

Resources you may find helpful

Supporting your child's Education

Support is Needs Led not Diagnosis Led

Suffolk Mainstream Integration Framework - [SMIF Sep 24 \(suffolklearning.com\)](#)

Statutory Guidance for Schools on SEND support
[SEND Code of Practice January 2015.pdf](#)

Local Support

Suffolk local offer page - <http://www.suffolklocaloffer.org.uk/>

Suffolk Parent Carer Forum website - [Suffolk Parent Carer Forum](#)

Suffolk SENDIASS (a statutory service offering free confidential and impartial information, advice and support about special educational needs and disabilities (SEND) for children, young people. Parents and carers.

Their aim is to empower families so that they can take a better part in discussions and decisions about their child's SEND.) [SUFFOLK SENDIASS](#)
<https://suffolksendiass.co.uk/>

NSFT Recovery college – free courses on mental health [Recovery College | Norfolk and Suffolk NHS](#)

Psychology and therapeutic services - [Psychology and Therapeutic Services - Suffolk County Council](#)

Your child's voice

SENDIASS - [all about me template.docx \(live.com\)](#)

SENDIASS - [notes for using all about me template \(suffolksendiass.co.uk\)](#)

How to share your views at annual reviews (council for disabled children)
[CYP.leaflet.indd \(councilfordisabledchildren.org.uk\)](#)

Dyslexia Support

[British Dyslexia Association \(bdadyslexia.org.uk\)](#)

School attendance

Define fine: parent peer support for children with difficulty attending school [home - definefine](#)

[Working together to improve school attendance \(applies from 19 August 2024\) \(publishing.service.gov.uk\)](#)

Emotion Based School Avoidance

SENDIASS - <https://suffolksendiass.co.uk/education/sen-support/school-anxiety/>

Psychology and therapeutic services - [Emotionally Based School Avoidance \(EBSA\) resources for children and families - Suffolk County Council](#)

Exam access arrangements and reasonable adjustments

<https://www.jcq.org.uk/exams-office/access-arrangements-and-special-consideration>

<https://www.gov.uk/government/publications/key-stage-2-tests-access-arrangements>

School exclusions

SENDIASS - [Behaviour as communication - Suffolk SENDIASS](#)

Sendiass document on school exclusion: [Layout 1 \(suffolksendiass.co.uk\)](#)

Government School Exclusion Guidance - <https://www.gov.uk/government/publications/school-exclusion>

Alternative provision/ Home education

[Educating your child at home - GOV.UK \(www.gov.uk\)](#)

[AP PC Guide](#) – alternative provision a guide for parents/carers

[Educational Freedom](#)

[Alternative Tuition Service](#)

Exam Stress

Psychology in Schools team – past workshop on [Exam Stress](#)

[Exam Stress | How To Deal with Exam Stress | YoungMinds](#)

Post 16 education support

[Supported Learning \(SEND\) Courses | Bury St Edmunds | Suffolk \(wsc.ac.uk\)](#)

[Suffolk New college – inclusive learning courses](#)

Suffolk New College [Inclusive-Learning-flyer.pdf](#)

[Equip Mentoring – Volunteering Matters](#)

[INVOLVE Active - Home](#) - not for profit organisation

Psychology in Schools Team parent/carer workshops

We run regular free online parent/carer workshops on childhood neurodiversity and mental health and wellbeing. These can be accessed live via booking on Eventbrite www.nsft.uk/workshops or you can watch recorded workshops via YouTube at <https://www.nsft.nhs.uk/parent-workshops>

The next workshops in the Childhood Neurodiversity series are:

- **December**
Childhood Neurodiversity: Supporting Your Child with Anxiety
A workshop which explores valuable strategies and tips to help your child with anxiety. This workshop will explore what anxiety is, how this may present in neurodiverse children and offer practical advice and strategies to support your child in this area.
[Tuesday 17th of December at 13:00pm – Register here](#)

The next workshops in our mental health and wellbeing programme are:

Supporting your Child/Adolescent with Anxiety

Wednesday 18th December 16:00 PM - [BOOK HERE](#)

Building Confidence and Managing Anxiety in Your Child – (two-part workshop)

Part 1: Thursday 21st November 18:00 PM - [BOOK HERE](#)

Part 2: Thursday 28 th November 18:00 PM - [BOOK HERE](#)

To watch previous workshops in the series, click the links:

[Childhood Neurodiversity: What You Need to Know as a Parent/Carer](#)

[Childhood Neurodiversity: Supporting Social Relationships](#)

Key Resources If you are worried about your young person:

Young Minds parent helpline 0808 802 5544 (9am -4.30pm M-F) and webchat service: <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

School /school nurse

kooth.com – free online counselling for 11-25 year olds (N&S)

111, option 2 crisis support

Papyrus – Prevention of Young Suicide

[Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](http://Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org))

Psychology in Schools Parent

Workshop: Understanding Self Harm in Children/Adolescents

[Understanding Self-Harm in Children/Adolescents \(youtube.com\)](http://Understanding Self-Harm in Children/Adolescents (youtube.com))

[MIND urgent help](#)

**If you need
urgent mental
health help,
call 111 and
choose option 2**



Mental health crisis support 24/7 for people of all ages in Norfolk and Suffolk