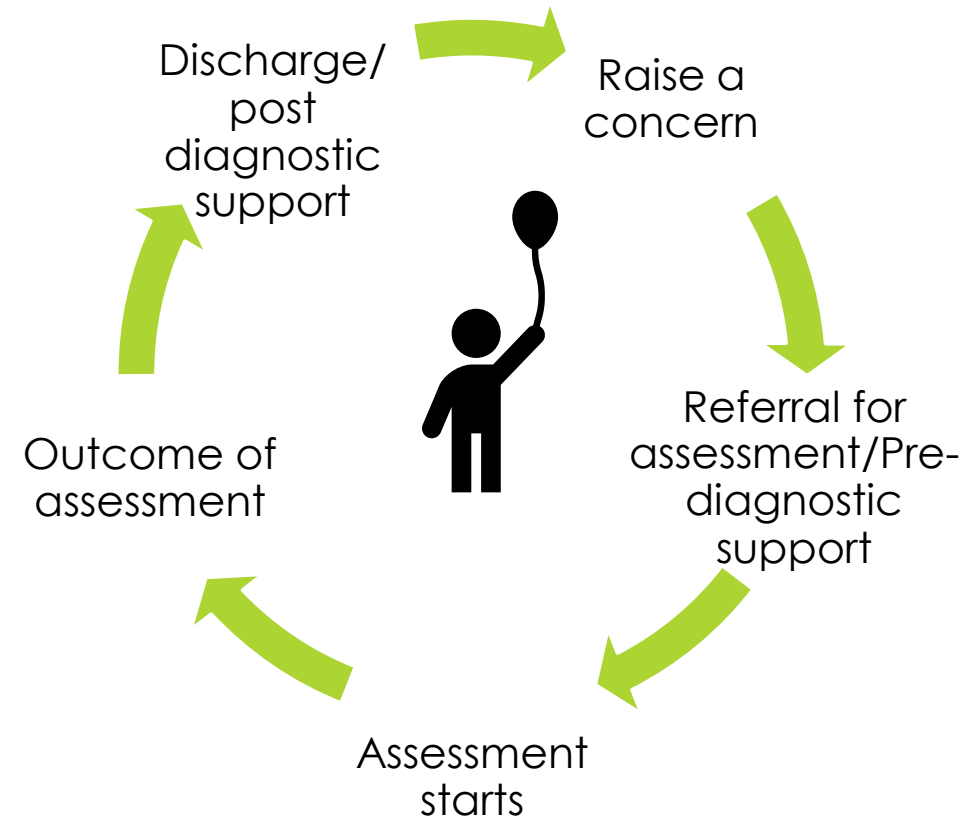


Family Voice conference 2023

Workshop content

- ▶ **Understanding of waiting times and work underway to improve these**
- ▶ **Support available while waiting**
- ▶ **Anything else?**



Access to assessment

We have three pathways to assessment in Norfolk and Waveney;

- ▶ Central and West
- ▶ East
- ▶ Thetford*

There are approximately **5,000** children waiting. Monthly referral rate has doubled since 2019

Traits associated with autism are similar to those linked to developmental language delay and Trauma

Why does it take so long?

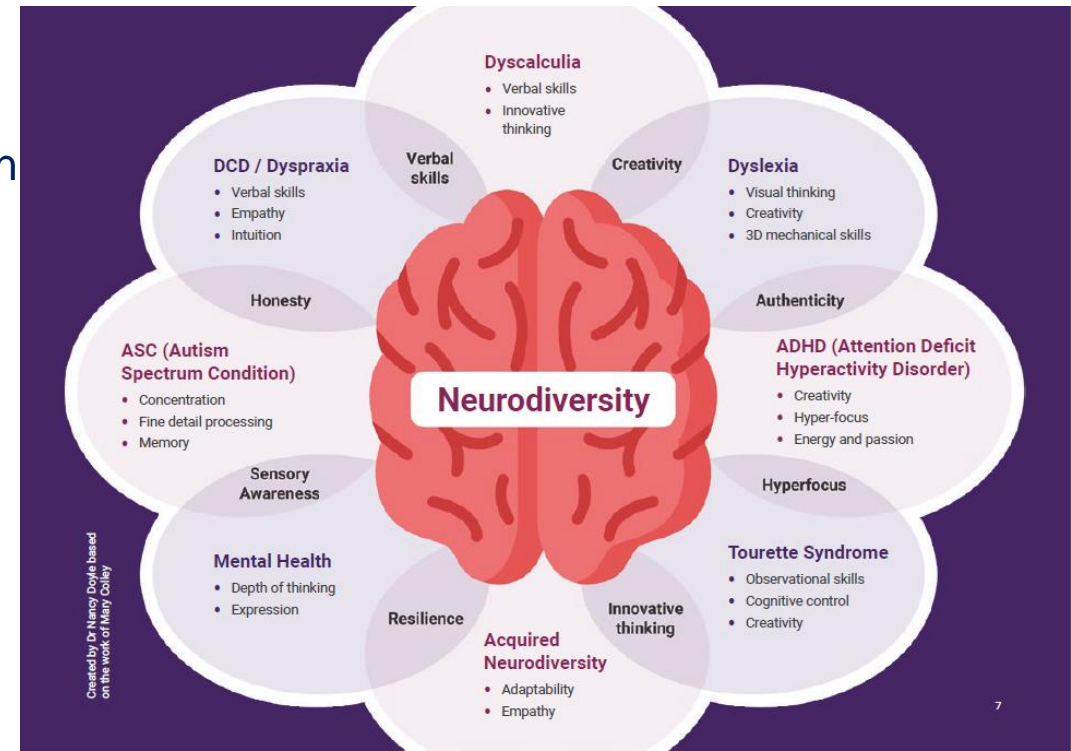
Norfolk and Waveney commission a pathway that includes screening and assessment for all neurodevelopmental conditions

70% of children with ASD are likely to have a co-occurring condition

The pathway is NICE compliant which means:

- ▶ Children must be observed in a setting (usually school)
- ▶ Children should be assessed by a multi-disciplinary team
- ▶ Clinicians must follow diagnostic manual to assessment

Impact of COVID



SOUNDBITE – SCHOOL FOR FIDGETS



What is neurodiversity?

Supporting Your Neurodiverse Child

Written for parents,
by parents

"If you are always trying to be normal, you will never know how amazing you can be." Maya Angelou



"Sometimes I am very proud of who I am because I can prove people wrong who think I can't do things, but the other side is annoying because people can label me as just being 'autistic' and I am much more than that."

Talking to someone about your child

GP



Health professional

School SENCO

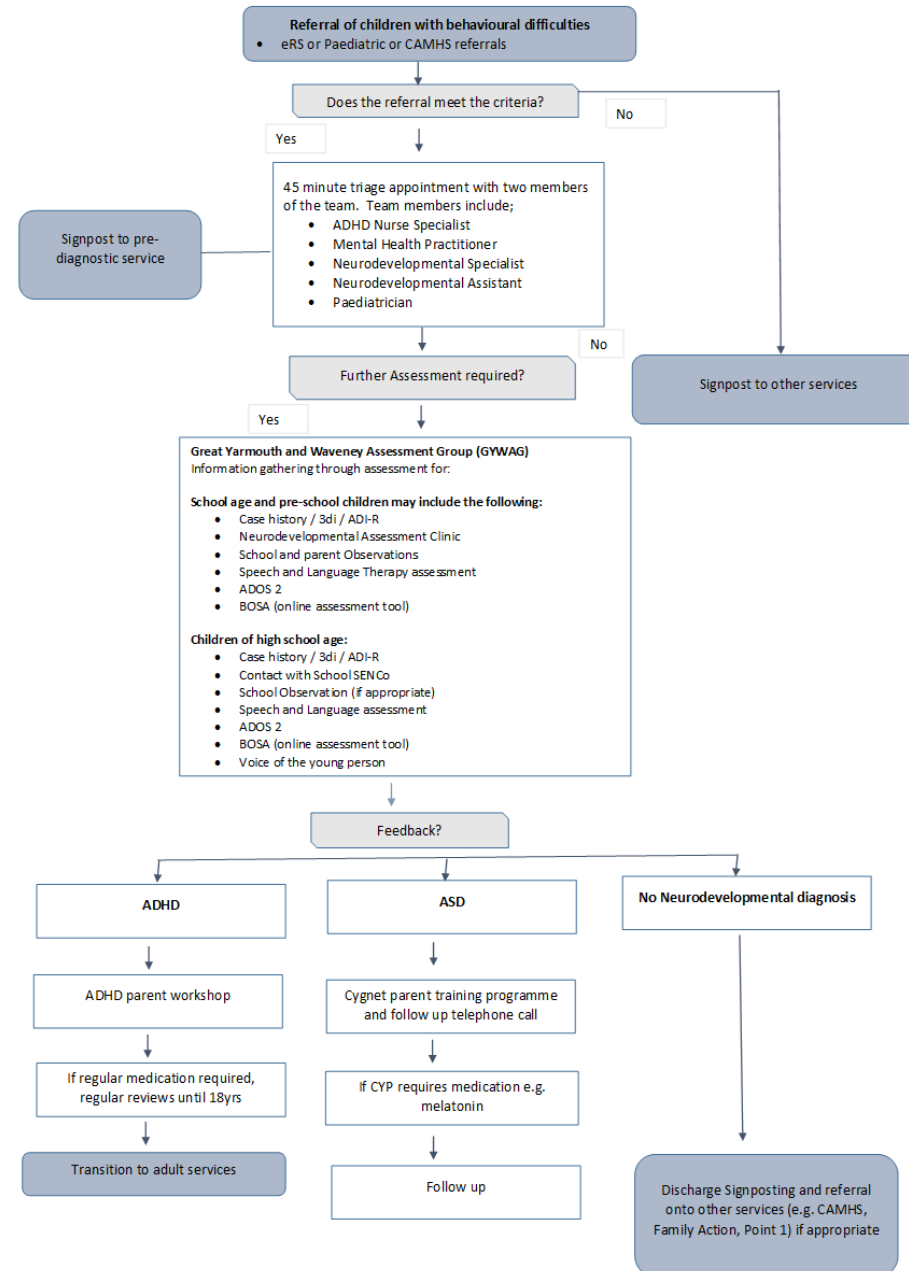


Referral route

Currently via GP

Once referral is received, triage consultation occurs and referral is accepted/accepted

Too many referrals are rejected due to insufficient information*



Reasons why I have made a GP appointment
e.g., behaviours and observations that make you think your child might need additional support

4 words that best describe my child	
1)	
2)	
3)	
4)	

Have you discussed this with your child or young person and if so, is there anything they would like to say?

Form completed by:.....Date.....

School questionnaire

Teacher observations Questionnaire *(Older child or young child with developed language skills) adapted from SIGN guidelines*

Name of child:

Date of birth:

Address:

School :

Year group:

How long have you known this child?

Academic attainment (which specific age range are they working towards?):

English:

Maths:

Other subjects:

SOCIAL COMMUNICATION SKILLS - (the tools the child uses to communicate with others including attention, listening, speech, language and non-verbal communication skills such as eye contact, facial expression and gesture)

1. Does the child/young person have any language difficulties (including difficulties with understanding, putting ideas together in a logical, sequenced way, not talking at all in certain situations etc.)? Please ✓ :

No difficulties	Mild difficulties	Moderate difficulties	Severe difficulties

Examples / comments:

2. Does the child/young person have unusual use of intonation (including high or unusual pitch, unusual stress patterns etc.)? Please ✓ :

No difficulties	Mild difficulties	Moderate difficulties	Severe difficulties



Building
stronger
families

Family Action - pre diagnostic support offer – Norfolk & Waveney ASD/ADHD Support Service

Children and young people can be better supported by their families who have access to practical tools and behaviour techniques, information and peer support

Objectives

The service will be available for a minimum of 8 hours a day, 5 days a week (Usually Monday to Friday and or according to Service demand) and ensure children, young people and their families receive appropriate care and support that is responsive to their needs within a community setting.

Support for families could include:

- family, group and parenting support work for those who are in the process of seeking a formal diagnosis of ASD/ ADHD to provide advice and support with the process of diagnosis and interim family and behaviour management strategies;
- signposting families to other services as required. Where complex family issues are present, appropriate referrals will take place, for example to the Multi Agency Safeguarding Hub;
- providing access to Cygnet courses (GYW only.)

Group work will be delivered and will include:

- Group work across Norfolk and Waveney CCG area will provide parents/carers specific strategies for day-to-day activities and also enable them to gain the opportunity to learn from each other's experiences. The Provider will support parents/carers to develop Peer Support Networks.

What happens following referral to FA

- **Kerry**

For more information about how the Norfolk & Waveney ASD/ADHD Support Service can help your family:

Call 01760 725801 or 720302

Email Swaffham@family-action.org.uk

- ▶ **Welcome call** - telephone support, face to face meetings, support in meetings with school or other professionals, research about issues. Signposting to websites, other organisations or activities happening locally.
- ▶ **Monthly Newsletter** - Any workshops, support sessions or courses we plan will be advertised in the newsletter which also tries to provide you with useful advice and helpful tips each month. Our newsletters contain all our contact details should you ever want to chat to someone again for a bit of advice or support or to find out more about how to attend any of our events.

Our [latest newsletter is available online.](#)
- ▶ **Facebook Page** - If you wish to join our closed Facebook group, go to Facebook and search for [Family Action Norfolk and Waveney ASD/ADHD Support Service.](#)
- ▶ **Workshops** - We run monthly virtual workshops on particular issues such as sleep, eating, social stories, school issues and behaviour to name a few.
- ▶ **Coffee parent drop-in** - Friendly and informal, these drop-ins are a chance to join other parents for a tea or coffee and to meet a member of our team for advice, support, resources or signposting to other services.
- ▶ **Dad's zoom support sessions.**
- ▶ **One to one support** - if parents tell us they are dealing with challenging behaviour at home or difficulties at school, and require more tailored support, we arrange for one of our experienced family support workers to phone for a chat to get some more details. We will then work with parents/carers by providing strategies to try at home and if necessary support with communicating with their child's school.

Support while you're waiting

- ❑ **PLAN B** - Understanding and supporting your child or young person with additional needs. Created by Dr Stephanie Summers and Dr Melanie Bruce, clinical psychologists from Norfolk Community Health and Care. The course is aimed at parents or carers of children or young people with additional needs including suspected or diagnosed ASD or ADHD.
- ❑ We believe that all behaviour is a means of communication, and the course seeks to understand what your child is communicating in their most anxious moments. The course runs for 2 hours, once a week for 3 weeks. It focuses on the child and the aim is to help identify possible internal and external triggers for behaviour.
- ❑ **Not a parenting course – a course FOR parents and carers**– about understanding that all behaviour is trying to communicate feelings.
- ▶ Bucket model - Every one of us has a 'bucket' inside us. The bucket is our capacity to manage or to hold stress, anxiety, fear, shame, frustration, disappointment etc. (Triggers)
- ▶ <https://www.youtube.com/watch?v=gm9CIJ74Oxw>

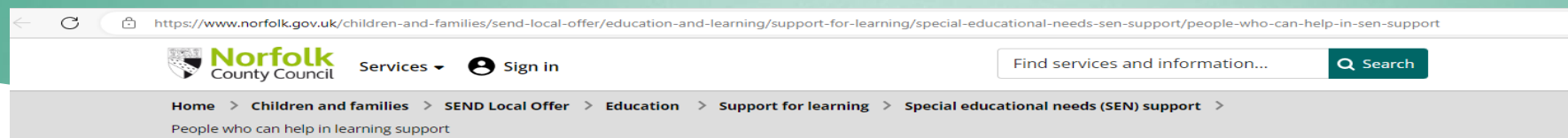
Fight, flight, freeze, flop!!!



Brain in Hand video – Dr Daniel Siegel presenting a Hand Model of the Brain



Education



People who can help in learning support

These professionals can help with special educational needs (SEN) support.

- [Special educational needs and disabilities coordinator \(SENCo\)](#) - a designated member of staff at a place of learning
- [Norfolk SEND Information, Advice and Support Service](#) - an impartial information, advice and support service for young people and families
- [KIDS SEND Mediation Service](#) - an impartial service that can help families
- Specialist teacher - a teacher with specific knowledge and advanced skills who can advise places of learning
- Learning support assistant - someone who works in a classroom under the direction of a qualified teacher



<https://www.norfolk.gov.uk/children-and-families/send-local-offer/education-and-learning/support-for-learning/special-educational-needs-sen-support/people-who-can-help-in-sen-support>

Was this webpage helpful?



‘The Autism Support Team who are part of Norfolk County Council’s multi-disciplinary Educational Psychology & Specialist Support (EPSS) team. They offer fully funded and commissioned training and advice to schools. They can attend termly core consultations, which are a free service offered to Norfolk schools by EPSS, as part of the local offer of SEN support services, giving school’s the opportunity to discuss pupils for advice and guidance.

The team co-ordinator Julie Stewart, is the **Autism Education Trust Lead Trainer for Norfolk.** ‘

[Home - Educational Psychology & Specialist Support \(norfolkepss.org.uk\)](https://www.norfolk.gov.uk/children-and-families/send-local-offer/education-and-learning/support-for-learning/special-educational-needs-sen-support/people-who-can-help-in-sen-support)

<https://padlet.com/juliestewart1/rfj56bsahtmifi3g>

Parent support

The screenshot shows a web browser displaying the URL <https://www.justonenorfolk.nhs.uk/child-development-additional-needs/additional-needs/growing-up-with-additional-needs/>. The page is part of the 'Children & Young People's Health Services' website. The main navigation bar includes links for 'Pregnancy & Early Days', 'Childhood illnesses', 'Staying Safe', 'Child Development & Additional Needs', 'Speech & Language', 'Healthy lifestyles', 'Emotional health', 'School life', and 'Services'. The 'Child Development & Additional Needs' section is highlighted, with a sub-menu showing 'Additional Needs' and 'Growing Up with Additional Needs'. The main content area has a yellow background with a pattern of small, stylized figures. A large blue speech bubble contains the text 'Additional Needs & Disabilities'. Below this, the section 'Growing Up With Additional Needs' is introduced. It explains that in the early days of assessment or diagnosis, many professionals are involved in a child's care, and as the child grows, the number of professionals tends to decrease. It also mentions that there are local services to help parents and families, and that the Norfolk Healthy Child Programme offers support during pregnancy, childhood, and until the child reaches 10 years old. A 'Dive Deeper' section offers links to 'The support we offer', 'Which Nursery or School?', 'Bullying', 'Puberty', and 'Relationships'. Below this, 'The Support We offer' is detailed, stating that the Norfolk Healthy Child Programme stays in closer contact with families with a child with additional needs, and that they will be in touch at least once a year to check how things are going. It also mentions that parents can call Just One Number for health professional concerns, and that there are extra resources for parents of children with additional needs. A link to the 'Norfolk Local Offer' is provided. At the bottom, there is a 'Downloads' section with three buttons: 'Additional Needs Leaflet', 'Learning Disability Health Check Flyer', and 'Learning Disability Healthcare Register', each with a 'Download' button and a heart icon. On the right side, there is a 'Also in this section...' sidebar with links to 'What is an Additional Need?', 'Finding Your Way - Developmental Delay', 'Growing Up with Additional Needs', 'Additional Needs & Disabilities', and 'Child Development & Additional Needs'. A 'Still worried / Need more help?' button is also present.

<https://www.justonenorfolk.nhs.uk/child-development-additional-needs/additional-needs/growing-up-with-additional-needs/>

Additional Needs & Disabilities

Growing Up With Additional Needs

In the early days when your child is being assessed or has a new diagnosis there can seem a lot of professionals involved in your child's care. As your child grows the amount of professionals tends to get less. This can be a big relief and lets you 'get on' with family life, but it can feel harder to know how to get the help when you need it. There are local services to help your child and family. You do not have to feel alone. At the Norfolk Healthy Child Programme we offer support to families during pregnancy, throughout childhood and until your son or daughter reaches 10 years old.

Dive Deeper

- The support we offer
- Which Nursery or School?
- Bullying
- Puberty
- Relationships

The Support We offer

The Norfolk Healthy Child Programme stays in closer contact with families with a child with additional needs. We will be in touch at least once a year to check how things are going. We call you by phone or offer a video appointment. If needed, we can book a face to face contact and we can come up with a plan of care together.

Remember you can call Just One Number to talk to a health professional about any concerns at any time. There is lots of information about the health and development of children on Just One Norfolk for all parents. You will also find some extra resources for parents of children and young people with additional needs.

We also work closely with other providers. The [Norfolk Local Offer](#) is a directory of all services available in Norfolk for children and young people from 0-25 years with special educational needs and / or disability.

Downloads

- Additional Needs Leaflet [Download](#)
- Learning Disability Health Check Flyer [Download](#)
- Learning Disability Healthcare Register [Download](#)

[Still worried / Need more help?](#)

Also in this section...

- [What is an Additional Need?](#)
- [Finding Your Way - Developmental Delay](#)
- [Growing Up with Additional Needs](#)
- [Additional Needs & Disabilities](#)
- [Child Development & Additional Needs](#)

<https://www.justonenorfolk.nhs.uk/child-development-additional-needs/additional-needs/growing-up-with-additional-needs/>

Resources for parents

Essex Family Forum [Supporting Your Neurodiverse Child \(essexlocaloffer.org.uk\)](https://essexlocaloffer.org.uk)

Information for professionals <https://improvinglivesnw.org.uk/~documents/ics-publications-1/children-and-young-people/information-for-schools-and-early-years-professionals-march-2022>

Just One Norfolk videos <https://www.justonenorfolk.nhs.uk/childhood-development-additional-needs/behaviour-sleep/positive-behaviour-support-pbs>

<https://www.norfolk.gov.uk/children-and-families/send-local-offer/health-and-social-care/health/health-services-in-norfolk/neurodevelopmental-services>

Navigator service

Coming soon.....

- Sensory training for parents and carers

Puffins



- ❑ The **Puffins Programme** is a FREE, four week comprehensive programme designed by Norfolk Community Health and Care's Neurodevelopmental Service for parents and carers of children and young people ***with a diagnosis of ASD***.
- ❑ Facilitated by Family Action but with sessions led by SALT, OT and ASD Specialist Service within Educational Psychology.
- ❑ Family Action are working in partnership with NCHC and EPSS to deliver the programme to families in Norfolk.
- ❑ Week 1 – Introducing ASD and Understanding Behaviour (Family Action)
- ❑ Week 2 – Communication – (NCHC Speech and Language Therapy Team)
- ❑ Week 3 – Understanding Sensory Processing (NCHC Occupational Therapy Team)
- ❑ Week 4 – Autism in Education (NCC EPS Specialist Support – Autism Support Team)
- ❑ To find out more or book a place, please contact Family Action on -01760 720302 or email Swaffham@family-action.org.uk

What does 'support' mean?



What are you doing about it?

- ▶ Improved information for parents via the SEND local offer
- ▶ Co-produced an Information pack
- ▶ Designed sensory training programme (Planned for 23/24)
- ▶ 18-24 transition work
- ▶ CYP Navigator programme
- Training for education and early years settings
- Avoidant restrictive food intake disorder
- Addressing the sensory needs gap
- Support mental health and sensory needs for neuro diverse Children and young people
- Working with GP's to improve signposting
- Initiatives to address waiting lists

What you can expect

- ▶ Amazing things happen video





Improving lives **together**

Norfolk and Waveney Integrated Care System

Question and Answer session

