps, but the app requires internet access to give you step by step instructions with pictures on your journey.

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

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.

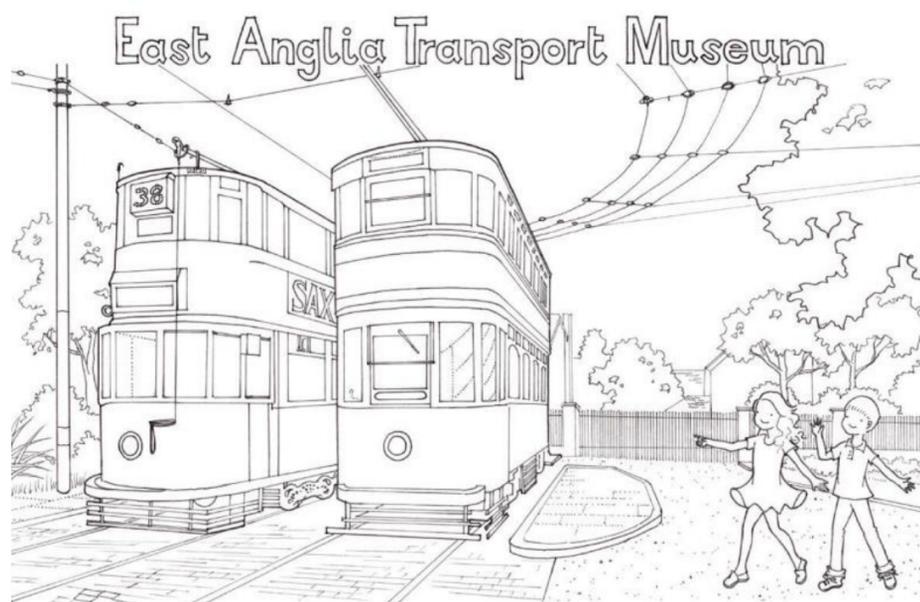
Their books are designed to help parents, carers and teachers to engage children with autism and related disabilities with the countryside, natural world and rural heritage. Illustrations are accompanied by simple text supported by Widget symbols.

Framlingham Castle



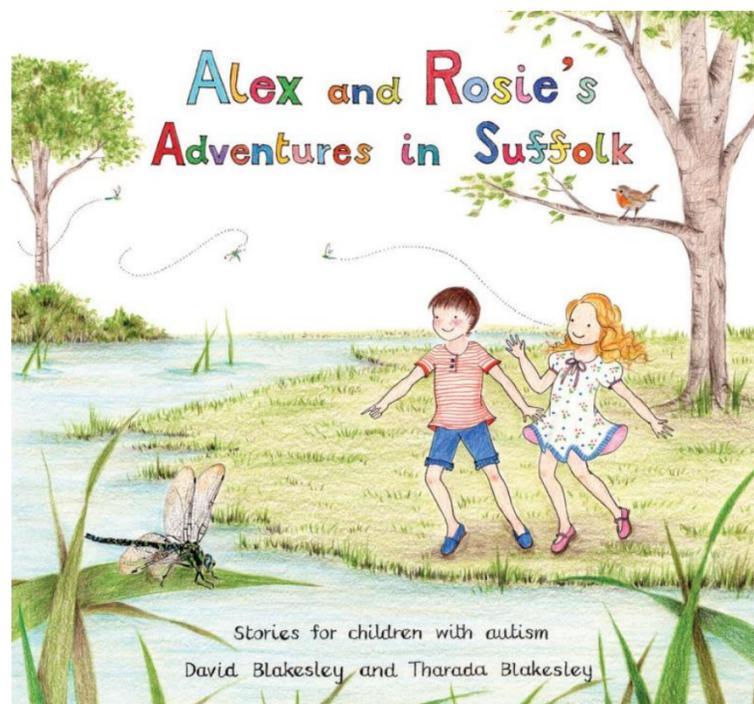
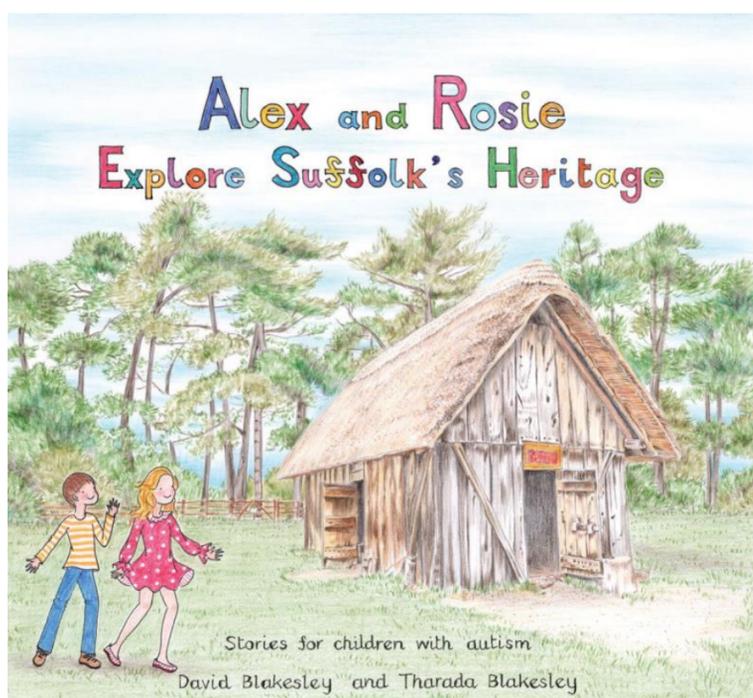

Alex and Rosie were excited to visit Framlingham Castle.


The castle walls were very tall.




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](#)





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 short breaks and leisure activities, 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

contact

Contact is a charity that offers 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](#)

Help and advice



Find information on:

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

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



You can contact PACT at parentsandcarerstogether@gmail.com



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

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

www.parentsandcarerstogether.uk

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

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



@pactenquiries



/parentsandcarerstogether/

Citizens Advice

citizens
advice

Citizens Advice Suffolk is 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](#)

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



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