



## **Family Action's Norfolk & Waveney Autism/ADHD Support Service**

Welcome to our February newsletter.

One of the questions we get asked when we meet parents and carers is how they can meet the needs of their neurodivergent child while also supporting additional needs of siblings

while trying to remain regulated themselves. It is quite the balancing act and there is no easy answer because every parent, every child and every family is of course unique. Sometimes, parents have their own diagnosis and lots of self-awareness. Sometimes it is the journey they have been on in order to learn more about ways to support and understand their child which has led to some self-reflection and recognition they are also neurodivergent. More and more adults are seeking assessment of autism and/or ADHD.

This month we are thinking about navigating neurodivergent family life.

**This month's newsletter includes:**

- **Welcome**
- **Online Workshop for February**
- **Drop-In Groups in February**
- **Meet the NWAASS Team**
- **Navigating Neurodivergent Family Life**
- **Plan Bee Courses**
- **Puffins Courses**
- **Norfolk & Waveney NHS Integrated Care**
- **Family Action Website and FamilyLine**
- **About our Service - contact details**

Just as every child is unique, every family's situation is different. We in the Norfolk and Waveney Autism/ADHD Support Service are not health professionals but we do speak to many families with children of differing needs. Some of the information contained in this newsletter is anecdotal and some from respected websites. We hope you find the following interesting and helpful.

## Online Workshop in February - Supporting Your Neurodivergent Teens.

No need to book - note the joining details and we will see you there.



### Online Workshop Supporting Your Neurodivergent Teens

Do you have a teenager who is suspected of being neurodivergent, or with an ND diagnosis?

Join us for a friendly, informative workshop for parents and carers of neurodivergent teens.

Learn about teen brains and gain practical tools to support your young person at home and beyond.

Come along, ask questions, and share experiences with others.

**No need to book –**  
Just join us online via Zoom on the day.

For more information you can contact us Monday to Friday 9–5pm on:

- 01493 650220 or 01603 972589
- NorfolkandWaveney@family-action.org.uk
- Family Action Norfolk & Waveney Autism/ADHD Support Service.

Meeting ID: 921 5224 2796  
Passcode: 372987

[www.family-action.org.uk](http://www.family-action.org.uk)

Family Action. Registered as a Charity in England & Wales no. 244713. Registered as a Charity in the Isle of Man no. 1026. Registered Company Limited by Guarantee in England and Wales no. 0504186.

## Our Drop In Support Groups

Our drop-in groups are friendly and informal. No need to book. Come along, have a tea or coffee, meet other parents in your area. And members of our team will be there to offer advice, support and signposting. [Click to enlarge flyers.](#)



## Lowestoft Drop-In Support Group February 2026

Family Action's Norfolk and Waveney Autism/ADHD Support Service would like to invite you to come and join our informal drop in session.

This month we will be joined by a representative from Suffolk Sendiass, who will be speaking to the group about the service that they offer.

Our sessions are designed for you to pop in at anytime, with no need to book. We will be there to welcome you, help answer any questions and support in the way you need – whether that's giving advice, sharing resources or signposting to other services.

Meet other parents and carers living with their child or young person's autism or ADHD who really 'get it' and will likely be happy to share their experiences.

**No diagnosis or booking required.**



01493 650220



Gorleston@family-action.org.uk



Norfolk and Waveney Autism/ADHD Support Service



The Kirkley Family Hub  
Kirkley Street  
Lowestoft  
NR33 0LU



Thursday  
5<sup>th</sup> February 2026

10:00am – 11:30am



family-action.org.uk

Family Action. Registered as a Charity in England & Wales no: 264713.  
Registered as a Charity in the Isle of Man no: 1206.  
Registered Company Limited by Guarantee in England and Wales no: 01068186.



## Gorleston Drop-In Support Group February 2026

Family Action's Norfolk and Waveney Autism/ADHD Support Service would like to invite you to come and join our informal drop in session!

Our sessions are designed for you to pop in at anytime, with no need to book. We will be there to welcome you, help answer any questions and support in the way you need – whether that's giving advice, sharing resources or signposting to other services.

There will be other parents and carers who are living with their child or young person's autism or ADHD who really 'get it' and will likely be happy to share their experiences.

**No diagnosis or booking required**



01493 650220



Gorleston@family-action.org.uk



Norfolk and Waveney Autism/ADHD Support Service



Gorleston Library  
Family Action Office  
Gorleston-on-Sea  
NR31 6SG



Wednesday  
4<sup>th</sup> February 2026

10:00am – 11:30am



family-action.org.uk

Family Action. Registered as a Charity in England & Wales no: 264713. Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068186.



## Swaffham Drop-In Group FEBRUARY 2026

**Come and join us at our friendly support group.**

Family Action Norfolk & Waveney Autism/ADHD Support Service. We support families of children with neurodevelopmental differences.

If you care for a child who is neurodivergent or on the pathway for a diagnosis, come along to our 'Drop-In' session to meet other parents/carers with similar experiences. At least one of our team is always on hand to offer support and answer your questions.

**No diagnosis or booking required.**



01603 972589



[norfolkandwaveney@family-action.org.uk](mailto:norfolkandwaveney@family-action.org.uk)



Norfolk and Waveney Autism/ADHD Support Service



Costa Coffee (Upstairs)  
Market Place  
Swaffham, PE37 7AB



Wednesday  
11<sup>th</sup> February 2026

9:30am – 11:00am



[family-action.org.uk](http://family-action.org.uk)

Family Action. Registered as a Charity in England & Wales no: 264773.  
Registered as a Charity in the Isle of Man no: 1206.  
Registered Company Limited by Guarantee in England and Wales no: 01068186.



## Swan Youth Project Drop-In Group February 2026

**Come and join Family Action at Swan Youth Project's Drop-In Group.**

Whether you are a parent, carer or grandparent, all are welcome to come along to this friendly and welcoming group for tea/coffee/biscuits. With the opportunity to chat to other parents and our Family Support Workers, who are on hand to offer advice and support on anything relating to neurodivergence.



Swan Youth Project  
Paradise Road  
Downham Market  
Norfolk  
PE38 9JE



Tuesday  
24<sup>th</sup> February 2026

9:30am to 11am

(Group starts at 9am, but we will be there from 9:30am)



01603 972589



[norfolkandwaveney@family-action.org.uk](mailto:norfolkandwaveney@family-action.org.uk)



Norfolk and Waveney Autism/ADHD Support Service

Family Action. Registered as a Charity in England & Wales no: 264773.  
Registered as a Charity in the Isle of Man no: 1206.  
Registered Company Limited by Guarantee in England and Wales no: 01068186.

[www.family-action.org.uk](http://www.family-action.org.uk)



Have a look at the flyer below, a change to our new drop-in for King's Lynn from February. A range of professionals available for advice and support.

Please note this drop-in will now be on a Monday



**SEND  
CaFé**

Join Danii from SEN Socials and Early Help Community Worker Georgie, and Norfolk and Waveney Autism/ADHD Support Service each month for a cuppa and an informal chat about all things SEND parenting. No diagnosis needed!

Children welcome, and there will be an activity each session provided by Voices Through Art!

Please contact [sensocialsdownham@gmail.com](mailto:sensocialsdownham@gmail.com) for further information or to request a social story and venue walk through.

12th January  
9th February  
9th March  
13th April  
11th May  
8th June  
13th July  
10:30AM-12:30PM

📍 Family Hub, St Augustines  
Healthy Living Centre  
Columbia Way, King's Lynn PE30 2LB

family action  
SEN SOCIALS  
family hubs

## Meet the Family Action NWAASS Team

Meet Susan Wood



Hello everyone, I am Susan and I have now been working for Family Action and providing support and advice to parents and carers about autism and ADHD for over seven years. Prior to that I worked primary schools, mainly running interventions for children with additional needs. I love what I do. When you are able to offer a parent a bit more understanding of neurodivergence, or a few strategies for them to use at home or when you can give them the confidence to ask for more support in school, you know that you are helping in some way to improve outcomes for a child.

I have a son, now in his twenties, with ADHD. He has always been unpredictable, chaotic, inattentive, energetic, procrastinating, sleep deprived, super-talkative, over-sensitive, happy, clever, loving and utterly lovable. I know what a rollercoaster it is being a parent or carer of someone with neurodivergence.

If you have met me at a course, workshop or drop-in you will remember me. I am the one with the broad Scottish accent, although I have now been away from Scotland for 40 years.

I am very proud of our team, the friends and colleagues who make up our Norfolk & Waveney Autism/ADHD Support Service. They work really hard to make a difference every day.

## **Navigating Neurodivergent Family Life: Supporting Children When Parents or Siblings Are Also Neurodivergent**

Raising a neurodivergent child brings unique joys, challenges, and a whole lot of learning. But for many families, neurodivergence doesn't stop with the child; parents, carers, and siblings may also have traits of or a diagnosis of autism, ADHD, or both.

When everyone's brains work a little differently, family life can be wonderfully creative... and sometimes a little chaotic. The good news? Neurodivergent families often come with deep empathy, inventive problem-solving, and a strong sense of understanding. With the right tools and expectations, your home can be a place where everyone's needs are recognised and respected.

Here are some practical, friendly tips to help you navigate life as a neurodivergent family.



### **1. Start with Self-Understanding**

If you or another adult in the family also have autism or ADHD, recognising your own needs is just as important as supporting your child's.

### **Why it matters:**

Children often learn emotional regulation, communication, and self-care from what they observe at home.

### **Try this:**

- Notice situations that drain you - is it noise, or multi-tasking or unexpected changes?
- Become really aware of what calms and resets you.
- Build in small "reset points" during your day (a quiet cup of tea, headphones break, a tidy-up pause, walking the dog or some fresh air.)
- Use tools that support you; planners, visual reminders, timers, or sensory aids aren't just for kids.

Remember: you're not being selfish by supporting your own needs—you are teaching and modelling self-regulation.

## **2. Reduce Guilt and Show Compassion for Yourself**

It's common for neurodivergent parents to feel guilt when their own traits clash with what parenting "should" look like.

### **Try reframing challenges:**

- Instead of *"I'm disorganised,"* try *"I need systems that work with my brain."*
- Instead of *"I overreact,"* try *"I have strong emotional responses, and I'm learning safe ways to express them."*

Your child benefits enormously from watching you approach yourself with kindness.

## **3. Choose Your Battles**

Linked to the above, give yourself permission to 'let go', just a little.

**Think about the battles which are just not worth the stress. This is not giving up or giving in:**

- How important is a very rigid bedtime?
- Could teeth be brushed just once a day?
- Could he have longer hair and fewer trips to the hairdresser?
- If gaming is regulating, why am I challenging it so much?



Try to ignore the opinions of others. Your Family - Your Way.

#### **4. Make Routines Visible, Flexible, and Shared**

Neurodivergent families often thrive with routines, but rigid ones can add pressure. Aim for structure with breathing room.

##### **Helpful tools:**

- Visual schedules for the whole household
- Colour-coded calendars
- “Family check-ins” once a week to review what’s working
- Shared routines with options (e.g., “after dinner you can choose between bath OR quiet play before bedtime”)

This helps everyone predict what’s happening while still giving choice and autonomy.

#### **5. Create a Sensory-Friendly Home (for Everyone)**

Sensory needs exist across the whole family, not just the child.

##### **Consider:**

- A quiet corner for anyone to retreat to
- Headphones available for both adults and children
- Soft lighting or lamps instead of bright overhead lights
- A family agreement about noise levels at certain times

Small changes can significantly reduce stress for everyone under the same roof.



#### **6. Sibling Support Matters Too**

When siblings also have autism or ADHD, their experiences may be just as complex.

##### **Offer siblings:**

- A space to express feelings without judgement
- Clear explanations of routines and expectations
- Independence where possible (e.g., their own sensory tools, schedules, or spaces)
- Shared family language around neurodiversity (“brains work in different ways,” “my bucket is full,” etc)

Celebrate their strengths and reassure them that differences are normal; not something to hide.

## **7. Teamwork Over Perfection**

In neurodivergent families, no one person can hold everything together and they shouldn’t have to.

### **Try:**

- Delegating tasks based on strengths (e.g., “you’re great at remembering appointments, I’m great at calming bedtime routines”)
- Simplifying housework routines
- Using reminders and technology to your advantage
- Asking for help when you need it (friends, family, online communities, professionals)

Teamwork creates resilience and reduces burnout.

## **8. Celebrate Neurodivergent Joy**

Alongside challenges, neurodivergent families have so many opportunities to display strengths:

- Deep passions and special interests
- Creativity and problem-solving
- Honesty and loyalty
- Unique humour and imagination
- Shared understanding of sensory experiences
- A strong sense of justice, empathy, and fairness

Taking time to recognise these strengths and spelling them out builds confidence in every family member.

### **Final Thought**

Neurodivergent families aren't "doing it wrong"—they're doing it differently. And different can be supportive, effective, creative and build strong and long lasting connections.

By embracing your own neurodivergence, supporting your child with compassion, and building routines that work for your household, you're creating a nurturing environment where everyone can thrive.

## PLAN BEE COURSES



### **PLAN BEE – Understanding and Supporting your Child or Young Person with Additional Needs.**

'Plan Bee' is a FREE 3 week course (2hrs per week) and is aimed at parents or carers of children or young people with additional needs including those with traits of autism or ADHD.

If your child or young person already has a formal diagnosis of autism, please see the information later in the newsletter about the PUFFINS AUTISM PROGRAMME.

You can still access the online videos of our Positive Behaviour Strategies course (now Plan Bee) on the NHS for Norfolk website, Just One Norfolk. Just click here:

**Our February Plan Bee course is already underway.**

**See flyers below for Plan Bee courses in March, available to book now.** Click to enlarge.



Norfolk and Waveney Autism/ADHD Support Service

## Plan Bee Course Brundall March 2026



Understanding and supporting your neurodivergent child or young person's needs.

**A FREE course for parents & carers**

Plan Bee is a 3 week course (2 hours per week) written by two Clinical Psychologists working in Norfolk Community Health and Care. We have been commissioned by Norfolk & Waveney NHS Integrated Care Board to deliver this course for parents and carers of children who have suspected or diagnosed neurodevelopmental conditions.

All behaviour is a form of communication. Our course supports parents and carers to understand their child's individual needs and how to best support them.

**The aim of this course is to help parents and carers:**

- Understand why their child or young person might become overwhelmed.
- Reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.
- Develop a support plan which they can share with other family members and schools to ensure a consistent approach.
- Meet with other parents/carers for peer support.

**Tuesday 3<sup>rd</sup> 10<sup>th</sup> & 17<sup>th</sup>  
March 2026**

**10am – 12noon**

**Brundall Memorial Hall  
Links Avenue  
Brundall  
Norwich  
NR13 5LL**

For more information contact us Monday to Friday 9am to 5pm

01493 650220

[norfolkandwaveney@family-action.org.uk](mailto:norfolkandwaveney@family-action.org.uk)

Norfolk and Waveney Autism/ADHD Support Service

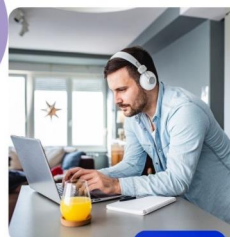
[www.family-action.org.uk](http://www.family-action.org.uk)

Family Action. Registered as a Charity in England & Wales no: 264713.



Norfolk and Waveney Autism/ADHD Support Service

## SATURDAY CONDENSED Plan Bee - Online March 2026



**zoom**

Understanding and supporting your neurodivergent child or young person's needs.

**A free online session for parents & carers**

To meet demand from parents/carers who work or who are otherwise unable to join us for our usual face to face, three week course. We will be delivering a Saturday Plan Bee on ZOOM in ONE session.

We hope this will be more suitable for working parents or for those with preschool children who find it difficult to attend a full length course during the week.

**The aim of this course is to help parents and carers:**

- Understand why their child or young person might become overwhelmed.
- Reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.
- Develop a support plan which they can share with other family members and schools to ensure a consistent approach.
- All behaviour is a form of communication. Our course supports parents to understand their child's individual needs and how to best support them.

**SATURDAY  
21<sup>st</sup> March 2026**

**9:30am to 12:30pm**

**Online – ZOOM**

**Joining details will  
be provided after  
booking**

For more information and to book your place contact us Monday to Friday 9am to 5pm

01603 972589

[norfolkandwaveney@family-action.org.uk](mailto:norfolkandwaveney@family-action.org.uk)

Norfolk and Waveney Autism/ADHD Support Service

Family Action. Registered as a Charity in England & Wales no: 264713.

Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068186.

[www.family-action.org.uk](http://www.family-action.org.uk)

## Puffins Autism Programme - for parents or carers of children or young people with a *diagnosis* of autism



Family Action has now been re-commissioned by Norfolk Community Health and Care to continue to run the comprehensive, free, four-week Puffins Autism Programme for Parents/Carers in *West and Central Norfolk* until end of March 2027.

This is a strictly post-diagnosis autism course and includes sessions delivered by Family Action, by Speech & Language and Occupational Therapists from NCH&C clinical teams and by Autism Specialists from within NCC's Educational Psychology & Specialist Services. Do not miss your chance, if you have a child or young person with a formal diagnosis of autism, to attend this well regarded programme.



THE PUFFINS COURSES ARE VERY POPULAR and FULL in February and March.

We are planning to deliver an online Zoom Puffins in April and a full programme of courses for the rest of the year and will very soon be able to advertise these.

KEEP AN EYE ON THE NEWSLETTER FOR FURTHER ADVERTISING OF COURSES OR CONTACT [Sue.killick@family-action.org.uk](mailto:Sue.killick@family-action.org.uk) FOR MORE INFORMATION ABOUT BOOKING A PLACE.





## Other News

See below Family Hub drop-in sessions happening in the west of the county in February.

These are for young people, parents and carers.

Drop In for Young people,  
Parents and Carers

Come and meet a Community Worker at a place near you. They are ready to answer questions/listen to worries and share supportive information, advice and guidance.

You can also call your local Family hub on **01553 669651** and talk to an advisor who will be happy to help. Mon-Fri 9am and 4:30pm

Gaywood Library	3rd February	9:15am - 11:15am	Georgie
Marshland Hall	12th February	1pm - 2:30pm	Georgie
Hunstanton Library Money Matters	3rd February	10am - 12pm	Lex
Hunstanton Library peer support group with REDI	6th February	9:15am – 10:30am	Lex
Kings Lynn library	7th February	10am – 11:30am	Lex
Dersingham Library	19th February	12:30pm - 2pm	Lex
Cornerstone Church South Lynn	24th February	9:15am – 11:30am	Lex
ECFS South Lynn	27th February	9am - 11am	Lex
Swan Parents' Group	3rd February	9:00am-11:00am	Sarah
Downham Market Library	17th February	3:00pm-4:30pm	Sarah
Downham Market Methodist Church-Under 5 Healthy Child drop-in	26th February	9:30am-11:30am	Sarah

FAMILY  
HUBS

You can find out more  
about our family hubs  
approach online, just  
scan the QR code

## Norfolk and Waveney NHS Integrated Care Board

Family Action's Norfolk and Waveney Autism/ADHD Support Service is commissioned by the Norfolk and Waveney NHS Integrated Care Board to provide support and advice, learning, resources and signposting to parents/carers of children or young people either awaiting a neurodevelopmental assessment or newly diagnosed.



# Norfolk and Waveney

## Integrated Care Board

"CHILDHOOD IS PRECIOUS BECAUSE IT IS BRIEF; TOO MANY CHILDREN ARE SPENDING TOO MUCH OF IT WAITING FOR CARE."

Darzo, 2024

FIND SUPPORT AND SERVICES FOR CHILDREN AND YOUNG PEOPLE ON JUST ONE NORFOLK

[WWW.JUSTONENORFOLK.NHS.UK](http://WWW.JUSTONENORFOLK.NHS.UK)



SCAN ME

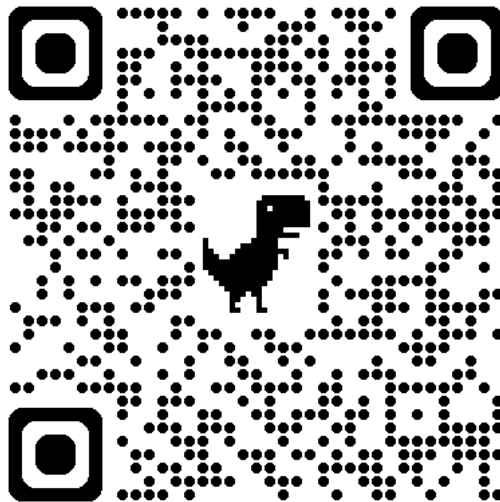


Norfolk and Waveney  
Integrated Care Board

## Family Action Website



Family Action is a national charity, supporting families up and down the country and has recently updated and relaunched its [website](#).



In addition to being able to search for Family Action services and projects in your locality, you can also now access lots of information and resources on a wide range of topics affecting families today.

See also the QR code below which will take you to the home page.

**Family Action FamilyLine - for any parenting concerns or crises. We can listen, support, inform and refer to a relevant service.**



**Family Line**

-  0808 802 6666
-  07537 404 282
-  [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)
-  Online Chat



**Family Line**

 0808 802 6666

 07537 404 282

 [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)

 Online Chat

## About our Service - Contact Details



For West and Central Norfolk **01603 972589** or email [NorfolkAndWaveney@family-action.org.uk](mailto:NorfolkAndWaveney@family-action.org.uk)

For East Norfolk and Waveney **01493 650220** or email [gorleston@family-action.org.uk](mailto:gorleston@family-action.org.uk)

Unsure which area to contact? Use any of the above – we are all here to help you.

*If you wish to join our closed Facebook group, go to Facebook and to the Family Action page and then search for Norfolk and Waveney Autism and ADHD Support Service.*

Family Action. Registered as a Charity in England & Wales no: 264713. Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068186.