

Further Support for Families including contact details, webinars and video links

Organisation	What do they do?	Contact details
Just One Norfolk	Single point of access for all Norfolk Healthy Child Services including speech and language therapy.	Phone 0300 300 0123 Website: Health Advice & Support for Children - Just One Norfolk
Family Voice Norfolk	Ran by parents and carers of children with special educational needs and/or disabilities in Norfolk. Their aim is to improve services for children by ensuring that families' voices are heard by decision makers.	Phone 07950 302937 Website: Home – Family Voice Norfolk
Ormiston Families	Providing a range of services to support positive mental health across Norfolk.	Phone 01473 724517 Website: Mental health and wellbeing - Ormiston Families
Benjamin Foundation	Helping children overcome challenges, including emotional wellbeing support.	Phone 01603 615670 Website: The Benjamin Foundation
Norfolk Early Help and Family Support	A service offering help and support for family difficulties or for parents who are worried about their children.	Website: https://www.norfolk.gov.uk/children[1]and-families/early-help-and-family-support/get[1]early-help-and-family-support
<i>Parent Talk 1:1 chat</i>	<i>Down-to-earth parenting advice you can trust. We're on hand to support parents when you need us. Browse our articles on the most common parenting questions from our experts. Or talk one-to-one with a qualified parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.</i> <ul style="list-style-type: none"> • <i>Mental health and wellbeing</i> • <i>Behaviour</i> 	Web: https://parents.actionforchildren.org.uk/chat/?src=header_button

	<ul style="list-style-type: none"> • <i>Stages and development</i> • <i>Additional needs and disabilities</i> • <i>Education</i> • <i>Parenting and relationships</i> • <i>Sleep</i> • <i>Nutrition and healthy eating</i> 	
NHS Parental Workshops on supporting young people with challenging behaviour	<p>Supporting our young people with challenging behaviour</p> <p>In this workshop we explore child behaviour that parents or teachers find challenging to manage, such as: hyperactivity, difficulties with attention, aggression, difficulties with friendships and relationships, and irritability. We will cover practical strategies to help manage these behaviours positively. This workshop may be helpful for parents who have concerns around possible ADHD in their young person.</p>	<p>www.nsfh.nhs.uk/parent-workshops/ (Many to choose from)</p> <p>https://youtu.be/BEa-HR9Li2Q</p>
Tools to Manage Uncertainty and Building Resilience in Young People	<p>Life is always unpredictable, but we have been living with a much higher degree of uncertainty through Covid. This workshop will introduce strategies that adults can support their young people to help them cope better with uncertainty now and in the years to come. Being able to adapt to situations by learning to tolerate emotions and cope with change reduces stress levels and is a great skill for life. This workshop is suitable for parents/carers of all children struggling in the current pandemic who would like to learn strategies they can teach their children to manage difficult thoughts, feelings, and situations. It is also helpful for professionals who might work with young people.</p>	<p>https://youtu.be/e6sSkYLIII8</p>
Supporting Young People with Anxiety	<p>This workshop is for parents of school aged children to help them understand anxiety better. The session covers: what is anxiety, why anxiety, how it affects the brain, how it affects the body, how it impacts on what we do and don't do and how parents can support their children/adolescents who might be struggling with anxiety.</p>	<p>https://www.youtube.com/watch?v=B3K0Z7g35nA</p>

<p>Just One Norfolk – Positive Behaviour Strategies</p>	<p>Every Tuesday from 10:30 to 11:30am you can now join a Zoom Support Sessions. You will meet other families who understand the issues and at least one of our team to answer questions.</p> <p>Positive Behaviour Strategies (PBS) course is available on the NHS Just One Norfolk website and is well worth a look! Just control and click to follow the link:</p>	<p>https://www.justonenorfolk.nhs.uk/childhood-development-additional-needs/behaviour-sleep/positive-behaviour-support-pbs</p>
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