



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

Welcome to our September Newsletter.

We are now only days away from the return to school.

Hopefully, if your child's school recognised that they were likely to need some support with transition, there was some work done in the last weeks of the previous term to introduce and familiarise your child with their new teacher, new classroom and so on. They may have been provided with a social story or folder of information to look at during the holidays. And perhaps you did all you could over the holidays to talk positively about school, look at the uniform, or even go out of your way to drive past the school regularly.



These are all helpful strategies.

But... despite all of the above, your child or young person may very well have some struggles in the first few weeks of the new school term.

In this month's newsletter we are offering some strategies to help you support your child's transition back to school.



Family Action's Norfolk & Waveney Autism/ADHD Service is commissioned by Norfolk and Suffolk NHS Integrated Care Board.

This month's newsletter includes:

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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.

The Snowdrop Programme



GET IN TOUCH NOW TO BOOK A PLACE ON OUR NEW SNOWDROP PROGRAMME IN OCTOBER WHEN WE WILL BE IN KING'S LYNN. SEE FLYER BELOW.

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



The flyer is orange with a green 'family action' logo in the top left. It features a circular photo of a family reading a book. Text includes the title 'The Snowdrop Programme', a description of its purpose, funding details from the Norfolk Community Foundation, and specific event information for King's Lynn on Wednesdays 7th, 14th & 21st October 2026, from 10am to 12pm at Hall 1, Gaywood Church Rooms. It also includes a note about availability in west Norfolk and contact information.

family action

The Snowdrop Programme

Strengthening resilience and improving outcomes for families of children with SEND

This new course is funded by Norfolk Community Foundation and was developed by two of our Family Action Norfolk services, WellFamily and Norfolk & Waveney Autism/ADHD Support Service. The Snowdrop Programme creates a space for discussion and reflection about the experience of parenting a child with SEND. It aims to boost parental resilience and increase confidence in asking for the right support for children in education and in life.

King's Lynn:
Wednesdays 7th, 14th & 21st October 2026
10am to 12pm.

Hall 1
Gaywood Church Rooms
Gayton Road
King's Lynn
PE30 4DZ
(Parking available at the venue)

Please note: This course is only available in west Norfolk to parents of children up to the age of 11, with any kind of special educational need or disability.

For more information, please contact
01760 725801
snowdrop@family-action.org.uk

Delivered by Family Action in Partnership with Norfolk Community Foundation. www.family-action.org.uk

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Meet The Team

Hi, I'm Beckie. I'm based in the Gorleston office and work as part of the East team. My role includes making welcome calls to families, supporting the delivery of the Plan Bee course, and helping to lead workshops. You might also bump into me at a SEND event in the region.

My journey with Family Action began several years ago when I attended a drop-in support session as a parent trying to find some help and advice about the challenges I was facing. Because of the help I received I decided to become a volunteer for the service and did this for two years before applying for my current role. I have now been working for Family Action and helping families just like mine for three years.



I did lots of jobs previously, all in caring professions, and am proud to be part of this team and to get the opportunity to support families facing challenges similar to my own. I am also currently studying for a degree in Children and Youth Studies.

As the parent of a son with autism and someone from a neurodivergent family, I bring both personal and professional experience to my role. I love being part of the Family Action team and look forward to meeting and supporting parents and carers.

Online Workshop in September

Our ever popular online workshop on **MASKING** is back. Understanding masking and how to support children is a topic we speak to parents and carers about on a regular basis. There is no need to book for this online session. Just note the **ZOOM** joining details and come along on the day.



Masking Workshop



Join us for this **free online session**, where we will be discussing "masking". Many of our children will "mask" at school or in other social situations, in an attempt to appear more "neurotypical" to others. However, this often results in some undesired after effects, such as burnout and anxiety, or the sudden release of pent up emotion once back home where it is "safe" to do so.



Tuesday 8th September 2026
10:00am – 11:00am

No need to book.

Just join us on the day via Zoom using the following details:

Meeting ID: 966 4447 9930

Passcode: 400275

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



01603 972589



NorfolkandWaveney@family-action.org.uk



Family Action Norfolk & Waveney
Autism/ADHD Support Service.

www.family-action.org.uk

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Our Drop In Support Groups in September - click to enlarge flyer.



Norfolk and Waveney Autism/ADHD Support Service

Drop-In Support Groups

We would love to see you for a tea/coffee and chat. Our Family Support Workers will be available, and you can drop in at any time and leave when you are ready. Please note that these sessions are for parents and carers; they are not stay & play sessions for children, however if you have difficulties with childcare, please speak to our team in advance.

September 2026:

Gorleston	Gorleston Library, Gorleston-on-Sea, NR31 6SG Wednesday, 9th September, 10am - 11:30am
Lowestoft	The Kirkley Family Hub, Kirkley Street, Lowestoft, NR33 0LU Thursday, 10th September, 10am - 11:30am
Thetford	Thetford Library, Raymond Street, Thetford, IP24 2EA Family Action not attending in September
Norwich	Costessey Library, Breckland Road, Costessey, Norwich, NR5 0RW Monday 28th September, 9:30am - 11am
Dereham	Dereham Library, 59 High Street, Dereham, NR19 1DZ Monday 7th September, 1:30pm - 2:30pm
King's Lynn	Family Hub, St. Augustine's Healthy Living Centre, Columbia Way, King's Lynn, PE30 2LB Monday 14th September, 10:30am - 12:30pm
Swaffham	Costa Coffee (Upstairs), Market Place, Swaffham, PE37 7AB Wednesday 9th September, 9:30am - 11am
Downham Market	Swan Youth Project, Paradise Road, Downham Market, PE38 9JE Tuesday 29th September, 9:30am - 11am

Please note that these dates can occasionally be subject to change, please contact us or check our Facebook page (see below) for any updates.

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



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Helping Your Child with the Transition Back to School

Six and a half weeks of school holiday is not an insignificant amount of time. It is certainly long enough for insecurities to creep in and for problems, real or perceived, to be mulled over.

Will he/she still want to be my friend in September, although we did not speak much in the holidays?

Will my uniform, hairstyle or shoes be the same as everyone else in my friendship group?

Will the new teacher understand that sometimes I find it hard to speak out in class?

Have others been meeting up in the holidays and not included me?

It has been mostly quiet and calm at home, so how am I going to cope with the busy, noisy classroom again?

Some children with these thoughts may want to talk about them with you, but many may not really be able to verbalise the difficulties – either because they are embarrassed, unsure how to explain how they feel, or simply do not yet have the emotional language to describe what is happening for them.

You may therefore have to try to notice changes in behaviour.

Are they:

- more anxious about changes or new situations?
- more argumentative or easily irritated?
- avoiding talking about school?
- finding sleep difficult?
- complaining of tummy aches or headaches?
- seeming more sensitive to sensory issues?
- needing more reassurance about their appearance?
- appearing dysregulated at the end of the school day?



Remember: the first few days may not tell you how the whole term will go

Some children may manage brilliantly on the first day because they are running on excitement or adrenaline, only to become increasingly tired and dysregulated later in the week.

Others may find the first few days particularly difficult and then gradually settle as the new routines become more familiar.

Try to look at the pattern over time rather than judging the transition by one particularly good or difficult day.

Stay Calm

If you are concerned, try firstly to appear calm, even if calm is not quite how you are feeling. Seeing your anxiety or hearing your lack of confidence about the school's approach is unlikely to be helpful.

Settling back into school is a transition, and every child will take their own time to familiarise themselves again with the new routine.

Try to give the transition a little time, while keeping communication with school open. Some difficulties may settle as your child becomes familiar with the new routine, but if you are concerned that your child is becoming increasingly distressed, don't feel that you have to wait before talking to school.

Expect Tiredness

A child may manage the first day well and then become increasingly tired or dysregulated later in the week.

This does **not** mean the transition has gone wrong.



The effort involved in learning new routines, remembering new names, coping with sensory demands, re-establishing friendships, masking, holding in emotions or working hard to appear as though everything is okay can be exhausting.

Rest is not a reward for coping. It may be something the child needs in order to cope.

Keep after-school time low demand

Some children will hold themselves together all day and then release their stress at home, where they feel safest. This can sometimes look like an unexplained after-school meltdown or shutdown.

How can you approach this difficult time in the day? You could try:

- A quiet journey home without questions.
- Fewer words when you get home.
- Space, in whatever form that takes for your child. This could include sleeping, having some alone time, an outside activity, time doing a hobby, or screen time if you know that this is what helps your child to decompress.
- A favourite snack and drink.
- Keeping demands to a minimum where you can. The coat on the floor can wait; getting everyone calm and settled may be more important in that moment.

- Homework does not have to be done immediately.
- A low-arousal approach to sensory input.
- When they seem calmer, you can still avoid asking, *“How was school today?”* Instead, try making a statement such as, *“It’s good to have you home. You can tell me about your day when you are ready.”*

Think ahead about sensory processing

You know your child very well. You also know enough about schools to understand what your child may find difficult in the sensory environment.

It might be the busy, noisy classrooms and corridors, the noise and smells of the dinner hall, the scratchy uniform, bright lights, or the lack of movement.

Think practically about what might help your child feel more regulated.



For example:

- Comfortable school clothes where possible.
- Removing irritating labels.
- Practising wearing new shoes and washing new uniform several times before school starts.
- Having a familiar item in their bag as a comfort.
- A fidget toy, if this is helpful for your child.
- Planning a calm journey to school.
- Allowing extra time so the morning does not begin with rushing.
- Ear defenders, earplugs or other agreed ways of reducing noise.
- Familiar foods or snacks that provide the sensory input your child finds calming.

Remember that sensory strategies are individual. What helps one child may be uncomfortable, distracting or unhelpful for another.

Give children some sense of control

Starting school or returning to school involves many things being decided *for* a child.

Where possible, offer small choices:

- Which breakfast would you like?
- Do you want to walk or drive?
- Which comfort item will you take?
- Do you want to talk about school now or later?
- Shall we choose your after-school snack?
- Would you like me to walk beside you or give you some space?

Small choices can help a child feel that they still have some control.

Finally, remember what may be underneath the behaviour

You know your child best.

If they are finding the return to school difficult, this is not necessarily because they are being oppositional, lazy, attention-seeking or deliberately difficult.

Change can place a huge demand on a neurodivergent nervous system.

Try to look beneath the behaviour and ask:

“What is making this hard, and what might help?”

Equally, a child who looks as though they are “coping” may still be working incredibly hard internally.

Small adjustments can make a big difference. And remember that a child's response is proportionate to how a concern is making **them** feel, even if we don't really get it. Never tell them they are being silly or should just forget it.

Most importantly, let your child know that they do not have to manage everything alone and that difficult feelings can be supported, one step at a time.

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. Please note that the Great Yarmouth Plan Bee in October is our condensed version delivered in just one session. See flyer for more info. [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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Norfolk and Waveney Autism/ADHD Support Service

GREAT YARMOUTH Condensed Plan Bee OCTOBER 2026

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

A free face-to-face session for parents & carers (booking is essential)

If you have been interested in attending our Plan Bee course but have found it difficult to find the time, we are now offering a condensed version of our Plan Bee course. This will be one single three hour session only.

We hope this will be more suitable for working parents or for those with pre-school children who find it difficult to attend a full 3-week course.

The aim of this session 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 Plan Bee courses and condensed sessions support parents to understand their child's individual needs and how to best support them.

Tuesday
20th October 2026
10am to 1pm

Great Yarmouth Library
The Place
37-39 Market Place
Great Yarmouth
NR30 1LX

To book please provide the following details:

Your name
Child's name & DOB
Postcode
Telephone number
Email address

01493 650220

Gorleston@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. Click flyer to enlarge.



Educational Psychology
& Specialist Support



Puffins Autism Programme KING'S LYNN October 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)

King's Lynn October 2026

Community Hub
Church Dr
King's Lynn
PE30 4DZ
(Parking at Gaywood Church
Rooms nextdoor)



Thursday 1st 8th 15th 22nd
October

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



family-action.org.uk

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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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NEW: SUFFOLK 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**. A free six-week course designed for parents and carers of autistic young people aged 10–16 years with a confirmed diagnosis received within the last two years, who live in Suffolk.

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

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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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:



family-action.org.uk

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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:



teenlifeneastsex@family-action.org.uk



07717 807 727

Scan to
join:



family-action.org.uk

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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?

HOME START is looking to recruit volunteers. Click to enlarge flyer.

Be the extra pair of hands a family needs

Volunteer for Home-Start Norfolk

Next training course starts w/c 14th Sep

Why Volunteer?

Some parents just need someone alongside them.

Not to fix everything.
Just to listen, encourage, and help with the everyday.

You could be that difference.

You could help by:

- Listening when a parent needs to talk
- Helping with the everyday
- Supporting parents to build confidence

No special qualifications needed.
Just parenting experience and a couple of hours a week.

Make a real difference in just a couple of hours a week.

Scan to find out more

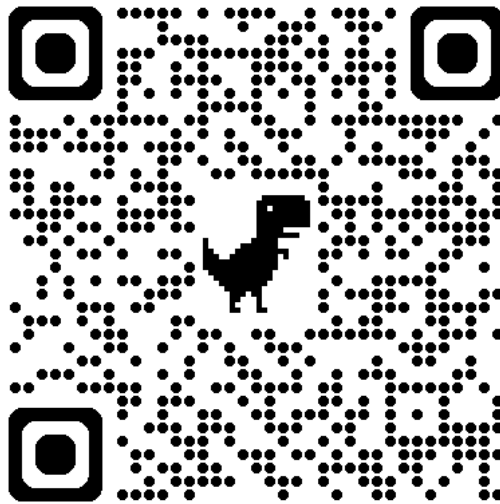
Could you be the difference?

www.homestartnorfolk.org

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
-  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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