



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

Welcome to our October 2025 Newsletter.



October is ADHD Awareness Month 🌟

A time to celebrate the unique strengths, talents, and creativity of individuals with ADHD. While ADHD is often discussed in terms of challenges, it's equally important to recognise the many wonderful qualities that come with it: **imagination, resilience, energy, curiosity, and the ability to think outside the box.**

Many of our children and young people with ADHD are natural innovators and problem-solvers, bringing fresh perspectives and a spark of enthusiasm to everything they do. By celebrating these strengths, we not only build their confidence but also help them see the value they bring to the world.

Did you know that many well-known and highly successful people have ADHD and credit it as a large part of their success? For example:

- 🎵 **Will.i.am** from the Black Eyed Peas has spoken about how his ADHD fuels his incredible creativity in music and innovation.
- 🌐 **Richard Branson**, founder of Virgin, has highlighted how his ADHD helps him think differently and pursue bold ideas.
- 🎬 **Emma Watson, Will Smith, Jamie Oliver** and **Justin Timberlake** are among many others who celebrate their ADHD as part of what makes them unique and successful.

This month, let's remind our children that ADHD is not something that holds them back—it's something that can help them soar! Together, let's encourage them to notice their own strengths and to take pride in their individuality.

This month's newsletter includes:

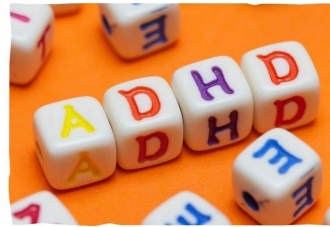
- **Welcome to ADHD Awareness Month**
- **Zoom Workshop in October**
- **Drop in Support Groups**
- **Celebrating ADHD**
- **Plan Bee**

- **Puffins**
- **Other News**
- **Link to FA's West Suffolk Service Newsletter**
- **Norfolk & Waveney NHS Integrated Care Board**
- **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.



OCTOBER ONLINE WORKSHOP FOR PARENTS - Click to enlarge



All about ADHD Workshop

Free Online Workshop

Tuesday 21st October 2025
10:00am - 11:00am

Join us for this Online Workshop where we will be discussing all things ADHD. The different traits and types of ADHD and ways to better support your child or young person.

No need to book.

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

Meeting ID: 946 8148 6826
Passcode: 085559

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

01493 650220

NorfolkandWaveney@family-action.org.uk

Family Action Norfolk & Waveney
Autism/ADHD Support Service.



www.family-action.org.uk

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Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068186.

Our Drop In Support Groups



Our drop-in groups are friendly and informal. No need to book. Come along, have a tea or coffee, meet other parents in your area. And members of our team will be there to offer advice, support and signposting.

See below the drop-ins which are running in October. Click on each one to enlarge.

Come and Join us in GORLESTON in October

If you have a child with a diagnosed or suspected neurodivergence...	we would love you to join us at our Gorleston drop-in. No need to book, just come along.	NEXT MEETING WEDNESDAY 1st OCTOBER 10 TO 11:30AM
RING 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.	Join us at Gorleston Library, Family Action Office Lowestoft Road Gorleston-on Sea NR31 6SG

JOIN US IN LOWESTOFT

For advice, support, resources and signposting or just to have a chat with our team and other parents who understand your challenges.
The Kirkley Family Hub, Kirkley Street, Lowestoft, NR33 0LU. 10am-11.30am

Come along and join us on
Thursday 2ND OCTOBER 2025 from 10:00am to 11:30am
NO NEED TO BOOK
RING 01493 650220 or EMAIL gorleston@family-action.org.uk for more information.



We would like to meet you in..... SWAFFHAM

We meet each month, in the quiet upstairs room in **Costa Coffee, Market Place, Swaffham, PE37 7AB**

Come and join us between 9:30-11am on Wednesday 10th SEPTEMBER 2025

Friendly, informal, no need to book. We can offer support, advice, signposting and a listening ear.

Ring 01603 972589 or
Email NorfolkAndWaveney@family-action.org.uk for more information.



Let's Celebrate ADHD



Here are some ways you can celebrate ADHD Awareness Month at home:

- ✨ Share stories of successful people with ADHD.
- ✨ Point out your child's strengths—whether it's creativity, kindness, persistence, or humour.
- ✨ Celebrate small wins and moments of brilliance.
- ✨ Encourage your child to dream big, just like the role models they admire.

Every child deserves to be seen, celebrated, and supported for exactly who they are.

Looking for resources?

ADHD Foundation

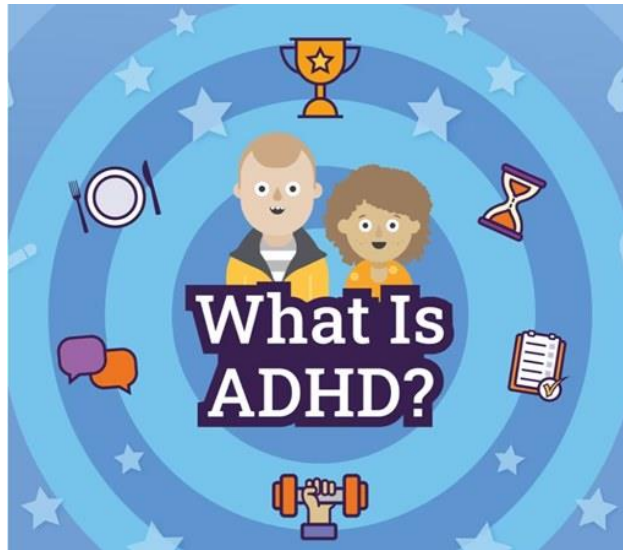
ADHD Foundation has some great resources to support you and your family on topics related to ADHD. Take a look here: [Help & Resources - ADHD Foundation](#)

Although sadly, the ADHD Foundation Charity has ceased trading, their website remains open with access to resources.

Witherslack Group

The Witherslack Group has a useful support pack to download as well as a video on ADHD: [ADHD | Special Educational Needs](#)





ADHDawareness website

The adhdawareness website has some brilliant video's, podcasts and a page for personal expression. Check it out here: [ADHDAwarenessMonth 2025](#)

LEARN MORE ABOUT ADHD



Questions & Answers

30 questions answered
by ADHD experts



Myths & Facts

ADHD professionals
bust common myths



Experts' Videos and Podcasts

Short video and
podcast interviews



Personal Expression

We're looking for your
experiences



ADHD Topics

All the content
posted on the site

Don't Try to Fix Weaknesses. Instead, Try to Celebrate Strengths

We are sharing below a blog first seen in ADDitude magazine, a US publication. The writer Tricia Thompson, is a school psychologist and mother of three. She tells us about her top five tips for positive parenting in relation to ADHD.

1. Start with your child's strengths.

When we work in weaknesses, the best we can hope for is average. When we work in strengths, that's when people soar! So much of ADHD intervention is aimed at shoring up weaknesses — fixing, solving, troubleshooting. While we want to improve challenging areas, this model causes our children to view themselves as broken. A shift to focusing on their strengths is powerful for that very reason.

To begin, ask yourself the following questions: What is your child's gift? What is their unique ability? What do they live to do?

Sports, art, words, nature, dance, music? Sometimes the very thing that drives everyone nuts is their "superpower" — their unique ability, their energy, their sensitivity. So if they won't do a worksheet, maybe they are talented at recording videos. Maybe they can create an art piece on the topic. Maybe they won't do fractions, but they will cook.

2. Make it fun! For goodness sake, make it fun!

Completing every bit of homework exactly as assigned is NOT a hill I would die on. If everyone usually ends up in tears, get off that hill, and make it fun! The dysregulated brain does not learn. It does not hear you. It does not problem solve or respond to consequences — and especially not to lectures. So, stop! How can you tell if a child's brain is dysregulated? Look for the signs of fight, flight or freeze. Tears, yelling, storming off, crumpled papers, refusal. These are the symptoms. If you witness this behaviour, it is pointless to proceed. Instead, take a break and do something fun:

Ditch the reading and dig for worms.

Read aloud from Harry Potter while in costume.

Stand on your head and make them laugh.

3. Meet your child where they are.

If your child won't read the book assigned, will they look at a comic? Will they listen to an audio book? Will they listen to you read aloud? Find their entry point for literacy. The thing they will do. The thing they can do. Start there — happily, easily. Once they are routinely engaging in that activity, add a little challenge. Turn up the heat a little. But first you have to get your foot in the door. We do this by accepting where they are and meeting them there. I have found that the more willing I am to meet a child on their path, the more willing they are to walk with me on mine.

4. Create rituals and routines.

Family lunch. Reading time. First spelling practice, then Xbox. Lights out at eight.

Routines and rituals are musts for all children, especially those with ADHD. Routines lower the cognitive load. They make actions habitual, so things that once took effort and decision-making skill are now automatic. For brains that struggle at times with processing, the more routines we have, the more brainpower is left over for the important stuff. So find your routines and stick to them!

5. Be kind to yourself.

Give yourself a break! If you start one routine and it fails, that's okay. You can adjust. If you mess up, that's okay, too!

This is how our children learn to be human — by watching us try and fail and try again. This is how they learn to own themselves — warts and all. They see that humans are imperfect. We are good and bad. Smart and dumb. Right and wrong. Give your children the blessing of witnessing this. You are providing your child with a front-row seat to some of the most powerful lesson of their lives right now: What is to be human.

To make a mess and clean it up.

To be overwhelmed and persevere.

To be blessed and troubled....All at the same time.

Tricia Thompson, ADDitude magazine August 2025

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/>

Our courses in October and November are full. See flyer for Plan Bee course available to book now. We are currently planning more courses for the new year. Click to enlarge.



Norfolk and Waveney Autism/ADHD Support Service

Plan Bee Course New Costessey December 2025

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.

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

Two Venues:
Week 1 & 2 at
Denby room
Queens Hill
Community Centre
Poethlyn Drive
Queens Hills
NR8 5BP

Week 3 at
Jerningham Room
The Costessey Centre
Longwater Lane
NR8 5AH

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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 COURSES ARE VERY POPULAR and are FULL up to and including Jan 2026.

See below flyers for our Feb and March courses 2026. [Click to enlarge](#)

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.



Puffins Autism Programme King's Lynn - February 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 February 2026

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

Monday 2nd, 9th & 23rd
February & 2nd March 2026

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

Sue.Killick@family-action.org.uk



family-action.org.uk

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**Costessey
March 2026**

Queen's Hills Community Centre
Poethlyn Drive
Queen's Hills
NR8 5BP

Thursday 5th, 12th, 19th & 26th
March 2026

9:30am – 12:30pm

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

family-action.org.uk

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01603 972589

Sue.Killick@family-action.org.uk

Other News

West Norfolk Autism Group



If you live in the west of the county, West Norfolk Autism Group, is there to support both children and adults. They arrange a number of talks, events and activities which you can book on Eventbrite using this link. <https://www.eventbrite.co.uk/o/west-norfolk-autism-group-56989955593>

Have a look at their [Autumn Newsletter](#).

Norfolk SENDIASS - Library Drop-Ins



Norfolk SENDIASS
Information, Advice and Support Service

Join Us for Drop-In Sessions

We will be here to answer any questions you may have, advice and signposting to further support.

All sessions are subject to change, and any changes will be advertised on our Facebook page. Please be aware these sessions do not offer a private room to talk, we will be based in main areas of the library. As we are not taking bookings, we will do our best to speak to you on a first come, first served basis.

[Find out more](#)

 Dereham Library 1 st Oct 10:00-12:00	 Caister Library 7th Oct 14:00-16:00
 Kings Lynn Library 9 th Oct 11:00-13:30	 Mile Cross Library 15 th Oct 10:00-13:00
 Wroxham Library 17 th Oct 13:00-15:00	 Great Yarmouth Library 22nd Oct 10:30-12:30
 Cromer Library 27th Oct 11:00-13:00	 Mile Cross Library 31st Oct 10:30-12:00
 Earlham Library 4 th Nov 13:00-16:00	 Gorleston Library 11th Nov 13:00-15:00
 Wymondham Library 14 th Nov 13:00-15:00	 Downham Market Library 27th Nov 11:30-13:30
 Thetford Library 10 th Dec 10:00-12:00	

We can give you advice, information and support about special educational needs and disabilities (SEND) in relation to education.

We work with children, young people (0-25 years) and their parent/carers. We can give you information about SEN Support, Education, Health and Care Plans (EHCPs), mediation, appeals, exclusions and suspensions, and other SEND processes.



The Nurture Hub - click on each flyer to enlarge



SEND GROUP

Do you have a child under 5 years, with additional needs or a disability? Come along and join in with activities that are designed to support your child's developmental needs, whilst meeting other families in your area. All sessions will be run by trained specialist and are on hand to offer advice and support.

Based in The Nurture Hub - Riverside Walk

Funded by



Nina's FOUNDATION

For more information please email info@ninas.foundation

Every Tuesday
30th September -
16th December
10 - 11am

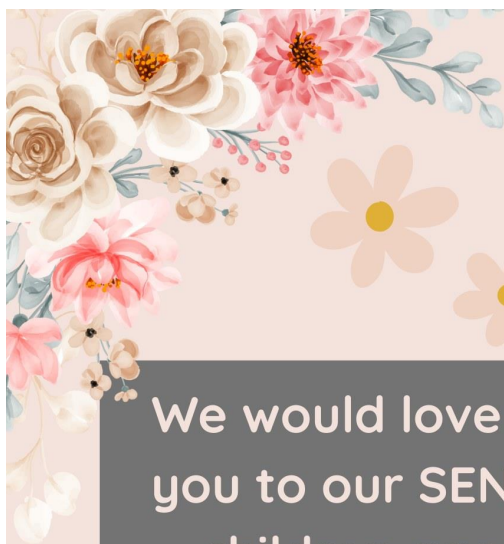


The Nurture Hub

In partnership with:



Norfolk Portage Service
Listen, Plan, Play, Learn



We would love to welcome
you to our SEND group for
children aged 5 - 12yrs

Simply go to <https://bookwhen.com/traquinas> to
book your place
or for more information please find our facebook
page 'Nina's Foundation' or visit our website
<https://ninas.foundation>

**A SAFE PLACE TO MEET
OTHERS WHO UNDERSTAND...**

SUPPORTED BY



**family
hubs**

**Start
for Life**



Challenge Woods Poster - click to view

**CALLING ALL
YOUNG CARERS!**  The Benjamin Foundation

**CHALLENGE
WOODS** 
The Nest, Holt Rd, Norwich, NR10 3AQ

**WED
29TH
OCT** **11.30AM
TO
1.30PM**



Young Carers BOOK NOW to join us for a fun 2 hours on raised walkways, play equipment, slides, ladders, ropes, cargo nets, a 35-metre zip line, swing, treehouse and a climbing wall!

FREE OF CHARGE
AGES 5-14YRS
BRING A PACKED LUNCH

Book [here](#) by Sunday 12th October

 ORGANISED AND RUN BY THE BENJAMIN FOUNDATION IN PARTNERSHIP WITH CARERS MATTER NORFOLK  

[HOPE INITIATIVE COMMUNITY EVENT 25TH OCT - click to view](#)



HOPE
INITIATIVE



COMMUNITY EVENT

Saturday 25th October 2025
10:30am -12:30pm

Join us for a wonderful community event where families, including SEND families, can come together and enjoy a fun-filled morning. With entertainment to keep the children smiling, this FREE event promises something for everyone. Bring a friend, bring the kids! Don't miss it!

WHAT'S HAPPENING?

- Sensory-friendly activities
- Entertainment for all ages
- Activities from local charity
- Chat with social professionals
- FREE food



REGISTER TO ATTEND

**SIMPLY SCAN THE QR CODE & ADD YOUR
DETAILS SO WE KNOW YOU'RE COMING!**

Registered Charity: 1120306 Proclaimers' Hope Initiative 2025



Family Action also serves families in West Suffolk



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.



Norfolk and Waveney Integrated Care Board

"CHILDHOOD IS PRECIOUS BECAUSE IT IS BRIEF; TOO MANY CHILDREN ARE SPENDING TOO MUCH OF IT WAITING FOR CARE."
Darcy, 2024

FIND SUPPORT AND SERVICES FOR CHILDREN AND YOUNG PEOPLE ON JUST ONE NORFOLK

WWW.JUSTONENORFOLK.NHS.UK



SCAN ME

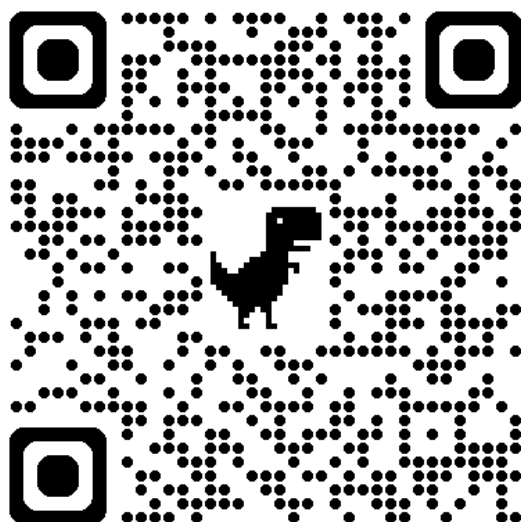


Norfolk and Waveney
Integrated Care Board

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.

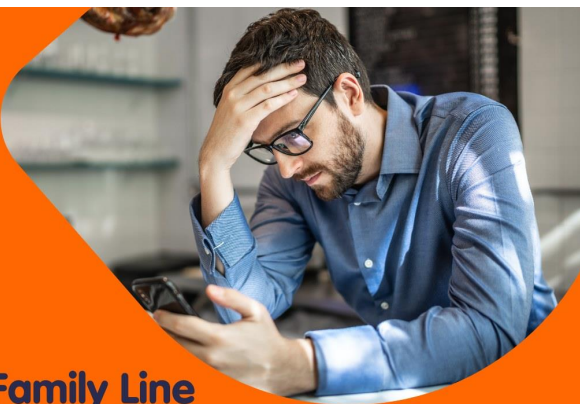
See also the QR code below which will take you to the home page.

Family Action 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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