



Family Action's Norfolk & Waveney Autism/ADHD Support Service in August

Welcome to our August Newsletter.

This month we are sharing the reflections of a parent who made that huge step of deciding to home school. Not for the faint hearted, but something that a lot of parents and carers do

think about from time to time when difficulties with school seem insurmountable for their child.

Thank you to our service user for taking the time to talk about some of the highs and lows of home educating for her family.

Please note that we do not run our full quota of courses, workshops and drop-ins in during August because parents and carers are usually too busy with children in the school holiday. There are still drop-ins happening in Costessey, Dereham, Thetford and King's Lynn. If your regular drop-in is not happening, take a note of the date and time of our August online drop-in. See the flyer later in the newsletter. Come along and meet us on ZOOM for advice and support this month.

This month's newsletter includes:

- **Welcome**
- **Autistic Adults Gardening Groups**
- **Meet our Central Region Team**
- **Drop-In Groups in August**
- **Talking about Home Educating**
- **Plan Bee Courses**
- **Puffins Courses**
- **The Snowdrop Programme**
- **Teen Life Suffolk**
- **Norfolk & Suffolk NHS Integrated Care Board**
- **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.

[Read about Family Action's new Autistic Adults Gardening Groups in Swaffham and King's Lynn](#)

Click on flyer to enlarge




New outdoor groups for autistic adults

Our ESCAPE Discovery Project provides an outdoor space for people to connect with others, enjoy nature and increase knowledge of gardening.

Come along and meet our team and other like-minded people at our community allotment and garden, based in Kings Lynn and Swaffham.

Mondays from 15 June, 11am–2pm
ESCAPE Community Allotment, Tumbler Hill, Swaffham, PE37 7JG

Tuesdays from 21 July, 10am– 2pm
Discovery Centre, Columbia way, Kings Lynn, PE30 2LA



Family Action's ESCAPE Discovery Project is starting new groups supported by the Boshier Grant Scheme administered by the National Autistic Society.

For more information, please contact:
Swaffham (Mondays): sarah.green@family-action.org.uk
Kings Lynn (Tuesdays): melissa.morgan@family-action.org.uk

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family-action.org.uk

Meet our Central Region Team

Hello everyone! 🙋

We're Kerry and Amira from the Central Team at the Norfolk and Waveney Autism/ADHD Support Service (NWAASS). We're a small team of two who are passionate about supporting neurodivergent children, young people, and their families across Central Norfolk and Waveney.

Kerry has been part of the service for almost six years and brings a wealth of experience working with children and families across education and Children's Services. She also has lived experience of supporting neurodivergent family members, which gives her a deep understanding of both the joys and challenges that many families face.

Amira has spent many years supporting vulnerable and disadvantaged children and families. Her journey with Family Action began as a parent seeking support while navigating her son's Autism and ADHD diagnosis. The support she received, including through Plan Bee, made such a positive difference to her family that she joined the team 18 months ago to help other families feel supported, understood, and empowered on their own journeys.

The thing we love most about NWAASS is meeting and getting to know the amazing parents and carers we work with. Every conversation matters to us, and we learn something new every day. Whether we're chatting on the phone, meeting you at a Plan Bee course, catching

up at one of our monthly drop-ins, seeing you at a SEND pop-up event, or connecting through an online workshop, it's your experiences that help shape the support we provide.

We know that no two families are the same, and that life can sometimes feel overwhelming. Above all, we want you to know that you don't have to navigate things alone. We're here to listen without judgement, offer practical support, and help you feel more confident and empowered—whatever that looks like for you and your family.

We're always looking for opportunities to reach and support even more families, whether that's through new venues, community partnerships, or collaborative working. If you'd like to work with us, invite us along to an event, or simply find out more about what we do, we'd love to hear from you.

We look forward to meeting you and being part of your journey.



Our Drop In Support Groups

Our drop-in groups are friendly and informal. No need to book. Come along, have a tea or coffee, and meet other parents in your area. Members of our team will be there to offer advice, support and signposting.

Please note that some of our regular drop-ins are not happening in August due to the school hols.

See details below of August drop-ins which are going ahead. [Click to enlarge.](#)



Costessey Drop-In Group AUGUST 2026

Come and join us at our drop-in support group, in association with Costessey Library.

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

If you have personal experiences with a child who is neurodivergent or have a child still awaiting assessment, come along to our monthly sessions.

Come and meet our Family Support Workers who are happy to give you the time and space to bring any concerns you may have and can offer advice and support.

No diagnosis or booking required.

 norfolkandwaveney@family-action.org.uk

 01603 972589

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**Costessey Library
Breckland Road
Costessey
Norwich
NR5 ORW**



**Monday
24th August 2026**

9:30am - 11:00am



family-action.org.uk



Dereham SEND Parent & Carer Cafe Monday 3rd AUGUST 2026

Join Amira for our monthly Drop-In.
This month we will have Autism Anglia in attendance.

FREE, friendly and open to all SEND parents and carers.

Monthly themed discussions and support.

Join our Facebook Group and check for any updates: [Breckland Family Hubs](#)

For more details email us at: communityfocusbreckland@norfolk.gov.uk

Hosted by: Breckland Family Hub and Family Action – Norfolk & Waveney
Autism/ADHD Support Service.



Dereham Library
59 High Street
Dereham
NR19 1DZ



1:30pm – 2:30pm

Please note that all children remain the responsibility of their parent/carers
and must be supervised at all times.



Norfolk County Council



AUGUST 2026 ONLINE Drop-In Support Group

While many of our In-person support groups take a break for the school summer holidays, we will be running an online session in August.

For many families the summer break can be long and stressful. Often managing the needs of a neurodivergent child during this time can feel more isolating than usual, and keeping the whole family happy and entertained can be much more challenging.

Join the Family Action Norfolk and Waveney Autism/ADHD Support Service Online Group.

Hosted by our Family Support Workers, this is a safe and relaxed space to ask advice and share experiences or to just let off steam.

No diagnosis or booking required

 norfolkandwaveney@family-action.org.uk

 01603 972589

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**Wednesday
19th August 2026**

10am – 11am



ZOOM

To join on the day, please use the following details:

**Meeting ID: 910 1647 9646
Passcode: 758455**

family-action.org.uk

**BRECKLAND
FAMILIES**



Thetford SEND Parent & Carer Cafe Wednesday 26th AUGUST 2026

Come and join Andreia and Kerry at this FREE, friendly, Drop-In Session, open to all SEND parents and carers.

Are you looking for a warm, welcoming space to connect and unwind?

Come and chat with other families, on the LAST Wednesday of each month.

There will be activities for children, young people and you!

Join our Facebook Group and check for any updates: [Breckland Family Hubs](#)

For more details email: communityfocusbreckland@norfolk.gov.uk

Hosted by: Breckland Family Hub and Family Action – Norfolk & Waveney Autism/ADHD Support Service.

 **Thetford Library
Raymond Street
Thetford
IP24 2EA**

 **1:30pm – 2:30pm**



Norfolk County Council

SEND Café



Join Danii from SEN Socials/Little Miracles, 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 for further information or to request a social story and venue walk through.



10th August
14th September
12th October
9th November
14th December

10:30AM-12:30PM

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



Home Educating - One Family's Journey

In our interactions with families we are speaking more and more often to parents/carers who have taken the decision to home educate their children. This is a big step, never taken lightly and with repercussions for the whole family. A parent who has used our service very kindly agreed to answer a few questions about her journey with home education and was happy for us to share this with readers of our newsletter. We would like to thank her very much for being open and honest about the ups and downs of her experience. Of course, every family and every child is unique and will face different challenges and will arrive at solutions which are right for them.

**Who are you home educating?**

I am home educating both my children. The elder is now 11 and has been educated at home since the age of 7 years. My younger child is only 5 years.

Why are you home educating?

This was not a path I ever thought I would go down. I made the decision initially because my eldest child's social, emotional and mental health were rapidly declining, at 7 years of age, and I really felt like there was no other choice. Difficulties with accessing the school environment and learning were resulting in stomach issues, anxiety, skin picking, infections and sleep issues. When picked up from school they seemed completely shut down and sometimes would vomit. This was so different from what I saw at home where they seemed happy and engaged in activities. The crunch time was in the Christmas school holiday. We could see the anxiety and distress begin to build again as it got closer to returning to school and this included flashbacks to previous traumatic episodes in school. It was really distressing to see and my husband and I decided that enough was enough and we were going to home educate.

My younger child's needs were significant enough that we could have secured a place at a specialised setting. They are however non-verbal and at the time, we just did not feel comfortable sending them somewhere when we knew that they would not be able to tell us about any problems or difficulties. At the moment home education is working well for this child and fits with their learning style. They are happily learning almost entirely through play.

Do you worry about socialisation?

This isn't really an issue for our older child because we have made the effort to make connections with lots of families of neurodivergent children who also home educated. We meet up regularly.

There are actually a lot of opportunities for home educated children to socialise, but mostly these tend to be one size fits all and not necessarily understanding enough of additional needs.

My younger child is still not interested very much in other children or in socialising in general. We still provide opportunities but take the lead from them as to whether they want to join in or not.

Is there support out there for parents who home educate?

There is support out there when you first take this step and we have made good use of it. The local authority sent us links and resources and now I understand that the Elective Home Education team will make a welcome call to parents to assess what they need and offer support. Every year I have to submit a review to the local authority to ensure that I am following the curriculum and teaching my children the correct things and sometimes they will ask to see the work as evidence.

I didn't really feel it was a choice to home educate my eldest child who was just not coping with school. and who I felt would not cope with any school. However if they were attending school there would be extra funding to support his additional needs which I am unable to access as a home educator, and that feels a bit unfair.

We have had great support from ASD Helping Hands and Family Action. It can feel isolating and sometimes you need some emotional support or practical advice around behaviour for example, so talking to people who understand and making connections with others is key.

My experience is that there is support for families with neurodivergent children but not much specifically for families with neurodivergent children who are home schooled.

There is quite a lot of information on Facebook but I find this tends to be for typically developing children who are home educated.

What are the challenges and advantages?

A big challenge is dealing with the meltdowns on my own. My husband is very supportive but works. There is support with the curriculum and the actual process of teaching but there could be much more support and advice for parents around emotional dysregulations and behaviours which challenge.

Educating the two children can be difficult to say the least. I feel that I should split myself in two in order to fully meet the differing needs of both children.

We do enjoy visiting places like museums. It is ideal to visit during the week when it is much quieter and the children can really concentrate on what they are seeing and learning and I

can take the time to properly prepare them for the activity. A school trip to the same place would likely feel overwhelming, being in a large group, worries about travelling and so on.

The biggest plus is seeing how happy they are learning in their own safe environment, I really feel they are beginning to thrive. They have freedom to eat, drink, move, take a brain break and use the toilet when they need to. For them, the biggest advantage is probably that they do not have to wear clothes if they don't want to!



What more support would you like to see?

I would love to see greater awareness and more support and advice which focuses on joint diagnoses of autism and ADHD and the extra complexities this can bring.

And more activities and groups for children themselves which feel safe for children on the spectrum and where they can unmask, stim when they want to and just be themselves.

I also think that nobody really understands all the extra pressures on parents who are home educating. You have little time for yourself, few opportunities to recharge the batteries. You can feel isolated at home so much of the time and under a lot of pressure to get it right. There should be more checking in with parents and carers around how they are coping and their wellbeing and mental health generally.

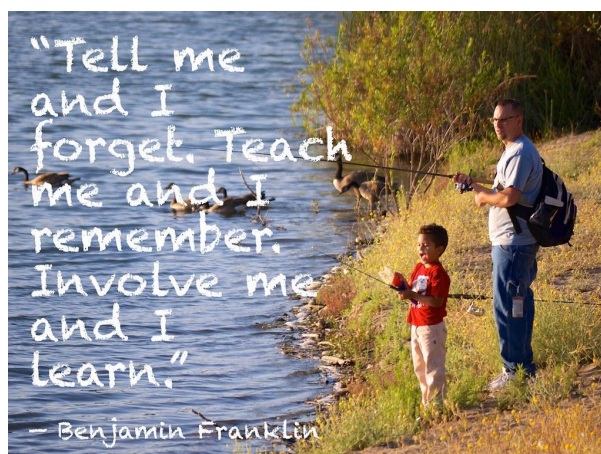
What would the children say about being educated at home?

I asked my eldest child this question and his reply was:

"I like that I do not have to go into school because it was making me sick. Sometimes I was being bullied. I spend more time now with my friends and family and I have more playtime. I love art and I can use my imagination and create whatever I want. I do miss my friends from school even though I cannot remember all their names."

Can you name one top thing about your decision to home educate?

The best thing of all was seeing the light come back into my child's eyes because I really felt that was lost in school.



Resources

[Norfolk County Council](#) - read about their **EHE** Elective Home Education team and the services available for home educators and sign up for their newsletter

[Suffolk county Council](#) - for more information about the **EHE** team in Suffolk

[Norfolk SENDIASS website](#) - Advice on all school related issues

[Suffolk SENDIASS website](#) - Support around school issues

[Just One Number](#) - The NHS website for Norfolk and Waveney has information, resources and signposting

[Norfolk HENS](#) - a community run page designed to help those considering home education in Norfolk

[Suffolk Wildlife Trust](#) - offers opportunities for outdoor learning for home educated children

[HEAS](#) - The Home Education Advisory Service

<https://www.thenational.academy/#teachers> lots of lesson plans available and free resources.

<https://the2poundtuitionhub.com/> lots of live lessons and recorded lessons available for £2 a session.

Facebook group - Home Education for all uk-(HEFA) has lots of resources available for homeschooling and homeschooling advice.

Facebook page - Parent Carers in Norfolk UK.

Facebook group - Home Educating in Norfolk - Home Education Community

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



If you are having difficulties getting the right support in place for your child in school, there are number of steps you can take to try to improve things.

Our team can give general advice about your options and signpost to more specialised agencies which advise on complex or legal issues around school and learning.

And whether home educating or not, we are available to offer support and advice, resources and signposting to parents and carers of children who are displaying neurodivergent traits, are awaiting a neurodevelopmental assessment or have recently had a diagnosis of autism and/or ADHD. If you want more understanding of neurodivergence, are worried about behaviour or emotional dysregulation or want some strategies to try when things feel difficult, then reach out to our friendly and experienced team.

Contact our team by email - Norfolkandwaveney@family-action.org.uk

Or by telephone - **01603 972589**

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.

See flyers below for Plan Bee courses available to book. Click to enlarge.





Norfolk and Waveney Autism/ADHD Support Service

Plan Bee King's Lynn September 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 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.

Thursday 10th, 17th & 24th September 2026

10am – 12noon

**Family Hub
St Augustine
Healthy Living Centre
(Activity Room)
Columbia Way
King's Lynn
PE30 2LB**

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

 01603 972589
 NorfolkAndWaveney@family-action.org.uk
 Norfolk and Waveney Autism/ADHD Support Service

www.family-action.org.uk

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Norfolk and Waveney Autism/ADHD Support Service

Plan Bee Course THETFORD October 2026

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

A FREE course for parents & carers (booking essential)

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 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.

Monday 5th, 12th & 19th October

10am – 12noon

**Thetford Family Hub
(Bluebell Room)
Kingsway
Thetford
IP24 3DY**

To book a place, please provide the following:

Your name
 Child's name and DOB
 Address
 Telephone number
 Email address

Please note that we cannot book places for children on this course.

Please use the contact details below for enquiries or booking:

 01603 972589
 norfolkandwaveney@family-action.org.uk
 Norfolk and Waveney Autism/ADHD Support Service

www.family-action.org.uk

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



Family Action is commissioned by EAST OF ENGLAND COMMUNITY HEALTH AND CARE NHS TRUST Care to to run the comprehensive, free, four-week Puffins Autism Programme for Parents/Carers in *West and Central Norfolk*.

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.

KEEP AN EYE ON THE NEWSLETTER FOR FURTHER ADVERTISING OF COURSES AS THEY ARE FINALISED OR CONTACT Puffins@family-action.org.uk FOR MORE INFORMATION ABOUT BOOKING A PLACE.

See flyer below for Puffins courses available to book now.



Puffins Autism Programme THETFORD November 2026

The Puffins Programme is a FREE, four week programme designed by Norfolk Community Health and Care's Neurodevelopmental Service for parents and carers of children and young people with a diagnosis of Autism.

Family Action are working in partnership with NCHC and EPSS and are currently commissioned to deliver the Puffins course to parents/carers in west and central Norfolk.

Week 1 - Introducing Autism and Understanding Behaviour (Family Action)

Week 2 - Communication - (NCHC Speech and Language Therapy Team)

Week 3 - Understanding Sensory Processing (NCHC Occupational Therapy Team)

Week 4 - Autism in Education (NCC EP & Specialist Support: Autism Support Team)

Thetford November 2026

Charles Burrell Centre
Staniforth Road
Thetford
IP24 3LH

Thursday 5th 12th 19th 26th
November

9:30am - 12:30pm

Please note: This course is not suitable for children to attend and no childcare is provided.

To find out more or book a place,
please contact Family Action on:

01603 972589

Puffins@family-action.org.uk



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THE SNOWDROP PROGRAMME - A new course for parents of children with SEND



Watch this space for more information about how you can attend our free Snowdrop Programme in the Autumn. Snowdrop is currently only available to parents/carers who live in the west of Norfolk and have a child up to the age of 11 years with *any* kind of special educational need or disability. The three sessions explore how raising a child with SEND can affect the whole family and allow space for parents/carers to express themselves, share experiences, make connections and build resilience.

Family Action is commissioned to deliver this programme by the Norfolk Community Foundation.

For more information you can contact snowdrop@family-action.org.uk or phone 01760 725801

NEW: Teen Life Programme for Parents and Carers of Autistic Young People

We are pleased to be able to offer The National Autistic Society's **Teen Life Programme** in Suffolk. A free six-week course designed for parents and carers of autistic young people aged 10–16 years.

The FREE programme aims to help parents and carers gain a better understanding of autism and explore practical strategies to support their teenager.

The course is open to parents and carers of autistic young people aged 10–16 with a confirmed diagnosis received within the last two years, who live in Suffolk.

See flyers for courses available to book. [Click to enlarge.](#)

To find out more or book a place, please email teenlifesuffolk@family-action.org.uk or scan the QR code on the flyer. [Click to enlarge.](#)



Teen Life, Lowestoft

Course accredited by the National Autistic Society



**For parents/carers of young people
with a confirmed autism diagnosis.**

The National Autistic Society's Teen Life Programme aims to empower parents/carers to understand more about autism and to discuss useful strategies in how to support their young person.

Topics covered include:

- Understanding autism
- Puberty
- Education & Transition to adulthood
- Health & Wellbeing
- Stress & Anxiety

**Booking is essential, please email
or scan the qr code:**

✉ teenlifesuffolk@family-action.org.uk

☎ 01603 363013

The course is open to parents and carers of young people (aged 10–16 years) with a confirmed diagnosis of autism, living in Suffolk.

The course involves attending six sessions:

🕒 16, 23, 30 September and,
7,14 and 21 October
from 10.30am – 1pm

📍 Inspire,
Colville House,
School Road,
Lowestoft, NR33 9NB

Scan to join:



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National
Autistic
Society



Online Teen Life Programme

Course accredited by The National Autistic Society

For parents/carers of young people
with a confirmed autism diagnosis.

The National Autistic Society's Teen Life Programme aims to empower parents/carers to understand more about autism and to discuss useful strategies in how to support their young person.

Topics covered include:

- Understanding autism
- Puberty
- Education & Transition to adulthood
- Health & Wellbeing
- Stress & Anxiety

The course is open to parents and carers of young people (aged 10–16 years) with a confirmed diagnosis of autism, living in North East Essex and Suffolk.

The course involves attending six sessions:



11, 18, and 25 November, and
2, 9, and 16 December 2026



Online, Link to be sent
upon booking

Booking is essential, please email
or scan the QR code:



teenlifeneastessex@family-action.org.uk



07717 807 727

Scan to
join:



family-action.org.uk

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Teen Life, Saxmundham

Course accredited by the National Autistic Society



**For parents/carers of young people
with a confirmed autism diagnosis.**

The National Autistic Society's Teen Life Programme aims to empower parents/carers to understand more about autism and to discuss useful strategies in how to support their young person.

Topics covered include:

- Understanding autism
- Puberty
- Education & Transition to adulthood
- Health & Wellbeing
- Stress & Anxiety

The course is open to parents and carers of young people (aged 10-16 years) with a confirmed diagnosis of autism, living in Suffolk.

The course involves attending six sessions:

🕒 7, 14, 21 and 28 September and, 5 and 12 October

from 10.30am – 1pm

📍 The Fromus Community Centre,
Saxmundham Hub,
Street Farm Road,
Saxmundham, IP17 1AL

Booking is essential.
Email or scan the QR code:

✉️ teenlifesuffolk@family-action.org.uk

☎️ 01603 363 013

Scan to join:



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National
Autistic
Society



Teen Life, Ipswich

Course accredited by the National Autistic Society



**For parents/carers of young people
with a confirmed autism diagnosis.**

The National Autistic Society's Teen Life Programme aims to empower parents/carers to understand more about autism and to discuss useful strategies in how to support their young person.

Topics covered include:

- Understanding autism
- Puberty
- Education & Transition to adulthood
- Health & Wellbeing
- Stress & Anxiety

Booking is essential, please email or scan the qr code:

 teenlifesuffolk@family-action.org.uk

 01603 363013

The course is open to parents and carers of young people (aged 10-16 years) with a confirmed diagnosis of autism, living in Suffolk.

The course involves attending six sessions:



Mondays 2nd, 9th, 16th, 23rd,
30th November and 7th Dec
from 10.30am – 1pm



Suffolk Family Carers Offices,
Hill View Business Park, Old
Ipswich Road, Claydon, Ipswich,
IP6 0AJ

Scan to
join:



**Suffolk
Family Carers**
Living Fuller Lives

family-action.org.uk

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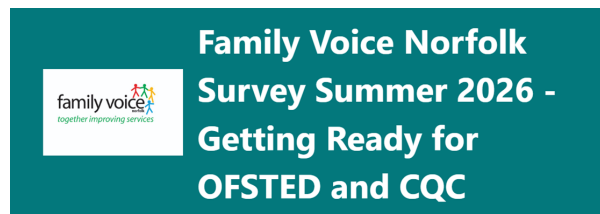
What else is going on?

We wanted to let families know about **Norfolk County Council's Crisis and Resilience Fund.**

The Crisis and Resilience Fund (previously known as the Hardship Fund) may be able to help families on means tested benefits or working families with a low disposable income, to access help at times of financial hardship.

For more information about who qualifies, what help can be provided and how to make an application, see link below.

[Crisis and Resilience Service \(CRS\) - How to get help from the Crisis and Resilience Service - Norfolk County Council](#)



Family Voice Norfolk Survey Summer 2026 - Getting Ready for OFSTED & CQC

Family Voice Norfolk wants to hear about the real experiences of children and young people with SEND aged 0-25 and their families who live in Norfolk or use a service provided by Norfolk.

What is working?

What needs to change?

Your feedback will help us better understand, and share, what life is like ahead of the OFSTED (Office for Standards in Education, Children's Services and Skills) and CQC (Care Quality Commission) AREA SEND Inspection which is expected to happen soon. We would like your help to prepare for this.

Every response will count

Every voice matters

YOUR voice matters so please do take some time to tell us what is working for your child, young person and family and what needs to change.

You do not need to give your name. All responses are anonymous

Please do not give names of any persons or settings

Please complete one survey per child/young person - this is very important

The closing date for this survey is Monday 31st August 2026

To take part in the survey see here <https://shorturl.at/Rrp3p>

FREE COURSE IN THETFORD - TIME OUT - IN PARTNERSHIP WITH BRECKLAND FAMILY HUB

TIME OUT

for parents and carers

FREE 7-week course for anyone
parenting or caring for children with
additional needs aged 3 to 11

When: Starting Monday 22nd September
and meeting weekly (break for half term)

Time: 10.00am-12.00pm

Where: Thetford Library (upstairs room)
Raymond Street, Thetford, IP24 2EA

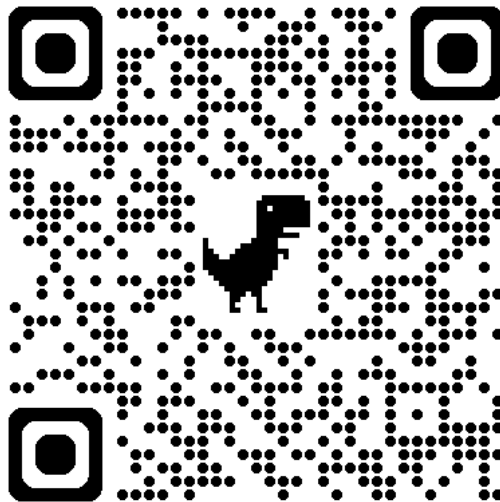
To book your **FREE** place and for more
information, scan the QR code or email
CommunityFocusBreckland@norfolk.gov.uk



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.

A graphic with a pink background. The top half features a circular inset image of a woman with glasses and a young boy sitting at a desk, looking at a laptop. The bottom half contains contact information for Family Line.

Family Line

-  0808 802 6666
-  07537 404 282
-  familyline@family-action.org.uk
-  Online Chat



Family Line



0808 802 6666



07537 404 282



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

For East Norfolk and Waveney **01493 650220** or email 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.

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