



We worked with our Young People's Network to ask children and young people with SEND in Suffolk what was important to them.

Here is what they told us:

Communication:



I want...

- To be listened to.
- My achievements to be recognised and celebrated.
- People to communicate with me and keep me informed in a way that I will understand.
- Accessible communication tools, e.g. Tablet, laptop, mobile phone and other specialised communication aids.
- The adults around me, who I know and trust, to help me find the information I need when I need it.
- My views, wishes and feelings to be sought and included in all decisions made about my life.
- Bullying of children and young people with SEND to stop!
- Support to help me cope and deal with the virtual community, e.g. social media, the internet.





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My Journey



I want...

- To be involved in co-producing, creating and reviewing my plans.
- The plans for my education, health and care to be presented in a way that I understand.
- My plans to focus on my skills, interests, likes and dislikes, and to help me fulfil my dreams.
- My plans to go with me when I move on so that I don't have to keep telling my story.
- Education settings to raise awareness of children and young people with SEND so that people are kind and I am included.
- Mental health to be talked about more in education settings and with families.
- To have friends and relationships, girlfriends and boyfriends, and be supported to maintain them.
- All workers to adopt the 'Ideal Worker' principles and work in that way.
- People to check in with me on a regular basis to ask how I'm doing, and to respond quickly when things are not going well.
- To do things in a time that suits me not just because I have reached a certain age or milestone.





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Commissioning and Services



I want...

- To be involved in recruiting and training staff to embed the 'Ideal Worker' principles.
- To be involved in choosing the right services for children and young people with SEND.
- Support from a young age with my mental health, like anxiety, how to calm down and how to deal with and communicate complex feelings.
- To be supported to take part in activities and to pursue my hobbies and interests.
- Support to access and be part of my local community
- To have breaks and holidays.
- Places and activities to be accessible for people using wheelchairs and who have other disabilities.





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Preparing for Adulthood



I want...

- To be at the centre of my transition planning and for my views, wishes and feelings to be heard.
- The planning to start early so that I have time to prepare and I know what is happening.
- Travel training to start early at school, not just at the time I need it.
- Somewhere to go to when I leave college.
- Options explained to me and for people to think 'outside the box', focusing on my skills and interests.
- Good preparation for moving to new settings including visits, video tours and time to get to know new people and the environment.
- Help to get a job or to be self-employed, again based on my skills and interests.
- Good relationships including family, friends, boyfriends and girlfriends.
- Support to live independently from my family if that is right for me.
- My own money.
- Support to do activities with my peers and not my parents.
- To learn to drive.

