



‘Family is a doing word.
Together, we change lives’



West Suffolk Neurodevelopmental Support Service



We are Family Action



Team of 5



Serve West Suffolk



Commissioned by West Suffolk ICB



Part of the NDD Pathway/Coordination Function offer - support includes pre, during and post diagnosis

What Do We Offer?

Personalised Support

1:1 person-centred, goal-focused support for families

Liaise with schools

Advocate for families

Signposting to other support services and local activities

Providing helpful resources

Courses

Plan Bee

3 Week Course for parents

2 hours per week

virtual and face-to-face courses

Bespoke online Webinars -

Sleep, Anxiety, Social Knowledge, Transitions, Low Demand

1 hour sessions

virtual

Teen Life - National Autistic Society Programme for Parents and Carers

(6x2 hour sessions) -

face-to-face course

What Do We Offer?

Monthly Newsletter

Newsletter - has neurodivergent focused articles in each month, useful links, upcoming courses, local info

Available to families and professionals

Monthly Drop-in

Families can support each other locally - No need to book!

Bury St Edmunds drop-in (Oakes Barn)

Haverhill drop-in (Clements Community Centre)

Plan Bee Aims:

Develop an understanding of your child's individual needs.

Understand how these needs impact the individual

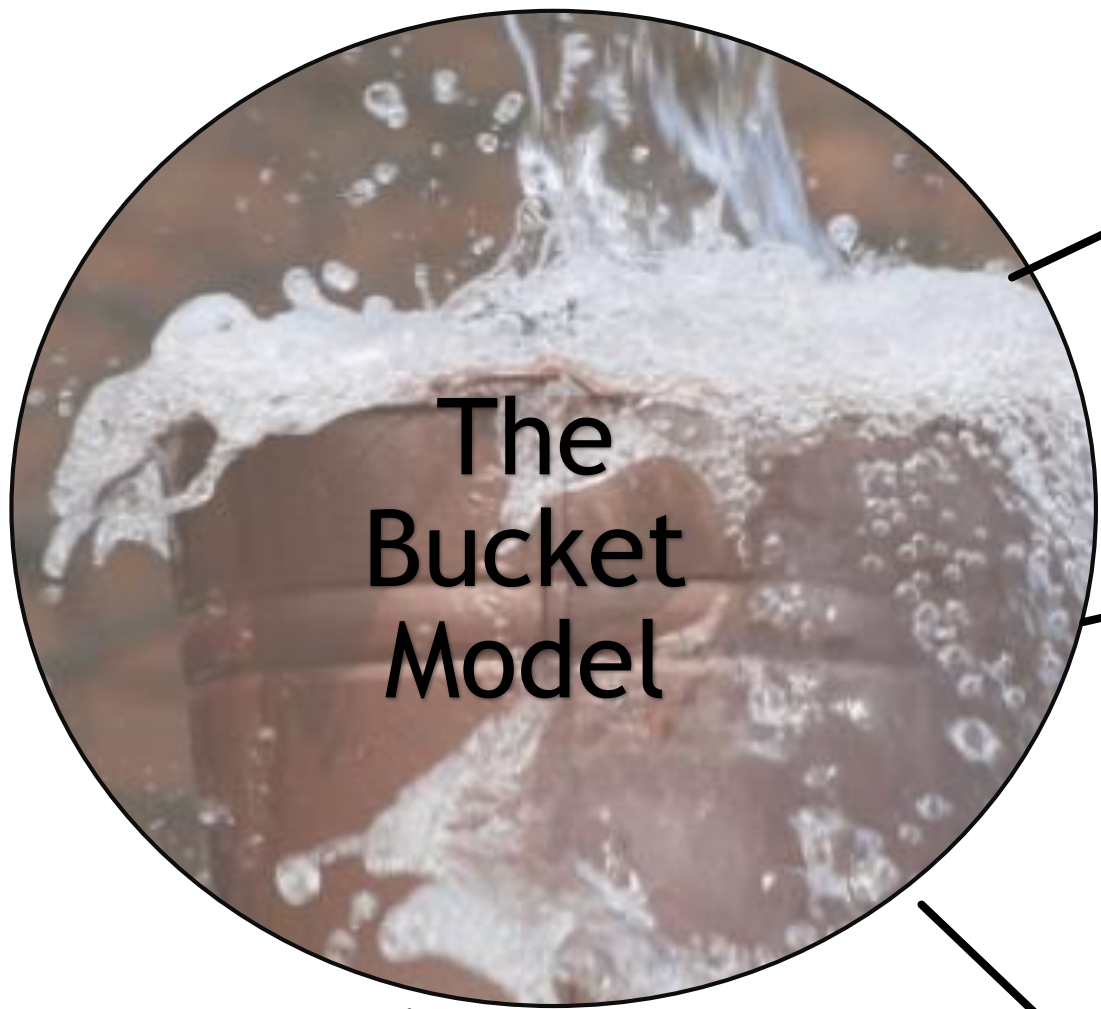
To create a strategy plan for specific situations

To develop new skills and strategies to support your child, and support others to understand them

Peer support



“When a flower doesn't bloom, you fix the environment in which it grows, not the flower.” Alexander Den Heijer



We all have a bucket - it represents our capacity to manage or hold our emotions and stress - when we reach maximum capacity, it overflows.

The bucket model is key to our course - it encourages families to look at behaviour in a different way. It can support communication around stress and overwhelm as well.

All behaviour is communication.

We consider what might fill our bucket/a child's bucket and think about ways to avoid overflow.



Setting (when, where, who was there?)	Trigger (what happened before?)	Action (what exactly did they do?)	Response (who responded and how—what was the result for the child?)

Strategy Plan

We encourage families to create strategies based on their child’s needs.

The STAR diary above helps parents break things down into categories and be reflective.

We have an approach called HIVE which stands for Holistic, Inclusive, Validating Environment.

Using this approach, we help families to create a strategy plan for specific situations such as transition into school, a doctor's appointment, visiting the supermarket.

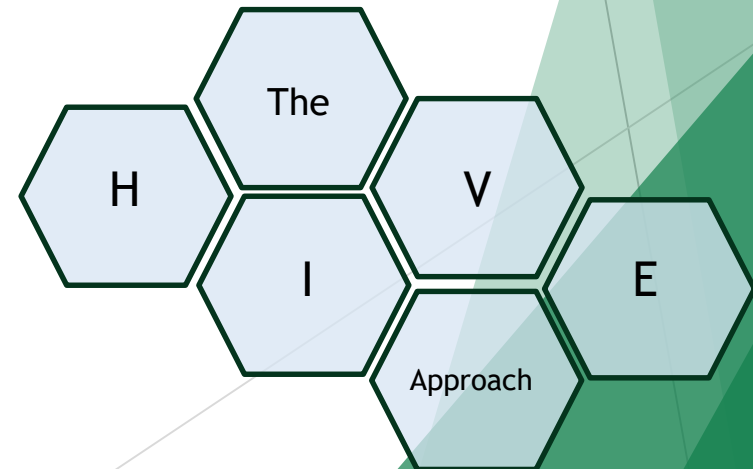
Situation:

Potential Triggers:

Hopes for me:
Hopes for my child:

Strategies:

First signs of dysregulation:





“We did find Plan Bee useful it gave us a different perspective on things and explained a few things that we were still struggling with so it was excellent I'm glad we attended thank you for your support your services have been a big help to our family”.

“the course was so wonderful, the bucket model changed my life, it was like magic...nothing else worked like the Plan Bee course did”.

“I wish these sessions would never stop, they are so so helpful, I can't express how grateful I am for all of you”.

“this course has helped me so much with things I understand and can use, would love to do it again if I needed more help”.



Plan Bee Feedback

Webinars

family
action

An introduction to...

We are not experts in the field.

Empower parents with knowledge.

Share strategies and invite them to choose what works.

Very accessible online.

Just over an hour and offer time for Q&A.

West Suffolk Neurodevelopmental Support Service

An Introduction to Transition in Schools for Neurodivergent Children

FREE Online Webinar

60 - 90 minute online webinar designed to help better understand:

- What transition is
- Why transition may be difficult for my child
- The different types of transition
- The various strategies that can support transition

Scan to book a place



West Suffolk Neurodevelopmental Support Service

An Introduction to Social Knowledge in Neurodivergent Children

FREE Online Webinar

60 - 90 minute online webinar designed to explore:

- Why your young person may have difficulties with making friendships
- Strategies to support and develop social knowledge
- Embracing your child's strengths and passions

Scan to book a place



Presented by
Neurodevelopmental Support Services for West Suffolk and Norfolk and Waveney.

An Introduction to the Low Demand Approach

Free Online Webinar

60 - 90 minute online webinar designed to help better understand:

- What a demand could be.
- How and why children might be impacted by demands.
- What we mean by a 'low demand approach'.
- Ways to embed a low demand approach.

Scan to book a place



West Suffolk Neurodevelopmental Support Service

An Introduction to Anxiety in Neurodivergent Children

FREE Online Webinar

60 - 90 minute online webinar signed to help better understand:

- What anxiety is
- How anxiety affects the brain
- How anxiety relates to behaviour
- How we can help

Scan to book a place



West Suffolk Neurodevelopmental Support Service

An Introduction to Sleep in Neurodivergent Children

FREE Online Webinar

60 - 90 minute online webinar designed to explore:

- The basics of sleep science
- Factors that may impact sleep
- Developing good sleep hygiene
- Strategies to support your child to rest and sleep

Scan to book a place



Really helpful workshop as is always the case for family action workshop/courses. thanks so much again. (Transition WS)

Great to get better insight on how to help girls with autism develop better social skills. Would be fantastic if there were places for girls to meet up with people like them. (Social Skills WS)

Thank you for lots of valuable ideas and advice. It was reassuring to know our family is not alone. (Sleep WS)

Informative and reassuring. Relaxed and inclusive approach. Great to be on zoom so don't need to travel. (Anxiety WS)



Workshop Feedback



FamilyLine

Phone: 0808 802 6666

Text: 07537 404 282

Email: familyline@family-action.org.uk

Out of Hours: Text

FAMILYACTION to 85258

Hours: M-F, 9am-9pm

A graphic of a blue clipboard with a white sheet of paper. On the paper, the phone number 0808 802 6666 is written in large green digits, arranged in three lines: 0808, 802, and 6666.

0808
802
6666

Contact Details

The logo for Family Action, featuring the words "family" and "action" stacked vertically in a white, sans-serif font, set against a dark green, rounded rectangular background with a white border.

family
action

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(Find our service under the Family Support section).

▶ Find us on Facebook: Family Action West Suffolk Neurodevelopmental Support Service