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Volunteer It Yourself- free work experience in Norwich

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Healthwatch Norfolk - how to make a complaint against a health service

Norfolk County Council School & Community Teams

Bedwetting - Free online information session for parents, families and carers

Care, Education and Treatment Reviews (CETRs)

Great Yarmouth advocacy group - Opening Doors

Wellbeing community Socials for May 2024

Equal Lives financial hardship advice service

Patient choice/Right to choose for children and young people In Norfolk and Waveney

Brighter Beginnings- Early Years workshops for parent carers of children age 0-5

Hear Me, See Me- Mental Health and Autism live session (on Teams) for health care professionals

'Care for Carers' information day at the Forum in Norwich on Monday June the 10th

check in and chat



Check in and Chat with us on TUESDAY May 7th

Join us online!

If you would like to join other parent carers for an online chat, come along to one of our Check in and Chat sessions. Bring a cuppa, click the Zoom link and tell us how your week has been!

We are all parents like you and we know how useful it is to chat with parents who understand us.

Tuesday 7th May 10-11am (Please note change of day due to the bank holiday.)

No need to book – just drop in [here](#).

Just in case Zoom asks you, here is the password.

Meeting ID: 830 0670 3755

Passcode: 8wFFs5

Don't worry if you haven't used Zoom before just [click here](#) to download it and then you can join in with the chat!



Family Voice Norfolk 2024 Conference workshop presentations are now available on our website

To refresh your mind if you were there on the day and for those that were unable to join us the presentations are as follows:

Clare Angell, Dre Bell, Kerry Kleinau and Amy Pease

Neurodevelopmental services – an overview of priorities to improvement and practical support for families.

Greg Lonergan (Welfare Rights NCC)

Overview of Benefit Entitlements i.e. Disability Living Allowance (DLA), Personal Independence Payments (PIP) & Universal Credit.

Niamh Keane (SENDIASS)

Overview of EHCP processes.

Robert Cole and Alison Toombs (Partnerships, Schools & Communities)

Supporting families earlier with SEND.

Lee Gibbons (ASD Helping Hands)

Autism Spectrum Disorders and Communication.

To read the presentations click here



Famallama Minecraft server for Neurodivergents

As a parent of three now-adult children with Autism and ADHD, I deeply appreciate the significance of creating a safe and supportive environment where like-minded individuals can connect and pursue their passions. Five years ago, I founded Famallama Minecraft Server, and I am delighted to witness how it has blossomed into a serene and joyful space for our members.

Allow me to highlight some key features of Famallama:

Tailor-Made Experience: Our server is meticulously crafted to cater to the unique needs of our neurodivergent community. We prioritize a positive and enjoyable gaming experience for all.

Real-World Connections: Beyond the virtual realm, we believe in fostering genuine connections. Our annual summer meetup provides a safe environment for players to solidify the friendships they've formed online, accompanied by their parents.

Free Access: Famallama is open to everyone who is Neurodivergent or who has a close connection to someone that is Neurodivergent. All you need to do is to fill out a whitelist application here: Join us - [FAMALLAMA](https://famallama.co.uk) As long as you have a valid Minecraft account, and you can join us from virtually any device.

Dedicated Staff: Our team comprises of caring parents, young neurodivergent adults, and computer scientists who work tirelessly behind the scenes to maintain the server's integrity

on a voluntary basis. We provide one to one sessions, those sessions are carried out with staff that are fully DBS checked.

[Here](#) is the safeguarding and data protection policy. And the privacy policy is [here](#).

For more information click here



MAKING SENSE OF

SEND.



FREE INFORMATION FAIR

For parents/carers of young people with SEND and the professionals who work with them.



Wednesday 15th May 2024



10am-12pm



Knights Hill Hotel, King's Lynn, PE30 3HQ



**Browse
information stands**



**Listen to a talk on
Early Years at 10.30am**



**Enjoy free
refreshments**

Information stands will include:

- Norfolk SEND Local Offer
- Norfolk SENDIASS
- Family Voice Norfolk
- Vision Norfolk
- Nansa
- Healthwatch
- ASD Helping Hands
- TITAN
- DRAGONS
- Just One Norfolk
- Dyslexia Outreach Service
- Community and Partnerships team
- Family Action
- Mancroft Learning
- Migliori
- Achieving Aspirations
- Fostering Recruitment
- Family Hubs Norfolk
- Norfolk Library Information Service
- Direct Payment Support Service
- Carers Matter Norfolk
- Newcross Healthcare



Book your place through Eventbrite



Norfolk County Council

Making Sense of SEND will be in King's Lynn on May 15th

Join us for our next 'Making Sense of SEND' information fair! This time we're going to be at the Knight's Hill Hotel & Spa in King's Lynn!

These events are for professionals and parent carers who work with or have a child or young person with special educational needs and/or disabilities (SEND). The aim is to share information with you and enable you to meet the people behind the services.

On Wednesday 15th May 2024 10am-12pm, Knight's Hill Hotel, King's Lynn Norfolk PE30 3HQ.

We have lots of services joining us with information stands so you'll have the opportunity to go around, find out more and ask your questions.

There will also be a series of talks focusing on early years which are optional to attend.

Free refreshments will be available and you're welcome to drop in and stay for as long as you like.

Making Sense of SEND is organised by the Norfolk SEND Local Offer team in partnership with Family Voice Norfolk.

Information stands will include:

- Norfolk SEND Local Offer
- Norfolk SENDIASS
- Family Voice Norfolk
- Vision Norfolk
- Nansa
- Healthwatch
- ASD Helping Hands
- TITAN
- DRAGONS
- Just One Norfolk
- Dyslexia Outreach service
- Community and Partnership team
- Family Action
- Mancroft Learning
- Migliori
- Achieving Aspirations
- Fostering recruitment
- Family Hubs Norfolk
- Norfolk Library Information service
- Direct Payment Support service
- Carers Matter Norfolk
- Newcross Healthcare

[To book a place click here](#)





In association with:



NORWICH SCHOOL

Just 4
Children

IM, irwinmitchell

presents

Discover Your Ability 2024

Sunday June 16th



10am-2pm

in the

grounds of Norwich Cathedral,
Norwich Lower School Playing Fields, NR1 4AA



01603 986407



info@able2b.co.uk

Sign up with
QR code or at
www.able2b.co.uk



Able2B presents Discover Your Ability 2024 June 16th

Discover Your Ability 2024

Who can get involved?

To summarise, EVERYONE.

The challenge is inclusive to all ages and abilities. We use adapted bikes and specialised equipment to ensure each and every person whatever their ability can get involved. We also

love to have spectators to cheer on the partakers as well as helping to raise the profile of Able2B and these amazing children.

What is Discover Your Ability (DYA)?

It is a challenge that pairs up mainstream and SEN pupils in aim of reducing the stigma around disability. The pair complete three training sessions at the Able2B gym to get to know each other and a challenge that involves biking, using adapted bikes if necessary as well as some frame runners. We have access to a whole array of bikes to ensure all children can get involved. In addition to the biking lap, the participants complete a walking, running or pushing (wheelchair users) challenge.

The first training event for 2024 starts on May 2nd (see link below for more details)

The event is to celebrate educate about inclusivity.

The children participating also are encouraged to find sponsors that will donate money to participant and Able2B for their efforts in the challenge.

A recent addition to DYA is an adult sponsored walk, a way to include all adults that are interested in taking on a new challenge. The adults of all ages and abilities set off around the course together with family, friends, and other volunteers to support them. A great support network and an amazing achievement.

Details?

10am-2pm

Norwich Lower School, Bishop Gate, NR1 4AA

Ice Cream Van

Coffee and Cake

Raffle

& more

BOOK YOUR PLACE TODAY FOR DYA 2024

[To book your place click here](#)

[Information for schools to get involved](#)





SENDfest Work Experience Ambassadors Programme

SENDfest is a public event delivered by Norfolk Music Hub in association with Easton College and Norfolk County Council on the 1st and 2nd of June 2024. SENDfest will bring together children, young people and their families at a full-day 'festival' style event – Day 1 will have a 'chilled' vibe and Day 2 will retain a 'festival' vibe throughout.

Although booking for SENDfest is now closed there is still chance for your young person to get involved in helping on the day as a work experience Ambassador.

Objectives

To offer young people (16-25) the opportunity to support a largescale event across the following areas of interest:

Communications Team

Picnic in the Park Events Team

Hospitality Team

Security Team

Each team will consist of between two and three young work experience ambassadors with at least one professional industry lead in each zone to support, offer guidance and inspire across the day.

We will also accommodate Personal Assistants to support individuals where requested.

The job descriptions below are merely a guide as to what each role could involve and can be made bespoke to suit each individuals area of interest – we are also able to create roles within the structure for any individuals with more complex needs by emailing sendfest@norfolk.gov.uk

The closing date will be Tuesday 7th May.

[For more information click here](#)



Norfolk SENDIASS training for parents- May /June 2024

Norfolk SENDIASS offer information, advice and support to children, young people and parents/carers about special educational needs and disabilities (SEND). This includes health and social care where it is linked to education.

They are a free, dedicated, confidential and impartial service based in Norwich. Staff are independently trained in SEND.

These are the training sessions they are offering in May and June.

May 2024

16th May 2024

SEN Support online training for parent/carers

This training is being run virtually by Norfolk SENDIASS for parent/carers wishing to learn more about:

- What is SEN support
- What should settings do?
- How can settings support children and young people?
- Examples of SEN Support

[Book Tickets](#)

22nd May 2024

Appealing a final EHCP

Help in understanding how to appeal a final EHCP to the SEND Tribunal including looking at what can be appealed, what forms need to be completed, timescales of the processes, what evidence needs to be submitted and what a hearing is like.

[Book Tickets](#)

June 2024

6th Jun 2024

Who are Norfolk SENDIASS?

Find out more about who Norfolk SENDIASS are and how we can help.

[Book Tickets](#)

14th Jun 2024

EHCP Annual Review online training

This training is for parent/carers to help in understanding the processes and legal framework of Education, Health and Care Plan Annual Reviews.

[Book Tickets](#)

To go to the Norfolk SENDIASS website click here





OPEN MORNING NORWICH YACHT STATION 11th May 11am to 2pm



Come and see us on the quay at Norwich Yacht Station and chat to us to find out more about our accessible boating and accommodation on the Norfolk Broads.

Motor Cruiser and adapted sailing boat available to view on the morning!



www.nancyoldfield.org.uk



info@nancyoldfield.org.uk



SCAN ME

Accessible boating on the Broads -40 years with Nancy Oldfield

Open morning at Norwich yacht station on 11th May 11am-2pm.

Come and see us on the quay at Norwich yacht station and chat to us to find out more about our accessible boating and accommodation on the Norfolk Broads. Motor cruiser and adapted sailing boat available to view on the morning. For more information [email](#).

To visit the Nancy Oldfield Trust website click [here](#)



Ofsted Big Listen

Ofsted wants to improve.

Our ambition is to be a modern, world-class inspectorate and regulator. We want to be trusted by the parents, carers, children and learners we work for, and the professionals we work with.

We start from the position that Ofsted aims always to be a force for good in this country, with the interests of children and learners as our priority. But we know we have work to do to achieve our ambition.

We know that most people agree that we play a vital role in holding to account those responsible for educating children and learners, keeping them safe and improving their lives.

But we know not everyone agrees. We know parents and carers believe we can do a better job of providing information about education providers and local areas. And we know that many of the professionals we work with believe we can improve how we work.

We agree with these challenges.

The Big Listen is an opportunity for us to hear from the professionals we work with, like teachers and other educators, carers, employers and social workers, and the people we work for: **parents**, carers, children and learners.

This consultation closes at 11:59pm on 31 May 2024.

For more details click [here](#).

[Take the Ofsted Big Listen survey](#)

[Ofsted Big Listen children's survey](#)



Carers Matter Norfolk
SUPPORTING PARENT CARERS

ARE YOU A PARENT CARER?

Parent carers are parents who give extra support to their child/ren

PARENTS GROUP FOR PARENT CARERS IN THE THETFORD AREA

A chance to meet, share and listen to one another...



Date
Last Thursday of the month (term time only)



Time
10am-11.30am



Location
**Benjamin Foundation, Redcastle
Furze Community Centre, St
Martins Way, Thetford, IP24 3PU**



More Info
Hayley Huckle
hayley.huckle@carersmatternorfolk.org
07880 262131

parentcarersmatternorfolk.org



Find out more





Carers Matter Norfolk
SUPPORTING PARENT CARERS

ARE YOU A PARENT CARER?

Parent carers are parents who give extra support to their child/ren

PARENTS GROUP FOR PARENT CARERS IN THE NORTH WALSHAM AREA

A chance to meet, share and listen to one another...



Date

**4th Tuesday of the month
(term time only)**



Time

10am-11:30am



Location

**ECFS; North Walsham Infant
School, Manor Road, North
Walsham, NR28 9HG**



More Info

Hayley Huckle
hayley.huckle@carersmatternorfolk.org
07880 262131

parentcarersmatternorfolk.org



Find out more



Carers Matter Norfolk- new parent carer groups in Thetford and North Walsham

We can help connect you with other parents in groups. Some parents tell us that being able to share experiences, tips and advice with other parents can help them feel less alone & invisible and gives them the chance to build their confidence & skills as a parent carer and create their own support.

Some of these groups may be set up by our Group Coordinators, or there may be others in your area we can help you join, run by different organisations or groups. Each group will over time be given the support to become self-run by parents, we are simply here to get groups started and help turn your ideas into reality.

To find out more, please get in touch with our Group Coordinator:

Email [Hayley](#) or call 07880 262131

For more information on the groups in different areas click here



PARENT WORKSHOP



Who We Are and What We Offer

Inner Wings is a charitable foundation whose mission is to build confidence in children aged 6-12. Our free school programmes - Finding Your Superpower and Finding Your Voice - help primary-aged children to develop a growth mindset, realise their unique potential and improve their public speaking skills. We believe embedding Inner Wings' confidence-building ethos at home as well as at school is key to creating a lasting impact. With our one-hour online Parent Workshop, we will support you in doing just that!

In the Workshop You Will Gain

- A greater understanding of the psychology behind confidence and how to identify challenges with confidence
- Tips and ideas to support your child in building their confidence
- Resources from Inner Wings to support you at home

"I found the workshop thought-provoking and spot-on with regards to topics covered and concerns I'm facing with regards to my two young daughters. I'm really pleased our school will be collaborating with this great Foundation."

- Parent, England

Key Information

- Virtual workshop (via Google Meet)
- Cost: £5 (or free if children are Pupil Premium)
- First Thursday of every month at 12-1pm (GMT)
- Email address to book: contactus@innerwings.org

Inner Wings charity number: 1192877 | www.innerwings.org | [@innerwings_uk](https://www.instagram.com/innerwings_uk)



Inner Wings' workshops -building confidence and bravery in children aged 6 - 12 (parent and school courses)

Parent Workshop - Inner Wings!

Who we are and what they offer.

Inner Wings is a charitable foundation whose mission is to build confidence in children aged 6-12.

Our free school programmes - Finding Your Superpower and Finding Your Voice - help primary-aged children to develop a growth mindset, realise their unique potential and improve their public speaking skills.

We believe embedding Inner Wings' confidence-building ethos at home as well as at school is key to creating a lasting impact. With our one-hour online Parent Workshop, we will support you in doing just that!

In the workshop you will gain:

- A greater understanding of the psychology behind confidence and how to identify challenges with confidence
- Tips and ideas to support your child in building their confidence
- Resources from Inner Wings to support you at home

Key Information:

Virtual workshop (via Google Meet)

Cost: £5 (or free if children are Pupil Premium)

First Thursday of every month at 12-1pm (GMT)

Email address to book: contactus@innerwings.org

For school programmes for teachers click here





NEURODIVERSE FAMILY MEET UP!



LAST SATURDAY OF THE MONTH, 12-2PM.

BOARD GAMES, LEGO, BOOKS & COLOURING!

Play any of our board games, choose from word games, cards, chess, scrabble, Go and more. Lego is available and colouring sheets in a variety of styles and difficulty will be on the table.



NON JUDGEMENTAL ATTITUDES

We are all different, so please feel safe in the knowledge that no one is going to judge you or your child for the way they engage with others or how they see the world.



FREE REFRESHMENTS

Tea, Coffee or Hot Chocolate available throughout the sessions.



TIME 12pm-2pm

LAST SATURDAY OF EACH MONTH

Each session is from 12 till 2pm, you do not have to arrive or leave at a specific time so please feel free to drop in and stay for as long as you want during these times. As always, library events are free of charge!

PARKING

We have some spaces on the street outside the library but we also face the large Lidl supermarket on Aylsham Rd, you are welcome to park there for up to 2 hours without any problems.



SPEND TIME WITH YOUR LOVED ONES

We hope this event will be a valuable opportunity to enjoy quality time making new friends in your community. Please be aware that any children aged under 10 will need to be supervised by a parent or responsible adult.

mile.cross.lib@libraries.norfolk.gov.uk

Neurodiverse family group meets on the last Saturday of the month at Mile Cross library Norwich 12-2pm

Board games, Lego, books and colouring.

Play any of our board games, choose from word games, cards, chess, Scrabble, Go and more. Lego is available and colouring sheets in a variety of styles and difficulty will be on the table.

Non judgemental attitudes.

We are all different, so please feel safe in the knowledge that no one is going to judge you or your child for the way they engage with others or how they see the world.

Free refreshments:

Tea, coffee or hot chocolate available throughout the sessions.

Last Saturday of each month:

Each session is from 12-2pm, you do not have to arrive or leave at a specific time so please feel free to drop in and stay for as long as you want during these times. As always library activities are **free** of charge.

Parking:

We have some spaces on the street outside the library but we also face the large Lidl supermarket on the Aylsham Road, you are welcome to park there for up to two hours without any problems.

Spend time with your loved ones:

We hope this event will be a valuable opportunity to enjoy quality time making new friends in your community. Please be aware that any children under 10 will need to be supervised by a parent or responsible adult.

Address Mile Cross Library Aylsham Road, Norwich, NR3 2RJ

[To contact the library click here](#)



The Inbetweeners

A review of the barriers and facilitators in the process of the transition of children and young people with complex chronic health conditions into adult health services

SUMMARY



Improving the quality of healthcare

The Inbetweeners-A review of the barriers and facilitators in the process of the transition of children and young people with complex chronic health conditions into adult health services

INTRODUCTION

The transition of a young person into adult health and social care services is defined as 'The purposeful, planned process of transferring a young person's healthcare from a child-centred to an adult-orientated care setting that comprehensively addresses the medical,

psychosocial, educational and vocational needs of that young person.’

It is widely recognised that this process does not always work well, numerous documents support this and have recommended where improvements are needed, e.g. the Royal College of Nursing in 2013, the Care Quality Commission in 2014, NICE in 2016, and the Royal College of Paediatrics and Child Health in 2018. In fact, NCEPOD has also published three reports looking at the care of young people within very different clinical settings (chronic neurodisability, mental health, and long-term ventilation) all of which highlighted issues with the transition planning and transfer into adult healthcare.

The process of transition is complex as the needs of each young person are not identical. It is more challenging when a young person has multiple complex conditions, in settings where there may not be an adult team to transfer to.

Or where children and young people’s services end at age 16 and the adult service does not start until age 18. In these cases the care often defaults to primary care. While all young people should be registered with a general practice (GP), there is evidence to suggest that young people with complex conditions often do not have an existing relationship with their GP. This may result in them only seeking contact when in crisis, or not at all. This could particularly impact on young people with a learning disability, autism or both, or poor mental health, who may find it more of a challenge to access primary care.

This NCEPOD report highlights a fundamental issue: transition from child into adult services is often perceived as the responsibility of the team the young person is leaving, instead of it being in the job plans of all healthcare professionals involved, including those in adult healthcare services. Good, developmentally appropriate care should not be an exception, it should be part of core business.

This report focuses on five main issues to highlight the barriers and facilitators to good developmentally appropriate healthcare:

1. Developmentally appropriate healthcare
2. Involvement of children and young people and their parents/carers in their transition planning
3. Communication and co-ordination of care between all involved in the transfer into adult services
4. The organisation of transition services
5. Leadership

As would be expected, the recommendations in this report support previous recommendations in this area, particularly the NICE guidelines which should be read in conjunction with this report.

This report highlights examples of good care as learning aids to support the existing initiatives, tools and guidelines, developed by local authorities, charities, trusts/health boards and individual clinicians to provide guidance on what service users should expect and how healthcare professionals can care for young people in a developmentally appropriate way.

[To read The Inbetweeners review click here](#)



THE PASTON POP-IN CAFE 2024



We are a student run, community cafe.
Our cafe is run by students with Learning Difficulties or barriers to employment to build confidence and practice work skills.

Opening dates- Spring 2024

THURSDAY 21ST MARCH	10- 11:30 AM
THURSDAY 25TH APRIL	10- 11:30 AM
THURSDAY 9TH MAY	10- 11:30 AM
THURSDAY 23RD MAY	10- 11:30 AM
THURSDAY 6TH JUNE	10- 11:30 AM
THURSDAY 20TH JUNE	10- 11:30 AM

Location!

NORTH WALSHAM SACRED HEART
CATHOLIC CHURCH HALL

We are a pay what you can afford Cafe!
You can leave a donation in our honesty box
or use our Just Giving page. Thank you!

SUPPORTED BY:  **Community Shop**
Supporting projects in North Walsham

The Paston Pop- in cafe dates for spring 2024

We are a student run, community cafe.

Our cafe is run by students with Learning Difficulties or barriers to employment to build confidence and practice work skills. (From Paston College).

Location!

North Walsham Sacred Heart Catholic Church hall, Norwich Rd, North Walsham NR28 9JP

We are a pay what you can afford Cafe
You can leave a donation in our honesty box
or use our Just Giving page. Thank you!

Opening dates for Spring 2024.

THURSDAY 9TH MAY 10- 11:30 AM

THURSDAY 23RD MAY 10- 11:30 AM

THURSDAY 6TH JUNE 10- 11:30 AM

THURSDAY 20TH JUNE 10- 11:30 AM



flourish

Norfolk Multi-agency Practice Week

Monday 20 to Friday 24 May 2024

Learning: Enabling all to FLOURISH

Norfolk Multi-agency Practice Week May 20-24th

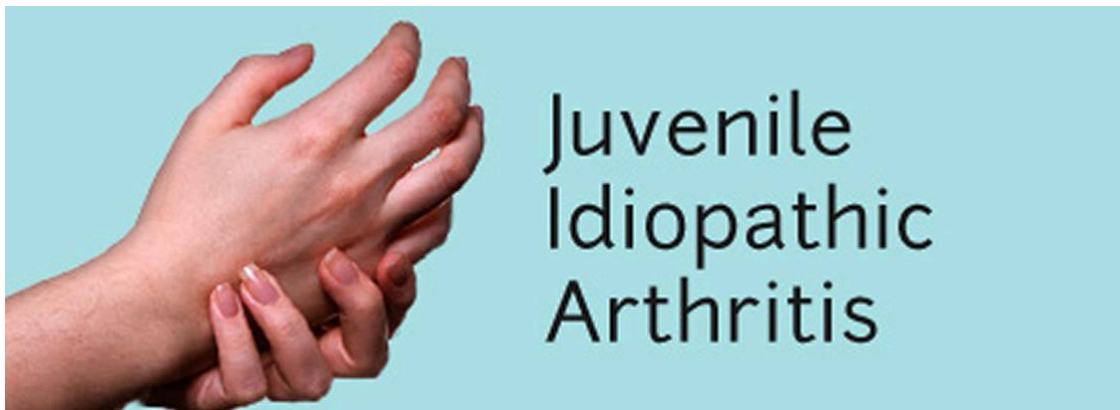
The brochure for the next Practice Week is now available for you to view online.

Taking place from Monday 20 to Friday 24 May, the theme this time around is 'Learning – enabling all to FLOURISH'. As usual, the week is packed full of bitesize, click and join events, designed to further develop our passion for learning together as we hear from the lived experiences of children and families, alongside local developments, and national research. At our midweek conference 'Igniting a Passion for Learning', we will be joined by Nina Jackson,

an international education consultant and author, who will be talking to us about the opportunities we give young people to develop a love of learning.

Practice Week is growing from strength to strength with input from a broad range of perspectives from across Norfolk. It is open to all, with no booking required except for the conference. We're certain you'll find something of interest to take part in. You can find all the information you need here and don't forget to book your place for the [conference](#).

[Click here to look at the brochure](#)



Study on juvenile idiopathic arthritis

What is this study about?

This study will review the quality of care for children and young people (CYP), (aged 0-24 years) with Juvenile Idiopathic Arthritis (JIA). The study will be used to produce a report for clinicians and other healthcare staff about how to improve the future care of CYP with JIA. The recommendations will also inform CYP with JIA and their families and care givers on what standard of care they should expect to receive. Information will be collected across England, Wales, Northern Ireland, and Jersey.

[Click here for the survey for parent carers](#)

[Click here for the survey if you are a child or young person with juvenile idiopathic arthritis](#)





'International Welcome' drop in sessions at Norfolk libraries

The International Welcome drop-in sessions offer free advice and practical support to refugees, asylum seekers and migrants, and those with lived experience of migration into Norfolk.

These sessions give an opportunity for people, along with those who support them, to meet each other, to get to know their local community, and access a wide range of help and support with professional partners.

[To find out more about the International welcome sessions click here](#)



Norfolk County Council

Public consultation on the Non-Residential Charging Policy, Minimum Income Guarantee

Norfolk County Council has launched a consultation on its proposals to change the way it charges some people for their non-residential adult social care services.

The changes would affect the Minimum Income Guarantee (MIG), which is the term used to describe the minimum amount of income that those receiving local authority arranged home care need to cover their living costs, before a charge for care can be applied by the council.

They have various library sessions available across the county, where they will have their team available to support on submitting responses to the proposals, along with giving guidance to individuals on the impact any proposed changes would have.

The dates and venues are:

Tuesday 7th May King's Lynn Library 10:30am – 3:30pm

Tuesday 7th May Holt Library 10:30am – 3:30pm

Wednesday 8th May Great Yarmouth Library 10:30am – 3:30pm

Thursday 9th May Thetford Library 10:30am – 3:30pm

Friday 10th May Diss Library 10:30am – 3:30pm

Friday 10th May Wymondham Library 10:30am – 3:30pm

Monday 13th May Dereham Library 12:00pm – 4:00pm

Tuesday 14th May Norwich Library 10:30am – 3:30pm

Wednesday 15th May Downham Market Library 10:30am – 3:30pm

Friday 15th May Diss Library 10:30am – 3:30pm

The consultation runs until midnight on Friday 17 May 2024.

[For more details about the consultation click here](#)



Join our friendly 'Drop In'

Family Action – Norfolk and Waveney Autism / ADHD Support Service. Supporting Families of children with Neurodevelopmental Differences.

If you have personal experiences with a child with neurodiversity or are waiting for a diagnosis, come along to our 'drop in' session to meet our Family Support Workers, who can offer support and answer any questions.



Monday
13th May 2024
10.00-12.00 noon



Wymondham
Library
Back Lane
Wymondham
NR18 0Q8

For more information, get in touch

 01603 972589

 swaffham@family-action.org.uk

www.family-action.org.uk

Family Action. Registered as a Charity in England & Wales no: 264713.
Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068186.

Family Action ASD/ADHD support service friendly drop in at Wymondham library on Monday 13th May

Join Family Action at their friendly drop in.

If you have personal experiences with a child with neurodiversity or are waiting for a diagnosis, come along to our 'drop in' session to meet our Family Support workers, who can offer support and answer any questions.

Monday 13th of May 2024 10 till 12 noon.

At Wymondham library, Back lane, Wymondham, NR18 0Q8.

For more information email [Family Action here](#)



DO YOU HAVE EXPERIENCE OF ACCESSING CRISIS SUPPORT?

We are looking to speak to caregivers of children with learning disabilities who have accessed telephone crisis services to support their child.

Who can take part?

- English speaking caregivers aged 18+ of a child with learning disability.
- Living in any area of England
- Have accessed telephone crisis services within the last 12 months for support for their child with intellectual disability

What is the research about?

The study aims to explore lived experiences of caregivers accessing telephone crisis services for support for their child with learning disability.

Why is this research important?

Participants will be given the opportunity to share their stories and experiences by taking part in this study. The research may highlight gaps in service provision and procedures which can guide further research in this area.

How will I know the results?

Research findings will be shared with all the participants at the end of the study. This study will also be submitted for publication.

What will I need to do?

If you meet the criteria, you will be invited to take part in an online one-to-one interview with Laura, the lead researcher. This will be arranged for a time that suits you and the interview will last about an hour. You will be asked about your lived experience of accessing telephone crisis services to support your child with learning disability.

How can I take part?

If you would like more information or would like to take part, please contact Laura via email at Imm62@kent.ac.uk



Laura McAllister, lead researcher.

Supervised by Dr Suzy Mejía-Buenaño

This research forms part of a Master's Degree Dissertation and has been ethically approved by the Tizard Centre Ethics Committee.

Do you have experience of accessing crisis support?

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[For more information please click here](#)





Learn hands-on trade skills
Boost your confidence
Make new friends

Learn from professional tradespeople
Earn City & Guilds accreditations
Support with CSCS card and careers

Project: St Marys Church
Where: Church Hall, NORWICH
Douglas Haig Road, NR5 8LD
Dates: 6th May - 10th May

14-24 year olds
Flexible placements - min. 3 days
to achieve accreditation
Support with lunch and travel
available where needed

To register on a VIY project contact: jojo@teamviy.com



Volunteer It Yourself- free work experience in Norwich

Do something constructive- free work experience in Norwich.

Learn hands on trade skills.

Boost your confidence.

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6th-10th May for 14-24 year olds.

Flexible placements- min 3 days to achieve accreditation.

Support with lunch and travel available where needed.

To register click here to email



Have you given your feedback on the parent carer support service?

Have you accessed the parent carer support service?

Dear parent carers,

Firstly, a big thank you to those of you who have already completed the questionnaire, if you haven't there is still time, please do let us know your thoughts by **Thursday 2nd May**.

As you may know, Norfolk County Council (NCC) have recently been running a pilot Parent Carer Needs Assessment service. NCC are now looking at commissioning this service, and as part of this, they are really keen to learn from any feedback that you may be able to provide them with. It does not matter if you have only been with the service a short time or have since left, as all learning is going to be important around what has/ has not worked, and what we may want to take away for the future.

Please share your feedback through a short questionnaire online - the link is [here](#). The questionnaire can be submitted anonymously if you wish.

Please be assured, that any feedback you provide will remain confidential and any information that is used in our assessment of needs will be anonymised.

any questions, please contact Erika Voinic, Commissioning Officer – Adolescents on erika.voinic@norfolk.gov.uk

To find out more about the service click here



Healthwatch Norfolk - how to make a complaint against a health service

Making a complaint can feel daunting and scary, and you might be wondering if it is worth the time and effort. If you have problems with an NHS or social care service, you might need to resolve these to get the care you need.

Healthwatch Norfolk have developed guides to show you how to make a complaint for a variety of services.

[Residential care](#)

[NHS dentist](#)

[Optician](#)

[Mental health services](#)

[Social care](#)

[Private dentist](#)

[Hospital](#)

[Community care](#)

[GP practice](#)

[Pharmacy](#)

[Urgent and emergency care](#)

[Commissioning](#)

To visit the Healtwatch Norfolk website click here



Norfolk County Council

Norfolk County Council School & Community Teams

The school and community teams offer support to education settings and families with a focus on inclusion, early help, and prevention.

The teams work across Norfolk in 15 zones (geographical locations) that cover the whole of the county. Each zone has a manager and a team of Education and Family Workers.

The teams were launched in September 2023 to support the ambition for all children and young people in Norfolk to Flourish. They have already engaged with schools in Norfolk through Core Consultations

To find out more and how the Schools and Community teams can help you click here



B

Free to attend
For families, parents and carers

Bladder & Bowel UK
Lunchtime Learning

Precise & comprehensive education with
Davina Richardson
Children's Specialist Nurse RGN/RSCN

Enuresis
(bedwetting)
training

Bedwetting - Free online information session for parents, families and carers

If you are a parent or carer for a child or young person under the age of 18 and want to find out more about the causes of bedwetting, the things you can do at home to help, the treatment options available and how to access more support then this Lunchtime Learning is for you.

Bedwetting is a medical condition that is common in children and young people. Sometimes lifestyle changes can be helpful for younger children and treatment is available from the age of five.

This session will cover:

- The causes of bedwetting
- Associated problems
- The initial measures families can take that might help
- When to ask for advice and who to ask for support
- Initial treatment options and what they involve.

The online session is on Tue, 4 Jun 2024 12:30 - 13:30.

Hosted by Davina Richardson - Children's Specialist Nurse RGN/RSCN

[To book your place click here](#)





Care, Education and Treatment Reviews (CETRs)

A new [policy](#) has been published which aims to prevent unnecessary hospital admissions for people with a learning disability and autistic people. The policy includes new guidance on the implementation of dynamic support registers (DSRs) and updates to the Care (Education) and Treatment Reviews (CETRs). The [easy read](#) and [plain English](#) versions of the policy have been co-produced with people with a learning disability and autistic people.

The new guidance will support local NHS services to better understand the needs of people with a learning disability and/or people who are autistic in their area, so that they can make sure people receive the right support. By understanding people's needs and recognising early signs that might lead to a crisis it means that extra support can be put in place quickly, so the person doesn't end up going into hospital (or to other out of area placement) unnecessarily.

[For more details click here](#)



Great Yarmouth Advocacy Group



A **FREE** group run by and for
people with learning disabilities

Free



Café at 
St George's Theatre



A chance to speak up
and get your voice heard



Make choices
and decisions



See old and
new friends



You can bring
a supporter



Try out
new things

Turn over to find out the **dates for 2024**

Dates we meet in 2024

January 17	January 31	February 14	February 28	March 13
March 27	April 10	April 24	May 8	May 22
June 5	June 17	July 3	July 17	July 31
August 14	August 28	September 11	September 25	October 9
October 23	November 6	November 20	December 4	December 18



Stage Door Café at
St George's Theatre
King Street,
Great Yarmouth, NR30 2PG



The bus stops
outside the theatre

Supported through



For more information call or email



01603
631433



admin@openingdoors.org.uk



Great Yarmouth advocacy group - Opening Doors

Opening Doors is a user led organisation run by people with learning difficulties for people with learning difficulties.

A free group run by and for people with learning disabilities.

They meet on set Wednesdays between 10am-12pm at the Cafe at St Georges Theatre.

A chance to speak up and get your voice heard

Make choices and decisions

See old and new friends

Try out new things

You can bring a supporter

Dates still to meet

8th May

22nd May

5th June

17th June

3rd July

17th July

31st July

14th August

28th August

11th September

25th September

9th October

23rd October

6th November

20th November

4th December

18th December

Stage door cafe, St Georges Theatre, King Street, Great Yarmouth NR30 2PG.

The bus stops outside the theatre.

For more information call 01603631433

[Or to email click here](#)



wellbeing Socials

Community Socials May 2024



Norfolk and Waveney
Talking Therapies

Date & Time...	Event...	Location...
Thur 2nd 12:00	Mindful Colouring	St Andrew's Church, Roman Road, Lowestoft, NR32 2DQ
Thur 2nd 18:00	Dungeons & Dragons One Shot Adventure! *booking essential*	Athena Games, 9 St Gregory's Alley, Norwich, NR2 1ER
Tue 7th 10:00	Re-Do Craft Social	44 - 48 Magdalen Street, Sackville Place, Norwich, NR3 1JU
Tue 7th 12:00	Halesworth Café Up	Chinny's, 27 Norwich Rd, Halesworth IP19 8BX
Wed 8th 10:30	Great Hospital Tour *booking essential*	Bishopgate, Norwich
Wed 8th 18:00	Quiz	Online
Thur 9th 10:30	Norwich Café Catch Up	Merchant's House Café, Fye Bridge St, Norwich, NR3 1LJ
Mon 13th 17:30	Evening Wellbeing Social King's Lynn	Marriott's Warehouse South Quay, Kings Lynn, Norfolk, PE30 5DT
Wed 15th 17:00	Norwich Evening Social	Café Bar Marzano, The Forum, Norwich, NR2 1TF
Mon 20th 13:30	Pensthorpe Café Social	Pensthorpe Road, Fakenham, NR21 0LN
Tue 21st 10:30	Theatre Royal Café Social	Theatre Royal, Theatre Street, Norwich, NR2 1RL
Thur 23rd 12:30	Caister Café Social	The Rabbit Hutch, Caister On Sea, NR30 5ET
Wed 29th 18:00	Evening Social Chat	Online
Thur 30th 10:30	Visit to Grimes Graves *booking essential*	Grimes Graves Visitors Centre, Thetford

All of our socials are open to anyone 16+ with no need to book. Online socials are hosted on Teams via our website, scan the QR code for more!

Any queries please email us: socials@wellbeingnandw.co.uk



for anxiety and depression



Wellbeing community Socials for May 2024

Thur 2nd 12:00
Mindful Colouring
St Andrew's Church,
Roman Road,
Lowestoft, NR32 2DQ

Thur 2nd 18:00
Dungeons & Dragons
One Shot Adventure!
booking essential
Athena Games, 9 St Gregory's Alley,
Norwich, NR2 1ER

Tue 7th 10:00
Re Do Craft social
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Norwich NR3 1JU

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IP19 8BX

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Evening Wellbeing Social
King's Lynn
Marriott's Warehouse South
Quay,Kings
Lynn,Norfolk,PE30 5DT

Wed 15th 17:00
Norwich Evening Social
Café Bar Marzano, The Forum, Norwich,
NR2 1TF

Mon 20th 13:30
Pensthorpe
Café Social Pensthorpe
Road , Fakenham, NR21 OLN

Tue 21st 10:30
Theatre Royal Café Social
Theatre Royal, Theatre Street, Norwich,
NR2 1RL

Thur 23rd 12:30
Caister Café Social
The Rabbit Hutch, Caister On Sea, NR30 5ET

Wed 29th 18:00
Evening Social Chat
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Thur 30th 10:30
Visit to Grimes Graves
*booking
Grimes Graves Visitors Centre,
Thetford

All of our socials are open to anyone 16+ with no need to book. Online socials are hosted on Teams via our website, scan the QR code for more!
Any queries please email us: socials@wellbeingnandw.co.uk

For more events in May click the highlighted links below.

[Wellbeing walks](#)

[A visit to Thompson Common](#)

[Tea, Toast, talk](#)

[Movies @ Rest](#)

[Visit to Grimes Graves](#)

[Crafty sewing](#)

[Coastal paths](#)

[Cafe socials](#)



Financial Hardship Advice

Who are Equal Lives?

Equal Lives are a user-led, disability rights organisation supporting Disabled people across East Anglia through a range of services.

What is the Financial Hardship Advice Service?

We support Disabled people within Norfolk who find themselves at risk of, or in financial crisis, with information, advice and guidance to support and empower them to find solutions. This can include explaining the options available to them so they can make an informed decision. Where additional support is required, we can communicate with relevant organisations and financial institutions on the Disabled person's behalf.



Who is this Service for?

New and existing clients
experiencing disabling barriers
Age 18 and over
Living in Norfolk



Support an Adviser can provide

Maximising income
Hints and tips on reducing your outgoings
Consumer deals including energy saving tips
Budget planning
Debt advice

Ways our Adviser can help with boosting income

Conducting welfare benefit checks, including assistance where needed to complete benefit applications

Exploring potential grants and conducting additional funding checks

Giving information and explaining options around topics, such as bank accounts, balance transfers, credit scores and interest rates

Offering hints and tips on how to 'shop smarter'

Assisting with completion of Disability Related Expenses

Support to understand letters and documents provided by other organisations



Contact us

Email: advice@equallives.org.uk

Phone: 01508 491210



Equal Lives financial hardship advice service

Financial Hardship Advice Service

To provide disabled people within Norfolk who find themselves at risk of, or in financial crisis, with information, advice and guidance to support and empower them to find solutions.

Who can use the service

- New and existing clients
- Experiencing disabling barriers
- Age 18 and over
- Living in Norfolk

We cannot help

- Anyone detained under the Mental Health Act in hospital
- Anyone currently in Prison

What we offer

5 sessions The introductory session counts as session 1

What support can an Adviser provide

- Reduce outgoings
- Hints and tips on reducing your outgoings
- Budget planning
- Consumer deals including energy saving tips
- Debt advice Boosting income
- Conducting welfare benefit checks, including assisting clients where necessary to complete benefit applications
- Grants and additional funding checks
- Assist clients with completion of Disability Related Expenses (DRE) – this can result in a reduction of the amount you have to pay for your non-residential care with Norfolk County Council.

Additional services and advice where required

- Credit score and how to boost it
- Reading credit reports
- The effect on interest rates on individual, this includes mortgage repayments and savings
- Finding the best balance transfers and if consolidation is right for the client
- Information on how to get money for swapping bank accounts
- Shopping – hints and tips on how to help ‘shop smarter’
- How to complain and reclaim from mis-selling of packaged bank accounts to finding old pension providers
- Support in the understanding of information, letters, and documents provided by organisations regarding the client’s financial wellbeing.

We are unable to carry out home visits to clients, but if need arises, we are able to meet with them in our office or if the client feels comfortable to, a mutually agreed community venue. The Financial Hardship Adviser service would like to empower clients to find solutions, explain the options available to them so they can make an informed decision, where additional support is required, we can communicate with relevant organisations and financial institutions on the client’s behalf.

Our promise is

- We will remain independent and impartial
- We will listen without making judgements
- We will sign post other support that could be relevant for the client.

[Click here for the Equal Lives website](#)



Norfolk and Waveney
Integrated Care Board

Patient choice/Right to choose for children and young people In Norfolk and Waveney

What is it?

In many cases you have the legal right to choose where you have your NHS treatment. The NHS is offering more and more options to enable you to make choices that best suit your circumstances, giving you greater control of your care, and hopefully better results.

If a GP needs to refer you for a physical or mental health condition, in most cases you have the legal right to choose the hospital or service you'd like to go to.

This will include many private hospitals if they provide services to the NHS, and it does not cost the NHS any more than a referral to a standard NHS hospital.

You can also choose a clinical team led by a consultant or named healthcare professional, if that service provides the treatment you require, and they have an NHS contract.

[To read the full Norfolk and Waveney document click here](#)



contact *For families
with disabled children*

Brighter Beginnings- Early Years workshops for parent carers of children age 0-5

We are delighted to announce that the Contact Business Development team have some dates for online workshops for parents/carers of children aged 0 to 5 with SEND in ENGLAND.

All of our workshops are interactive, so parents will be able to ask our very experienced and knowledgeable trainers all their most challenging questions! Or they can just sit and observe if they don't like to speak up.

Subjects that we cover include Toilet Training, Sleep, Speech and Language, Social Communication, Money Matters, Education, Anxiety, Behaviour.

To find out more click on [Early Years Workshops for parents and carers, and to BOOK YOUR PLACE, click HERE.](#) This link will be updated regularly as we add more workshops throughout the year, so do check again later if you can't find what you want.

[Click here for the Contact website](#)





Hear Me, See Me



For healthcare professionals



Wednesday 26 June 2024



12:30PM - 2.00PM



live session on
Microsoft Teams

[Register here](#)

Mental Health and Autism

Save the Date

26 June 2024

Join us to hear about
experiences of
autistic people who
have needed to
access mental health
services

Further details to
come.

Hear Me, See Me- Mental Health and Autism live session (on Teams) for health care professionals

Autism Bedfordshire.

Hear Me, See Me are hosting an online session for healthcare professionals on Mental Health and Autism.

On Wednesday the 26th June 2024 between 12:30 and 2pm.

Join them to hear about the experiences of Autistic people who have needed to access mental health services. Further details to come.

To register click here



CARE FOR CARERS

Carers Group Support Association

TOGETHER WE ARE STRONG



“Carers Information Day”

Organised by Care for Carers

with

Norfolk and Suffolk NHS Foundation Trust

at

The Norwich Forum

Millennium Plain, Norwich, NR2 1TF

Monday June 10th - 9.00am till 3.00pm

Come along and meet people who will offer

Help, Information, and Advice for:

Carers, Young Carers, Ex-Carers,

Older People, the Lonely,

and anyone with a problem

* * * * *

For more information call:

Care for Carers - 0300 777 8880

Or

Email: info@careforcarers.org.uk

www.careforcarers.org.uk

People requiring Norwich Door to Door community transport services,
call 01603 776735, or email bookings@norwichdoortodoor.org.uk
to book transport in advance of the event

'Care for Carers' information day at the Forum in Norwich on Monday June the 10th

Care for Carers- Carers group support association. (Together we are strong) are hosting a 'Carers information day' with Norfolk and Suffolk foundation trust.

At the Norwich Forum

Millenium Plain

Norwich NR2 1TF

on Monday June 10th 9am till 3pm

Come along and meet people who will offer

Help, information, and advice for:

Carers, Young Carers, Ex-Carers,

Older people, the lonely,

and anyone with a problem.

For more information call:

Care for Carers 0300 777 8880

or

Email info@careforcarers.org.uk

For people requiring Norwich door to door community transport services, call 01603 776735 or email bookings@norwichdoortodoor.org.uk

to book transport in advance of the event.

For more information go to the Care for Carers website



There are so many ways you can get in touch with Family Voice Norfolk...

● You can contact our **Membership Secretary Kate** on **07950 302937** or at membership@familyvoice.org.uk


● Or write to us at Family Voice Norfolk, c/o Ayton House, 11 Ayton Rd, Wymondham NR18 0QQ

● Or message us via:

 www.familyvoice.org.uk

 [FamilyVoiceNorfolk](#)

 [familyvoicenfk](#)

 Or join our Family Voice Members Chat Room on Facebook [here](#)



Family Voice Norfolk Ayton House 11 Ayton Road Wymondham Norfolk NR18 0QQ

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