

Introducing

Tracy Clark SEND NAVIGATOR



Hi, I am Tracy and I am the SEND Navigator for Home Start in Suffolk.

The team and I have recently developed this role to support families all across the county based on requests from parents and a lack of available support in some areas.

I am passionate about my job and feel very proud of what we have achieved and the plans to extend our provision for SEND families.

In my previous life as a SENCO for 20 years I undertook training in a wide range of areas. I have continued to develop my knowledge further with personal research and training on many SEN conditions including Autism, ADHD, Foetal Alcohol Syndrome, Dyslexia, OCD, Communication and Sensory Processing difficulties.

I have 3 children. They all have special needs and all come with their own individual challenges and strengths.

I have experienced a lot of what families are going through and know how challenging life can be. I have also felt the joy of witnessing them achieve things that other children may find easy and appreciate just how much effort it takes to overcome some things.

There is nothing better than feeling proud of your child when you know just how far they have come.

It is my mission to support families so they don't feel so alone. I run several groups, online and stay and play groups, for SEND children and their parents.

It can be frustrating trying to access the right support for your child and not knowing who to turn to. Part of my role is to help parents navigate the SEND systems.

Unfortunately I don't have a magic wand but I know some pretty useful people and have a bank of resources that are a good place to start.

Tracy

**HOME
START**
In Suffolk

Find out more call 01473 621104
or visit www.homestartinsuffolk.org



- **Support navigating the complex SEND system**
- **One-to-one support and advice**
- **Volunteer support**
- **Monthly Support Group sessions**
 - An opportunity to connect with parents experiencing similar challenges and to come together as adults to chat about raising children with additional needs and disabilities in a friendly, virtual group setting, led by experienced Home-Start Coordinator Tracy Clark, with the support of fully trained Home-Start volunteers
- **Fortnightly Group for children and parents**
 - Are you worried about joining local groups in case your child doesn't cope in a large group environment?
 - Have you had a negative experience of being judged when your child has found it challenging to be in a group environment?
 - Or are your child's additional needs preventing you from joining groups in your community?
 - Our dedicated Time to Explore Group is has especially created and has an open to all and inclusive approach.



Fortnightly
A Time to Explore
For children with additional needs aged 0-4 years old
Butterflies Family Hub
Castle Hill, Beccles, NR34 7BQF

- Relaxed small group sessions
- Free Play and Fun activities good for child's development
- An opportunity for parents to socialise and ask for support

Every other Wednesday morning
10.30am – 11.30am
(term time only)

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Virtual
A Time to Be

Join other parents and carers of children with additional needs for our new monthly evening virtual support group

Via Zoom
An opportunity to connect with parents experiencing similar challenges and to come together as adults to chat about raising children with additional needs and disabilities in a friendly, virtual group setting, led by experienced Home-Start Coordinator Tracy Clark, with the support of fully trained Home-Start volunteers

First Wednesday Evening of every month
7.30pm till 8.30pm

An opportunity to chat with Tracy at the end of each group session

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