



**Building  
stronger  
families**

Education, SEN Support, EHCPs, Exclusion		
<b>SEND Local Offer for Norfolk</b>	<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>	A directory of services, activities and events in Norfolk for those with SEND and their parents/carers.
<b>Norfolk SEND Partnership</b>	<a href="https://norfolksendiass.co.uk">https://norfolksendiass.co.uk</a>	Free and impartial information for those with SEND in Norfolk. Useful for EHCPs and exclusions.
<b>IPSEA</b>	<a href="https://www.ipsea.org.uk/">https://www.ipsea.org.uk/</a>	Independent provider of specialist education provision. Can provide advocacy. Some fees.
<b>Council for Disabled Children</b>	<a href="https://councilfordisabledchildren.org.uk/">https://councilfordisabledchildren.org.uk/</a>	Advice on Needs Assessments and education generally.
<b>Ambitious about Autism</b>	<a href="https://www.ambitiousaboutautism.org.uk/">https://www.ambitiousaboutautism.org.uk/</a>	Whole section on Autism and Education.
<b>National Children's Bureau</b>	<a href="https://www.ncb.org.uk/what-we-do/together-we-deliver-better-childhood/improving-outcomes-disabled-children">https://www.ncb.org.uk/what-we-do/together-we-deliver-better-childhood/improving-outcomes-disabled-children</a>	Information about SEN support in schools, EHCP and the new sex and relationships programmes for schools.

Autistic Spectrum Disorder		
<b>The National Autistic Society</b>	<a href="http://www.autism.org.uk">www.autism.org.uk</a>	The go-to website for information about Autism, strategies including social stories, sensory information.
<b>ASD Helping Hands</b>	<a href="https://www.asdhelpinghands.org.uk/">https://www.asdhelpinghands.org.uk/</a>	Guidance, practical support and training re ASD. Not all services are free.
<b>Autism Anglia</b>	<a href="https://www.autism-anglia.org.uk/">https://www.autism-anglia.org.uk/</a>	Good for autism passports. Independent charity providing support and training packages. Fees can apply.
<b>Norfolk ASD Pathway</b>	<a href="https://childrens.nchc.nhs.uk/neurodevelopmental-service/asd-diagnostics-pathway/">https://childrens.nchc.nhs.uk/neurodevelopmental-service/asd-diagnostics-pathway/</a>	Pdf with information about the NCHC pathway.
<b>NAS West Norfolk</b>	<a href="http://naswestnorfolkbranch.webeden.co.uk">naswestnorfolkbranch.webeden.co.uk</a>	Activities and events in the W. Norfolk Area
<b>Resources for Autism</b>	<a href="http://www.resourcesforautism.org.uk">www.resourcesforautism.org.uk</a>	Includes uplifting videos of families talking about autism.

## ADHD

<b>ADHD Norfolk</b>	<a href="http://www.adhdnorfolk.org.uk">www.adhdnorfolk.org.uk</a>	Providing support and advice around ADHD. Can provide private screening and diagnosis of ADHD.
<b>Nip in the Bud</b>	<a href="https://nipinthebud.org/adhd-in-children/">https://nipinthebud.org/adhd-in-children/</a>	This website covers a wide range of childhood issues including ADHD.
<b>ADHD Foundation</b>	<a href="https://www.adhdfoundation.org.uk/">https://www.adhdfoundation.org.uk/</a>	Information and support about neurodiversity generally.

## HEALTH AND WELLBEING

<b>Just One Norfolk</b>	<a href="https://www.justonenorfolk.nhs.uk/">https://www.justonenorfolk.nhs.uk/</a>	Health advice for children and YP. Sleep, behaviour, emotional health. Find Family Action's Positive Behaviour Support videos.
<b>Young Minds</b>	<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>	Children and Young Person's Mental Health Charity. Has a Parent Helpline if you need to speak to someone.
<b>Mencap</b>	<a href="https://www.mencap.org.uk/">https://www.mencap.org.uk/</a>	The voice of Learning Disability.
<b>Change 4 Life</b>	<a href="http://www.nhs.uk/change4life/activities">www.nhs.uk/change4life/activities</a>	NHS healthy living website for children and young people.
<b>KOOTH</b>	<a href="http://kooth.com">kooth.com</a>	Free, safe and anonymous counselling for young people. Available in Norfolk
<b>Childline</b>	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>	Online, On the Phone, Anytime Support for children and YP.
<b>ChatHealth Norfolk</b>	<a href="https://www.justonenorfolk.nhs.uk/our-services/chathealth">https://www.justonenorfolk.nhs.uk/our-services/chathealth</a>	Text messaging service for 11 – 19 year olds.
<b>MinDed for Families</b>	<a href="https://mindedforfamilies.org.uk/">https://mindedforfamilies.org.uk/</a>	Free learning resource about mental health of children and YP
<b>Mental Health</b>	<a href="https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf">https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf</a>	Access a booklet called 'The Anxious Child' for parents.
<b>Mental Health</b>	<a href="https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown">https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown</a>	Advice about returning to school after lockdown.
<b>The Sleep Council</b>	<a href="https://sleepcouncil.org.uk/advice-support/sleep-advice">https://sleepcouncil.org.uk/advice-support/sleep-advice</a>	Sleep Issues.
<b>ERIC</b>	<a href="https://www.eric.org.uk/blog/tackling-problems-with-toilet-training-autistic-children">https://www.eric.org.uk/blog/tackling-problems-with-toilet-training-autistic-children</a>	Website of the Children's Bowel and Bladder Charity.
<b>Sleep Help</b>	<a href="https://www.sleephelp.org/autism-asd/">https://www.sleephelp.org/autism-asd/</a>	Sleep Advice.

<b>Samaritans</b>	<a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>	Much more now than just suicide prevention. Lots of support for mental health issues.
<b>Action for Children</b>	<a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a>	Wide range of support including benefits calculator and range of support for parents.
<b>The Mix</b>	<a href="http://www.themix.org.uk">www.themix.org.uk</a>	Wide ranging support for under 25s.

## RESOURCES

<b>Sensational Families</b>	<a href="http://www.sensationalfamilies.org.uk">www.sensationalfamilies.org.uk</a>	Hire out weighted blankets, wobble cushions and other sensory items.
<b>Happy Learners</b>	<a href="https://happylearners.info/social-stories/">https://happylearners.info/social-stories/</a>	A bank of social stories ready to be adapted by you as well as visual timetables and anger charts.
<b>Sensory Direct</b>	<a href="http://www.sensorydirect.com">www.sensorydirect.com</a>	Sensory resources
<b>TinknStink</b>	<a href="http://www.tinknstink.co.uk">www.tinknstink.co.uk</a>	Sensory resources
<b>Sensory Smart</b>	<a href="https://www.sensorysmart.co.uk/">https://www.sensorysmart.co.uk/</a>	Seamless socks and undies among other things.
<b>Twinkl</b>	<a href="https://www.twinkl.co.uk/">https://www.twinkl.co.uk/</a>	Educational resources.
<b>Sparklebox</b>	<a href="https://www.sparklebox.co.uk">https://www.sparklebox.co.uk</a>	Educational resources.
<b>Pathological Avoidance</b>	<a href="http://www.pdasociety.org.uk">www.pdasociety.org.uk</a>	Latest information about PDA
<b>Build Charity</b>	<a href="http://www.buildcharity.co.uk">www.buildcharity.co.uk</a>	Providing opportunities for those with disabilities to train, work and volunteer.
<b>Carers Matter Norfolk</b>	<a href="https://carersmatternorfolk.org.uk/information-advice/your-money/welfare-benefits/">https://carersmatternorfolk.org.uk/information-advice/your-money/welfare-benefits/</a>	Advice on benefits.
<b>BBC Bitesize</b>	<a href="https://www.bbc.co.uk/bitesize/support">https://www.bbc.co.uk/bitesize/support</a>	Mental health, body image, stress management.
<b>National Autistic Society</b>	<a href="https://www.autism.org.uk/advice-and-guidance/topics/behaviour/toileting">https://www.autism.org.uk/advice-and-guidance/topics/behaviour/toileting</a>	NAS advice on toileting issues.
<b>Autism Society</b>	<a href="https://www.autism-society.org/about-the-autism-society/publications/resource-materials/">https://www.autism-society.org/about-the-autism-society/publications/resource-materials/</a>	Various publications about Autism.
<b>Early Years Story Box</b>	<a href="https://www.earlyyearsstorybox.com/corona/">https://www.earlyyearsstorybox.com/corona/</a>	Storybooks and Resources about Coronavirus.
<b>ABA Educational Resources</b>	<a href="https://www.abaresources.com/">https://www.abaresources.com/</a>	Educational resources for children with Autism.



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