



Family Action's Norfolk & Waveney Autism/ADHD Support Service in June

We are often asked by parents how they can strike the right balance when parenting a neurodivergent child. When should I respond with understanding and flexibility, and when should I be firmer? When is school genuinely becoming too much, and when do they simply need a day off? When should I allow non-participation, and when is it worth applying some gentle encouragement because I know they may ultimately enjoy — and benefit from — taking part in the school play or attending the birthday party?

Ultimately, you have to trust your own parenting instincts. Nobody knows your child as well as you do. Most of the time, you will recognise the difference between genuine fear or

overwhelm and a simple “I can’t be bothered today.” You are also the person best placed to decide what you have the emotional capacity to manage day to day, and what will create the calmest environment for your whole family.

You will not always get it right — and that’s okay. Parenting is a continual process of learning, adjusting, and trying again. Getting it wrong sometimes is not failure; it is part of the journey. This month we are thinking about how to strike that balance..

This month's newsletter includes:

- **Welcome**
- **Online Workshop for June**
- **Drop-In Groups in June**
- **Balance, Boundaries and Neurodivergence**
- **Plan Bee Courses**
- **Puffins Courses**
- **Norfolk & Waveney NHS Integrated Care Board**
- **Family Action Website and FamilyLine**
- **About our Service - contact details**

Just as every child is unique, every family’s situation is different. We in the Norfolk and Waveney Autism/ADHD Support Service are not health professionals but we do speak to many families with children of differing needs. Some of the information contained in this newsletter is anecdotal and some from respected websites. We hope you find the following interesting and helpful.

[Online Workshop in June - Thinking about Emotions - Anger or Anxiety?](#)

No need to book - note the joining details and we will see you there. [Click to enlarge.](#)



Workshop - Anger or Anxiety?

Join us for this [free online session](#).

Parents often tell us that they see quite angry and explosive behaviours from their neurodivergent children and young people. In this workshop we will think about those 'big feelings' and take a look below the surface at what might really be going on.

Join us for this short workshop with time for questions and answers.



Tuesday 16th June
10:00am - 11:00am



No need to book.

Just join us on the day via Zoom using the following details:

Meeting ID: 966 4447 9930

Passcode: 400275

For more information you can contact us Monday to Friday 9-5pm on:



01603 972589



NorfolkandWaveney@family-action.org.uk



Family Action Norfolk & Waveney
Autism/ADHD Support Service.

www.family-action.org.uk

Family Action, Registered as a Charity in England & Wales no: 264713.
Registered as a Charity in the Isle of Man no: 1036. Registered Company Limited by Guarantee in England and Wales no: 01068186.

Our Drop In Support Groups

Our drop-in groups are friendly and informal. No need to book. Come along, have a tea or coffee, meet other parents in your area. And members of our team will be there to offer advice, support and signposting.

See details below of all our June drop-ins. Click to enlarge flyers.

BRECKLAND FAMILIES



Dereham SEND Parent & Carer Cafe Monday 1st JUNE 2026

Join Amira and Dawn for our monthly Drop-In -

This month we will be joined by SENDIASS and Autism Anglia.

FREE, friendly and open to all SEND parents and carers.


Monthly themed discussions and support.

Join our Facebook Group and check for any updates: [Breckland Family Hubs](#)

For more details email us at: communityfocusbreckland@norfolk.gov.uk

Hosted by: Breckland Family Hub and Family Action - Norfolk & Waveney Autism/ADHD Support Service.

 Dereham Library
59 High Street
Dereham
NR19 1DZ

 1:30pm - 2:30pm

Please note that all children remain the responsibility of their parent/carer and must be supervised at all times.



Gorleston Drop-In Support Group JUNE 2026

Family Action's Norfolk and Waveney Autism/ADHD Support Service would like to invite you to come and join our informal drop in session.


Our sessions are designed for you to pop in at anytime, with no need to book. We will be there to welcome you, help answer any questions and support in the way you need - whether that's giving advice, sharing resources or signposting to other services.

There will be other parents and carers who are living with their child or young person's autism or ADHD who really 'get it' and will likely be happy to share their experiences.


No diagnosis or booking required

 01493 650220

 Gorleston@family-action.org.uk

 Norfolk and Waveney Autism/ADHD Support Service

 Gorleston Library
Family Action Office
Gorleston-on-Sea
NR31 6SG

 **Wednesday**
3rd June 2026

10:00am - 11:30am



family-action.org.uk

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Lowestoft Drop-In Support Group JUNE 2026

Family Action's Norfolk and Waveney Autism/ADHD Support Service would like to invite you to come and join our informal drop in session.

Our sessions are designed for you to pop in at anytime, with no need to book. We will be there to welcome you, help answer any questions and support in the way you need - whether that's giving advice, sharing resources or signposting to other services.

Meet other parents and carers living with their child or young person's autism or ADHD who really 'get it' and will likely be happy to share their experiences.

No diagnosis or booking required.

01493 650220

Gorleston@family-action.org.uk

Norfolk and Waveney Autism/ADHD Support Service

 The Kirkley Family Hub
Kirkley Street
Lowestoft
NR33 OLU

 Thursday
4th June 2026

10:00am - 11:30am



family-action.org.uk

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Swaffham Drop-In Support Group JUNE 2026

Come and join us at our friendly support group.

Family Action Norfolk & Waveney Autism/ADHD Support Service. We support families of children with neurodevelopmental differences.

If you care for a child who is neurodivergent or on the pathway for a diagnosis, come along to our 'Drop-In' session to meet other parents/carers with similar experiences. At least one of our team is always on hand to offer support and answer your questions.

No diagnosis or booking required.

01603 972589

norfolkandwaveney@family-action.org.uk

Norfolk and Waveney Autism/ADHD Support Service

 Costa Coffee (Upstairs)
Market Place
Swaffham
PE37 7AB

 Wednesday
10th June 2026

9:30am - 11:00am



family-action.org.uk

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SEND Café



Join Danii from SEN Socials and Early Help Community Worker Georgie, and Norfolk and Waveney Autism/ADHD Support Service each month for a cuppa and an informal chat about all things SEND parenting. No diagnosis needed!

Children welcome, and there will be an activity each session provided by Voices Through Art!

Please contact sensocialsdownham@gmail.com for further information or to request a social story and venue walk through.

12th January
9th February
9th March
13th April
11th May
8th June
13th July
10:30AM-12:30PM

Family Hub, St Augustines
Healthy Living Centre
Columbia Way, King's Lynn PE30 2LB



Costessey Drop-In Group JUNE 2026



Come and join us at our drop-in support group, in association with Costessey Library.

Family Action Norfolk & Waveney Autism/ADHD Support Service supports families of children with neurodevelopmental differences.

If you have personal experiences with a child who is neurodivergent or have a child still awaiting assessment, come along to our monthly sessions.

Come and meet our Family Support Workers who are happy to give you the time and space to bring any concerns you may have and can offer advice and support.

No diagnosis or booking required.

norfolkandwaveney@family-action.org.uk

01603 972589

Costessey Library
Breckland Road
Costessey
Norwich
NR5 0RW

Monday
22nd June 2026

9:30am - 11:00am



family-action.org.uk

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BRECKLAND FAMILIES



Thetford SEND Parent & Carer Cafe Wednesday 24th JUNE 2026

Come and join **Andreia and Kerry** at this **FREE, friendly, Drop-In Session**, open to all SEND parents and carers.

Are you looking for a warm, welcoming space to connect and unwind?

Come and chat with other families, on the LAST Wednesday of each month.

There will be activities for children, young people and you!

Join our Facebook Group and check for any updates: [Breckland Family Hubs](#)

For more details email: communityfocusbreckland@norfolk.gov.uk

Hosted by: Breckland Family Hub and Family Action – Norfolk & Waveney Autism/ADHD Support Service.

 Thetford Library
Raymond Street
Thetford
IP24 2EA

 1:30pm – 2:30pm



Swan Youth Project Drop-In Group JUNE 2026

Come and join Family Action at Swan Youth Project's Drop-In Group.

Whether you are a parent, carer or grandparent, all are welcome to come along to this friendly and welcoming group for tea/coffee/biscuits. With the opportunity to chat to other parents and our Family Support Workers, who are on hand to offer advice and support on anything relating to neurodivergence.

 Swan Youth Project
Paradise Road
Downham Market
Norfolk
PE38 9JE

 Tuesday
30th June 2026

9:30am to 11am
(Group starts at 9am, but we will be there from 9:30am)

 01603 972589
 norfolkandwaveney@family-action.org.uk
 Norfolk and Waveney Autism/ADHD Support Service

www.family-action.org.uk

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Finding the Middle Ground: Balance, Boundaries, and Neurodivergence

If you are parenting a neurodivergent child, you have probably asked yourself some version of these questions:

- Are screens helping my child regulate... or becoming a problem?
- Should I take screens away as a consequence?
- How much should I encourage my child outside their comfort zone?
- If I don't push at all, will they ever leave their room?

If this sounds familiar, you are not alone. Parents raise these questions with us all the time because parenting a neurodivergent child often involves navigating a very delicate balancing act, and there is rarely a simple, one-size-fits-all answer.

Screens: Regulation Tool or Too Much of a Good Thing?

For many neurodivergent children, screens are not just entertainment, they can be a powerful regulation tool. Games, videos, and familiar digital spaces may help calm overwhelmed nervous systems, provide predictability, and offer a sense of control.

The question is not:

“Are screens bad?”

The more helpful question is:

“What purpose are screens serving right now?”

Screens may be becoming “too much” when:

- They are the only coping strategy available
- Transitions away from them consistently lead to significant distress (beyond understandable disappointment)
- Sleep, movement, hygiene, or daily routines are regularly being neglected

Rather than focusing solely on screen-time limits, it can help to think about balance and flexibility:

- Are there other ways your child knows how to regulate?
- Can screens remain part of the toolbox, rather than becoming the entire toolbox?

Should Screens Be Taken Away as Punishment?

This is something many families rethink over time.

If screens are your child's primary regulation tool, removing them as punishment can feel less like a consequence and more like taking away something they genuinely rely on to cope. In some cases, it may escalate behaviour rather than help build skills.

That does not mean screens should be unlimited or unmanaged. It simply means it may help to:

- Separate discipline from regulation
- Teach boundaries around screens, rather than through screens

Natural consequences, collaborative problem-solving, and calm, consistent limits are often more effective than removing a child's main source of comfort when they are already struggling.



ADHD and Computer Gaming

Children and teenagers with ADHD can be particularly drawn to computer games, and there are very understandable neurological reasons for this. Games are fast-paced, stimulating, rewarding, predictable, and constantly provide novelty — all things that naturally capture an ADHD brain.

ADHD is linked to differences in dopamine regulation. Many everyday tasks such as homework, routines, or delayed rewards simply do not provide enough stimulation to hold attention consistently. Video games, however, offer:

- Immediate feedback and rewards
- Constant novelty and stimulation
- Clear goals and structure
- Predictability and control
- A sense of achievement and competence
- Social connection without some of the pressures of face-to-face interaction

For some children, gaming becomes more than a hobby — it becomes their primary way of regulating emotions, escaping stress, managing boredom, finding their 'tribe; or feeling successful.

Parents taking a balanced approach will try to understand what the child is getting from gaming, will calmly apply consistent boundaries, will think about the best ways to handle transitions and will try to introduce gradually other interests and activities which may also create dopamine.

The aim is usually not to eliminate gaming altogether, but to help children build balance, flexibility, and a wider range of coping strategies over time.

Comfort Zones vs Growth Zones

Another common concern is:

“If I don’t push my child, they’ll never try anything new.”

And there is some truth in that, but pushing too hard can backfire too. It can help to think less in terms of “pushing” and more in terms of “stretching.”

A useful question to ask is:

“Is this uncomfortable in a growing way... or overwhelming in a shutting-down way?”

Healthy stretching might look like:

- Short, planned exposures instead of all-or-nothing expectations
- Giving your child some control over how and when they try something new
- Celebrating effort, not just completion

The goal is not to eliminate discomfort altogether. The goal is to help your child feel safe enough to try.

A Final Reassurance

If you are thinking this deeply about balance, it is because you care, and that matters far more than getting every decision perfectly right.

You are allowed to adjust expectations as your child grows. You are allowed to change your mind when something is not working. You are allowed to choose progress over perfection.

Parenting a neurodivergent child is rarely about choosing one extreme or the other. More often, it is about continually finding the middle ground, again and again.

And you do not have to get it right every day to be doing a good job

PLAN BEE COURSES



PLAN BEE – Understanding and Supporting your Child or Young Person with Additional Needs.

'Plan Bee' is a FREE 3 week course (2hrs per week) and is aimed at parents or carers of children or young people with additional needs including those with traits of autism or ADHD.

If your child or young person already has a formal diagnosis of autism, please see the information later in the newsletter about the PUFFINS AUTISM PROGRAMME.

You can still access the online videos of our Positive Behaviour Strategies course (now Plan Bee) on the NHS for Norfolk website, Just One Norfolk. Just click here:

As ever our Plan Bee course is proving very popular and our June Costessey course is full.

See flyers below for Plan Bee courses still available to book. Click to enlarge.



Norfolk and Waveney Autism/ADHD Support Service

Plan Bee Course SWAFFHAM JULY 2026

Understanding and supporting your neurodivergent child or young person's needs.

A FREE course for parents & carers (booking essential)

Plan Bee is a 3 week course (2 hours per week) written by two Clinical Psychologists working in Norfolk Community Health and Care. We have been commissioned by Norfolk & Waveney NHS Integrated Care Board to deliver this course for parents and carers of children who have suspected or diagnosed neurodevelopmental conditions.

All behaviour is a form of communication. Our course supports parents to understand their child's individual needs and how to best support them.

The aim of this course is to help parents and carers:

- Understand why their child or young person might become overwhelmed.
- Reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.
- Develop a support plan which they can share with other family members and schools to ensure a consistent approach.
- Meet with other parents/carers for peer support.

Wednesday 1st, 8th & 15th July 2026

10am - 12noon

Community Centre
Campingland
Swaffham
PE37 7RB
Week 1 & 3: Bishop Room
Week 2: Dickens room

To book a place, please provide the following:

Your name
Child's name and DOB
Address
Telephone number
Email address

Please note that we cannot book places for children on this course.

Please use the contact details below for enquiries or booking:

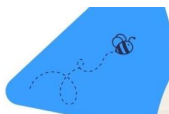
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Norfolk and Waveney Autism/ADHD Support Service

CONDENSED Plan Bee - Online 4th AUGUST 2026

Understanding and supporting your neurodivergent child or young person's needs.

A free online session for parents & carers (booking essential)

If you have been interested in attending our Plan Bee course but have found it difficult to find the time, we are now offering a condensed version of our Plan Bee course. This will be one three hour session only, on Zoom.

We hope this will be more suitable for working parents or for those with preschool children who find it difficult to attend a face to face course.

The aim of this course is to help parents and carers:

- Understand why their child or young person might become overwhelmed.
- Reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.
- Develop a support plan which they can share with other family members and schools to ensure a consistent approach.
- All behaviour is a form of communication. Our course supports parents to understand their child's individual needs and how to best support them.

Tuesday
4th August

9:30 to 12:30

Online - ZOOM

To book please provide the following details:

Your name
Child's name & DOB
Postcode
Telephone number
Email address

01603 972589

norfolkandwaveney@family-action.org.uk

Norfolk and Waveney Autism/ADHD Support Service

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Norfolk and Waveney Autism/ADHD Support Service

CONDENSED Plan Bee - Online AUGUST 2026

Understanding and supporting your neurodivergent child or young person's needs.

A free online session for parents & carers (booking essential)

If you have been interested in attending our Plan Bee course but have found it difficult to find the time, we are now offering a condensed version of our Plan Bee course. This will be one three hour session only, on Zoom.

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- Understand why their child or young person might become overwhelmed.
- Reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.
- Develop a support plan which they can share with other family members and schools to ensure a consistent approach.
- All behaviour is a form of communication. Our course supports parents to understand their child's individual needs and how to best support them.

Tuesday 18th August

9:30 to 12:30

Online - ZOOM

To book please provide the following details:

Your name
Child's name & DOB
Postcode
Telephone number
Email address

01603 972589

norfolkandwaveney@family-action.org.uk

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Norfolk and Waveney Autism/ADHD Support Service

Plan Bee King's Lynn September 2026

Understanding and supporting your neurodivergent child or young person's needs.

A free course for parents & Carers

Plan Bee is a 3 week course (2 hours per week) written by two Clinical Psychologists working in Norfolk Community Health and Care. We have been commissioned by Norfolk & Waveney NHS Integrated Care Board to deliver this course for parents and carers of children who have suspected or diagnosed neurodevelopmental conditions.

All behaviour is a form of communication. Our course supports parents to understand their child's individual needs and how to best support them.

The aim of this course is to help parents and carers:

- Understand why their child or young person might become overwhelmed.
- Reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.
- Develop a support plan which they can share with other family members and schools to ensure a consistent approach.
- Meet with other parents/carers for peer support.

Thursday 10th, 17th & 24th September 2026

10am - 12noon

**Family Hub
St Augustine
Healthy Living Centre
(Activity Room)
Columbia Way
King's Lynn
PE30 2LB**

For more information contact us Monday to Friday 9am to 5pm

01603 972589

NorfolkAndWaveney@family-action.org.uk

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Puffins Autism Programme - for parents or carers of children or young people with a *diagnosis* of autism



Family Action is commissioned by Norfolk Community Health and Care to to run the comprehensive, free, four-week Puffins Autism Programme for Parents/Carers in *West and Central Norfolk*.

This is a strictly post-diagnosis autism course and includes sessions delivered by Family Action, by Speech & Language and Occupational Therapists from NCH&C clinical teams and by Autism Specialists from within NCC's Educational Psychology & Specialist Services. Do not miss your chance, if you have a child or young person with a formal diagnosis of autism, to attend this well regarded programme.



**Educational Psychology
& Specialist Support**

THE PUFFINS AUTISM PROGRAMME FOR PARENTS AND CARERS IS VERY POPULAR and June and July courses in Downham Market and Norwich are already full.

KEEP AN EYE ON THE NEWSLETTER FOR FURTHER ADVERTISING OF COURSES OR CONTACT Puffins@family-action.org.uk FOR MORE INFORMATION ABOUT BOOKING A PLACE.

See flyers below for Puffins courses available to book now.



Puffins Autism Programme NORWICH September 2026

The Puffins Programme is a FREE, four week programme designed by Norfolk Community Health and Care's Neurodevelopmental Service for parents and carers of children and young people with a diagnosis of Autism.

Family Action are working in partnership with NCHC and EPSS and are currently commissioned to deliver the Puffins course to parents/carers in west and central Norfolk.

Week 1 – Introducing Autism 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 EP & Specialist Support: Autism Support Team)

Norwich September 2026

Owen Barnes Room
Breckland Library
New Costessey
NR5 0RW

Monday 7th 14th 21st 28th
September 2026

9:30am - 12:30pm

Please note: This course is not suitable for children to attend and no childcare is provided.

To find out more or book a place, please contact Family Action on:

01603 972589

Puffins@family-action.org.uk



family-action.org.uk

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Puffins Autism Programme KING'S LYNN October 2026

The Puffins Programme is a FREE, four week programme designed by Norfolk Community Health and Care's Neurodevelopmental Service for parents and carers of children and young people with a diagnosis of Autism.

Family Action are working in partnership with NCHC and EPSS and are currently commissioned to deliver the Puffins course to parents/carers in west and central Norfolk.

Week 1 – Introducing Autism 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 EP & Specialist Support: Autism Support Team)

King's Lynn October 2026

Community Hub
Church Dr
King's Lynn
PE30 4DZ
(Parking at Gaywood Church
Rooms nextdoor)

Thursday 1st 8th 15th 22nd
October

9:30am - 12:30pm

Please note: This course is not suitable for children to attend and no childcare is provided.

To find out more or book a place, please contact Family Action on:

01603 972589

Puffins@family-action.org.uk



family-action.org.uk

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Our Commissioners - Norfolk and Suffolk NHS Integrated Care Board

Family Action's Norfolk and Waveney Autism/ADHD Support Service is commissioned by the newly formed Norfolk and Suffolk NHS Integrated Care Board to provide support and advice, learning, resources and signposting to parents/carers of children or young people either awaiting a neurodevelopmental assessment or newly diagnosed.

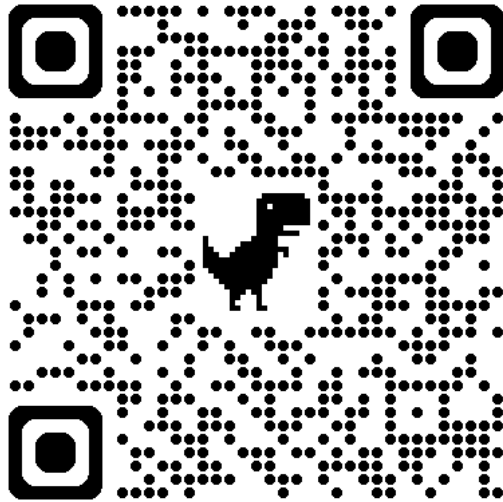


Norfolk and Suffolk
Integrated Care Board

Family Action Website



Family Action is a national charity, supporting families up and down the country and has recently updated and relaunched its [website](#).



In addition to being able to search for Family Action services and projects in your locality, you can also now access lots of information and resources on a wide range of topics affecting families today.

See also the QR code below which will take you to the home page.

Family Action FamilyLine - for any parenting concerns or crises. We can listen, support, inform and refer to a relevant service.



Family Line

-  0808 802 6666
-  07537 404 282
-  familyline@family-action.org.uk
-  Online Chat



Family Line

 0808 802 6666

 07537 404 282

 familyline@family-action.org.uk

 Online Chat

About our Service - Contact Details



For West and Central Norfolk **01603 972589** or email NorfolkAndWaveney@family-action.org.uk

For East Norfolk and Waveney **01493 650220** or email gorleston@family-action.org.uk

Unsure which area to contact? Use any of the above – we are all here to help you.

If you wish to join our closed Facebook group, go to Facebook and to the Family Action page and then search for Norfolk and Waveney Autism and ADHD Support Service.

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