



Thomas Bullock Church of England Primary and Nursery Academy

"Let your light shine" Matthew 5:14-16

Headteacher: Mrs Shannon O'Sullivan

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SEND Newsletter 11th September 2026



Family Action **September 2026** **Newsletter**

Please find the link below to the September edition of the Norfolk & Waveney Family Action newsletter. This group aims to support parents of children with ADHD and Autism.

[Family Action's Norfolk & Waveney
Autism/ADHD Support Service](#)



*Please take a look at our updated
SEND Information Reports, now
available on our school SEND page.*

*Our SEND page also includes a wealth
of useful information, resources and
signposting to help support families
and provide guidance on a range of
SEND-related matters.*

*Please contact our SENDCo Mrs Smith
at- office@thomasbullock.dneat.org for
further information.*

Just One Norfolk - 0300 300 0123

<https://www.justonenorfolk.nhs.uk/our-services/just-one-number-parentline/>

This is the contact information for children's health services in Norfolk, should you need any help with health issues or parenting advice.

The SEND and Inclusion Line support line - 0333 313 7165

Please note that The SEND and Inclusion line will be open for parents to contact throughout the school holidays, Monday -Friday 9am-5pm (excluding bank holidays).

They can support families with:

How to access support for children and young people
Information about how to support children and young people with SEND

Advice and guidance for families and professionals seeking for support

Advice, guidance and support for children at risk of imminent permanent exclusion

Advice and guidance about when it is appropriate to request an Education, health and Care needs assessment

Kids



Reepham

In Person Workshops
Thursday 17th September
Introduction to Neurodiversity
Thursday 24th September
Behaviour
Thursday 1st October
Demand Avoidance (PDA)
Thursday 8th October
Parental Resilience
10.30am – 12.30pm

The Bircham Centre
Market Place
Reepham
Norwich
NR10 4JJ

Email
sally.macgregor
@kids.org.uk for
more info



Scan here to book



Kids



South Creake

In Person Workshops
Wednesday 4th November
Introduction to Neurodiversity
Wednesday 11th November
Behaviour
Wednesday 18th November
Demand Avoidance (PDA)
Wednesday 25th November
Parental Resilience
10.30am – 12.30pm

South Creake Village Hall
The Green
Fakenham
Norfolk
NR21 9PD

Email
sally.macgregor
@kids.org.uk for
more info



Scan here to book



Kids



Pickenham

In Person Workshops
Thursday 5th November
Introduction to Neurodiversity
Thursday 12th November
Behaviour
Thursday 19th November
Demand Avoidance (PDA)
Thursday 26th November
Parental Resilience
10.30am – 12.30pm

Pickenham Community Hub
South Pickenham Road
Swaffham
Norfolk
PE37 8DA

Email
sally.macgregor
@kids.org.uk for
more info



Scan here to book



Kids



Norfolk Parent Carer Service



Autumn Term Online Workshops

Tuesday 22nd September Demand Avoidance
10.30am – 12.30pm

Sunday 4th October Eating Challenges **2pm – 4pm**

Wednesday 7th October Eating Challenges **11am – 1pm**

Wednesday 14th October Sleep **10.30am – 12.30am**

Sunday 25th October Demand Avoidance **2pm – 4pm**

Sunday 8th November Behaviour **2pm – 4pm**

Friday 20th November Behaviour **10.30am – 12.30pm**

Sunday 22nd November Sleep **2pm – 4pm**

Monday 23rd November Resilience **11am – 1pm**

Sunday 29th November Resilience **2pm – 4pm**

Scan here for
booking form:



Join us online - just
scan the code and
choose your dates!

Email
sally.macgregor
@kids.org.uk
for more info



KidsNorfolk
County Council

Norwich Hunter Road Coffee and Connect

Autumn Term Dates

Wednesday 9th September

Able2B

Wednesday 23rd September

Parent Info Sharing

Wednesday 21st October

Autism Anglia

Wednesday 4th November

Jordan Winn

Wednesday 18th November

TBC

Wednesday 2nd December

Thrive Autism

Wednesday 16th December

Christmas Craft

Join us for a cuppa at the Family Hub, Hunter
Road, Norwich, NR3 3PY
10am – 12pm

Email hayley.huckle@kids.org.uk for more info

KidsNorfolk
County Council

Dad's Time!



Are you a dad, stepdad,
grandad or male carer for a
young person (0-18 years)
with SEND?

Then this is for you!

Come and join us at Albion Games
Cafe in Norwich for a drink,
gaming and connection with
other parent carers.



Autumn Term Dates:

Tuesday 8th SeptemberTuesday 13th OctoberTuesday 10th November

7:30pm – 9pm

Albion Games Cafe
21 St Benedicts Street
Norwich, NR2 4PF

Email
hayley.huckle@kids.org.uk
for more info



"Seeing Her Clearly" Workshop



zoom

Join us for this free online session

Girls, Neurodivergence & the Hidden Signs

What if there's more to the behaviour than meets the eye...
and a little more understanding could make all the difference?

What might we notice when we take a closer look?

Join us for a warm, thoughtful, and supportive workshop for parents & carers,
exploring the less visible signs of neurodivergence in girls — and how looking
beyond behaviours and stereotypes can help us better understand the girl
behind them.

SEEN • UNDERSTOOD • VALUED

Come and discover a little more about what might be beneath the surface.



Tuesday 6th
October 2026
10am – 11:30am

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