

## **Support Services for Parents**

### **Silverwood - Mental Health services and ASD**

Type of service: Child and Adolescent Mental Health Service (CAMHS)

Website: <http://www.whatsthedealwith.co.uk/great-yarmouth/parents-carers/asd-service>

01493 337601/2

The Child and Family Centre brings under one roof, a range of professionals with experience and training in helping children and families. Its team provides a service to families with children and adolescents up to the statutory school leaving age of 18 years, who may be experiencing emotional, behavioural and/or mental health difficulties. Referrals to the service are made through Health Professionals only. The Centre provides some assessment of children and teenagers where there are concerns that they may be showing signs of an autism spectrum disorder (ASD). The assessment process links with the local Autistic Spectrum Disorder Diagnostic Forum (ASDDF).

### **Sun Beams Play ASD Parent Support Group**

[www.sunbeamsplay.org.uk](http://www.sunbeamsplay.org.uk)

Thursdays 9.30-11.30am (Fortnightly) Do you have a child on or thought to be on the Autistic Spectrum? Do you need someone to talk to, who will listen and understand? Do you need advice on education, diagnosis, forms or behaviour difficulties? Then why not pop in, meet other parents and carers and see what we can do to help. Refreshments available, children welcome. Please note due to unforeseen situations the time and day may change. To check or for more information please contact us at: Unit 7, Enterprise Court, Gapton Hall Road, Great Yarmouth, Norfolk, NR31 0ND  
01493 442181

## **Benjamin Foundation - Young Carers**

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

We provide positive activities to young people who have limited opportunities, such as young people who help care for a family member.

At The Benjamin Foundation, we are committed to supporting Young Carers to help them meet some of the unique challenges they face. We want to give them the chance to escape their day to day pressures in a fun and friendly environment and offer them the opportunity to meet new friends and learn new skills. Having the chance to talk to an understanding and listening ear about their lives is an important part of our support for Young Carers.

Our BOOM! Young Carers currently run the following groups:

Boom! Young Carers Groups – 8-11 yr olds and 11-18 yr olds

Referrals can be made by emailing [boom@benjaminfoundation.co.uk](mailto:boom@benjaminfoundation.co.uk) or phoning Alice Stevenson on 07880 242374

## **SEND Friendly Activities and Events**

<https://www.facebook.com/UKSENDEvents>

## **Ask Norfolk parents Community Forum**

<https://www.justonenorfolk.nhs.uk/our-services/talk-to-families-near-me/>

Being a parent and caring for your family is exciting and rewarding, but there will always be times which are more difficult. Sometimes you may have questions or concerns, need advice, or just want to talk to someone in the same situation as you.

We want to help Norfolk families connect with and support each other. We have worked with HealthUnlocked to create an online community where Norfolk parents and carers can support each other by talking online, asking questions, sharing hints and tips, finding other people in similar situations to them, or even meeting up with other local families. Sign up on the web page

Just one number Call Just One Number on 0300 300 0123 with any questions or concerns about your child's health, wellbeing or development.

Parentline is our text service for parents and carers to get in touch about any parenting questions or concerns. You might find it hard to call in to Just One Number during opening hours or you may just prefer to chat by text with a health professional. If you need advice about your child or young person's health or wellbeing, simply send a text and one of our team will text you back. You can text at anytime on 07520 631590. A health professional from the 0-19 team will reply during our opening times. You can have the whole conversation by text if that works best for you, or the practitioner can call you.

### **Worry and anxiety**

**<https://www.justonenorfolk.nhs.uk/emotional-health/children-young-peoples-emotional-health/worries-anxiety/>**

You can contact a member of the 0-19 Healthy Child Programme by calling **Just One Number** on **0300 300 0123** or texting **Parentline** on **07520 631590**. Our opening hours are 8am-6pm Monday-Friday (excluding bank holidays) and 9am-1pm on Saturdays.

You can also contact your GP, who can help you access support.

If you are 11-19 you can text **ChatHealth** on **07480 635060** for confidential advice from one of our team.

For adults **Qwell** provides free, safe and anonymous mental wellbeing support for adults in Norfolk and Waveney from a professional team of qualified counsellors.

For 11–25 year olds **Kooth** is a **free, confidential and safe** way to receive online counselling, advice and emotional well-being support.

**Childline** - Children and young people under 19 can call 0800 1111 for free support.

**Young Minds Parents Helpline** - Call 0808 802 5544 for free Mon-Fri from 9.30am to 4pm.

To speak to other Norfolk parents and carers, you can join our online community forum below.

## **Carers Matter Norfolk**

<https://carersmatternorfolk.org.uk/groups/east-norfolk/great-yarmouth-and-gorleston-carers-project/>

GYGYC is a Charity which works with young people aged 8-25 who are caring for their parents or another family member.

The aim of the project is to support and offer respite, fun and learning opportunities to young people who are caring for their parents or supporting their parents in caring for their siblings who would otherwise miss out on the normal transitional years associated with adolescence.

Magdalen Way, Gorleston-on-Sea, Great Yarmouth NR31 7BP

Email: [youngcarersproject@btconnect.com](mailto:youngcarersproject@btconnect.com)

01493 604739 / 07935851849

## **Action for Children**

<https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/norfolk-ecfs-east-seagulls/>

The Early Childhood and Family Service (ECFS) provides information, support and advice to families with young children across Norfolk. It is funded by Norfolk County Council, working in partnership with Action for Children, and has replaced Norfolk's children's centre services for 0-5 year olds.

For parents who need a little extra help, one-to-one and group support is available via a range of activities and courses. These include play sessions, baby massage, parenting courses and programmes to boost self-esteem.

**Magdalen Way**

**Gorleston-on Sea**

**Great Yarmouth**

**0344 800 8020**

[\*\*ecfs-families@actionforchildren.org.uk\*\*](mailto:ecfs-families@actionforchildren.org.uk)

## **NANSA- Sensational Families**

<https://www.sensationalfamilies.org.uk/support-groups/>

Parent drop-in sessions on alternate Tuesdays during term time to discuss any concerns or questions you may have about special educational needs.

Kingsgate Centre,  
30 Queen Annes Road  
NR31 0LE

## **Helping Hands**

<https://www.asdhelpinghands.org.uk/>

Our Family Support team offer a bespoke package of support based on your family's needs. This could range from Benefit advice, educational issues to support and advice around behavioural issues. This service is open to anyone affected by an Autism Spectrum Disorder (ASD) regardless of:

- Stage of diagnosis
- Age
- Location
- Condition on the Autism Spectrum

## **Nelson's journey**

<https://nelsonsjourney.org.uk/>

CALL 01603 431788

Nelson's Journey supports children and young people in Norfolk who've experienced the death of a significant person. We provide a range of resources and services, and accept referrals from families and professionals for those who may need our support.