



**Building
stronger
families**

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

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

ADHD

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

HEALTH AND WELLBEING

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

Samaritans	www.samaritans.org.uk	Much more now than just suicide prevention. Lots of support for mental health issues.
Action for Children	www.actionforchildren.org.uk	Wide range of support including benefits calculator and range of support for parents.
The Mix	www.themix.org.uk	Wide ranging support for under 25s.

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



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