



**Building
stronger
families**

Education, SEN Support, EHCPs, Exclusion		
SEND Local Offer for Norfolk	https://www.norfolk.gov.uk/children-and-families/send-local-offer	A directory of services, activities and events in Norfolk for those with SEND and their parents/carers.
Norfolk SEND Partnership	https://norfolksendiass.org.uk	Free and impartial information for those with SEND in Norfolk. Useful for EHCPs and exclusions.
SEND Local Offer for Suffolk	https://www.suffolk.gov.uk/children-families-and-learning/send-and-the-local-offer/	A directory of services, activities and events for those with SEND and their parents, in Suffolk.
Suffolk SEND Partnership	https://www.suffolksendiass.co.uk/	Advice for children and young people up to 25 and their parents. Can provide advocacy.
IPSEA	https://www.ipsea.org.uk/	Independent provider of specialist education provision. Can provide advocacy. Some fees.
The Special Needs Jungle	https://www.specialneedsjungle.com/	Parent-centred information, news and resources re SEND.
Council for Disabled Children	https://councilfordisabledchildren.org.uk/	Advice on Needs Assessments and education generally.
Ambitious about Autism	https://www.ambitiousaboutautism.org.uk/	Whole section on Autism and Education.
National Children's Bureau	https://www.ncb.org.uk/	Information about SEN support in schools, EHCP and the new sex and relationships programmes for schools.

Autistic Spectrum Disorder		
The National Autistic Society	https://www.autism.org.uk/	The go-to website for information about Autism, strategies including social stories, sensory information.
ASD Helping Hands	https://www.asdhelpinghands.org.uk/	Guidance, practical support and training re ASD. Not all services are free.
Autism Anglia	https://www.autism-anglia.org.uk/	Good for autism passports. Independent charity providing support and training packages. Fees can apply.

Norfolk ASD Pathway	https://childrens.nchc.nhs.uk/neurodevelopmental-service/asd-diagnostics-pathway/	Pdf with information about the NCHC pathway.
NAS West Norfolk	https://naswestnorfolkbranch.webeden.co.uk/	Activities and events in the W. Norfolk Area
Resources for Autism	https://resourcesforautism.org.uk/	Includes uplifting videos of families talking about autism.

ADHD

ADHD Norfolk	https://www.adhdnorfolk.org.uk/	Providing support and advice around ADHD. Can provide private screening and diagnosis of ADHD.
National Centre for Mental Health	https://youtu.be/YeamHE6Kank	A positive and child friendly video about ADHD
ADHD Foundation	https://www.adhdfoundation.org.uk/	Information and support about neurodiversity generally.

HEALTH AND WELLBEING

Just One Norfolk	https://www.justonenorfolk.nhs.uk/	Health advice for children and YP. Sleep, behaviour, emotional health. Find Family Action's Positive Behaviour Support videos.
Young Minds	https://youngminds.org.uk/	Children and Young Person's Mental Health Charity. Has a Parent Helpline if you need to speak to someone.
Mencap	https://www.mencap.org.uk/	The voice of Learning Disability.
Change 4 Life	https://www.nhs.uk/change4life/activities	NHS healthy living website for children and young people.
KOOTH	https://www.kooth.com/	Free, safe and anonymous counselling for young people. Available in Norfolk
Childline	https://www.childline.org.uk/	Online, On the Phone, Anytime Support for children and YP.
ChatHealth Norfolk	https://www.justonenorfolk.nhs.uk/our-services/chathealth	Text messaging service for 11 – 19 year olds.
MinDed for Families	https://mindedforfamilies.org.uk/	Free learning resource about mental health of children and YP

Mental Health	https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf	Access a booklet called 'The Anxious Child' for parents.
Mental Health	https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown	Advice about returning to school after lockdown.
The Sleep Charity	https://thesleepcharity.org.uk/	Sleep Issues, merged with the Sleep Council.
NANSA	https://www.nansa.org.uk/for-families/	Sleep and more, including the Nansa Family Centre, Woodcock Rd, Norwich
ERIC	https://www.eric.org.uk/blog/tackling-problems-with-toilet-training-autistic-children	Website of the Children's Bowel and Bladder Charity.
Raising Children	https://raisingchildren.net.au/autism/health-daily-care/sleep/sleep-problems-children-with-asd	This is an Australian website with good sleep advice re ASD.
Samaritans	https://www.samaritans.org/	Much more now than just suicide prevention. Lots of support for mental health issues.
Action for Children	https://www.actionforchildren.org.uk/	Wide range of support including benefits calculator and range of support for parents.
The Mix	https://www.themix.org.uk/	Wide ranging support for under 25s.
Little Miracles	https://littlemiraclescharity.org.uk	Wide ranging support and activities for children and their families aged from birth to 25 with or without a diagnosis.

RESOURCES

Sensational Families	https://www.sensationalfamilies.org.uk/	Hire out weighted blankets, wobble cushions and other sensory items.
Sensory Spectacle	https://www.sensoryspectacle.co.uk/	Lots of info about sensory processing and activity sheets and charts to download
Happy Learners	https://happylearners.info/social-stories/	A bank of social stories ready to be adapted by you as well as visual timetables and anger charts.
Sensory Direct	https://www.sensorydirect.com/	Sensory resources
TinknStink	https://www.tinknstink.co.uk/	Sensory resources
Sensory Smart	https://www.sensorysmart.co.uk/	Seamless socks and undies among other things.
Twinkl	https://www.twinkl.co.uk/	Educational resources.

Sparklebox	https://www.sparklebox.co.uk	Educational resources.
Pathological Demand Avoidance	https://www.pdasociety.org.uk/	Latest information about PDA
Build Charity	https://www.buildcharity.co.uk/	Providing opportunities for those with disabilities to train, work and volunteer.
Carers Matter Norfolk	https://carersmatternorfolk.org.uk/information-advice/your-money/welfare-benefits/	Advice on benefits.
BBC Bitesize	https://www.bbc.co.uk/bitesize/support	Mental health, body image, stress management.
National Autistic Society	https://www.autism.org.uk/advice-and-guidance/topics/behaviour/toileting	NAS advice on toileting issues.
Autism Society	https://www.autism-society.org/about-the-autism-society/publications/resource-materials/	Various publications about Autism.
Early Years Story Box	https://www.earlyyearsstorybox.com/corona/	Storybooks and Resources about Coronavirus.
ABA Educational Resources	https://www.abaresources.com/	Educational resources for children with Autism.
SEN Resource Source	https://www.senresourcesource.co.uk/	Free and low price resources including many social stories. See 'I must not play with my poo.'
Online Safety	https://www.thinkuknow.co.uk	National Crime Agencies CEOP education team help to protect children and young people from online sexual abuse and exploitation for children aged 4years to teenage and their parents.