



The ethos of our work is to promote emotional wellbeing with our families and young people. We do this by undertaking:

- ⇒ Mindfulness Activities (Colouring pages, water beads, crocheting)
- ⇒ Relaxation/Massage techniques
- ⇒ Talking therapy (discussions)



Contact

Sam Edwards
Helping Hands
Co-ordinator
Family Action

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Family Action
**HELPING
HANDS
HHANS**

Support for families with a
child with ASD or ADHD

Helping Hands

Having a child who has ASD or ADHD can make being a parent feel overwhelmingly challenging. This project recognises the confusion you, as parents, might feel if you believe your child displays behaviors symptomatic of ADHD or ASD. We also appreciate the impact this may have for your whole family. During this uncertain time you may feel overwhelmed, isolated, or unsure about your next steps. However, a kind word, some understanding, some knowledge about the condition and how to manage it all can contribute to improving everyone's wellbeing.

The service particularly seeks to support families at difficult transitions (for example, pre-diagnosis, or moving between nursery, primary and secondary school).

HELPING HANDS- HHANS
HELPING HANDS ADDITIONAL NEEDS SUPPORT

SHARING ROOMS

Support sessions for parents of children who have ADHD/ASD
Learn coping techniques and share experiences with other parents.
Come along and have a chat and a cuppa.

Access via referral, please contact Sam Edwards- 07881265320



Services & Workshops

The service also delivers workshops, such as the Positive Behaviour Support (PBS), TIM, Sharing Rooms and monthly parents wellbeing sessions, as well as Family Sensory sessions during the Summer Half– Term.

PBS - MANAGING BEHAVIOUR IN CHILDREN WITH DIFFERENT NEEDS

Dr Melanie Bruce and Dr Stephanie Summers Clinical Psychologists NCH&C

Week one - Understanding behaviour. Introducing the "bucket" model- each family given a bucket, one for child and one for parent. Complete WEMWBS.

Week two - Developing a positive behaviour support plan.

Week three - Completing the Positive Behaviour Support Plan. Questions, difficulties, worries parents may have at this point.

Week four - Parents given PBS attendance certificate. Complete WEMWBS. Evaluation completed by parents.



For more information please contact Sam Edwards on 07881 265320
Or email sam.edwards@family-action.org.uk

Community Compassion Creativity

Norfolk Community Health and Care NHS

Supporting the development of Parent Led Support Groups

So that these are accessible they will be based closer to your home. These groups will involve sharing idea for managing issues such as school, sleep, food and friendships with occasional guest speakers. It may also involve organising activities during the school holidays. You are the experts, and have the experience to help other families in similar situations.

How to access our support

If you live in Sandwell and have a child with a diagnosis, or are waiting for an assessment, you meet the criteria for our service. You can be referred by another agency or you can self-refer.

"I wouldn't have the confidence to know how to express my concerns. I feel more empowered and proactive, rather than passive and not knowledgeable. That would have a negative outcome for my daughter, and she would have had to cope with me being angry, panicky, anxious and not calming. I have skills to calm things down as well" (Parent)