

Dear All,

We would just like to make you aware of this fantastic resource that Suffolk Parent Carer Network are currently providing. They 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](mailto: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 <https://spcn.org.uk/contacts/have-your-say/>

Yours sincerely,

Miss Jones