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| 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.org.uk>  | Free and impartial information for those with SEND in Norfolk. Useful for EHCPs and exclusions. |
| SEND Local Offer for Suffolk | <https://www.suffolk.gov.uk/children-families-and-learning/send-and-the-local-offer/> | A directory of services, activities and events for those with SEND and their parents, in Suffolk. |
| Suffolk SEND Partnership | <https://www.suffolksendiass.co.uk/> | Advice for children and young people up to 25 and their parents.Can provide advocacy. |
| IPSEA | <https://www.ipsea.org.uk/> | Independent provider of specialist education provision. Can provide advocacy. Some fees. |
| The Special Needs Jungle | <https://www.specialneedsjungle.com/> | Parent-centred information, news and resources re SEND. |
| 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/> | Information about SEN support in schools, EHCP and the new sex and relationships programmes for schools. |



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| Autistic Spectrum Disorder |   |  |
| The National Autistic Society | <https://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  | <https://naswestnorfolkbranch.webeden.co.uk/> | Activities and events in the W. Norfolk Area |
| Resources for Autism | <https://resourcesforautism.org.uk/> | Includes uplifting videos of families talking about autism. |

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| ADHD |  |  |
| ADHD Norfolk | <https://www.adhdnorfolk.org.uk/> | Providing support and advice around ADHD. Can provide private screening and diagnosis of ADHD. |
| National Centre for Mental Health | [https://youtu.be/YeamHE6Kank](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FYeamHE6Kank&data=04%7C01%7CSusan.Wood%40family-action.org.uk%7C51715565e8e44bc3bce608d9f14a2fc0%7C7c3c6b24370f462392f2ecf5e01521ac%7C0%7C0%7C637806123185114862%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=kuL3KwAvGnK2N5mhxLNpAl5HWInH6GPDcfX9YVDiSYU%3D&reserved=0) | A positive and child friendly video about ADHD |
| ADHD Foundation | <https://www.adhdfoundation.org.uk/>  | Information and support about neurodiversity generally. |

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| 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 | <https://www.nhs.uk/change4life/activities> | NHS healthy living website for children and young people. |
| KOOTH | <https://www.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 Charity | <https://thesleepcharity.org.uk/> | Sleep Issues, merged with the Sleep Council. |
| NANSA | https://www.nansa.org.uk/for-families/ | Sleep and more, including the Nansa Family Centre, Woodcock Rd, Norwich |
| ERIC | <https://www.eric.org.uk/blog/tackling-problems-with-toilet-training-autistic-children>  | Website of the Children’s Bowel and Bladder Charity. |
| Raising Children | <https://raisingchildren.net.au/autism/health-daily-care/sleep/sleep-problems-children-with-asd> | This is an Australian website with good sleep advice re ASD. |
| Samaritans | <https://www.samaritans.org/> | Much more now than just suicide prevention. Lots of support for mental health issues. |
| Action for Children | <https://www.actionforchildren.org.uk/> | Wide range of support including benefits calculator and range of support for parents. |
| The Mix | <https://www.themix.org.uk/> | Wide ranging support for under 25s. |
| Little Miracles | <https://littlemiraclescharity.org.uk>  | Wide ranging support and activities for children and their families aged from birth to 25 with or without a diagnosis. |

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| RESOURCES |  |   |
| Sensational Families | <https://www.sensationalfamilies.org.uk/> | Hire out weighted blankets, wobble cushions and other sensory items. |
| Sensory Spectacle | <https://www.sensoryspectacle.co.uk/> | Lots of info about sensory processing and activity sheets and charts to download |
| 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 | <https://www.sensorydirect.com/> | Sensory resources |
| TinknStink | <https://www.tinknstink.co.uk/> | Sensory resources |
| Sensory Smart | <https://www.sensorysmart.co.uk/> | Seamless socks and undies among other things. |
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| Twinkl | <https://www.twinkl.co.uk/> | Educational resources. |
| Sparklebox | <https://www.sparklebox.co.uk>  | Educational resources. |
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| Pathological Demand Avoidance | <https://www.pdasociety.org.uk/> | Latest information about PDA |
| Build Charity | <https://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. |
| SEN Resource Source | <https://www.senresourcesource.co.uk/>  | Free and low price resources including many social stories. See ‘I must not play with my poo.’ |

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| **Online Safety**  | <https://www.thinkuknow.co.uk>  | National Crime Agencies CEOP education team help to protect children and young people from online sexual abuse and exploitation for children aged 4years to teenage and their parents. |

 