

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 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
- **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 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 **07553 894199** 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

National neurodiversity advice and support

- [National Autistic Society](#)
- [The ADHD Foundation](#)
- [Learning Disability Matters](#)
- [Contact](#) (for families of disabled children)
- [What is autism?](#)
- [Understanding and supporting my child's ADHD](#)
- [What is a learning disability? | Mencap](#)

- [What are Specific Learning Difficulties \(SpLDs\)? - The Dyslexia Association - The Dyslexia Association](#)
- **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 01223 955404, hello@spectrum.org.uk
- **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](#)

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 or recordings of previous webinars can be found on YouTube at <https://www.youtube.com/c/NsftNhsUk>

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 childs 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 or you can watch recorded workshops via YouTube at <https://www.youtube.com/NsftNHSuk> The next workshops in the Childhood Neurodiversity series are:

Managing big feelings including anxiety and low mood – Monday 3rd July 1pm

How the brain develops – Tuesday 8th August 6pm

Understanding and managing behaviour – Thursday 7th September 1pm

Other monthly workshops dates TBC: impact of early life stress/trauma, sensory processing, eating difficulties, communication difficulties, cognitive difficulties, sleep problems, using technology and social relationships

NSFT Childhood Neurodiversity Parent Workshop Programme