

## Wellbeing and Emotional Regulation - Suffolk Mind programme and Zones of Regulation



In school, we have worked with Suffolk Mind to deliver the Early Minds programme to every class across the school. Each child took part in a fun 90 minute interactive workshop led by the Suffolk Young Minds team learning about the Mental Health Continuum and



developing their own mental health toolkit to support positive mental well-being.

In school, we continue to use these strategies with our mental health Kitbags and resources alongside our Zones of Regulation in each class and Regulation Stations on each playground. There is a short video about the programme and resources for families to use at home and some further information <https://vimeo.com/suffolkmind/parents>

And there are some links to useful resources to encourage and support positive mental health and well-being. [Resources to support children and young people - Suffolk Mind](#)

**Zones of Regulation – information for parents – PDF to accompany page**

Blue Zone	Yellow Zone	Green Zone	Red Zone
What can I do?	What can I do?	What can I do?	What can I do?
<ul style="list-style-type: none"> <li>wall push ups</li> <li>ask for help</li> </ul>	<ul style="list-style-type: none"> <li>tense/relax muscles</li> <li>use a fidget</li> <li>palm press</li> <li>talk</li> </ul>		<ul style="list-style-type: none"> <li>breathe deeply</li> <li>walk away</li> <li>ask for help</li> </ul>

### Support Services:

[Suffolk SEND Local Offer](#) – services offered by Suffolk for children with SEND including links to making referrals, EHCPs, support services, Specialist Education Services and SEND provision

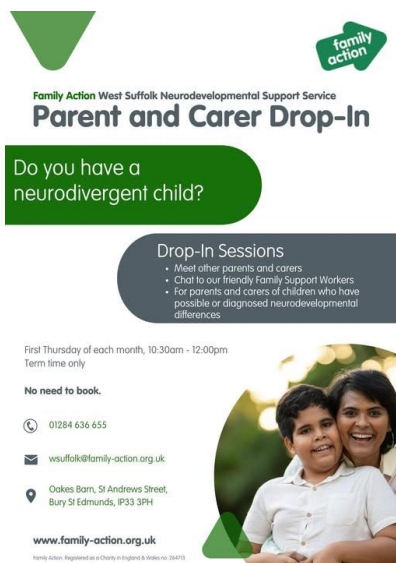
[SENDIASS](#) - Suffolk SENDIASS (Special Educational Needs and Disability Information Advice and Support Service) is a confidential and impartial information, advice and support service for families on issues related to



Special Educational Needs and Disability (SEND).

[Occupational Therapy Parenting Resources](#) - useful resources for a whole range of support for parents including sleep, toileting, childhood illnesses, development, emotional regulation, sensory needs and supporting children with additional needs.

[School Nursing Service](#) - provide a range of advice and support to families – through their website they have workshops and videos on sleep, emotional wellbeing, toileting and puberty and can accept referrals for more support on a whole range of issues including eating difficulties, self-harm and behaviour.



The flyer features the Family Action logo at the top left. The main heading is 'Parent and Carer Drop-In'. Below this, it asks 'Do you have a neurodivergent child?'. A section titled 'Drop-In Sessions' lists bullet points: 'Meet other parents and carers', 'Chat to our friendly Family Support Workers', and 'For parents and carers of children who have possible or diagnosed neurodevelopmental differences'. It specifies the timing as 'First Thursday of each month, 10:30am - 12:00pm Term time only' and states 'No need to book.'. Contact information includes the phone number '01284 636 655', email 'wsuffolk@family-action.org.uk', and address 'Oakes Barn, St Andrews Street, Bury St Edmunds, IP33 3PH'. The website 'www.family-action.org.uk' is also listed. A photograph of a smiling family is on the right side of the flyer.

[Family Action](#) support for families with children who are diagnosed or who are awaiting a possible diagnosis of neurodevelopmental conditions such as ASD and ADHD in Suffolk and nationally. Their National helpline is available 9am – 9pm Mon to Friday: 0808 802 6666 or text: 07537 404 282

Family Action Suffolk offers a three week 'Plan Bee' course for families on how to support your child, these are run in various locations.

They also offer a monthly drop-in support group in Bury St Edmunds. This is available to all parents who have or may have a neuro-divergent child and is a chance to meet with other parents and carers and chat to the Family Action team. It takes place on the 1st

Thursday of every month, 10:30-12:00pm at Oakes Barn, St Andrew's Street, IP33 3PH.

[FACE](#) - Family Advice, Communication and Education (FACE) support for families of children with SEND including OCD, ADHD and a free and low cost courses on a range of topics including, ADHD, managing defiance, the teenage brain, Autism, managing healthy screen etc.

[Suffolk Family Carers](#) - an organisation offering advice, support and resources for carers who looks after someone with a long term illness, mental health difficulty or disability who could not cope day to day without this help. They also offer support to

[Young Carers](#) including social groups (Your Space) and connections with local schools. At Guildhall Feoffment we are working towards our Gold Young Carers Award and work closely with



Suffolk Young Carers to provide in school workshops and support for young carers at our school. For more information about Young Carers in school please speak to Mrs Thompson.



[Suffolk Dyslexia Association](#) – offer support and guidance for children and adults who may be considering a diagnosis or who are diagnosed with Dyslexia. In school, we can do an initial Dyslexia screening assessment to indicate if Dyslexia is a possible reason for literacy difficulties. We do not provide a diagnosis but offer strategies and support in managing Dyslexia in school. The Suffolk Dyslexia Association and Specific Learning Difficulties, Suffolk Special Education Service are able to offer further advice on obtaining a formal diagnosis and support.

**Books to support families and children with SEND:**

Suffolk Library has compiled book lists of their books relating to ADHD and Autism:

ADHD: <https://www.suffolklibraries.co.uk/book-lists/adhd>

Autism: <https://www.suffolklibraries.co.uk/book-lists/autism>

Suffolk RSHE Association has also compiled a book list covering a wide range of SEND topics. Please note: this list also includes book suggestions for teens and young adults. (PDF attached)