

## Information, Advice and Guidance – SEND

Positive Activities		
Name	Details	Contact details
<b>Big Norfolk Holiday Fund</b>	Parents should contact even providers as the scheme has ensured that guidance on reasonable adjustments. Transport to events is not generally provided, but it may be worth contacting the team at <a href="mailto:bnhf@norfolk.gov.uk">bnhf@norfolk.gov.uk</a> to outline your circumstances.	<a href="#">Big Norfolk Holiday Fun - Active Norfolk</a>
<b>Twinkle’s SEN Activity Days</b>	Facebook group offering activity days and there is also Mum’s nights out	<a href="#">(4) Twinkle’s SEN Activity Days CIC   Facebook</a>  twinklessen@yahoo.com
<b>SEND Friendly Activities and Events</b>	We are a small team who have children with SEND. We work with organisations to promote inclusivity.	<a href="#">(4) SEND Friendly Activities and Events   Facebook</a>
<b>Your Choice Social Centre, 2 Cornish way, North Walsham, NR28 0AW</b>	Your choice Youth is a group for our younger members aged 16 to 25years old. Your choice youth run fun activities in a safe inclusive environment, offering the chance to meet and make friends, learn new skills, access the local community  Meeting alternate Fridays 6.30pm-8.30pm The group is led by our development coordinator Gary who develops the service around its members having recently organized Cinema trips, trips to the coast, McDonalds as well as making the most of onsite facilities such as our workshop, kitchen for cooking groups, sensory room.	01692 218212  <a href="#">Your Choice Social Centre   Providing day services for you, with you!</a>
<b>ASD Friendly Bushcrafters</b>  <b>Woodlands Primary Academy: Church Walk, Bradwell, Great Yarmouth, Norfolk NR31 8QQ.</b>  <b>Reopening soon</b>	We have a story board and a one page profile provided right from the start to bring about comfort, conformability and a nurturing environment. We have ear defenders on hand, areas for reflection and time away that are safe and comfortable. We have a designated area that we will not light fires so that we reduce sensory overload. We have been trained to assist children with ASD, SEND children & young people.	01493 249250  <a href="#">ASD Bushcraft Club   Back to Basics Bushcrafters CIC Club</a>

<b>Special Olympics Norfolk</b>	To provide all-year-round sports training and competition to children and adults with intellectual learning difficulties in Norfolk.	<a href="#">Special Olympics Norfolk - Home</a>  <a href="#">(2) Special Olympics Norfolk - UK   Norwich   Facebook</a>
<b>High Altitude Trampoline Park - SEND &amp; Complex Needs</b>  <b>91 Whiffler Rd, Norwich NR3 2AW</b>	Dedicated sessions are currently Term Time: Tuesdays 11am-1pm Saturdays 5-6pm Dedicated sessions are currently (school holidays) Tuesdays 9-10am Saturdays 5-6pm (a family session where siblings can also join in. Enabling siblings to join in with the trampoline fun can also help to provide huge social benefits to children with Autism or Asperger's Syndrome.  £7.95 per person + 1 free carer. Don't forget, everyone who plays on the trampolines will need a pair of High Altitude anti-slip socks (£2.50/pair)	<a href="#">SEN – High Altitude (highaltitudepk.co.uk)</a>  Contact Name: Miss Fran Habbitts Telephone: 01603 567200 Email: <a href="mailto:info@highaltitudepk.co.uk">info@highaltitudepk.co.uk</a>
<b>Norwich City Community Sports Foundation</b>	Realising Potential programme, based at both The Nest and Carrow Park in Norwich. Aimed at children and adults with either physical or learning disabilities, the programme includes: <ul style="list-style-type: none"> <li>• Advice and one-to-one support</li> <li>• Multi-sports, dance and other active sessions</li> <li>• Additional educational support (children)</li> <li>• CV writing, interview techniques, and employability workshops (adults)</li> <li>• AQA certificate of achievement (adults)</li> <li>• Volunteering &amp; employment opportunities (adults)</li> <li>• Progression routes to other Foundation programmes</li> </ul> <p>The programme lasts 12-weeks, with activities taking place over two sessions each week.</p> <p>Go to the web page – select Join In and Disability for other tailored sport activities.</p>	<a href="#">Driving inclusion for people with disabilities   Norwich City Community Sports Foundation</a>  <a href="#">Community Sports Foundation</a>
<b>Musical Keys</b>	Saturday Group	<a href="#">Music Therapy Groups &amp; Workshops in Norwich – Musical Keys</a>

<p><b>Nansa Family Centre, 33 Woodcock Road, Norwich, NR3 3TT</b></p>	<p>For: Children and young people (suitable for ages 6-25), families, carers and siblings all welcome.</p> <p>A fun and engaging, family-oriented music group in a safe and well-supported environment. Refreshments are provided in café during a break where parents and carers can get together over a cuppa. This project is drop-in but please ensure you have completed the form below before dropping in.</p> <p>Every Saturday morning 10am - 12pm, Norwich Arts Centre, St Benedict's Street, Norwich, NR2 4PG</p> <p>Sign up using the form on the website and see other activities</p>	<p>Tel: 01603 766690</p>
<p><b>The Garage 14 Chapel Field North, Norwich Norfolk, NR2 1NY</b></p>	<p>At The Garage, we believe that everyone has an inner performer just waiting to be unleashed. We welcome young people and adults of all ages to explore their interest in performing arts. Our classes in theatre, dance, music and fitness offer professional studios, inspirational atmospheres and expert tutors who will support you whether you're exploring the arts for the first time, or if you've been performing for years.</p>	<p><a href="#">Classes   The Garage</a></p> <p>01603 283382</p>
<p><b>Sunbeams Play Unit 7 Enterprise Court, Gapton Hall Rd, Great Yarmouth, Norfolk, NR31 0ND</b></p>	<p>Sunbeams Play is registered to care for children and young people ages 5/6 (year 1) to 19 and recently added an additional group to support 16 to 21 year olds, extending to 25 through natural growth and development.</p> <p>Monday Evenings 5pm-8pm (Under 16's) Tuesday Evenings Youth Group 5.30pm-8pm (16-25 years old) Thursday Evenings Siblings/Young Carers group 4.30pm-7.30pm Friday Evenings 4.30pm-7.30pm Under 8's Saturday Mornings Under 12's 9am-12 noon (please note age range is a guide and will depend on ability)</p> <p>Training and workshops for parents also available</p>	<p><a href="#">Home</a> <a href="http://sunbeamsplay.org.uk">sunbeamsplay.org.uk</a></p> <p>Phone: 01493 442181</p> <p>Mobile: Sue- Manager/Support co-ordinator 07484 085777 Sarah- Deputy 07436 794967</p> <p>Advice and Support: sue@sunbeamsplay.org.uk General information: info@sunbeamsplay.org.uk</p>
<p><b>Things to do for children and young</b></p>	<p>Things to do for children and young people with SEND</p>	<p><a href="#">Things to do for children and young people with</a></p>

<b>people with SEND, NNC</b>		<a href="#">SEND - Norfolk County Council</a>
<b>Centre 81 Yare House Morton Peto Road Great Yarmouth Norfolk NR31 0L</b>	<p>Centre 81's ethos is Ability Not Disability. Our Skills &amp; Activities Centre provides opportunities for members to challenge themselves, and the widely held negative perceptions about disabled people. We provide opportunities and facilities so that our members can try new activities or experience past activities in different ways, learning and relearning skills and achieving great results in the process. Our members enjoy activities at the centre like painting, cooking, crafts, drama, singing, using social media and even building a working model railway. And throughout the year members and staff organise themed parties.</p>	<p>Contact Name: Julie Charles Telephone: 01493 852573 Email: <a href="mailto:julie.charles@centre81.com">julie.charles@centre81.com</a></p> <p>Skills and Activities Telephone 01493 852573 Email: <a href="mailto:reception@centre81.com">reception@centre81.com</a></p>
<b>About with Friends  22D Holt Road, Cromer, NR27 9JW, United Kingdom</b>	<p>About With Friends is a fun, active and energetic charity – based in Cromer, Norfolk, England. We offer children, young people and adults with learning disabilities the chance to lead the lives they choose.</p>	<p><a href="#">Learning Disabilities Charity - About With Friends</a></p> <p><a href="#">(4) About With Friends   Facebook</a></p> <p>01263 515230</p> <p><a href="mailto:info@aboutwithfriends.co.uk">info@aboutwithfriends.co.uk</a></p>
<b>Norfolk SEND Youth Forum</b>	<p>Norfolk SEND Youth Forum is a new opportunity for young people to share their experiences and work together to improve services for young people with Special Educational Needs and Disabilities. You can join the Youth Forum and participate in regular online meetings and share thoughts and feelings on our online pinboard. If you do not want to be a part of the meetings you can choose to only participate via the pinboard.</p>	<p><a href="#">Norfolk SEND Youth Forum   Norfolk SENDIASS</a></p>
<b>Sibs</b>	<p>Support for siblings of a child with disabilities – national organisation.</p>	<p><a href="#">Home - Sibs</a></p>

<b>Short Breaks Funding</b>	Short breaks give children and young people who meet the eligibility criteria the chance to take part in activities, explore new opportunities, form friendships, become more independent and enjoy themselves. Funding should be applied for from Norfolk County Council	<a href="#">Short breaks - Norfolk County Council</a>
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<b>Support Services</b>		
<b>Name and Location</b>	<b>Details</b>	<b>Contact</b>
<b><u>Norfolk County Council's Local SEND Offer</u></b>	<p>This website is for anyone in the life of a child or young person aged 0-25 who has a special educational need and/or disability (SEND) in Norfolk.</p> <ul style="list-style-type: none"> <li>• Find information on support in education</li> <li>• Learn about special needs services that can help children, young people and their families</li> <li>• Find a support network - parents, groups and organisations</li> <li>• Get guidance and advice about how to help a young person plan their adult life</li> </ul>	<a href="https://www.norfolk.gov.uk/children-and-families/send-local-offer">https://www.norfolk.gov.uk/children-and-families/send-local-offer</a>
<b>Norfolk SENDIASS Partnership</b>	<p>We offer information, advice and support to children, young people and parents/carers about special educational needs and disabilities (SEND). This includes health and social care where it is linked to education. We are a free, dedicated, confidential and impartial service based in Norwich. Staff are independently trained in SEND. We have a Steering Group which includes parents and representatives from local voluntary groups, Children's Services, the Parent Carer Forum, schools, Education and Social Care, as well as Health. Together we plan the services we offer across Norfolk.</p>	<p><b>Web:</b> <a href="https://www.norfolksendpartnership.org.uk/information-and-booklets/booklets/norfolk-send-partnership-booklet/">https://www.norfolksendpartnership.org.uk/information-and-booklets/booklets/norfolk-send-partnership-booklet/</a></p> <p><b>Subscribe to monthly newsletter</b> <a href="https://www.norfolksendpartnership.org.uk/news/newsletters/">https://www.norfolksendpartnership.org.uk/news/newsletters/</a></p>

<p><b>Family Information Service</b></p>	<p>Family Information provide free, confidential and impartial advice and guidance on funded early education and childcare, home learning and related services in Norfolk</p>	<p><b>Web:</b> <a href="https://www.norfolk.gov.uk/children-and-families/childcare-and-early-learning/family-information-service">https://www.norfolk.gov.uk/children-and-families/childcare-and-early-learning/family-information-service</a> <b>Email:</b> <a href="mailto:fis@norfolk.gov.uk">fis@norfolk.gov.uk</a></p>
<p><b>SENSational Families</b></p>	<p>SENSational Families is a small charity based in Norfolk that provides a range of support services and training to parents who have a child with a special educational needs or a disability (SEND). They have now joined with Nansa – the Norfolk and Norwich SEND association</p>	<p><a href="#">Nansa</a> <a href="#">(1) SENSational Families   Facebook</a></p>
<p><b>ASD Helping Hands</b></p>	<p>ASD Helping Hands will support all service users affected by an Autistic Spectrum Disorder (ASD) regardless of age or what stage of life they are at. They aim to offer guidance, practical advice and support whether you are personally affected or you are an associated family member, carer, friend or professional. They will actively champion the rights of all people affected by an ASD and aim to make a positive difference to their lives while delivering a service that is accessible, reliable and trustworthy.</p>	<p><a href="https://www.asdhelpinghands.org.uk/">https://www.asdhelpinghands.org.uk/</a></p>
<p><b>Norfolk Autism Partnership</b></p>	<p>The All-age Norfolk Autism Partnership (NAP) is a collaborative of autistic people, their parents / carers, autism service providers, voluntary and statutory organisations. Members of the Board, while not obligated, offer their resources to manage the partnership.</p> <p>Autism Norfolk Forum is a place for autistic people of all ages and their families, along with anyone with an interest in autism, to engage with each other. It's a place where you can share your experiences of autism in the knowledge that it will inform current and future priorities of the Norfolk Autism Partnership Board. At each forum you can get updates from members of the Board to about its ongoing work.</p>	<p><a href="#">Norfolk Autism Partnership - Autism Norfolk Forum - (norfolkautismpartnership.org.uk)</a></p>

<p><b>Autism Anglia</b></p>	<p>The Autism Advice Service provides confidential support, advice, and guidance to individuals, families, and professionals by telephone, email or written information.</p> <p>The team has extensive knowledge of local services, offering free information and can signpost to other support agencies. Please note: they are limited in the advice they can provide to individuals and their families who do not have a diagnosis.</p>	<p><a href="http://www.autism-anglia.org.uk">www.autism-anglia.org.uk</a> Email: <a href="mailto:dereham@autism-anglia.org.uk">dereham@autism-anglia.org.uk</a> Tel: 0300 1233 122</p>
<p><b>Slice of Advice</b></p>	<p>Slice of Advice is a closed Facebook group for parents/carers of children/adolescents with Autism (&amp; related spectrum disorders) to chat and seek advice and support from each other.</p> <p>Please request to join the page if you are interested.</p>	<p><a href="#">Slice of Advice   Facebook</a></p>
<p><b>ADHD Norfolk</b></p>	<ul style="list-style-type: none"> <li>• Empower those with ADHD through improving understanding of, and ability to manage the symptoms of ADHD.</li> <li>• Raise awareness of ADHD.</li> <li>• Reduce the stigma surrounding ADHD.</li> <li>• Improve NHS ADHD services in Norfolk.</li> <li>• Support parents, schools, professionals, and others who work with people living with ADHD.</li> </ul>	<p><a href="https://www.adhdnorfolk.org.uk/">https://www.adhdnorfolk.org.uk/</a></p>
<p><b>National Autistic Society</b></p>	<p>We are the UK's leading charity for people on the autism spectrum and their families. Since 1962, we have been providing support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people.</p>	<p><a href="http://www.autism.org.uk">www.autism.org.uk</a></p>
<p><b>Education Psychology and Specialist Support - Core Consultations</b></p>	<p>Core Consultations are free, termly meetings (held virtually) which are led by a Specialist Learning Support Teacher with an SEMH Practitioner and, if requested, an Autism Support Specialist. Where schools have a traded contract with EPSS, arrangements can be made for their Educational Psychologist to also attend.</p>	<p><a href="#">To sign up for Core Consultation Meetings, please contact <a href="mailto:sandra.winter@norfolk.gov.uk">sandra.winter@norfolk.gov.uk</a></a></p> <p>You will then be contacted by a Specialist Learning</p>

		Support Teacher to set a date for an initial meeting.
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<b>General Mental Health</b>		
<b>Name and Location</b>	<b>Details</b>	<b>Contact</b>
<b>This May Help NHS</b>	<p>This May Help has been created to support parents and carers with concerns about their child's mental health.</p> <p>The subjects covered on this website have been chosen by families and young people who have gone through their own mental health challenges. What helped them may also help you.</p> <p>The films offer advice across six main subject areas, with ten additional films offering supporting information. The films can be viewed in any order at any time.</p>	<a href="#">Home   ThisMayHelp</a>
<b>Lumi Nova</b>	<p>Lumi Nova: Tales of Courage provides a fun, safe and engaging way for children and young people to tackle their worries head on so they can build resilience, gain confidence and thrive.</p> <p>Suitable for 7-12 year olds. Facilitates exposure therapy - which is safe and has been proven to be the most effective treatment for anxiety. Compatible on iPhones, iPads and most Android devices.</p>	<a href="#">Lumi Nova App (justonenorfolk.nhs.uk)</a>
<b>Blueice</b>	<p>Blueice is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm.</p> <p>It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.</p>	<a href="https://www.oxfordhealth.nhs.uk/blueice/">https://www.oxfordhealth.nhs.uk/blueice/</a>
<b>Calm Harm</b>	<p>Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.</p>	<a href="https://calmharm.co.uk/">https://calmharm.co.uk/</a> available on google play and apple app store
<b>Nip it in the Bud</b>	<p>Nip in the Bud works with mental health professionals to produce short films and fact sheets to help parents, primary school teachers and others caring for and working with children to recognise potential mental health conditions. The</p>	<a href="https://nipinthebud.org/">https://nipinthebud.org/</a>

	<p>goal is to increase the prospects of early intervention and to reduce the risks of those conditions becoming more serious in later years.</p> <p>Our films cover Anxiety Disorders, Attention Deficit Hyperactivity Disorder (ADHD), Conduct Disorder, Depression, Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD) and Autism Spectrum Condition (ASC). We will continue to add more films.</p>	
<b>Kooth</b>	<p>Kooth offers 11 to 25-year-olds across Norfolk and Suffolk access to online counselling delivered by qualified counsellors 365 days a year, either on a drop-in basis or through bookable chat sessions. The website also gives young people the chance to benefit from peer support and a wide range of self-help materials, as well as contribute to moderated forums.</p> <p>How do I get help from your service? Visit <a href="http://www.kooth.com">www.kooth.com</a></p> <p>What hours is your service available? Unique out of office hours' provision and is open 7 days per week, 365 days a year from noon until 10pm weekdays and from 6pm until 10pm on Saturday and Sundays</p>	<a href="http://www.kooth.com">www.kooth.com</a>
<b>Coping Skills for Kids</b>	<p>Deep Breathing Exercises for young people.</p> <p>The goal of calming exercises is to get yourself from "flight, fight or freeze" mode back to "rest and digest" mode. Deep breathing helps get more oxygen into your bloodstream, opening up your capillaries. It has a physical effect on your body to help you calm down and lower stress.</p>	<a href="http://copingskillsforkids.com/deep-breathing-exercises-for-kids">copingskillsforkids.com/deep-breathing-exercises-for-kids</a>
<b>Just One Norfolk</b>	<p>Norfolk's central hub for information and guidance for physical and mental health support.</p>	<p><a href="#">Health Advice &amp; Support for Children - Just One Norfolk</a></p> <p>0300 300 0123</p>