

### **Suffolk local parent/family support**

- **Suffolk Family Carers** – provide support, information and guidance for both the young people being cared for and parents and families living with children with a range of illnesses and disabilities. Including workshops and family activities <https://suffolkfamilycarers.org/parent-carers/> parent workshop <https://suffolkfamilyandcommunity.org/events/caring-for-children-and-young-people-with-autism-adhd-online/>
- **Suffolk Carers Matters** – is a person-centred service, supporting family carers of all ages across Suffolk. Suffolk Carers Matters works together with other care organisations to ensure family carers get the best and most appropriate service available to them. Call: 01284 333035 / 07375523961 Email: [suffolkcarersmatter@communitiestogether-ea.org](mailto:suffolkcarersmatter@communitiestogether-ea.org) Visit: <https://www.communitiestogethereastanglia.org/>
- **Autism Anglia** is dedicated to promoting the welfare, education and care of children and adults with autism, and also supporting families affected by the condition. Call: 01206 577678. Email: [info@autism-anglia.org.uk](mailto:info@autism-anglia.org.uk) Visit: <https://www.autism-anglia.org.uk/>
- **Suffolk Infolink** - Community directory exploring thousands of activities, services and events across Suffolk <https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/home.page>
- **SENDIASS** Special Education Needs and Disabilities Information, Advice and Support Service provide free confidential and impartial information, advice and support about special educational needs & disabilities (SEND) for children, young people, parents and carers. Provide free parent workshops on SEND topics every term. Call Helpline on 01473 265210 or text ADVICE4ME to 87007 or email [enquiries@suffolksendiass.co.uk](mailto:enquiries@suffolksendiass.co.uk)
- The Source provides information and advice for young people in Suffolk. The website offers help with learning choices, finding work or training, health, relationships and more. Email: [thesource@suffolk.gov.uk](mailto:thesource@suffolk.gov.uk) Visit: [www.thesource.me.uk/](http://www.thesource.me.uk/)
- **Customer First** is the way to contact social services in Suffolk. You can call customer first to discuss your needs. They also offer **Carer's Assessments** which identifies what carer's need by looking at their role and how it affects them. It looks at any help carer's may need. Call: 0808 800 4005 Email: [Customer.first@suffolk.gov.uk](mailto:Customer.first@suffolk.gov.uk) Visit: [Carers assessments - Suffolk County Council](#)
- **West Suffolk NDD Support Service** support parents of children in the geographical areas of Forest Heath, Bury St Edmunds Town and Bury St Edmunds Rural who are waiting for, or undergoing, a neurodevelopmental assessment, or where there has been a diagnosis of ASD or other NDD conditions, by offering; 1:1 parenting/family support work, NDD specific courses, peer support groups and a range of bespoke workshops covering issues raised by parents and carers. Email: [Wsuffolk@family-action.org.uk](mailto:Wsuffolk@family-action.org.uk) Telephone: 01284 636655 Free course:

- Teen Life – A programme which supports parents and carers of children aged 10-16 with a diagnosis of autism.
- **Beans** not-for profit support service provides wrap around, individualised support for children and young people aged 0-25 who are suspected as neurodivergent within East and West Suffolk. [beans@accessct.org](mailto:beans@accessct.org) **07553 894199** [www.gobeans.co.uk](http://www.gobeans.co.uk) Support offer includes:
  - For young people: free workshops, wellbeing drop ins, 1:1 support, activities including beach trips, sensory experiences, silent cinema, art/cookery groups.
  - For siblings: free workshops, 1:1 support, wellbeing drop ins
  - Parent/carer support: 1:1 support, drop in groups in Bury, Saxmundham and Woodbridge
- **The Source Engagement Hub:** works with children to ensure young people's voices are heard and can shape services in Suffolk <https://thesource.me.uk/engagement-hub/>
- **Suffolk Local Offer:** Offers Information/guidance for families of young people with SEND needs and disabilities in Suffolk <https://www.suffolklocaloffer.org.uk/>
- **Define Fine** – offers parent peer support for Attendance Difficulties: [home - definefine](#)

### **National neurodiversity advice and support**

- [National Autistic Society](#)
- [Autism Central](#)
- [The ADHD Foundation](#)
- [Learning Disability Matters](#)
- [Contact](#) (for families of disabled children)
- [What is autism?](#)
- [Understanding and supporting my child's ADHD](#)
- [Autism and ADHD](#)
- [What is a learning disability? | Mencap](#)
- [What are Specific Learning Difficulties \(SpLDs\)? - The Dyslexia Association - The Dyslexia Association](#)
- Developmental Language Disorder resources:
  - [RADLD YouTube channel](#)
  - [Lily Farrington's Amazing Developmental Language Disorder Animation \(youtube.com\)](#)
  - [Life as an adult with Developmental Language Disorder \(DLD\) \(youtube.com\)](#)
  - [What is DLD? | DLD and Me](#)
- **Spectrum** is a multi-award winning, parent-led children's charity. They provide events, sessions and support for families of children with autism, additional needs, learning difficulties, and disabilities. As an organisation, they are family-focused, advocates of collaboration, passionate about increasing inclusion and reducing isolation whilst supporting Special Education Needs & Disabilities (SEND). Any child with additional needs is welcome, even if you have just started on the diagnosis journey with their GP/Education setting and don't have a formal

diagnosis in place. As a registered Spectrum member, you can access our Child & Family Support from the comfort of your home. Spectrum offer Max Cards which offer discounts on leisure activities and holidays for families. Membership is free. [www.spectrum.org.uk](http://www.spectrum.org.uk) 01223 955404, [hello@spectrum.org.uk](mailto:hello@spectrum.org.uk)

- [Activities Unlimited](#)
- **Association of Child and Adolescent Mental Health (ACAMH) podcasts** available on their website, SoundCloud, Spotify and Apple Podcasts:
  - ADHD: A Young Person's Guide [Getting the Right Support - Episode 1 'ADHD, A Young Person's Guide' - ACAMH](#)
  - Autism: A Parents' Guide [Autism, a parents guide with Dr. Ann Ozsivadjian. Episode 1 'Identifying Autism - getting the right diagnosis' - ACAMH](#)
- **IPSEA – Independent Provider of Special Education Advice:** offer advice and guidance on navigating the SEND system and SEND law. [\(IPSEA\) Independent Provider of Special Education Advice](#)

### **Mental health support**

- **Psychology in Schools Team** run free online webinars around children and young people's mental health and wellbeing, including a new programme on Childhood Neurodiversity. Live webinars can be booked on Eventbrite for free on [www.nsft.uk/workshops](http://www.nsft.uk/workshops) or recordings of previous webinars can be found on YouTube at <https://www.youtube.com/c/NsftNhsUk>
- **The Emotional Wellbeing Hub** is the central point of contact for people who are concerned about the mental health of a child or young person aged 0 to 25. The Emotional Wellbeing Hub accepts referrals from families, young people, and professionals. Call: 0345 6002090. Visit: [Children and Young People's Emotional Wellbeing Hub \(East and West Suffolk\) - Suffolk County Council](#)
- **4YP (Suffolk Young People's Health Project)** work with young people aged 12 – 25 years in Suffolk. 4YP have lots of different services like: counselling or youth work which may include: group work, 1:1 support, drop-in workshops and fun activities. They can also provide drug and alcohol advice and sexual health advice and support. Call: 01473 252607. Email: [enquiries@syphp.org.uk](mailto:enquiries@syphp.org.uk) Visit: <http://www.4yp.org.uk/>
- **Kooth**, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. For more information about XenZone, please visit [xenzone.com](http://xenzone.com). Email: [parents@xenzone.com](mailto:parents@xenzone.com) Visit: <https://www.kooth.com/>
- For urgent Mental health help and support **call 111 - option 2**. You should use the NHS 111 service if you urgently need medical help or advice, but it is not a life-threatening situation. 111 is free to call. Or you can contact NHS 111 online: [NHS 111 Online - NHS Digital](#)
- In a crisis or for urgent support you can also contact: **999** in case of emergency.

### **Videos of lived experience of neurodivergence**

[How autism freed me to be myself | Rosie King - YouTube](#)

[Short Films About Mental Health - Neurodiversity - YouTube](#)

[Meet the Mencap Myth Busters - YouTube](#)

### **Talking to children about neurodiversity**

- [The Umbrella Gang Comics](#) is a free online comic created by the ADHD foundation about a group of neurodivergent children, helping other children understand neurodiversity and supporting neurodivergent friends with the challenges they face.
- [Newsround video: What is Neurodiversity?](#)
- National Autistic Society animated video on autism and what life is like for autistic people [Amazing Things Happen](#)
- [Comic book on understanding the autism spectrum](#)
- Fun workbook for kids – [Detectives Elena and Ruben Learn All About ADHD'](#)
- [A Teenager's Guide to ADHD](#)

### **Talking to schools about neurodiversity**

Learning About Neurodiversity in Schools (LEANS) is a free curriculum for mainstream primary schools to introduce children aged 8-11 years to the concept of neurodiversity. It has been developed by a neurodiverse team of experienced researchers and educators, led by the Salvesen Mindroom Research Centre at the University of Edinburgh,

LEANS aims to create a better-informed, more accepting school community, which makes school a more positive experience for everyone. The resource has been designed to increase knowledge and acceptance among all pupils, which can have positive effects on wellbeing, mental health and reducing stigma and is guided by three key goals.

[LEANS Everyone is Included Talking to your child's school about neurodiversity.pdf](#)

### **Neurodevelopmental assessments in Suffolk**

Referrals for a neurodevelopmental assessment (autism or ADHD) for school-age children need to be joint between family and a key professional who knows your child well (most likely school).

[Suffolk InfoLink | East and West Suffolk Neurodevelopmental Pathway](#)

**Psychology in Schools Team parent workshops**

We run regular free online parent workshops on childhood neurodiversity and mental health and wellbeing. These can be accessed live via booking on Eventbrite [www.nsft.uk/workshops](http://www.nsft.uk/workshops) or you can watch recorded workshops via YouTube at <https://www.youtube.com/NsftNHSuk>.