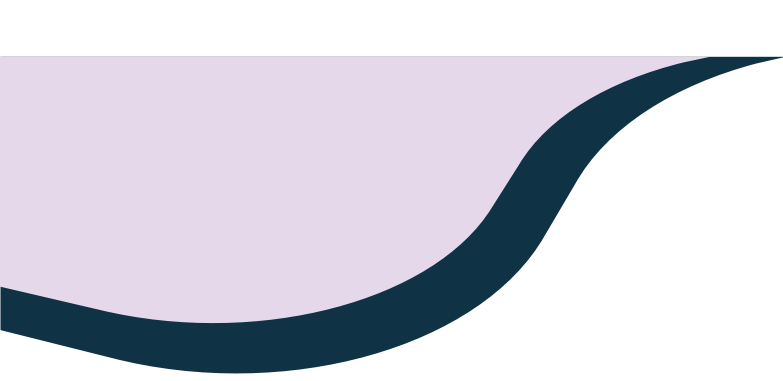




19 October 2026

SEN Newsletter Autumn Edition 2026, Pot Kiln Primary School

Dear Parents/Carers

Welcome to the latest edition of the Pot Kiln SEN Newsletter!

For those of you not familiar with the newsletter its aim is to compile all services, events, information and opportunities that are taking place locally (and some nationally) so that you, as a parent with or without a child(ren) with SEN can have the best chance of accessing information, help and advice.

In addition to this newsletter I will endeavour to add any extra events, updates or reminders on the weekly school newsletter, along with any safeguarding information or updates. Please find below the local opportunities and events; I hope the information is of value.

Here's to a great autumn!

Greg Pemberton, SENDCo/DSL

This Edition includes:

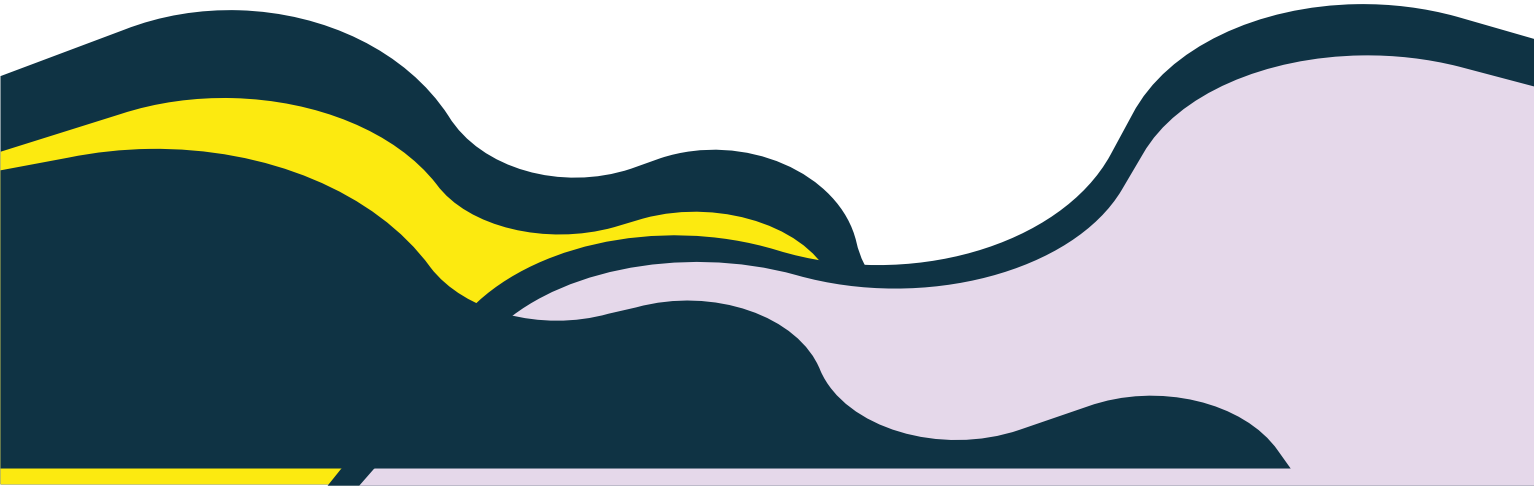
SENDIASS free courses and workshops

NHS Norfolk & Suffolk Neurodiversity online parent/carers workshops

Mental Health Workshops

Cinemas with Autism Friendly Showings

Local events and SEND friendly sports club



SENDIASS Information Sessions Autumn 2026

While we're reviewing the best ways to deliver our service to families, we have a limited offer of live training sessions for the summer. We have a comprehensive library of training and information videos, accessible at any time from our [SENDIASS YouTube channel](#) which we hope will help you.

Sessions for families



Understanding behaviour as a communication need

Hosted by SENDIASS and delivered by specialist teachers from the Speech, Language and Communication Service.

9th November 2026 10am – 11:30am

[Book a place](#)



Supporting children and young people to manage their emotions

Hosted by SENDIASS and delivered by specialist teachers from the Social, Emotional and Mental Health Service.

3rd December 2026 10am – 11:30am

[Book a place](#)



Personalised stories

Hosted by SENDIASS and delivered by specialist teachers from the Communication and Interaction Service

8th December 2026 10:30am – 11:30am

[Book a place](#)

Recordings of SENDIASS sessions, available at any time:

- [SEN support in early years settings](#)
- [SEN support for pupils with special educational needs \(SEN\)](#)
- [Preparing for Transition to Primary School](#)
- [Preparing for the transition to secondary school for children with SEN](#)
- [Education, Health and Care needs assessments webinar recording](#)
- [Drafting and Finalising an EHC plan](#)
- [Annual reviews of EHC plans](#)

NHS Norfolk & Suffolk Neurodiversity online parent/carers workshops

The **NSFT Psychology in Schools Team** provides an online workshop programme for parents and carers, which focuses on childhood neurodivergence. It is designed to support families on the **neurodevelopmental (ND) pathway** in Suffolk and is accessible to all.

You can access these workshops through the Suffolk Local Offer page: [Neurodiversity online parent/carers workshops - Suffolk SEND Local Offer](#). We also offer a range of pre-recorded sessions on childhood neurodivergence that you can watch at any time.

<https://www.nsft.nhs.uk/childhood-neurodivergence-workshops>

Childhood Neurodivergence Workshop Programme

Parent/Carer Workshops September – December 2026



Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops supports families in Suffolk. The workshops explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. The workshops are live on Zoom and are 90 minutes long. Recordings of the workshops and resource packs are sent after the live event to everyone who has registered.

What you need to know as a Parent/Carer

What is neurodivergence? What is autism, ADHD and learning disability? Does my child need a diagnosis to get support? This introductory workshop will answer these questions and introduce where parents/carers can find advice and guidance for supporting their neurodivergent children.

Tuesday 15th September – 12:00pm [Book Here](#)

Supporting Your Child with Anxiety

This workshop explores why neurodivergent children and young people may develop difficulties with anxiety and how parents/carers can best support them. We will look at how this may present in neurodivergent children and young people and offer practical advice and valuable strategies and tips to support your child or young person in this area.

Monday 12th October – 12:00pm [Book Here](#)

Understanding and Supporting Sleep Difficulties

Sleep difficulties can have a huge impact on a child or young person's emotions, behaviour, learning and health. This workshop will explore sleep difficulties for neurodivergent children and young people, and how parents/carers can support their child/young person with sleep.

Thursday 12th November – 10:00am [Book Here](#)

Understanding and Supporting Eating Difficulties

This workshop is for parents/carers concerned about their neurodivergent child's limited diet (i.e. avoiding or restricting certain foods). We explore why children may struggle to eat, anxiety around eating and how parents/carers can support children with these eating struggles. This workshop is not aimed at parents of children whose eating difficulties relate to body image concerns.

Tuesday 8th December – 12:30pm [Book Here](#)

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. To access upcoming workshops, prerecorded workshops and resources in our Childhood Neurodivergence series, scan this QR code or click on the link below:

[Childhood Neurodivergence parent/carers workshops - Suffolk Local Offer](#)



The latest edition of the highly recommended: Supporting Your Neurodivergent Child that is written by parents for parents is available to download here. Be warned it is over 100 pages!

www.suffolklocaloffer.org.uk/asset-library/ecc-supporting-your-neurodivergent-child-indesign-v8.pdf

Supporting Young People's Mental Health Parent/Carer Workshops Autumn Term 2026



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-75 minutes long. Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsfh.uk/workshops>.



Supporting Your Child/Adolescent with Anxiety

Aimed at parents/carers of children and young people aged 12-18, this workshop describes what anxiety is, why we experience anxiety, how it effects the brain and the body, how it affects what we do and don't do. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Monday 14th September 12:00 PM – [BOOK HERE](#)

Supporting Your Child/Young Person to Manage Their Big Feelings

As our children and young people grow, they experience many changes in themselves and the world around them. During this time, our children and young people feel a variety of feelings such as anxiety, which they do not know how to manage. We break down what leads our children and young people to have these feelings and ways in which we can support them to manage if they become overwhelmed.

Tuesday 22nd September 12:00 PM – [BOOK HERE](#)

Supporting your Child/Young Person with Emotion Based School Avoidance (ESBA)

For parents/carers of children aged 11-16. This workshop focuses on supporting parents/carers to help their child to attend or get back to school. It aims to help parents/carers to develop an understanding of school avoidance and provides the tools that can be used to help your child feel confident in re-engaging with school.

Tuesday 20th October 1:00 PM – [BOOK HERE](#)

Supporting Your Child/Adolescent with Obsessive Compulsive Disorder (OCD)

This session covers: what OCD is, how it affects and impacts children and young people, how parents and carers can support their children/adolescents who might be struggling with OCD, and what further support is available.

Thursday 19th November 1:15 PM - [BOOK HERE](#)

Understanding and Supporting Behaviour

Children and teenagers may show behaviours that are difficult for the adults around them, for example: aggression, risk-taking behaviours, impulsivity, testing boundaries and inattention. This workshop explores how to understand behaviour and how parents/carers can support their child with these behaviours which may stem from distress.

Tuesday 15th December 12:00 PM - [BOOK HERE](#)

Cinemas with Autism Friendly Showings and other SEND Events

Cinemas: Bury and Colchester

<https://www.cineworld.co.uk/search?query=autism%20friendly>

<https://www.abbeygatecinema.co.uk/whats-on/?filmcategory=accessible>

<https://www.odeon.co.uk/accessibility/autism-friendly/>

https://firstsite.uk/event_categories/relaxed-screenings/

<https://www.curzon.com/accessibility/>

Wider afield:

<https://accessiblescreeningsuk.co.uk/cinema-information/>

Local events and SEND friendly sports clubs

AFC Sudbury – Comets

About this opportunity

Comets is a recreational, pan-disability football programme, focusing on playfulness and friendships, giving a fun and positive experience of football.

Date: Fri, 02 May 2025 - Fri, 27 Aug 2027

Lead coach: Sammy Wilson

Time: 17:00 - 18:00

Gender: Mixed

Age: 5 - 11 years old

Surface: 3G

Price: Free

Disabilities: Pan-disability

Notes from the coach

Comets is a pan-disability football session suitable for all children who identify as having any sort of physical, mental, emotional, or social impairments that might prevent them from being able to take part in mainstream football activities.

Parents and carers are asked to stay for the duration of the sessions.

Activity details:

- Dates: Fridays
- Time: 17:00 to 18:00
- Age: 5 to 11 years
- Venue: The MEL Group Stadium (AFC Sudbury), Brundon Lane, Sudbury CO10 7HN
- Price: Free*

https://book.EnglandFootball.com/Comets/AFCSudbury/Summary/8783bdc2-7d90-48e0-bded-0ee6cb0e1452?fbclid=IwT01FWASY_KFzcnRjBmFwcF9pZAwzNTA2ODU1MzE3MjgAAR4NQ13M7scdno_znvkcylTVVCgmA2fm1PdvmwCL-movdZEZUYku0Vy0FXWhDA

Lavenham Youth FC

Our fantastic Lavenham All-stars Pan disability team have spaces for new players across our disability offering.

They offer fun, friendly and achievable football for all ages from 5 years to adults.

The group meet every Saturday morning from 9.00 -10.00 for 5- 11 years, 10.00-11.00 for 12-16 years and also 16 years-adults.

For further information please contact Sharon via cometslavenham.2024@gmail.com

Link to page - <https://www.facebook.com/share/1GKhkUv3ab/>



Other Local Events

Toddleabout's website is mainly aimed at younger children but their SEND page has a host of places offering SEND related activities. <https://www.toddleabout.co.uk/news/send-activities-events-suffolk/>

ARC SEND Family Support CIC



We run weekly coffee mornings in Sudbury, Bury St Edmunds and Mildenhall, with the aim of bringing parents together to help with isolation while also offering support and advice.

We also offer advice and support on EHCP's, DLA and advocacy in Meetings.

We also offer one to one support with behavior, sleep and eating all things SEND related

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=O1bKAoE6U6c&adultchannel=7>