





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

Welcome to our August 2025 Newsletter.

The August newsletter is not going to focus in the usual way on a particular topic. It seems more useful to parents that we highlight any events or activities happening in August which might help to entertain children and young people during the school holidays. We also, because you are all too busy, do not run our usual courses, workshops or drop in sessions in August. Please note however that we will run our online drop in on Wednesday 27th August from 10 to 11:30am. Should you feel the need to talk to one of our team about any worries or concerns, come along and join us on Zoom. Full details below.



The long summer break is not just difficult for parents; it can be really challenging for children who thrive on routine and structure. For those children you could create a visual timetable of summer activities and then try to stick to it, weather permitting. Think about what you will do if plans have to change as an extra layer of structure and security. For each of the activities, provide as much information as your child needs in order to feel safe about engaging with the activity. This might mean having pictures to look at, timings, food options and taking the time to talk and explain in detail any changes to the schedule.



Build into the timetable also LOTS of downtime. After a day doing something which may not be entirely in their comfort zone, your child or young person may just need to have a day or two recharging the batteries. A day here and there chilling, watching a favourite movie or playing Xbox does not make you a lax parent, it makes you a parent who understands your child's needs.

Keep some things the same to help a worried child to feel anchored. Mealtimes, bathtimes, bedtimes could stay the same as much as possible. And you can add to the feeling of familiarity by being consistent with your expectations of them and repetitive with the language you use. Hearing repeated scripts in similar situations can foster a feeling of comfort and safety.

Keep in mind at all times how the sensory world may impact your child especially when going to new places. How loud will it be, how busy will it be, will they sell chicken nuggets? Do your research. And think about having a sensory first aid kit you can take outside the house with you which could contain fidget toys, ear buds, sunglasses, a hoodie so the hood can go up in busy places. Think about snacks and drinks and distractions such as a book or magazine about their favourite topic.

And think about the fun you can have without travelling too far from home. A short bike ride and picnic, sleeping in a tent in your own back garden, movie night with popcorn or a family board game bonanza.



Preparation is key in all of the above and can make the difference to everyone's summer. And look after yourself, accept some help and try to find some downtime for yourself. You will also need to recharge *your* batteries every so often.

Enjoy the summer. We will see you on the other side!

This month's newsletter includes:

- **Welcome**
- **Zoom Drop-In August**
- **Summer Activities**
- **Plan Bee**
- **Puffins**
- **Link to FA's West Suffolk Service Newsletter**
- **Family Action Website and FamilyLine**
- **About our Service - contact details**

Just as every child is unique, every family's situation is different. We in the Norfolk and Waveney Autism/ADHD Support Service are not health professionals but we do speak to many families with children of differing needs. Some of the information contained in this newsletter is anecdotal and some from respected websites. We hope you find the following interesting and helpful.

Norfolk and Waveney NHS Integrated Care Board

Family Action's Norfolk and Waveney Autism/ADHD Support Service is commissioned by the Norfolk and Waveney NHS Integrated Care Board to provide support and advice, learning, resources and signposting to parents/carers of children or young people either awaiting a neurodevelopmental assessment or newly diagnosed.



Read on for information about how we can be there for you with our help-line, newsletters, free courses, online workshops and drop-in support groups.



Our Zoom online drop-in for August



Our Drop-In Groups are friendly and informal. No need to book. They are a chance to meet our knowledgeable team as well as other parents and carers who are facing similar challenges.

Click to enlarge.

Online Drop in for August

If you have a child with a diagnosed or suspected neurodivergence...we would love you to come along to our online drop-in. No need to book, just come along.	NEXT MEETING WEDNESDAY 27 th August 10 TO 11:30AM
RING 01603 972589 or 01493 650220 or EMAIL gorleston@family-action.org.uk for more information	A chance to meet other parents who 'get it', to meet our team and ask for advice or resources.	Meeting ID: 966 4447 9930 Passcode: 400275

Summer Activities




The biggest provider of summer activities across Norfolk and Waveney is The Big Norfolk Holiday Fun Summer Programme 2025.....and it is now OPEN for booking!

Summer Activities will run during the holidays between July 23rd and September 2nd.

This means that children aged 5-16 (or 4 if in Reception) receiving benefits-related free school meals can enjoy free activities during the summer holiday. Children who are eligible may attend up to 16 days of activities for free over the summer, whilst paid places are available on many activities for those who do not claim benefits-related free school meals.

These activities include multi-sports, dance, theatre, arts and crafts, and much more!

'PUNCHY, FUNNY, FABULOUS'



JAMIE
Musical Theatre Workshop

Tue 5th Aug : 10am-3pm
Echo Youth Theatre

12-16yrs
*under 12s will not be permitted

15 FREE funded spaces per day for means-tested free school meal eligible families

Big Norfolk
Holiday Fun



1 - Search Swan Youth Project Downham Market



MINECRAFT MOVIE
Dance & Design Workshop

Tue 12th Aug : 10am-3pm
Echo Youth Theatre

7-12yrs
*6yrs with an attending sibling

30 FREE funded spaces per day for means-tested free school meal eligible families

Big Norfolk
Holiday Fun

Click on the link below to search for events in your local area and book summer activities:

Search for activities

[Summer Stay & Play West Norfolk - click to view full doc.](#)



Early
Childhood
and Family
Service



family
hubs



Norfolk
County Council

Working in
partnership
to make a
difference
for children



Play



FREE Summer Stay & Play Sessions

Join us for a series of free to attend family play sessions in West Norfolk this summer! The activities in these sessions are aimed at families with children under 5 years, however older siblings are welcome to attend. Families are welcome to attend the morning or afternoon session at any venues.

Outwell

Outwell Village Hall,
Wisbech Road,
Outwell,
Wisbech.
PE14 8PA

Tuesday 5th August

10:00am - 12:00pm
or 12:30 - 2:30pm

Walpole St Andrew

Walpole Community Centre,
Summer Close,
Walpole St Andrew,
Wisbech.
PE14 7JW

Wednesday 27th August

10:00am - 12:00pm
or 12:30 - 2:30pm

No need to book, everyone is welcome, just come along!

West Norfolk - Wild Hub

Good Morning

We're excited to share that thanks to support from the West Norfolk Youth Advisory Board, we are delivering a full summer of FREE activities for young people aged 11 and over, both online and in-person across Kings Lynn area.

Over the past few months, we've been speaking directly with young people to understand the kind of support and activities they want – and what might be stopping them from accessing these. Based on their feedback, we've created a varied program that includes:



In-person sessions at different locations



Online sessions for those who prefer or need to stay at home



A mix of creative arts, wellbeing, and movement activities



All sessions are completely FREE

We'd love your support in spreading the word to the young people and families you work with. Whether it's through newsletters, social media, noticeboards, or word of mouth – every little bit helps make these sessions accessible to those who need them most.

If you'd like more details about specific sessions, please let us know and we'll send them over.

Thank you for your continued support in helping us create opportunities that empower and support our local young people.

The Wild Hub

07902136902

thewildhubnorfolk@gmail.com

<https://www.thewildhub.co.uk/>

Norfolk County Council - SEND Events

Go to [Things to do for children and young people with SEND - Norfolk County Council](#) for more information on the events below and many, many more. Click to enlarge the cards below and click the arrow to move through. These are just examples of the kinds of activities on offer. Go to the website for more choice.



Dovelets



Especially for children with **special needs** and a cognitive age of 0-5 year and their parents/carers

- **Free** messy play and sensory play sessions every Tuesday (**Term time only**)
- With **free** music therapy sessions on the second Tuesday of every month (**Term time only**)
- 10-11am at Diss United Reformed Church (opposite Aldi and next to the new Post Office)
- Fully accessible building - ramps at front and rear
- Small car park at rear of building
- Able bodied siblings welcome too!

Come along for fun, friendship and support!

A Diss United Reformed Church Community Initiative

For more information email Ruth Bridges,
our Community Worker at
dovelets.diss@gmail.com or find us on
Facebook at Dovelets Diss



Children with **ADDITIONAL NEEDS**

Ages 5+ Wednesdays 5-6pm
Kuk Sool Won of Thetford
The Charles Burrell Centre

**GET THEM MOVING & UNLEASH THEIR
INNER WARRIOR - SUBSIDIES AVAILABLE**



2 - City Academy Norwich

Kids Disabled children say we can
Norfolk
Parent Carer Service



Summer Holidays
SEND Friendly Family Meet-Ups



Chat to other
Parent Carers

Join us at Holt Country Park
Wednesday 13th August
10.30am - 2.30pm
Scavenger Hunt

Bring your own Packed
Lunch or Picnic
(or visit Hetty's House
Tearoom!)

We will base ourselves near the
playground! Any questions email
us!

Email: hayley.huckle@kids.org.uk/sally.macgregor@kids.org.uk



Join THE Super 1s

All disabilities welcome
Ages 12-25

CHALLENGE YOURSELF
BE MORE ACTIVE
IMPROVE YOUR SKILLS
MAKE NEW FRIENDS

Free inclusive cricket sessions!





MONDAYS & TUESDAYS

EASTON

5PM-6PM

EASTON COLLEGE

THURSDAYS

NORWICH

4:30PM-5:30PM

OPEN ACADEMY

FRIDAYS

KING'S LYNN

5PM-6PM

SPORTSBARN, ALIVE LYNNSPORT

MORE INFORMATION & REGISTRATION

CONTACT NCB DISABILITY DEVELOPMENT OFFICER - ABI SUTHERLAND

E) abi.sutherland@norfolkcricket.co.uk M) 07542 769082






Voices Through Art On Tour!




Do you like being creative?
Do you have special educational needs or a disability?
Do you like to express your views?
Are you aged 25 or under?

Come join us for these FREE and FUN sessions.

Date	Venue	Timings
Friday 25th July	Kings Lynn Library	10am-11.30am
Friday 25th July	Dereham Library	2pm-3.30pm
Thursday 31st July	Diss Library	10am-11.30am
Tuesday 29th July	Cromer Library	10.30am-12pm
Thursday 31st July	Long Stratton Library	1.30pm-3pm
Monday 11th August	Millenium Library	2pm-3.30pm
Wednesday 13th August	Gorleston Library	10.30am-12pm
Thursday 28th August	Hellesdon Library	2pm-3.30pm
Friday 29th August	Online group	2pm-3.30pm

To book on please email:
csparticipation@norfolk.gov.uk
or call
01603 303378





Meet the team

Amy
&
Laura

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.

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/>

See below flyers for Plan Bee courses available in September and October. Click to enlarge.



Norfolk and Waveney Autism/ADHD
Support Service

Plan Bee Course - Downham Market September 2025

A FREE course for parents & carers
**Understanding and supporting your neurodivergent
child or young person's needs.**

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.

 **Thursdays 11th, 18th
& 25th September**

10am - 12noon

 **The Swan
Youth Project
Paradise Rd
Downham Market
PE38 9JE**

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



01603 972589



norfolkandwaveney@family-action.org.uk

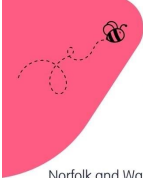





Norfolk and Waveney Autism/ADHD Support Service

www.family-action.org.uk

Family Action. Registered as a Charity in England & Wales no: 264713.



Norfolk and Waveney Autism/ADHD Support Service

Plan Bee - Online October 2025

A FREE course for parents & carers
Understanding and supporting your neurodivergent child or young person's needs.

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.

Mondays 6th, 13th, & 20th October
10am -12noon

Online - ZOOM

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


01493 650220

norfolkandwaveney@family-action.org.uk

Norfolk and Waveney Autism/ADHD Support Service

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





Family Action has been commissioned by Norfolk Community Health and Care to continue to run the comprehensive, free, four-week Puffins Autism Programme for Parents/Carers in *West and Central Norfolk* until end of March 2026.

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.



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 to deliver the programme.

Week 1 – Introducing Autism and Understanding

Behaviour (Family Action)

Week 2 – Social Communication and Interaction – (NCHC Speech and Language Therapy Team)

**Week 3 – Understanding Sensory Processing
(NCHC Occupational Therapy Team)**

Week 4 – Autism in Education (Educational Psychology & Specialist Support)

THE PUFFINS COURSES ARE VERY POPULAR AND OUR COURSES IN SEPTEMBER, NOVEMBER AND DECEMBER 2025 ARE FULL.

WE DO HAVE A FEW PLACES LEFT ON OUR THETFORD COURSE IN OCTOBER - SEE FLYER BELOW.

KEEP AN EYE ON THE NEWSLETTER FOR FURTHER ADVERTISING OF COURSES OR CONTACT Sue.killick@family-action.org.uk FOR MORE INFORMATION ABOUT BOOKING A PLACE.

COURSES ARE BEING PLANNED IN NORWICH AND KING'S LYNN IN THE NEW YEAR. Click on the flyer below to enlarge.



**Educational Psychology
& Specialist Support**



Puffins Autism Programme Thetford - October 2025

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 to deliver the programme to families in Norfolk. Puffins is currently available to parents & carers who live in West and Central areas of 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 October 2025

Charles Burrell Centre
Staniforth Road
Thetford IP24 3LH

Thursday 2nd, 9th, 16th & 23rd
October 2025

9:30am - 12:30pm*

NB: *Session 1 only in each course is just a little longer - 9:30am to 1:00pm

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



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

01603 972589
Sue.Killick@family-action.org.uk

family-action.org.uk

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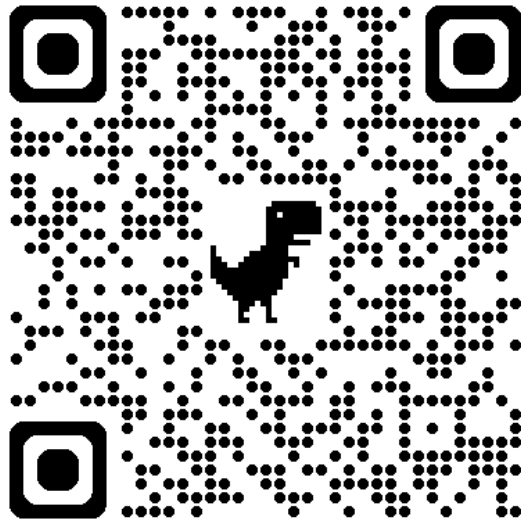


**Norfolk Community
Health and Care**
NHS Trust

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. Have a look for example at a number of [self-help resources](#) around the return to school and preparing your child for the school day, linking nicely in with the topic of our September newsletter.

See also the QR code below which will take you to the home page.

Family Action also serves families in West Suffolk - their August newsletter will be shown below as soon as it is available to share.



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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