



SPCN Support for Families

The SPCN team understand the impact this situation is having on families and we are therefore changing our usual way of working and are offering support to individual families if you need someone to talk to. Our support offer is open to any family who has a child or young person up to the age of 25 with any additional need and/or disability (diagnosed or not). This is not limited to those with an EHCP or on SEN Support

Covid-19 / Coronavirus information pack for families

Families have told SPCN that the Covid-19 outbreak is a really worrying time for them and they have asked for resources to help them talk to their children and young people about it as well as needing strategies to support their mental health and emotional wellbeing. Working with SENSational families in Norfolk and education, health and care services, SPCN have produced an information and resource pack for families that is available to download or be posted out in a printed format.

Online resources

In partnership with [SENSational Families](#), SPCN have put together a mix of free online resources to help keep children and young people occupied at home over the coming weeks.

Peer-to-peer support

SPCN are providing peer-to-peer support if parents and carers need someone to talk to, or if they or their child/young person are struggling or if they have specific questions about where/how to access other support. They are signposting any health-related issues regarding Coronavirus to official sources. Parent and carers can contact SPCN by emailing admin@spcn.org.uk, private messaging on their social media @suffolkpcn or calling them on 07341 126455.

Family Support boxes

The SPCN team are sending out family support boxes for children/young people with any additional need and/or disability, (diagnosed or not) and their siblings and also contain information for parents and carers about how to support children and young people and other support organisations that are available. These boxes are personalised to each family and can contain a range of items. They are available free to any parent / carer / guardian / foster carers who are members of SPCN and they simply have to email admin@spcn.org.uk with the request. SPCN are accepting new members who will then be able to ask for the free family support box.

- Colouring/puzzle books for children and young people
- Colouring books for adults
- Stress balls
- Pots of bubbles
- Sensory bags

To be eligible for membership you must live in Suffolk or receive services from Suffolk and be a parent carer/foster carer/guardian of a child/young person aged 0-25 with any additional need and/or disability (diagnosed or not). This is not limited to those with an EHCP or on SEN Support. You can sign up for membership quickly and easily [here](#). Or use the QR code



Family support page and pack

SPCN have also created a page on their website dedicated to parent carer support and this includes a regularly updated SPCN support pack containing local and national support organisations and online resources for parents and carers is available to download or be posted out in a printed format.

[SPCN - Parent Carer Support](#)