

### **Sensory needs resources**

- [Sensory differences - online learning](#) by Cambridgeshire Community Services Occupational Therapy Team
- [Making Sense of Sensory Behaviour - A practical approach at home for parents](#)
- SI Education – information and training for professionals and parents <https://www.sensoryintegrationeducation.com/>
- Harkla – All Things Sensory podcast <https://harkla.co/blogs/podcast>
- Suffolk SENDIASS workshop 20<sup>th</sup> November [Sensory processing difficulties in the early years](#)
- Sensory library in Stowmarket <https://www.facebook.com/share/19oFv6SUEH/?mibextid=wwXlfr>
- Video - Vanish advert [Me, My Autism & I | Vanish & Ambitious about Autism | Hero Film](#)
- Video - Stimming [Young people explain stimming | Ambitious about Autism](#)

### **Book list**

*Raising a Sensory Smart Child – The definitive handbook for helping your child with sensory processing issues.* Lindsey Biel and Nancy Peske

*The Out of Synch Child* – Carol Kranowitz

*Too Loud, Too Bright, Too Fast, Too Tight : What to do if you are Sensory Defensive in an Overstimulating World* – Sharon Heller

### **General Suffolk advice and support**

- **Suffolk Support and self-help guide:** Information about local services (you will receive a PDF copy of this within the following up email). This booklet can be accessed via the following link:  
<https://www.nsft.nhs.uk/download.cfm?doc=docm93jjm4n2404>
  - Within this booklet, further information about SENDIASS (Special Education Needs and Disabilities Information, Advice and Support Service) is included
  - Further information regarding breathing and grounding techniques discussed in the workshop are also included
- **The Source [Suffolk only]:** Information and advice for young people in Suffolk. Visit: [www.thesource.me.uk](http://www.thesource.me.uk)
- [PACT](#)

- [Suffolk Family Carers](#)
- [Suffolk Parent Carer Forum](#)
- Booklet with advice and guidance for parents/carers supporting neurodivergent children: [ECC Supporting Your Neurodivergent Child indesign V8](#)

### **Psychology in Schools Team parent/carers workshops**

We run regular free online parent/carers workshops on childhood neurodiversity and mental health and wellbeing. These can be accessed live via booking on Eventbrite [www.nsft.uk/workshops](http://www.nsft.uk/workshops) or you can watch recorded workshops via YouTube at <https://www.nsft.nhs.uk/parent-workshops>. The childhood neurodiversity series is now live on the Suffolk local offer page: [Neurodiversity online parent/carers workshops - Suffolk SEND Local Offer](#)



### **Communicating sensory differences to schools**

Suffolk Mainstream Inclusion Framework:

[SMIF Sep 24](#)

- SENDIASS:

[SEN support in schools for pupils with sensory processing needs – YouTube](#)

Childhood neurodiversity: supporting your child's education

Watch here: [Childhood Neurodiversity: Supporting Your Child's Education](#)

**Recovery College**

Open to all those interested in mental health recovery in Norfolk and Suffolk, the Recovery College provides free educational courses to equip you with the skills and strategies to move on with your recovery and/or to support others.

[Recovery College | Norfolk and Suffolk NHS](#)

**Discovery college**

The Discovery College offers free educational online courses and webinars on mental health topics for 16 - 25 year olds. The courses and webinars are designed so that 16 - 25 year olds can become an expert in discovering themselves and their self care alongside others their age.

[Discovery College | Norfolk and Suffolk NHS](#)