

## SEND HIGHLIGHTS

Welcome to our first 'SEND Highlights'. In each newsletter we want to keep you up-to-date with local developments, news and information that could affect you and your family in Suffolk.

***This week is 'Neuro-Diversity Celebration Week' (18<sup>th</sup>-24<sup>th</sup> March).***

Neuro-diversity Celebration Week is about celebrating the strengths and talents of people who think and learn differently. It is a time to recognise hard work and determination. It reminds everyone of the importance of being kind and accepting of everyone.



There is currently an increase in pupils who are awaiting a Neuro-Diverse assessment nationally. We understand this can be a challenging time for families. However 'Family Action' are available to offer support and advice. Please see the link below for further information:

[West Suffolk Neurodevelopmental Support Service - Family Action \(family-action.org.uk\)](http://family-action.org.uk)

Family Action provide 3-week 'Plan Bee' courses for parents. Please see the information below or via the website.

**Plan Bee Course**  
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 Suffolk ICB 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 to:

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

Facebook: [www.facebook.com/family-action-norfolk](https://www.facebook.com/family-action-norfolk)  
 Email: [wsuffolk@family-action.org.uk](mailto:wsuffolk@family-action.org.uk)  
 Phone: 01284 636 635

To book a place on one of the courses below, please send an email to: [Wsuffolk@family-action.org.uk](mailto:Wsuffolk@family-action.org.uk)

Location	Date	Time
Virtual (Zoom)	1 <sup>st</sup> , 8 <sup>th</sup> and 15 <sup>th</sup> February 2024	10am-12pm
St Edmundsbury School, Bury St Edmunds	13 <sup>th</sup> , 20 <sup>th</sup> and 27 <sup>th</sup> March 2024	9.45am-11.45am
King Edwards School, Bury St Edmunds	23 <sup>rd</sup> , 30 <sup>th</sup> April and 7 <sup>th</sup> May 2024	10am-12pm