

Date	Organisation	Location	Time
1st Monday of the month	<b>Families Together</b>	<b>Haverhill,</b> Chalkstone Community Centre	10AM-12PM
Weekly Monday	<b>Arc Support SEN Group</b>	<b>Lavenham,</b> Blue Vintage Tea Room	10.30AM-12.30PM
Weekly Wednesday	<b>Arc Support SEN Group</b>	<b>Stanton,</b> Stanton Village Hall	10AM-12PM
1st Thursday of the month	<b>Family Action</b>	<b>Bury St Edmunds,</b> Oakes Barn	10.30am-12pm



## COFFEE MORNING

Come and join Neurodivergent Abilities for a relaxed coffee morning

The coffee morning is for those who are neurodiverse or part of a Neurodivergent family. A Family Advisor from Suffolk Family Carers ND Project will be available at each session to provide information, advice, guidance and support.

**The Key Cafe, Ipswich**  
Last Thursday of the month  
from 10am-12noon (term time only)



[www.suffolkfamilycarers.org/ND-coffee-mornings/](http://www.suffolkfamilycarers.org/ND-coffee-mornings/)

**A monthly group for parents and carers of neurodivergent children and young people to ask questions, raise concerns and receive non judgemental support and guidance.**

- beans The Pavilion - Woodbridge**
  - Jetty Lane, Kingston Fields, Woodbridge, IP12 4BA.
  - 2nd Tuesday of the month, 10am - 12pm.
- beans Linden house - Bury St Eds**
  - 147 King's Road, Bury St Edmunds, IP33 3DJ.
  - 3rd Tuesday of the month, 10am - 12pm.
- beans Sax'cess House - Saxmundham**
  - 24 High Street, Saxmundham, IP17 1AE.
  - 4th Tuesday of the month, 10am - 12pm.

**For more information, contact** @ [beans@accessct.org](mailto:beans@accessct.org)  
**call** @ 07455 488199 or visit @ [gobeans.co.uk](http://gobeans.co.uk)

Date	Organisations	Location	Time
Weekly Friday	<b>PACT</b>	<b>Online</b>	6PM
Every Thursday	<b>Arc Support SEN Group</b>	<b>Bury St Edmunds,</b> The Bay Tree	10AM-12PM
1st Friday of the month	<b>Families Together</b>	<b>Stowmarket,</b> Stowmarket Community Centre	12.30-2.30PM
3rd Tuesday of the month	<b>BEANS</b>	<b>Bury St Edmunds,</b> Linden House	10AM-12PM
Last Thursday of the month	<b>Suffolk Family Carers</b>	<b>Ipswich,</b> The Key Cafe	10AM-12PM

## SEND FAMILY GROUPS

For parents/carers and children with diagnosed or undiagnosed special educational needs and disabilities. Please contact the allocated coordinator to register prior to attending.

<b>SEND Families Unite Haverhill</b>	Chalkstone Community Centre	1st Monday of every month	10am - 12pm	Stephen 07925 138186
<b>SEND Families Unite Stowmarket</b>	Stowmarket Community Centre	1st Friday of every month	12:30pm - 2pm	Vickie 07754 784477

**Forest Schools** Our SEND Forest School sessions run in blocks of 6 weeks with locations and time changing after each block. Please contact Vickie for up to date details on these sessions on 07754 784477 or [Vickie@familiestogethersuffolk.org.uk](mailto:Vickie@familiestogethersuffolk.org.uk)