



Building
stronger
families



Norfolk & Waveney ASD/ADHD Support Service April 2023 Newsletter

Welcome to our April 2023 newsletter.

Congratulations on arriving at the end of another school term. Those among you whose children skip happily to school are probably in the minority. For many families school reluctance, school refusal, tiredness in the mornings because of difficulties with sleep, issues with the seams in their socks or their tights being crooked, fights over eating breakfast or arguments about what is acceptable in the lunchbox, can make each and every week day morning a bit of a challenge, to put it mildly. So, if you can, if you are not still getting them up and trying to get to a childminder or a relative because you have to work, if you don't have a child who rises before the lark and wakes up everyone else.....then please, try to take it easier for a couple of weeks. We know that for some children you will still have to make

plans, create some structure in the school holiday, keep them fairly busy and try to tire them out....but that doesn't have to mean a 9am start for all activities. Ease into the day. Allow them some down time. Try putting a visual on your bedroom door of Sleeping Beauty or a snoring bulldog with Do Not Disturb underneath. Organise a Movie Morning with popcorn where you can doze while they watch a favourite film. Whatever you are doing, try to make some holes in your own bucket for a change!

The newsletter contains this month:

- **Thinking About - Self-Care**
- **Bath and Shower Time Ideas**
- **Easter Activities in Norfolk and Waveney**
- **Other News**
- **WORLD AUTISM ACCEPTANCE WEEK**
- **Upcoming Courses, Workshops and Support Groups**
- **Family Action FamilyLine**
- **About our Service - contact details**

Just as every child is unique, every family's situation is different. We in the Norfolk and Waveney ASD/ADHD Support Service 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.

Top Tips to Support Self-care



Showering and Bathing

Some children struggle to understand why we need to wash our bodies and it can be helpful to explain this in quite a scientific way, with information about bacteria, germs, sweating and odour.

Others would rather not think about this and may respond more if you make a fun game out of washing, or if you add a competitive element. 'Who can get all the bubbles off their face first?' or 'If you let me wash your face, you can wash mine!'

Bathrooms are quite sensory-heavy rooms with scents and steam and water and noisy taps running and cold air on the skin. Be aware of the possibility of sensory overload and think about ways to reduce this.

Would ear plugs or goggles be useful for example? Think about adjusting the shower head to see which pressure of water your child prefers on their hand before they get it on their body and of course, let them tell you which temperature of water is right for them. Would a shallow bath be less scary than a deep bath?



For a child who is hypersensitive. Consider how you can remove some of the sensory input at shower time. For example dim the lights, move the shower head higher up so it is less intense on their skin, keep external noise to a minimum whilst your child is showering, use scent free products. Smells of products, noise of hairdryers, pressurised water hitting their skin could be scary, uncomfortable or even painful to your child.

Have a soft dressing gown ready to get dry in, instead of a towel, if they find towel drying overwhelming on their skin.

A colour changing smart light can be helpful if linked by colour to the bottles of shampoo etc. Each time the colour changes it can prompt them to move on.

Allow the child to select which sponge or flannel to use. You'd be surprised how many different sponges are out there and different they can feel on skin. Exfoliating gloves can give good sensory feedback for children who are sensory seeking.

Consider a colour changing shower head (available on Amazon) as this indicates when the water has reached the desired temperature.

Teeth brushing

Brushing teeth seems to be a bit of a minefield for many neurodiverse children and young people. Both the toothbrush and the toothpaste can trigger a reaction and finding a solution is often about trial and error. Try different flavours of toothpaste or you can find completely flavourless toothpaste. For young

people who are seeking sensory stimulation you could try spicy flavours such as clove or fennel toothpaste. But remember also textures of toothpaste which can vary from gritty pastes to smooth gels.

Try having your child bite down on a sponge on one side of their mouth whilst you/they brush the other side.

Try a manual toothbrush, finger-tip brush or electric, depending on preference. You may have to build up to brushing properly with a brush and allow them to rub an acceptable toothpaste on their teeth and gums with a finger until they are prepared to move up to a very soft, small-headed brush.

There are many apps out there for toothbrushing fun. Colgate Magik, Pokemon Smile, Disney Magic Timer. The Brushout app is also great, with reminders of when to brush and where to brush and has a health based focus on teeth brushing rather than animated characters as motivation.



Keeping on task

We hear often that even older children can spend an age in the bathroom and you then discover that no washing has been started. They may be overwhelmed or in a bit of a trance as they deal with the sensory input of the bathroom, which could be frightening or soothing to them.

Visuals can be really helpful to remind the child or young person what to do next.

Number the items such as shampoo and conditioner and body wash.

Using the app X timer, you can set more than one timer at once. Set one for each task to be completed so that it prompts the child to move on.

Alexa is your friend – Alexa can be the neutral reminder for self-care which can be particularly helpful for children or young people who are demand avoidant.

Make self-care fun for younger children.

Some ideas include washable crayons to draw on the tiles, bath bombs to watch dissolve, shower steamers, playing their favourite music whilst in the bath or shower or having a selection of items that can be used as sensory stimulation. This could be purpose made toys or simply providing cups, jugs and spoons to explore the water.



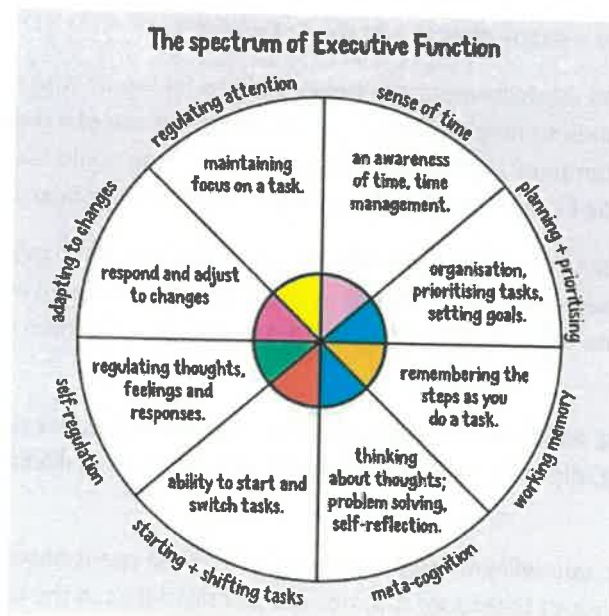
Why is Self-care so Difficult for my Child?



We have already said that for many neurodivergent people, self-care and looking after ourselves, from brushing our teeth to washing our hands, bathing or showering, washing hair and even brushing our hair, may all be difficult. Of course there are sensory difficulties associated with some of these activities but another reason may be that some neurodivergent people cannot perceive the value or purpose of the task. They may not be socially motivated to smell or look nice, or have clean fresh breath. If you are not too bothered what other people think of you then these social niceties may be of no value.

This is something which does worry parents and carers and we are often asked how the child or young person can be supported to care more about self-care.

Helping your child to be more independent around toileting and bottom wiping, and unpicking some of the sensory difficulties linked to toileting for neurodiverse children is a huge topic best explored separately on another day. In the meantime however, our March 2022 Sway Newsletter¹ did brave it and venture into toileting as a subject if you want to have a look.



EXECUTIVE FUNCTIONING - Our executive function is the brain's management system. It helps us hugely to manage tasks, prepare and plan, remain on task and switch flexibly between tasks. It is also responsible for memory and sequencing, our ability to do things in the right order. We know that neurodiversity affects executive functioning and this will then affect self-care. A child may get in the bath and sit in the water but forget to use soap. Or a young person may shower, wash with soap, put shampoo on their hair but forget to rinse it off. Sometimes the sequence of tasks becomes too complicated.

Think about breaking down any activity into small steps. You can give instructions verbally or use a visual checklist. Visual aids are so useful when children have difficulty with sequencing. These would remind them of the correct sequence for dressing in the morning or going to the toilet and washing their hands in the right order or how to wash their hair. Even this has more steps than you may think. Make

¹<https://sway.office.com/YWQwHLpSAFFCrcPK?ref=Link>

sure you have a towel at hand, switch on the shower, check the temperature is okay, step into the shower and shut the door behind you. put your head under the water to get it wet, take the lid off the shampoo, put some on your hand, put the bottle down, rub the shampoo into your hair until foamy, rinse under the shower until all the foam is gone, switch off the water, get your towel and rub your hair dry, dry the rest of your body. Think about how complicated this may be if your executive functioning is slightly impaired.

Anxiety can play a part in the difficulties too, they may be scared of the water, they may be worried the water will be too hot, too cold or may hate the feeling of air temperatures once they get out. They may not enjoy the confined small space of a bath/shower, they may worry about the glossy surfaces and falling out, particularly if they are clumsy or unstable on their feet. They may worry about the plughole and the sounds it makes as it drains, or what happens if they went down the plughole. And when anxiety comes into play, their executive functioning and reasoning becomes even more difficult to reach. As anxiety makes adrenaline flow they will become much more driven by the urges of fight, flight or freeze. Not helpful when you have a soapy child in a bathful of water.

Preparation, repetition and reinforcement can help a child to feel safer with some of these routines. Give them lots of information to help alleviate their worries. The use of a thermometer to show the bath water is at its usual temperature may be helpful to some. You could leave the water in the bath until they are out and away from the bathroom so they do not need to hear the water gurgle away.

Should you try a sponge instead of a flannel? Maybe your child is much happier using their hand. Think about allowing them to use their own hands rather than you washing them as this means they will more in control of the time taken to wash, the pressure used and so on. Is a foam wash more acceptable than gel or a bar of soap?

We recommend unpicking any task and looking at what may make the task more difficult for your child, and we can now start to explore some ways to support self-care and make life hopefully a little easier for our children.

You know your child best, you will know what scares them. Time spent observing and planning in order to take some of the fear out of bathroom routines will pay dividends in the long run.

Think about keeping a diary or a few notes each night about what you are experiencing with your child. Sometimes this helps us to see patterns and can lead us to understand triggers and things to be avoided.

Look online for social stories which can help to teach routine sequences or reduce anxiety with lots of repetition.

Bath and Shower Time Ideas



If a child finds something difficult, distraction and diversion can help. So we have some activities to share which could make bath or shower time more appealing for some children. Always bear in mind however that if bathing is something that your child or young person finds really stressful then anything which increases their time in the bath can escalate that stress no matter how well intentioned you are. As stated earlier, you know your child best. Keep checking that they are okay.



Make it fun:

We know that some children and young people find it very hard to get motivated to have a bath or shower, so making it fun drives the incentive and gives the process value.

Maths lovers + - =

Take various sized bottles and containers and experiment with the sizes and volumes. Take a small bottle and see how many small bottles it takes to fill a big bottle. Or you could ask some of the following questions:

- Which bottle do you think holds more water?
- These bottles are the same height but this one is fatter. Do you think they can hold the same amount of water?
- Can you fill it to the top?
- Can you empty half the water out? You could use foam numbers to keep track of the answers, adding to the excitement of the game.



Colourful and Bright

Using things like foam numbers, letters and shapes to make things more interesting can help entertain and distract reluctant bathers. Foam letters can be used in a bath or shower as they stick to tiles and bath tubs. You could even distract them by stating things you know your child/young person will know is wrong, for example, use the letters and spell out their name but misspell it, or use some numbers to make incorrect number sentences.

Flashing bouncy balls are also really fun and add an exciting element to bath times or even showers. These balls can be found in many shops that sell toys and aren't expensive. Here's an example of what you can find in Wilko - these ones are spikey so have an added sensory element too:

<https://www.wilko.com/en-uk/single-wilko-play-spikey-light-up-ball-in-assorted-styles/p/0408507>

Bath bombs can be great fun at bath time. They make the water different colours and their fizz action can be both exciting and soothing to watch. Keep reading to find a tutorial on how to make bath bombs.

Glow-sticks can also be used to add colour, light and entertainment to a bath – these are especially effective if the room is dark, but this would depend on your child's comfort levels in the dark.

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Bubbles

When a bath is filled with bubbles, it can be great fun to hide toys or objects under the bubbles (waterproof and bath safe items of course). Have fun moving the bubbles out of the way. You could add a glass bowl as a type of “window” to see through the water and spot the objects. You might want to use a toy fishing net to fish out the objects. You could even play a guessing game to see if they can recognise the object by touch first, before pulling it out of the bubbles and water.

Bath Themes

Using waterproof toys your child already has, you can make the bath time themed, for example, using Pokémon toys only or dolls they enjoy playing with. If certain toys aren't waterproof, consider having them around the bathroom on shelves or on the edge of the bathtub. You could even theme a bath time by colour and have a scavenger hunt beforehand to find items around the house of that colour – it might be cups, plates, fidget toys etc..

You may also want to try using your child's toys to help them with their independence over washing – if they have a character toy they like, have them wash the character, telling it what they need to do. By having them model the behaviour to a cherished toy reinforces the routine to them without it coming from you or feeling like a demand.



Make Bath Bombs

There are so many tutorials available online showing how to make bath bombs at home. You can also buy readymade kits. These can be a great incentive for children to have a bath when they've been involved in making something for it. You can explore different colours and smells as well as different shapes.

You could try putting small items in the bath bomb when making them, then watch it be set free. Items such as Lego can be used – put the parts of a Lego figure inside a few bath bombs and when they've been used your young person can then put it back together again.

If you want to give this a try, here's a tutorial:

<https://www.bbcgoodfood.com/howto/guide/how-make-bath-bomb>

Make it calm:

Some children will need bath and shower time to be as calm and low demand as possible. For these instances really consider their sensory needs – think about temperature preferences, noise preferences, lighting and smells etc..

Music

If your child or young person likes music to relax to, think about how they can access some calming music during this time (remembering to check what is calming music to them as it may be different to

your preferences). If you can have a voice controlled device nearby, it can give them control of the music, adding to their ownership of bathing time.

Scent

Consider if they have certain scents that bring comfort that you could easily incorporate into the atmosphere, this might be an air freshener, perfume/deodorant, essential oils that can be added to the bath or shower floor etc.. Also consider however whether you need to eliminate scents from the bathroom as they are often full of different smells from bleach to shampoo. If your child is scent sensitive then you might want to make sure you haven't bleached the toilet or cleaned that bathroom beforehand, remove any air fresheners from the room and keep scented bath products minimal.

No Bubbles

Some children and young people don't enjoy having bubbles in the bath. They can be bothersome due to the noise they make as they pop or can feel itchy on the skin. Some prefer to see through the water and bubbles will obscure that view.

Consistency

Create a bath time routine together (if appropriate). Having a routine for bath time can bring a sense of security for some. It might be that it is on the same day of the week so they always know when to expect it. Keeping the order of the cleaning may be beneficial in order to build independence as they learn this skill. As already mentioned, using visuals can be great for this – the child/young person can see what to do and what's coming next, and it also takes away the demand of a parent telling a child/young person what to do. Create the visuals together through drawings or taking photos together of all the things they will need. If your child likes creating things on the computer, perhaps put them in charge of creating their visuals.

Bathing Supplies

Have fun finding the perfect sponge or the best flannel. Put together a little kit with as much input from your young person as possible, and make sure the items are to their preference. Perhaps that means setting aside some time on a Saturday and going on a fun shopping trip, or you might need to take things slower and gradually build up the supplies over time. Again, think about the sensory preferences, even down to the hairbrush – trial and error may be needed.



Dental Appointments Some children may struggle to access their usual dentist due to additional needs, they can be referred to the 'Community Dental Team'. This must be done by their surgery. The team are based in Cambridge but have a clinic at Moreton Hall. Their dental surgery have to complete this online form <https://portal.dentalhealthcareeoe.nhs.uk/DentalReferral/> Special Care Dentistry - Dental HealthCare (dentalhealthcareeoe.nhs.uk)²

Big Norfolk Holiday Fun - Easter 2023



The Big Norfolk Holiday Fun activity programme provides holiday activities for children and young people aged 5-16 (or 4 if your child is slightly younger but in school) throughout the holidays.

²<https://www.dentalhealthcareeoe.nhs.uk/services/special-care-dentistry/>

Those who claim means-tested free school meals can claim free spaces on the activities, whilst paid spots are available on many activities for those who don't.

We also work with our providers to make activities as inclusive and as accessible as possible. This includes those with special educational needs or disabilities.

Find out more about Big Norfolk Holiday Fun and How to Book Activities by watching the short videos below.

Have Fun!



<https://youtu.be/UzZnJkIOVw>

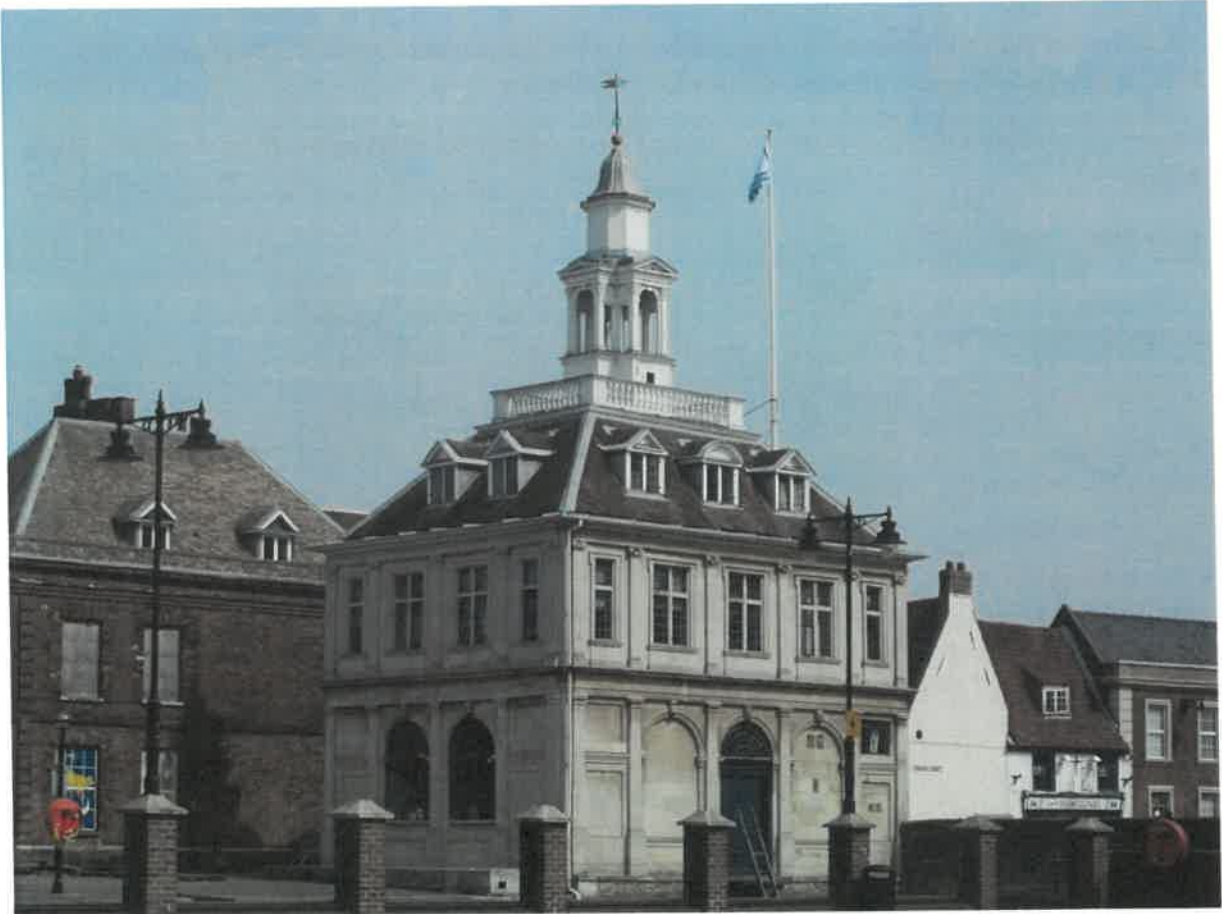
1 - What is Big Norfolk Holiday Fun?



<https://youtu.be/x2wH2GF-uws>

2 - How to Book Activities

West Norfolk



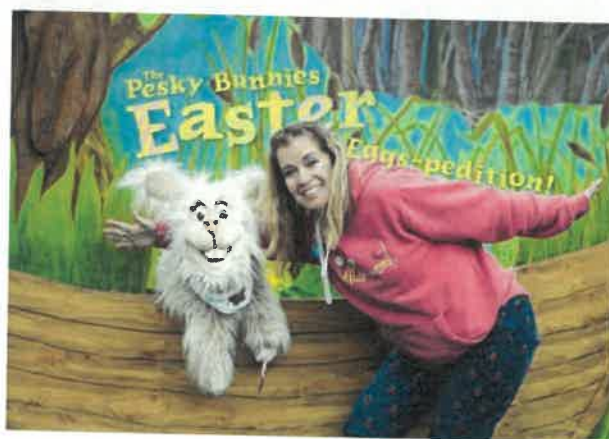
An initiative between King's Lynn and West Norfolk Borough Council and Alive West Norfolk that gives young people access to low-cost activities is being continued through the Easter holiday.

Following the popularity last year of the second Summer of Play, and the introduction of the Autumn of Play, the borough council has teamed up with Alive to reduce the cost of swimming for juniors in Downham Market, Hunstanton and King's Lynn and Alive Adventures in Hunstanton to as little as 50p if you have an Alive Concession Card or £1 with an Alive Card, saving children, teens and families a sizeable amount of money on fun things to do during the Easter holiday.



Looking for Easter Events in Norfolk, then you've come to the right place, if you're thinking of an Easter Egg Hunt, or an Easter Adventure Quest, Norfolk can deliver. Farm Parks and Zoos in Norfolk are also entering into the Easter theme, so as well as visiting lots of cute animals, you might be able to find a tasty Easter treat too.

Easter Events Norfolk 2023 Bewilderwood Pesky Bunnies Easter Eggs-pedition! Location : Horning Rd, Hoveton, Norwich NR12 8JW



The Pesky Bunnies are bouncing back into BeWILDerwood with a 'spring' in their step from 1st – 17th April 2023. Hop to it and meet the Easter bunny at the Storytelling stage, then bounce along the trail to find where those Pesky Bunnies have hidden their chocolate eggs. Will you be able to find them all and win an eggcellent prize? Opening Dates/Times/Prices : For further information [CLICK HERE](#)³

Blickling Estate Easter Egg Hunt Location : Blickling, Norwich NR11 6NF Easter adventure trail: Saturday 1 – Monday 17 April Blickling's breathtaking Jacobean mansion and ancient yew hedges sit at the heart of a magnificent garden and historic park in the beautiful Bure meadows. Treat your little ones and celebrate Easter with an adventure at Blickling Estate this spring. Make your way along the trail, finding activities for the whole family. Explore the garden with its beautiful displays of daffodils and notice the bluebells coming to life across the estate. Normal admission plus £3 per trail, includes a tasty chocolate Rainforest Alliance Easter egg. Bee for Blickling: 1 April – 4 June A multi-sensory exhibition in the Long

³<https://norfolk.bewilderwood.co.uk/events/the-pesky-bunnies-easter-eggs-pedition/>

Gallery highlighting flowers and nature within the collection and the important role bees play. Two children's trails around the house will encourage them to explore their surroundings – spotting bees and to look for the shapes of flowers in carpets, paintings and furniture. Opening Dates/Times/Prices : For further information [HERE](#)⁴

Bure Valley Railway Easter Eggspress Location : Aylsham Station, Norwich Rd, Aylsham, Norwich NR11 6BW Hop on board the Easter Eggspress over the Easter school holidays, 1st-16th April 2023, for an “eggciting” day out for all the family. Free Easter Egg for every child on completion of Easter Trail. In addition a decorated Shop and Whistlestop Café add to the Easter themed event. Opening Dates/Times/Prices : For further information [CLICK HERE](#)⁵

Hippodrome Circus Pirates Live! Location : St. Georges Road, Great Yarmouth, Norfolk, NR30 2EU



Pirates Live returns to the Hippodrome Circus in Great Yarmouth 1st April – 1st May, give you and your family an exciting treat to look forward to this Easter break. Pirates Live is a truly unique experience now in its 9th blockbuster year, with a combination of heart stopping circus stunts and hilarious pirate comedy scenes. Book your seats and join the cast of Pirates Live on the ultimate live action water show adventure. Opening Dates/Times/Prices : For further information [CLICK HERE](#)⁶

Oxburgh Hall Easter Egg Trail Location : Oxborough, King's Lynn PE33 9PS Easter adventure trail, 1-16 April Natural play area It's hard not to fall in love with Oxburgh, when you catch your first glimpse of the imposing brick manor house reflected in the tranquil moat. In the gardens and wilderness, drifts of snowdrops and aconites are returning to the soil and daffodils are arriving to herald the start of spring. The orchard and kitchen garden are filling with delicate pink and white blossom from a variety of heritage fruit trees, whilst wild versions brighten up the woods. As well as the Easter trail, families will find plenty of adventure at the Home Covert natural play area. Created from a 17th century wood and 18th century pasture and fenland, Home Covert is a great place for a family walk, to build a den or spot wildlife. Normal admission plus £3 per trail, includes a chocolate or vegan and free from Rainforest Alliance Easter egg. Opening Dates/Times/Prices : For further information [HERE](#)⁷

Roarr! Dippy's Egg-Cellent Easter Location : Lenwade, Norwich NR9 5JE

⁴<http://www.nationaltrust.org.uk/visit/norfolk/blickling-estate>

⁵<https://www.bvrw.co.uk/events/easter-eggspress>

⁶<https://hippodromecircus.com/pirates-live>

⁷<http://www.nationaltrust.org.uk/oxburgh-estate>



Get ready for a truly egg-citing Easter at ROARR! Join us from the 1st-17th April for a basket full of egg-traordinary Easter fun with activities, trails and crafts. No matter the weather we have you covered from fun at Dippy's Splash Zone to undercover adventures in Dinomite Indoor Play. Opening Dates/Times/Prices : For further information [HERE](#)⁸

Sandringham Estate Easter Egg Trail Location : Sandringham PE35 6EN



Find hidden clues around the Royal Parkland and enjoy a chocolate egg at the end of the trail provided by Kinnerton Confectionery. All proceeds will go to the EAAA. Opening Dates/Times/Prices : For further information [CLICK HERE](#)⁹

Wroxham Barns Easter Egg-Stravaganza Location : Tunstead Rd, Hoveton, Norwich NR12 8QU

⁸<https://roarr.co.uk/events/>

⁹<https://sandringhamestate.co.uk/post/easter-egg-trail-in-aid-of-the-east-anglian-air-ambulance-d4fcdf>



We Just know 'EWE' are going to have a Baaa-rilliant day at the Wroxham Barns Spring Fling during the Norfolk Easter holiday's (1st – 16th April).Your day out includes all the fun of Junior Farm where you will meet our friendly animals which include; Donkeys, Pigs, Ponies, Alpacas, Goats, Rabbits, Guinea Pigs. Plus 35 pregnant sheep! Take a look at our expectant ewes in our undercover maternity ewe'nit where you will have a strong chance of seeing a live birth! A member of our team will also be on hand to explain all about lambing.Join in on our egg hunt with a special prize at the end, plus live shows with farm favourites Barney & Bella! Included in your ticket is unlimited play on our fun park. We have an 18 hole mini golf course, Wroxham Barns train, pirate ship, toyset ride, go-karts, water wars, jumping pillows, sand play and jumping frogs.Choose your arrival time and then stay as long as you like until we close at 5 pm. Opening Dates/Times/Prices : For further information [CLICK HERE](#)¹⁰

Association of Directors of Adult Social Services



ADASS request your support with a survey they are conducting.

Autism and Parental Blame Survey

¹⁰<https://www.wroxhambarns.co.uk/explore/upcomingevents/>

Understanding families' experience of parental blame when they approach health, education, and care services for support.

What this project is about

This research study seeks to understand how parents of autistic children experience parental blame when they approach health, education, and care services for support.

This survey is part of the wider Autism and Parental Blame research project, led by ADASS West Midlands in collaboration with the University of Birmingham and commissioned by NHS England (Midlands Region).

Why?

Working together with families we will identify common concerns and themes and make recommendations for changes to practice that will ensure families feel heard and understood when they look for help.

Take part in the survey - open until 01st May 2023

Click here to complete the survey¹¹

Or use the QR code below



¹¹<https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.microsoft.com%2FPages%2FResponsePage.aspx%3Fid%3DQ4ElnpwwXOK6Qi0x1isNlfZFZQ3ZuiVBhdccxPtJh41UQkg2OVpWRFozQTFSUkg4MFg4TERTMFIORS4u&data=05|01|Sonia.Poulton%40family-action.org.uk|9986165dbff84e3890c008db26f3338c|7c3c6b24370f462392f2ecf5e01521ac|0|0|638146598204250213|Unknown|TWFpbGZsb3d8evJWIjoicMC4wLjAwMDAiLCJQIjoicV2luMzliLjBtIl6k1haWwiLCJXVCi6Mn0%3D|3000||&sdata=Ngp1du8kcbAXd4qcJvPlaafXLKG8bMI5bl72lg3VKdE%3D&reserved=0>

To find out more contact debbie.hollingsworth@wm-adass.org.uk¹² or laura.feguson@wm-adass.org.uk¹³

Or visit Autism and parental blame research | WMADASS (wm-adass.org.uk)¹⁴

SENDIASS ADVICE CLINICS



The purpose of the advice clinics is to give parent/carers and young people the opportunity to go through paperwork with one of our trained advisers, something that isn't always easy to do over the phone.

When you book an advice clinic appointment, we will contact you to check what paperwork it is you want to discuss. It's important that if you are attending an advice clinic appointment you have the paperwork to bring with you. If you book an advice clinic appointment but don't have paperwork to bring with you or go through, you will be asked to book a telephone call with an adviser.

Keep an eye on our website and social media to book an appointment at our upcoming advice clinics, these are:

Visit our website to book your place.

¹²<mailto:debbie.hollingsworth@wm-adass.org.uk>

¹³<mailto:laura.feguson@wm-adass.org.uk>

¹⁴<https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.wm-adass.org.uk%2Fnetworks%2Fequality-diversity-and-inclusion%2Fautism-and-parental-blame-research%2F&data=05|01|Sonia.Poulton%40family-action.org.uk|9986165dbff84e3890c008db26f3338c|7c3c6b24370f462392f2ecf5e01521ac|0|0|638146598204250213|Unknown|TWfPbGZsb3d8evJWl|oiMC4wLiAwMDAiLCJQljoiv2luMzliLCJBTil6lk1haWwiLCJXVCi6Mn0%3D|3000||&sdata=iAiYVecFH5f5u7wIMWzzOq8JeXTzpggMphR1gYQ0RnA%3D&reserved=0>

- **20th April – Fakenham**
- **16th May – Great Yarmouth**
- **21st June – Costessey**

BOOK NOW¹⁵

World Autism Acceptance Week

Our sister project in West Suffolk, Family Action West Suffolk Neurodiversity Support, has organised a virtual drop-in event, on Thursday April 6th, to mark World Autism Acceptance Week. This event is open to all and members of our Norfolk team will be attending the event and helping answer questions or offer advice.

We would love to see you there.

¹⁵<https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnorfolksendpartnershiass.us19.list-manage.com%2Ftrack%2Fclick%3Fu%3D32e34d30559c96493a4986ddf%26id%3D9b7c1c925a%26e%3D86ecc51b79&data=05|01|Susan.wood%40family-action.org.uk|a35e9572857e471a5bfb08db302afef2|7c3c6b24370f462392f2ecf5e01521ac|0|0|638156733479496398|Unknown|TWFpbGZsb3d8eyJWljojMC4wLjAwMDAilCJQljojV2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D|3000||&sdata=rO35%2FknsWvRZxz2lOth9g0xa9qhOcrbyfH6ELwuAIFU%3D&reserved=0>



Virtual Parent/Carer Drop-in Event

family action Building stronger families

West Suffolk Neurodevelopmental Support Service

For 'World Autism Acceptance Week' we are going to be holding a colourful virtual drop-in on the 6th April, our team will all be dressing up in bright clothing and you are welcome to join us.

10am	Welcome & Introductions	 <p>World Autism Acceptance Week 17 March - 1 April 2023</p> <p>Feel free to drop-in any time through-out the session</p>
10.10am	Video 1 & Chat	
10.20am	Video 2 & Chat	
10.30am	General and /or specific discussion	 <p>ALWAYS MADE TOTALLY INTELLIGENT ONES. MYSTERIOUS</p>
11.00am	Return to main room	

Joining link
Meeting ID: 924 6125 9327
Passcode: 623631

West Suffolk Neurodevelopmental Support Service supports families of children with neurodevelopmental differences. For more information, contact our friendly team on.. 01284 636655 or Email wsuffolk@family-action.org.uk

ASD Helping Hands

Survival Skills for Wellbeing

Upcoming sessions

Sessions start on Friday 28th April 2023

In conjunction with Cup-O-T: Wellbeing and Therapy, we are offering two of the Survival Skills for Wellbeing workshops. This will be:

- for those between the ages of **11-14**
- for those **with or without a diagnosis of Autism**
- **Mainly aimed at young women** but not exclusively
- be 5 sessions held on consecutive weeks

Go to the ASD Helping Hands¹⁶ website for more information about how to sign up.

Cup-O-T: WE'VE GOT TALK SHOW

SURVIVAL SKILLS FOR WELLBEING

A GROUP TO INCREASE SKILLS FOR WELLBEING AND TO FEEL ACCEPTED

Are you worried about relationships with your peers/ your appearance or identity? Are you struggling to access the things you enjoy because of low confidence? Then come and join a supportive group of like minded people.

THEMES COVERED IN THE GROUPS:
Belonging- getting to know the group
Emotional regulation- expressing and dealing with strong emotions
Identity- celebrating who you are, just as you are
Self care- developing a balanced life style
Advocacy- expressing your needs and keeping yourself safe

SOME OF THE ACTIVITIES
Weekly Yoga - Model Making - Games - Craft - Sensory Tools - Meditation - Pampering - Group Discussions - Lego - Badge Making- Sign Posting to Local Services.. and more!

For more information speak to:

¹⁶<https://www.asdhelpinghands.org.uk/survival-skills-for-wellbeing/>

OUR Upcoming Courses, Workshops and Support Groups



Drop-in support groups - Come along and meet other parents/carers to share similar experiences.

Friendly and informal, No need to book. Just come along for a tea/coffee, meet other parents and members of our team.

GORLESTON

JOIN US AT GORLESTON LIBRARY, LOWESTOFT ROAD, GORLESTON NR31 6SG

WEDNESDAY 19th April 2023

10 am - 12 noon (note extended times)

Tea and Coffee available for small donation to library if able to.

CONTACT GORLESTON@FAMILY-ACTION.ORG.UK¹⁷ FOR MORE INFORMATION

KING'S LYNN

¹⁷<mailto:GORLESTON@FAMILY-ACTION.ORG.UK>

DOBBIES, next to TESCO HARDWICK, KING'S LYNN PE30 4WQ

NO APRIL DROP IN DUE TO EASTER SCHOOL HOLIDAY

But we will be back in Dobbies on **Tuesday 2nd May** - 9.30 am - 11.00 am, FIND US IN THE COMFY, SOFA AREA.

RING 01760 725801 or EMAIL Swaffham@family-action.org.uk¹⁸ FOR MORE INFORMATION

SWAFFHAM

UPSTAIRS IN COSTA COFFEE, MARKET PLACE, SWAFFHAM

NO APRIL DROP IN DUE TO EASTER SCHOOL HOLIDAY

But we will be back in Costa Coffee on **Wednesday 3rd of May** - 9.30 am - 11.00 am so do come and join us.

RING 01760 725801 or EMAIL Swaffham@family-action.org.uk¹⁹ FOR MORE INFORMATION

WE ARE SO LOOKING FORWARD TO WELCOMING YOU TO ONE OF OUR SUPPORT SESSIONS IN THE NEAR FUTURE - Family Action's Norfolk and Waveney ASD/ADHD Support Service Team.

¹⁸ <mailto:Swaffham@family-action.org.uk>

¹⁹ <mailto:Swaffham@family-action.org.uk>

BACK TO SCHOOL



3 - Upcoming Information Session on ZOOM

A Zoom Information Session for Parents and Carers on Thursday 20th April from 10 -11 am

A Question and Answer Session with our Team - Worries About Education

No need to book, just come along and join the discussion.

Meeting ID: 968 4738 8278 Passcode: 139017

PLAN BEE COURSES NEAR YOU



Plan Bee – Understanding and supporting your child or young person with additional needs

'Plan Bee' is a FREE 3 week course (2hrs per week) written by two Clinical Psychologists working in Norfolk and is aimed at parents or carers of children or young people with additional needs including suspected or diagnosed ASD or ADHD.

During the three week course, we will explore:

- Behaviour as communication.
- Understanding the full range of needs your child may have.
- Developing a plan to support behaviour in difficult situations which can then be shared with grandparents, schools and others.
- Strategies for creating an environment in which your child or young person can thrive.
- Sharing experiences, challenges and successes with other parents experiencing similar issues and learning from these.

Our **ZOOM Plan Bee course in APRIL** is now fully booked. Another Plan Bee Zoom course is planned in August.

MAY 2023

What? Plan Bee West - Understanding and supporting your child or young person with additional needs

Where? The Mullinger Room, Community Centre, Campingland, **SWAFFHAM**, PE37 7RB

When? Wednesdays 10th, 17th and 24th **MAY 2023** 10.00 am to 12.00 noon

Contact? Swaffham 01760 725801/720302 or email swaffham@family-action.org.uk



4 - When a flower is not growing, you fix the environment in which it grows, not the flower. AD Heijer

Puffins ASD Programme - for parents/carers of children or young people with a **diagnosis** of ASD



Family Action is working with Norfolk Community Health and Care to run the Puffins ASD Programme for Parents/Carers of children or young people **with a diagnosis of ASD**. This is a free, comprehensive, four week course with sessions led by Speech and Language and Occupational Therapy professionals from within the Neurodevelopmental Service and by the ASD Specialist Educational Team.

PLACES STILL AVAILABLE

Puffins ASD Programme APRIL Please note this course is now FULL

What? Puffins ASD Programme MAY

Where? Robert Kett Primary School - Hewitts Lane - Wymondham - Norfolk - NR18 0LS

When? Thursdays 4th, 11th, 18th and 25th - 9:30am to 12:30pm (apart from first session which is 9.30 am - 1.00 pm)

Contact? Swaffham 01760 725801/720302 or email swaffham@family-action.org.uk

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 ASD and ADHD Support Service.

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: <https://www.justonenorfolk.nhs.uk/child-development-additional-needs/behaviour-sleep/norfolk-positive-behaviour-strategies-pbs/>

Family Action FamilyLine



FamilyLine²⁰ is a service for adult family members that aims to:

- provide both immediate and long-term support
- help with practical information and guidance
- provide emotional and listening support
- help with understanding and accessing relevant services and information
- provide regular one-to-one befriending
- support to service users feeling isolated
- access to short term telephone counselling

²⁰<https://www.family-action.org.uk/what-we-do/children-families/familyline/>

- a referral into our many projects across England and Wales, where relevant.

Family members aged 18 years old and over from anywhere in England, Wales and the Isle of Man can get in touch with the service for free via telephone, text message, web chat or email, using the details below.

Opening times: Monday to Friday, 9am to 9pm

Contact details: Telephone: 0808 802 6666

Text message: 07537 404 282

Email: familyline@family-action.org.uk²¹

Live web chat

Contacting FamilyLine out of hours

Do you need FamilyLine but it's out of our operation hours? You can either call back in our opening hours, leave a message on our voice mail for a call back in our operation hours or if you're in crisis you can contact our crisis line to get in touch with a trained professional.

Text FAMILYACTION to 85258

Our crisis messenger text service provides free, 24/7 crisis support across the UK. We know that getting the correct support at the correct time is so beneficial which is why we've introduced our crisis line. This service is delivered in partnership with Shout²².

²¹<mailto:familyline@family-action.org.uk>

²²<https://www.crisistextline.uk/>

About our Service - Contact Details



To contact us for advice and support, or to book a place on one of our courses or information sessions, please use the details below.

Phone Swaffham 01760 725801/720302 or email swaffham@family-action.org.uk²³

Phone Gorleston 01493 650220 or email gorleston@family-action.org.uk²⁴

For North and South Norfolk and Norwich please ring the Swaffham number above or email central@family-action.org.uk²⁵

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

²³<mailto:Swaffham@family-action.org.uk>

²⁴<mailto:gorleston@family-action.org.uk>

²⁵<mailto:central@family-action.org.uk>