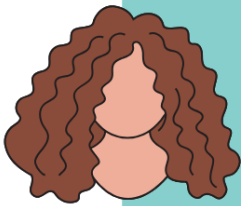


# RECOMMENDED BY PARENTS FOR PARENTS ON THE ADHD/ASD PATHWAY

## THE CURLY HAIR PROJECT



Uses animated films, stories and comic strips to support young people on the ASD spectrum.

[The Girl With The Curly Hair - Autism Training, Animations, Books](#)

## PARENT WORKSHOPS

Workshop programme designed by the Psychology in Schools Team to support parents

Sign up here -



## ACTIVITIES UNLIMITED

Short breaks open to young people with SEND needs in Suffolk

[Thttps://www.suffolklocaloffer.org.uk/short-breaks-and-leisure-activities/activities-unlimited](https://www.suffolklocaloffer.org.uk/short-breaks-and-leisure-activities/activities-unlimited)



## SENDIASS

A free support service which offers information and resources for supporting special educational needs and disability.

<https://suffolksendiass.co.uk/>

## NEURODIVERGENT ABILITIES GROUP (IPSWICH)

<https://www.neurodivergentabilities.org/>

Bespoke support tailored to help young people thrive in a neurotypical world.

Offers 1-1 face to face support in Ipswich. Also offers remote sessions and independent living support.



## SCHOOL SUPPORT



Find key staff members to understand and support your child. Roles who may be most helpful include SENCO, pastoral lead, teaching assistant, form tutor, head of year, mentor, thrive leader, school nurse, nurture group leader. They can consider reasonable adjustments.

ELSA:

Your school may offer ELSA intervention. A 6 session intervention supporting young people to develop their emotional literacy skills.

<https://www.elsa-support.co.uk/>

## FAMILY ACTION (SUFFOLK)

<https://www.family-action.org.uk/>

Offer self help resources, local services and a free helpline called 'FamilyLine' which can be used to help through



### Advice from parents and carers

- Keep a diary
- Don't compare your child or young person to someone else's
- Talk to others and try not to become isolated
- Take notes
- Ask questions
- Access training courses and resources
- You don't need a diagnosis to access support

[The East & West Suffolk NDD Pathway - Suffolk SEND Local Offer](#)