



## Contenance Support - summary report

In September 2024 we emailed a '5 minute focus' survey asking our parent carer members to feedback on their experiences of using the Contenance Service in Norfolk.

We have sent the report to the Contenance Service and asked for any response they might have to your experiences. We will naturally share anything we receive and thank you all for taking the time to complete our 5 minute focus.

Click [here](#) to read the continence survey summary report.

(In the list below (In this issue), where the pale blue titles of the articles are, you can click the article you want to read and it will take you directly there.)



---

**In this issue:**

[ADHD UK – Facebook support groups](#)

---

[Norfolk Multi -agency practice week Monday 18th Friday 22nd November](#)

---

[Local supported employment team news](#)

---

[Norfolk and Waveney ASD/ADHD support service November 2024 newsletter](#)

---

[Able2B new Coffee mornings the second Tuesday of each month](#)

---

[Understanding gangs and county lines for parents and carers in Norfolk -November 14th online](#)

---

[New changing places toilet at High Lodge in Thetford](#)

---

[The Community sports foundation has so much to offer](#)

---

[Could you help set priorities for mental health research in Norfolk and Suffolk ?](#)

---

[Doc Ready- a digital tool, helping you to make the most out of a mental health related GP visit](#)

---

[Pharmacy2U add Carer's Accounts feature to NHS Prescription Service](#)

---

[Norfolk Medicines Support Service \(NMSS\)](#)

---

[Asperger's East Anglia groups](#)

---

[76 additional school places for children with SEND across Norfolk](#)

---

[Research opportunity- Are you a parent of a child with an Intellectual Disability aged between 5-18 who may display behaviour that is challenging?](#)

---

[IPSEA- Securing the right education for adopted children with SEN](#)

---

[NNUH are looking for volunteers aged 16+ who have a diagnosis of a Learning Disability and / or Autism to tell us what they think of our A&E department](#)

---

[Cystic Fibrosis Trust Winter Support Fund](#)

---

[LGBTQ+ youth group in Dereham](#)

---

[Easy Read document - What is a social prescriber?](#)

---

[SPace bespoke support sessions - Holt youth project](#)

---

[Reboot- a service supporting young men -Holt youth project](#)

---

[North Norfolk young carers- Holt youth project](#)

---

[ACT \(Achieving Confidence Training\) an alternative education provision - Holt youth project](#)

---

[Hive-offering opportunities to young people through a youth led service- Holt youth project](#)

---

[SOS!SEN- Helping you secure the right SEN provision for your child](#)

---

[PositiviTea Wells -next-the-Sea 6th November](#)

---

[SEND parent cafe-at Dereham library on Mondays](#)

---

[Would you like to volunteer for Norfolk SENDIASS?](#)

---

[Making Sense of SEND- Great Yarmouth 26th November](#)

---

[Did you know SenSI make bespoke visuals and social stories?](#)

---

[SEND sports in Thetford Every Wednesday in term time](#)

---

[Kooth: Change to online support for young people aged 19-25 \(up to 26th Birthday\) experiencing mental health difficulties](#)

---

[30-Day Public Consultation: Adult Eating Disorders Inpatient Service Specification](#)

---

[Norfolk and Suffolk music hub- Sound Connections Activate: Ambassadors Programme](#)

---

[Online learning for adults from the College of West Anglia](#)

---

[Referral opportunity for children with life limiting illnesses – wishesjust4you](#)

---

[Grants for vision impaired children and young people from The Powell family trust](#)

---

[NHS Norfolk and Waveney Talking Therapies have so many groups for you!](#)

---

[SENsational families upcoming speakers at Holt, Great Yarmouth and Norwich support groups](#)

---

[Learning Disability England \(charity\) – housing guide](#)

---

[Easy way to share our newsletter](#)

---



## ADHD UK – Facebook support groups

See below for all the Facebook support groups ADHD UK have to offer.

Join our [Main Facebook Support Group](#)

Join our special [Facebook Group for Parents of Children](#) with ADHD

Join our special [Facebook Group for Parents of Adult Children](#) with ADHD

Join our [Women and ADHD Facebook](#) Support Group

Join our [Men and ADHD Facebook](#) Support Group

Join our [LGBTQ+ and ADHD Facebook](#) Support Group

Join our [ADHD and Ethnic Minorities Facebook](#) Support Group

Join our [ADHD and Autism Facebook](#) Support Group

[Click here to go to the ADHD UK website](#)



## Norfolk Multi-agency Practice Week

Monday 18 to Friday 22 November 2024

Opportunity: Fostering the power to Flourish



## Norfolk Multi -agency practice week Monday 18th Friday 22nd November

Norfolk County Council is delighted to be able to share with you the brochure for the next Practice Week, taking place Monday 18 – Friday 22 November 2024.

The theme is ‘Opportunities’ taken from our shared Flourish ambition, providing a really broad scope on the topics covered throughout the week. You’ll see from the [programme](#) that there is something for everyone, whether or not you work directly with children and families.

As ever the sessions are open to all, professionals, young people and parent carers and we encourage you to share the brochure with your friends and colleagues. We all have something to learn from each other and Practice Week offers the opportunity to do that, in an informal setting, strengthening our relationships and the way we work collectively.

All the bite size sessions are simply ‘click and join’ with no booking required. You will however need to [book a place at the conference](#) ‘Opportunity in Action’ taking place on Wednesday afternoon. You can find all the information you need in the brochure – we’re certain you’ll find it inspiring and entertaining! Click [here](#) for a message from our keynote speaker Action Jackson to get a flavour of what’s in store.

On Tuesday at the Share and connect: a SEND perspective session, two of our own Parent Carer Representatives talk about their own personal journey as parent carers and how opportunities for them have always been, but are becoming even more narrow, as their young people get older.

Hear how important it has been to them to be able to talk to other parent carers who 'get it' and how Family Voice Norfolk has offered them that opportunity, together with everything else they get from being part of the forum.



## Local supported employment team news

The LSE (Local supported employment) team wanted to share some fantastic news with you.

We provide supported employment services to residents of Norfolk with a learning disability and/or autism. We received BASE accreditation last year after only one year of service delivery, which is brilliant for a brand-new service and no mean feat!

A few weeks ago, we had our second annual audit, and we are pleased to report that we have been accredited as 'Good,' which is a huge jump from last year. We were assessed as achieving 90.5% model fidelity. We very narrowly missed the 'Excellent' score but are thrilled nonetheless!

The team has worked incredibly hard over the last two years to establish ourselves as an exemplary provider of supported employment in Norfolk, and this kitemark demonstrates how far we've come in a relatively short period of time.

**On that note, we would like to remind you that we are still open for referrals.**

Anyone can refer (including self-referrals), as long as the person meets the following eligibility criteria and is aware of the referral.

**The individual must:**

- Be unemployed and live in Norfolk
- Be 18+
- Have a learning disability and/or autism
- Not be with any other government-funded employment service (such as Seetec or Shaw Trust)
- Have a National Insurance number
- Be motivated to find PAID work (we do not support people into education, training, or volunteering)

We are always happy to receive general pre-referral enquiries. One of our job coaches will contact you to discuss suitability and eligibility if needed.

How to refer:

- Via our [webpage](#)
- LSE [Email](#)
- 01603 493640 (general LSE number – voicemail only)



## Norfolk and Waveney ASD/ADHD support service November 2024 newsletter

ANXIETY and how to help a child or young person with anxiety is becoming one of the most common concerns among the families we speak to in our service. We are not clinicians but we did want to share with you some of what we have learned in talking to and supporting families of children and young people with autism or autistic traits. For those parents with children more likely to have ADHD, this may still be of interest due to the overlapping nature of some of the traits and characteristics.

[Click here for the newsletter](#)





# COFFEE

## Morning at Able2B for the disabled community

Looking to meet new people and connect with your community? Drop in for a relaxing coffee morning, conversation and company in a warm place to discuss subjects to improve the disabled community

### What to expect:

- Monthly guest speakers
- Topics that matter to you and your family
- A chance to gain more insight and information

### Information:

- Held at Able2B, NR4 6AT
- Second Tuesday of every month
- 10:30am-11:30am

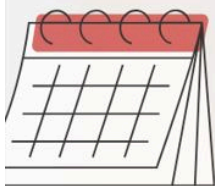
Let us answer YOUR  
unanswered questions  
relating to all aspects of  
disability provision



SCAN THE QR  
CODE TO BOOK  
YOUR PLACE



# COFFEE MORNING



12th Novemeber

## Uncovering Hidden Resources for the disabled community

*Your unanswered questions about available support services and programmes you should be accessing*

Session delivered by *Lesley*

A support and rehab Co-Ordinator for Irwin Mitchell



SCAN THE QR  
CODE TO BOOK  
YOUR PLACE

**10.30am - 11.30am**

**Able 2B studio, 9 Gilchrist Close,  
Bessemer Road, Norwich, NR4 6AT**

kindly supported by

**IM** irwinmitchell



## Able2B new Coffee mornings the second Tuesday of each month

New coffee mornings at Able2B studio, 9 Gilchrist Close, Bessemer Road, Norwich, NR4 6AT. On the second Tuesday of each month, from 10:30am-11:30.

The aim is to try and answer some of the many questions that parents and carers face when caring for an individual to understand what they are entitled to or could chose to access, in particular around transition age to adult services.

On the second Tuesday of each month a coffee morning will be held at the gym with an invited speaker to help answer questions on their area of expertise in an informal way. Attendees can also receive support from other attendees who face the same frustrations and discuss solutions they have found worked for them. All in all, the aim is to provide a positive, supportive informal environment to enable everyone to discover how to optimise their offerings to the ones they care for.

The November session 'Uncovering hidden resources for the disabled community' will be delivered by Lesley, a support and rehab co-ordinator for Irwin Mitchell solicitor.

For any enquiries [email](mailto:able2b@irwinmitchell.com) Able2B, or call 01603 986407.



To find out more and to book a free place click here



**St Giles** EAST OF ENGLAND

Turning a past into a future

## Understanding gangs and county lines for parents and carers in Norfolk

Inviting parents and carers in Norfolk to join us for an awareness-raising session to help recognise the signs and indicators that young people are at risk of becoming involved in gangs, exploitation and violence; as well as advice on how to have conversations about these issues and where to seek support.

Thursday 14th November  
10.0AM - 11.30AM  
Online



[Register Here](#)

Or scan the QR code to visit our event page for more info or to register



# Understanding gangs and county lines for parents and carers in Norfolk -November 14th online

The Office of the Police and Crime Commissioner for Norfolk and St Giles- East of England, turning a past into a future are Inviting parents and carers in Norfolk to join us for an awareness-raising session to help recognise the signs and indicators that young people are at risk of becoming involved in gangs,exploitation and violence; as well as advice on how to have conversations about these issues and where to seek support.

Thursday 14th November 10.0AM - 11.30AM online.

We'll touch on topics such as

- Gangs, Grooming and County Lines explained
- Knife Crime and Weapons Awareness
- Understanding Gang Activity, Behaviour and Recruitment
- Girls, Gangs and Empowerment (female-focused)
- Social Media and online networks – keeping safe

Our award-winning approach puts trained staff with lived experience at the heart of the solution. Having once been involved in gangs, exploitation and violence themselves, they are imbued with a passion and collective desire to ensure the young people they work with do not make the same mistakes they once did.

Scan the QR code above, or click the green button below to register .

[Click here to register](#)





## New changing places toilet at High Lodge in Thetford

Scarlett was guest of honour opening the new changing places toilet at High Lodge in Thetford recently.

She had written to them telling them how upset she was about having to be changed on a wet dirty floor.

They listened to her and now High Lodge has a wonderful new accessible changing room.

It's great that more and more changing places are being built especially in places other than in a city or shopping areas because as Scarlett said 'children with disabilities want to have adventures too !'

### **What are Changing Places toilets and why do we need them?**

A CP toilet provides sanitary accommodation for people with multiple and complex disabilities who have one or two assistants with them.

Without a suitable changing bench, many disabled people have to be laid on the floor to be changed. This is undignified, unhygienic and puts assistants at risk of injury. In the absence of a hoist, assistants are again put at risk when forced to manually transfer a disabled person who is unable to self-transfer between a wheelchair and WC.

The absence of changing facilities means that some disabled people are often limited in terms of activities available to them, or even prevented from going out altogether. They may also find themselves compromising their health and dignity – or that of the people assisting them – by using unsuitable facilities.

CP toilets can vastly improve people's quality of life, allowing disabled people and their assistants to stay out for longer and participate in more activities.

### **How is a Changing Places toilet different from an accessible WC?**

A standard accessible WC is designed for independent use by an individual. Grabrails (fixed handrails) are located to the side and rear of the WC, aiding self-transfer between a wheelchair and the WC. In some cases, a wheelchair user may be assisted, but there is usually insufficient room for assistants. Standard accessible WC's are designed to facilitate access by a standard wheelchair but are unlikely to accommodate for example a powered wheelchair, or those fitted with additional head or leg supports. CP toilets also allow assistants to use the toilet without leaving the disabled person unattended.

CP toilets are designed for people who cannot use a standard accessible toilet. They should be provided in addition to single or gender-neutral toilets, standard accessible toilets and baby change facilities. CP toilets are designed for people who need additional space, equipment and a carer which is not possible within the space of a standard accessible toilet.

### **Who uses Changing Places toilets?**

There are over 11 million people with a limiting long-term illness, impairment or disability in the UK<sup>1</sup>. Research has concluded that up to a million disabled users of CP toilets. With ongoing advances in medical science and better healthcare, the number of people who will need a CP toilet is increasing.

### **The range of people who might use CP toilets include:**

- people with profound and multiple learning disabilities
- people with conditions that may affect their movement, including cerebral palsy, multiple sclerosis, motor neurone disease
- people with head injuries or severe spinal injuries
- people living with stroke
- older people who require assistance
- ex-service personnel.

People who are unable to transfer independently or have no sitting balance need additional facilities such as a ceiling track hoist to transfer between their wheelchair, the WC and an adult-sized changing bench. Many people with profound and multiple learning disabilities are doubly incontinent and have total dependency on assistants. They need access to facilities where they can be changed with dignity and where assistants are able to use a hoist and other equipment to provide appropriate and safe care.

[Click here to find changing places toilets near you](#)





COMMUNITY  
SPORTS  
FOUNDATION

## The Community sports foundation has so much to offer

The Community sports foundation has so much going on, there is something for everyone. Why don't you take a look! Just click on the links to find out more.

[Splash](#)-fun sessions for children with disabilities who are learning to swim.

[All-star dance](#), disability dance sessions for children and adults.

[Down's Syndrome soccer skill centres](#) -weekly football coaching for children and adults with Down's Syndrome.

[FA para football talent hub](#)- providing football training for players who are deaf, partially sighted or have cerebral palsy.

[Impairment specific soccer skill centres](#)- weekly football coaching for children and adults with either cerebral palsy, hearing impairments or visual impairments.

[Pan -disability mini kickers](#), friendly & inclusive weekly football sessions.

[Pan disability 16+](#) soccer skill centres, friendly and inclusive weekly football sessions.

[Pan disability 7-16 yrs](#) soccer skill centres, friendly and inclusive weekly sessions.

[Powerchair football](#)- experience the fast-paced thrill of powerchair football.

[Realising.potential](#) is a 12 week course -a disability should not stop you fulfilling your potential; you just need the right environment.

[Realising.potential ambassadors scheme](#), to help gain valuable life and independent living skills.

For more details contact [csfmailbox@norwichcitycsf.org.uk](mailto:csfmailbox@norwichcitycsf.org.uk) or or call **01603 984000** to find out more.

If [Female cerebral palsy football](#) is something you would like to get involved with contact [shane.brown@norwichcitycsf.org.uk](mailto:shane.brown@norwichcitycsf.org.uk).





## Could you help us set priorities for mental health research in Norfolk and Suffolk ?



Are you

- aged 16 years or over?
- someone with a lived experience of mental health difficulties?
- supporting a family member or friend with mental health difficulties?
- working in health or social care supporting those with mental health difficulties?
- working for an organisation or charity that supports people with their mental health
- working in research, education or policy around mental health
- a member of the public who is interested in mental health?

Our research team at the University of East Anglia want to hear from you!

We are also keen to hear from people from different ethnic backgrounds and protected characteristics such as LGBTQ+ people

- Taking part would involve completing an online survey.
- The survey asks you rate how important you think different areas of mental health research are.
- The survey takes around 20-30 minutes to complete.
- There is an opportunity for you to enter a prize draw to win one of twenty £25 Amazon vouchers as a thank-you for your time



For more information on the study, please contact [mental.health@uea.ac.uk](mailto:mental.health@uea.ac.uk)



To take part in the survey, please follow this link: [https://tinyurl.com/MHDA\\_Survey](https://tinyurl.com/MHDA_Survey) or scan the QR code here

This study has received ethical approval (ETH2324-2542).

All information collected will be stored in compliance with the 2018 Data Protection Act and the 2018 General Data Protection Regulation. All information will be stored on a secure UEA computer and will only be looked at by the research team. The findings of the research may be used in academic publications, conference presentations, reports for external organisations and on websites. Research data will be stored for 10 years and then destroyed.

**NIHR** | National Institute for Health and Care Research

**UEA** University of East Anglia

## Could you help set priorities for mental health research in Norfolk and Suffolk ?

Are you

- aged 16 years or over?

- someone with a lived experience of mental health difficulties?
- supporting a family member or friend with mental health difficulties?
- working in health or social care supporting those with mental health difficulties?
- working for an organisation or charity that supports people with their mental health
- working in research, education or policy around mental health
- a member of the public who is interested in mental health?

Our research team at the University of East Anglia want to hear from you!

We are also keen to hear from people from different ethnic backgrounds and protected characteristics such as LGBTQ+ people.

- Taking part would involve completing an online survey.
- The survey asks you rate how important you think different areas of mental health research are.
- The survey takes around 20-30 minutes to complete.
- There is an opportunity for you to enter a prize draw to win one of twenty £25 Amazon vouchers as a thank-you for your time.

For more information on the study, please contact

[mental.health@uea.ac.uk](mailto:mental.health@uea.ac.uk) **This survey closes at midnight on Sunday 24th November 2024.**

To take part in the survey click here



DOC READY

## Doc Ready- a digital tool, helping you to make the most out of a mental health related GP visit

Doc Ready helps young people to know what to expect during a GP consultation, plan what to say and record the outcomes of their appointments.

We know it can be difficult to talk about mental health and especially hard to talk to people or ask for help. We've put together some tools that will help you prepare for the first time you visit a doctor to discuss your mental health.

### Info & Advice

Find information and advice about speaking to a GP about your mental health, including what to expect and how to plan.

## Build Your Checklist

It can be awkward, scary or embarrassing talking about your mental health. Doc Ready helps you to plan what you're going to say to your doctor.

[Click here to find out more](#)



# Pharmacy2U

## Pharmacy2U add Carer's Accounts feature to NHS Prescription Service

Pharmacy2U – Helping you care for those around you.

In the UK there are currently 5.7 million unpaid carers and many of these need help managing multiple repeat prescriptions. With Pharmacy2U you can now manage NHS prescriptions for yourself and others that you care for using our new Carer's Account feature.

Whether it's your little one, a parent, your partner, or a next-door neighbour, Pharmacy2U is here to help you help them by taking care of their NHS prescriptions.

With everything in one place, you can easily and quickly request the medicines they need, keep personal details up to date, and even manage delivery preferences and reminders – all from your Pharmacy2U personalised dashboard.

### **With a dedicated Carer's Account, you can...**

Manage multiple profiles with ease

Request prescriptions anytime

Set personalised reminders for each patient profile

Track orders at every stage

Enjoy free, tracked delivery

Being a carer is a big responsibility and situations differ from person to person. No matter the circumstances we can give you one less thing to worry about so you can reclaim some of your time and manage the healthcare of yourself and others anywhere, anytime.

Find out more about our Carer's Account feature here and get started.

[Click here to find out more about a carers account feature](#)



## Norfolk Medicines Support Service (NMSS)

Does your young person need support to manage their medication independently?

The Norfolk Medicines Support Service (NMSS) is a jointly funded initiative between health and social care with a purpose to help patients aged 18 and over in Norfolk, who face challenges managing their medications independently, by providing home assessments and personalised solutions for medication management.

These tools can include features such as alarms, secure storage, and telecare options for added safety and compliance.

To use this service:

Patients must be aged 18 years or over

Patients must be registered to a GP practice in Norfolk

Patient is having challenges to independently manage their medication

Dispensing surgery/ community pharmacy have assessed the patient and unable to make reasonable adjustments under the Equality Act (2010).

For more details click [here](#) to email.

[For more information click here for the NMSS website](#)





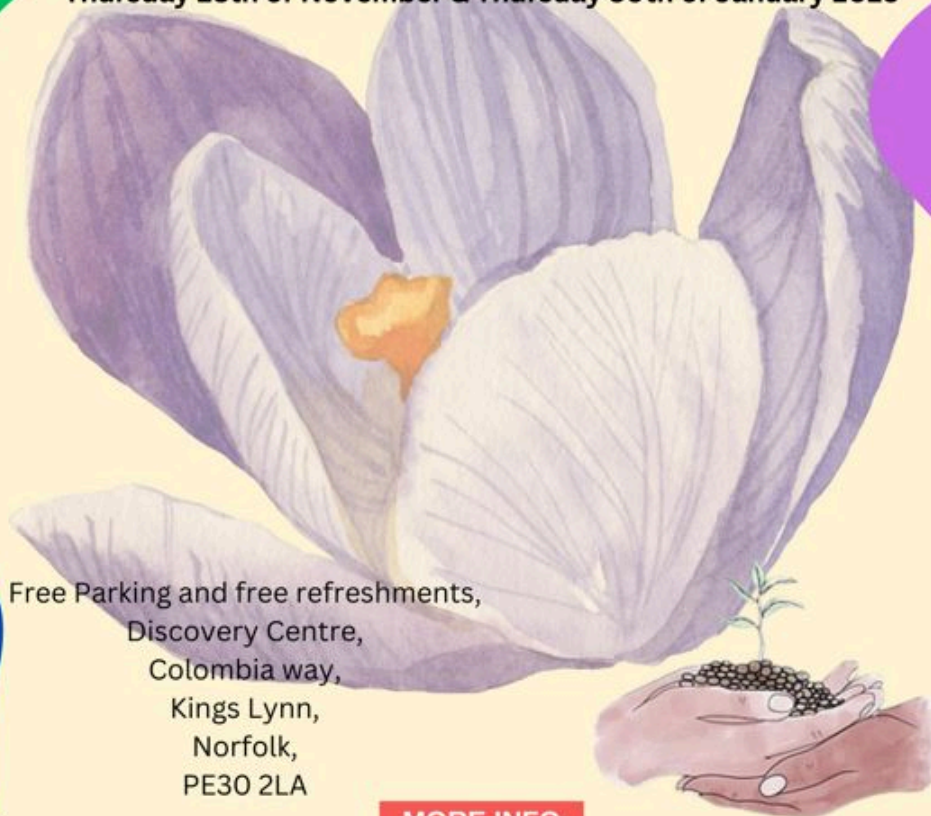
# Asperger East Anglia

Craft and nature

Group for adults with ASD and their carers

12:00-1:30pm

Thursday 28th of November & Thursday 30th of January 2025



Free Parking and free refreshments,  
Discovery Centre,  
Colombia way,  
Kings Lynn,  
Norfolk,  
PE30 2LA

**MORE INFO**

For more information, please contact Jade at [j.saint-laurent@asperger.org.uk](mailto:j.saint-laurent@asperger.org.uk) or by phone on 07985 504835

Registered charity no: 1074699





# Asperger East Anglia

**Diagnosed with Autism/Aspergers?**

**Want to connect with other adults with Autism?**

**we meet at 11:30-2:30pm on Wednesdays  
(during term time only)**

**At**

**The Steam House Cafe,  
Kings Lynn,  
102 High Street,  
PE30 1BW**



**MORE INFO**

**If you would like to attend our Wednesday social group, please contact Jade at  
[j.saint-laurent@asperger.org.uk](mailto:j.saint-laurent@asperger.org.uk) or by phone on 07985 504835**

**Registered charity no: 1074699**

# Asperger East Anglia

Online zoom meeting's for women with ASD

11am-12:30pm

Every other week on a Tuesday (During term time only)

Our women's group provides a safe and inclusive place for autistic women to connect, share experiences and learn from each other.

Different themes discussed each week!

**MORE INFO**

For more information, please contact Jade at [j.saint-laurent@asperger.org.uk](mailto:j.saint-laurent@asperger.org.uk) or by phone on 07985 504835

Registered charity no: 1074699

## Asperger's East Anglia groups

### Craft and nature

Group for adults with ASD and their carers

12:00 – 1:30pm

Thursday 28th of November and Thursday 30th of January 2025

Free parking and free refreshments

Discovery centre, Colombia Way, King's Lynn, Norfolk PE30 2LA

**Diagnosed with Autism/Aspergers?**

Want to connect with other adults with Autism?

We meet at 11:30 – 2:30 on Wednesdays (during term time only) at The Steam House Cafe, King's Lynn, 102 High Street PE30 1BW

#### Online zoom meetings for women with ASD

11am – 12:30pm

Every other week on a Tuesday (during term time only).

Our women's group provides a safe and inclusive place for autistic women to connect, share experiences and learn from each other.

Different themes discussed each week!

**For more information on any of the groups please contact:**

[j.saint-laurent@asperger.org.uk](mailto:j.saint-laurent@asperger.org.uk) or by phone 07985 504835.

[Click here to go to the Asperger East Anglia website](#)



# Norfolk County Council

## 76 additional school places for children with SEND across Norfolk

Nearly 80 spaces have been created at Norfolk schools for children and young people with special educational needs and/or disabilities (SEND).

As part of Norfolk County Council's Local First Inclusion (LFI) programme, 76 extra spaces for children with SEND are being created in infant, junior and high schools across the county.

These schools are already home to a developing network of Specialist Hubs of Inclusive Practice (SHIPs), operating within existing Specialist Resource Bases (SRBs) in Norfolk mainstream schools.

Councillor Penny Carpenter, Cabinet Member for Children's Services, said: "Increasing education provision for children with SEND is incredibly welcome news. SHIPs have been introduced to the SRB family of provisions across Norfolk mainstream schools to provide children who have co-occurring special educational needs with an enhanced offer of support and a personalised, child-centred approach to learning and development. We are committed to providing access to education so that all children in Norfolk can flourish, and this new provision is evidence of just that."

The additional spaces, as follows, are available from September 2024:

#### **Specialist Hubs of Inclusive Practice (SHIPs):**

**Redcastle Family School** - growing to 16 place provision.

**Lionwood Infant School**, part of the Inclusive Schools Trust - growing to eight place provision.

**Lionwood Junior School**, part of the Inclusive Schools Trust- growing to eight place provision.

**Falcon Junior School** - growing to eight place provision.

**Sprowston Junior School** - four spaces initially, growing to 16 place provision.

One parent, whose daughter now attends Sprowston Junior School, said: "We knew that our daughter wouldn't cope well with moving to mainstream junior school, due to the additional support that she requires. Her placement at the SHIP has meant that these concerns have been addressed, and she now receives schooling at a level that suits her abilities in an engaging and welcoming environment."

Mr Matt Walton, Headteacher at Sprowston Junior School, added: "It has been a very positive beginning. The children have enjoyed the adapted curriculum, an environment suited to their needs and still being part of the wider school community."

A new Social, Emotional and Mental Health Base (SEMH SRBs) is also opening at **Reffley Academy**, part of Ad Meliora Academy Trust, which will grow to a 16-place provision.

Several existing SRBs for children with autism are also increasing their capacity in the autumn term:

**Sprowston Infants** - eight additional places, an increase from 18 to 26 places with a brand-new classroom.

**Nelson Academy**, part of Eastern Multi academy Trust - two additional places, an increase from 10 to 12 places.

**Edward Worledge Primary**, Part of Ormiston Academies Trust - six additional places, an increase from 10 to 16 places including a refurbishment of the existing spaces and an outside trim trail.

One parent, whose child has just begun the new term at Falcon Junior School, said: "Our child has experienced really good first couple of days at the school. I can't thank you all enough for such a smooth transition. A huge thank you to the whole SHIP team for all your hard work - we really appreciate it."

Councillor Carpenter added: "These extra provisions include a range of environmental adaptations and carefully designed spaces to support children to flourish and achieve well.

"SHIPs are an exciting new expansion which further honour our commitment to create more specialist places under our LFI programme. I am excited to see our families and children benefit from the leadership and expertise of the schools delivering this important part of our SEND local offer."

These additional places are part of the £100m LFI programme which pledges to deliver hundreds of new specialist education places across Norfolk. It also aims to provide significantly more advice, support, and funding for mainstream schools to support inclusion with the 15 new school and community support teams that were introduced in September 2023, to give early help and support to both parents and schools.





*Research  
Opportunity*



Are you a parent of a child with an Intellectual Disability aged between 5-18 who may display behaviour that is challenging?

If so we are looking for participants to take part in an online study to help develop interventions that could help parents. This should take 30 minutes.

This would involve recalling a challenging parenting event and you will be asked to complete a coping-based task following this.

If you would like to take part please scan the below QR code or click on the below link:



<https://unioflincoln.questionpro.eu/t/AB3u1I1ZB3vrYt>

Ethical approval number: UOL2024\_16228

**\*\*Please be aware this study involved recalling a challenging parenting event and reflecting on your emotions in there here and now. Advice will be given on choosing an appropriate event\*\***

*Chance to win £25 Amazon  
voucher*

**Research opportunity- Are you a parent of a child with an Intellectual Disability aged between 5-18 who may display behaviour that is challenging?**

If so the University of Lincoln is looking for participants to take part in an online study to help develop interventions that could help parents. This should take 30 minutes.

This would involve recalling a challenging parenting event and you will be asked to complete a coping-based task following this.

If you would like to take part please scan the above QR code or click on the below link.

\*\* Please be aware this study involved recalling a challenging parenting event and reflecting on your emotions in the here and now. Advice will be given on choosing an appropriate event\*\*

Chance to win £25 Amazon voucher.

[To take part click here](#)



**IPSEA**  
Independent Parental Special  
Education Advice

## IPSEA- Securing the right education for adopted children with SEN

IPSEA supports children and young people in England with all kinds of special educational needs (SEN), including those who have been adopted. To mark National Adoption Week 2024, Kate, a member of our Legal Team and an adoptive parent, has written this article highlighting some common challenges faced by adopted children in education. She also explains the support available and offers practical advice on how to secure the right education for your child.

### Common challenges

Research and government statistics show that compared to their classmates adopted children and young people:

- routinely feel confused and worried at school
- are more likely to be excluded, and are less likely to leave school with higher GCSEs.

This needs to change.

Sadly, many adopters have had to fiercely champion and advocate for their children's rights since day one and getting the right education in place may feel like yet another challenge to overcome – but change can happen, and IPSEA is here to support you with this.

Research by Adoption UK shows that adopted children are more likely to have SEN than their classmates.

[To read the article in full click here](#)



<p>Our Accident and Emergency (A&amp;E) department wants to know what they could do better.</p>	
<p>To find out what you think, we are holding an audit where we will show you around the department and ask you what you think.</p>	
<p>If there are things you think we could do better or change, you can tell us.</p>	
<p>There are going to be workshops you can come to, to help get you ready for what you need to do.</p>	

If you want to help us or have any questions, please let Tara (the Learning Disability / Autism nurse at the Hospital) know at: [tara.webster@nnuh.nhs.uk](mailto:tara.webster@nnuh.nhs.uk)



## NNUH are looking for volunteers aged 16+ who have a diagnosis of a Learning Disability and / or Autism to tell us what they think of our A&E department

- Our Accident and Emergency (A&E) department wants to know what they could do better
- To find out what you think, we are holding an audit where we will show you around the department and ask you what you think
- If there are things you think we could do better or change, you can tell us
- There are going to be workshops you can come to, to help get you ready for what you need to do
- If you want to help us or have any questions, please let Tara (the Learning Disability / Autism nurse at the Hospital) know, by clicking the green button below.

The audit will be based upon the National PLACE audit framework, but adapted to be suitable for both the objective of improving acute care delivery for people with a Learning Disability and / or Autism and to be made accessible for participants - more information on the generic National PLACE can be found here: [Patient-Led Assessments of the Care Environment \(PLACE\)](#) - NHS England Digital.

To be able to participate, the person must be able to register to join our volunteer's department (to access clinical areas with permission), which can be signed up for by a support person if required, as long as the person has evidence of their I.D (a birth certificate is adequate if none other available).

As per the national guidance related to PLACE, contributions are made on a voluntary basis and as such, no payment can be given in exchange for the volunteer's time or contribution.

To contact Tara click here



## Cystic Fibrosis Trust Winter Support Fund

Winter can be tough for the cystic fibrosis (CF) community. The high cost of living means some people affected by CF are struggling to eat properly, heat their home or buy household essentials. This puts their health at risk.

To help protect the health of people with CF who are most in need through the winter ahead, we are providing extra financial help through our Winter Support Fund 2024–25.

### **What is the Cystic Fibrosis Trust Winter Support Fund?**

Through the Winter Support Fund, we can provide a one-off grant of £225 to adults and children with CF in low-income households. This will be split over three months, with a payment of £75 each month in December, January and February.

The Winter Support Fund can help you to keep warm and well this winter if you are unable to afford the basics you need to stay well with CF. You can use the grant for food and basic essentials to protect your health during the winter.

We will contact all applicants to offer more support. We can tell you about other places that could help you with your energy bills and offer you an appointment with our welfare team to check you are getting all the financial support you should be.

Applications are now open and will close on **30 November 2024**. We may need to close before this date if we get a lot of applications, so please send your application to us as soon as possible.

Download and fill in the application form. Make sure you've included all of the information we ask for. It's important that you include your email address, and check your bank details are correct.

Send your application form to your CF team so that they can fill in the supporting statement. Once you have the supporting statement from your CF team, send your completed form to us at [helpline@cysticfibrosis.org.uk](mailto:helpline@cysticfibrosis.org.uk).

Your CF team can also send your completed form to us.

### **Who can apply?**

#### **We can only help households which:**

include someone with CF who receives specialist CF care in the UK, and are on means-tested benefits, or are in a financial crisis.

You can apply if you care for someone who fits the above, for example if you have a child with CF in your household. If you are not sure if you are eligible to apply, please call or email our Helpline team.

We will prioritise people who can't get any other grant support. This means we might look at other ways of helping you when we read your application. We will let you know if we can help in another way.



## How much is the grant?

If your application is successful, we will give you £225 over three months, with a payment of £75 each month in December, January and February.

We are aiming to support people with cystic fibrosis that are most in need this winter. Please remember that if you send us an application it does not mean that you will definitely be given the grant. If we can't give you a grant this time, you can still apply for our grants in the future

## Does the application need a supporting statement (endorsement)?

Yes. A member of your CF team will need to write a supporting statement in section 4 of the form. They can also email it to us from their professional email account. It is important that you tell your CF team that you are in an emergency situation that might affect your health.

To apply for the Cystic fibrosis winter support grant click here



## LGBTQ+ youth group in Dereham

Be Your True Self (BYTS) group provides support for young LGBTQ+ children and young people aged 13-18 years as well as those questioning their sexuality or gender identity. This group meets in Dereham every other Tuesday from 5:30-7:30. The next session is on the 5th November 2024.

For more details email [info@lgbtqproject.org.uk](mailto:info@lgbtqproject.org.uk)

They also host groups in Norwich, Sprowston/Old Catton, Great Yarmouth, Fakenham, King's Lynn and North Walsham.

Click here to go to the LGBTQ+ Project website



# Social Prescribers



Translated into easy read  
by Ace Anglia  
[info@aceanglia.com](mailto:info@aceanglia.com)



## Easy Read document - What is a social prescriber?

Social prescribing is talking to someone who is not a doctor or a nurse about problems that are affecting your daily life.

Problems that may be affecting your daily life could be -

- Housing
- Money
- Loneliness

To read more about Social Prescribing in Easy Read click here

Easy Read Social Prescribing appointment document



**SUPPORT**  
**NURTURE**  
**TIME FOR MYSELF**

**BEING HEARD**  
**FEELINGS**  
**PURPOSE**

**INSPIRING YOUNG PEOPLE  
ACROSS NORTH NORFOLK**

**SPace to move forward  
at your own pace**

Referral forms are available  
on request.

If you would like any more  
information about our SPace  
Programme please contact us.

01263 710918  
www.holtyouthproject.org.uk  
julie@holtyouthproject.org.uk  
Old Station Way, Holt, Norfolk,  
NR25 6DH

**SPace**

**Bespoke support  
sessions**

PROUD MEMBER OF  
St Mary's Youth  
Coalition for  
Young People  
The Queen's Award  
for Voluntary Service  
COMMUNITY  
FUND

## SUPPORT

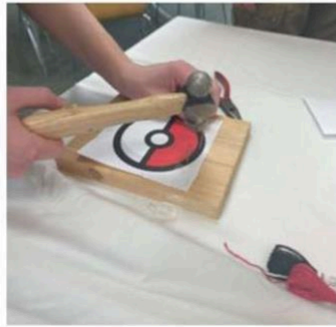
SPace provides young people experiencing feelings of anxiety and emotional difficulties with support to move forward.

This service is for young people up to 18 years to help them to reach their full potential through a nurturing, caring and holistic approach.



## THESE SESSIONS PROVIDE

- One to one mentoring
- Small nurture group activities and workshops
- Advice and signposting
- Walk and Talk sessions
- Holistic activities
- Young people to feel heard
- Positive thinking



We promote a healthy lifestyle, with a positive approach encouraging self-belief and wellbeing.

We promote social interaction and encourage positive communication. The programme builds resilience and a positive life-style structure to support and guide young people moving forward.



## SPace bespoke support sessions - Holt youth project

SPace to move forward at your own pace. With bespoke support sessions.

Inspiring young people across North Norfolk.

SPace provides young people experiencing feelings of anxiety and emotional difficulties with support to move forward.

This service is for young people up to 18 years to help them to reach their full potential through a nurturing, caring and holistic approach.

- One to one mentoring
- Small nurture group activities and workshops
- Advice and signposting
- Walk and Talk sessions
- Holistic activities
- Young people to feel heard
- Positive thinking

We promote a healthy lifestyle, with a positive approach encouraging self-belief and wellbeing.

We promote social interaction and encourage positive communication.

The programme builds resilience and a positive life-style structure to support and guide young people moving forward.

Referral forms are available on request

If you would like any more information about our SPace Programme please contact us.

Holt Youth Project,  
Old Station Way,  
Holt,



Norfolk,  
NR25 6DH

[julie@holtyouthproject.org.uk](mailto:julie@holtyouthproject.org.uk)

01263 710918

# CHALLENGE

**TOGETHER**

## PERSONAL GROWTH



**SUPPORT WISDOM TRUSTING PURPOSE**

**BELONGING**

**Referral forms are available on request.**

**If you would like any more information on the Reboot Programme please contact us.**

**Contact Us :**

- 01263 710918
- [www.holtyouthproject.org.uk](http://www.holtyouthproject.org.uk)
- [office@holtyouthproject.org.uk](mailto:office@holtyouthproject.org.uk)
- Old Station Way, Holt, Norfolk, NR25 6DH

PROUD MEMBER OF  
 2021

  
The Queen's Award  
for Voluntary Service


  
COMMUNITY FUND

# REBOOT


A SERVICE SUPPORTING YOUNG MEN



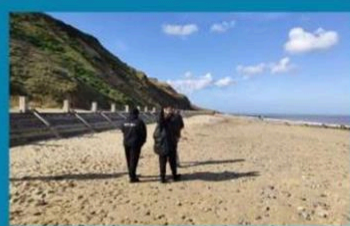
**Reboot provides young men experiencing feelings of isolation and emotional difficulties with a safe space. We offer a place to talk, emotional support and the opportunity to take part in shared experiences with a sense of belonging.**




**If you are a young man who is struggling and aged between 18-30yrs or if you know someone who you feel would benefit from this service, please feel free to contact us.**



**"I feel more calm with the walk and talk sessions"**  
Paul



- Support including 1:1
- Mentoring
- Advice and signposting
- Activities
- Social time
- Usually a healthy meal





# Reboot- a service supporting young men -Holt youth project

Reboot provides young men experiencing feelings of isolation and emotional difficulties with a safe space.

We offer a place to talk, emotional support and the opportunity to take part in shared experiences with a sense of belonging.

If you are a young man who is struggling and aged between 18-30yrs or if you know someone who you feel would benefit from this service, please feel free to contact us [office@holtyouthproject.org.uk](mailto:office@holtyouthproject.org.uk)

**SHARING CARE FUN TIME FOR MYSELF**

**SUPPORT**

**VALUED FEELINGS FRIENDS PAMPERED**

**INSPIRING YOUNG PEOPLE ACROSS NORTH NORFOLK**

To make a referral regarding a particular matter, parents, young people, and professionals can communicate over the phone. Referral forms can also be obtained by request.

**Contact Us :**

- 01263 710918
- [www.holtyouthproject.org.uk](http://www.holtyouthproject.org.uk)
- [office@holtyouthproject.org.uk](mailto:office@holtyouthproject.org.uk)
- Old Station Way, Holt, Norfolk, NR25 6DH

**PROUD MEMBER OF**  
South Norwich Coalition for Young People  
Working together to create a brighter future  
2021

The Queen's Award for Voluntary Service

**COMMUNITY FUND**

**NORTH NORFOLK YOUNG CARERS**

**HYD HOLT YOUTH PROJECT**

Holt youth project offers a weekly service to children and young people who find themselves in a caring role within the family unit. The sessions include one-to-one mentoring support and dedicated time to spend with other young carers in a similar situation. Our sessions also offer opportunities for valuable "me time", with activities other young people enjoy such as bowling or cinema trips and respite care.



## THESE WEEKLY SESSIONS PROVIDE:

- Support including 1 to 1
- Mentoring
- Advice & Signposting
- Activities
- Social interaction with other Young Carers
- Usually a healthy meal



*"I love coming to young carers. I get to take part in amazing activities, eat great food and socialize with other young people in similar situations to myself. It makes me feel special."*



Young carers provide respite time for young people who find themselves in a caring role within their home environment. These special young people have opportunities to take part in activities that they may not necessarily have because of their busy lives.



**"TOGETHER WE ARE STRONGER"**

## North Norfolk young carers- Holt youth project

Holt youth project offers a weekly service to children and young people who find themselves in a caring role within the family unit. The sessions include one-to-one mentoring support and dedicated time to spend with other young carers in a similar situation. Our sessions also offer opportunities for valuable "me time", with activities other young people enjoy such as bowling or cinema trips and respite care.

### THESE WEEKLY SESSIONS PROVIDE

- Support including 1 to 1
- Mentoring
- Advice & Signposting
- Activities
- Social interaction with other Young Carers
- Usually a healthy meal

*"I love coming to young carers. I get to take part in amazing activities, eat great food and socialize with other young people in similar situations to myself. It makes me feel special."*

Young carers provide respite time for young people who find themselves in a caring role within their home environment.

These special young people have opportunities to take part in activities that they may not necessarily have because of their busy lives.

Contact [office@holtyouthproject.org.uk](mailto:office@holtyouthproject.org.uk)



## WHAT DOES A.C.T PROVIDE?

- 1 to 1 tutoring
- Bespoke programmes and activities
- Information and advice on lifestyle choices
- Delivery of City & Guilds accredited qualifications.
- Support with moving on to independent living, employment, higher education, college or apprenticeships



## INSPIRING YOUNG PEOPLE ACROSS NORTH NORFOLK

A.C.T is a service for young people aged 12-25 who are experiencing emotional difficulties, lack confidence and self esteem and have been unable to reach their full potential.

Parents, young people and professionals can make referrals over the phone or via email.

Referral forms can be requested via [julie@holtyouthproject.org.uk](mailto:julie@holtyouthproject.org.uk)

If you would like any more information on the A.C.T Programme, please get in touch with us.

☎ 01263 710918  
🌐 [www.holtyouthproject.org.uk](http://www.holtyouthproject.org.uk)  
✉ [julie@holtyouthproject.org.uk](mailto:julie@holtyouthproject.org.uk)  
📍 Old Station Way, Holt, Norfolk, NR25 6DH



**A**CHIEVING  
**C**ONFIDENCE  
**T**RAINING



An alternative educational provision

## THE PROGRAMME

The programme is bespoke to each individual's needs delivering an all round young person centred approach.

This is not a course but a programme where young people can attend until they reach their full potential.

It is not a medical intervention but does work alongside medical providers and professionals.



We work alongside families offering support in crisis situations. We are an alternative provision to mainstream schools.

## WE SUPPORT

- Young People with emotional or anxiety issues who are not ready for the transition to work, college courses or apprenticeships.
- Young people who suffer from conditions such as Asperger's or Autism may not have had the right environment to reach their full potential.
- Young People as part of their educational path.
- Young people who struggle with life skills and lack confidence and self-esteem.



*"I enjoy the A.C.T programme, it's given me that extra boost I need to go on and do well in life."*

## MOVING FOWARD

### PROGRAMME

We provide a nurturing environment for young people as a stepping stone.

This programme will allow each individual to work at a pace that suits their needs, helping them to achieve and gain their full potential.

### CONFIDENCE BUILDING

We promote confidence and self-esteem, encouraging young people to be aware of the importance of their environment and community, promoting good citizenship, social interaction and communication skills.

### SKILLS

We support young people to achieve educational qualifications, vocational and social skills to enhance their knowledge leading to college, apprenticeships or the workplace, with a better chance of success.

# ACT (Achieving Confidence Training) an alternative education provision - Holt youth project

What does A.C.T (Achieving Confidence Training) provide?

- 1 to 1 tutoring
- Bespoke programmes and activities

- Information and advice on lifestyle choices
- Delivery of City & Guilds accredited qualifications
- Support with moving on to independent living, employment, higher education, college or apprenticeships

Inspiring young people across North Norfolk.

## **THE PROGRAMME**

The programme is bespoke to each individual's needs delivering an all round young person centred approach.

This is not a course but a programme where young people can attend until they reach their full potential. It is not a medical intervention but does work alongside medical providers and professionals.

We work alongside families offering support in crisis situations. We are an alternative provision to mainstream schools.

## **WE SUPPORT**

Young People with emotional or anxiety issues who are not ready for the transition to work, college courses or apprenticeships.

- Young people who suffer from conditions such as Asperger's or Autism may not have had the right environment to reach their full potential.
- Young People as part of their educational path.
- Young people who struggle with life skills and lack confidence and self-esteem.

"I enjoy the A.C.T programme, it's given me that extra boost I need to go on and do well in life."

## **MOVING FOWARD**

We provide a nurturing environment for young people as a stepping stone.

This programme will allow each individual to work at a pace that suits their needs, helping them to achieve and gain their full potential.

## **CONFIDENCE BUILDING**

We promote confidence and selfesteem, encouraging young people to be aware of the importance of their environment and community, promoting good citizenship, social interaction and communication skills.

## **SKILLS**

We support young people to achieve educational qualifications, vocational and social skills to enhance their knowledge leading to college, apprenticeships or the workplace, with a better chance of success.

A.C.T is a service for young people aged 12-25 who are experiencing emotional difficulties, lack confidence and self esteem and have been unable to reach their full potential.

Call 01263 710918

[www.holtyouthproject.org.uk](http://www.holtyouthproject.org.uk) Old Station Way, Holt, Norfolk, NR25 6DH



Parents, young people and professionals can make referrals over the phone or via email. Referral forms can be requested via [julie@holtyouthproject.org.uk](mailto:julie@holtyouthproject.org.uk) If you would like any more information on the A.C.T Programme, please get in touch with us.

YOUTH-LED

OWNERSHIP  
FUN  
ACTIVITIES  
SOCIALISING  
OPPORTUNITIES  
EMPOWERMENT

HAVING A VOICE

TIME FOR MYSELF



OFFERING OPPORTUNITIES TO YOUNG PEOPLE THROUGH A YOUTH LED SERVICE

To support young people to reach their aspirations



Hive

One of England's most imaginative and award winning youth projects



FOR MORE INFORMATION PLEASE GET IN TOUCH WITH US

📞 01263 710918

🌐 [www.holtyouthproject.org.uk](http://www.holtyouthproject.org.uk)

✉ [julie@holtyouthproject.org.uk](mailto:julie@holtyouthproject.org.uk)

📍 Old Station Way, Holt, Norfolk, NR25 6DH





PROUD MEMBER OF  2021

YOUTH-LED

Hive offers young people aged 12-19 years a diverse programme of activities and workshops chosen by young people for young people.

This service is for local young people to promote ownership and bringing communities together.



THESE SESSIONS PROVIDE

- Residentials
- Outward bound trips
- Cycle challenges
- Signposting
- Extensive holiday programmes
- Activities and workshops
- Mentoring support
- Life skills



EMPOWERMENT

We provide a youth-led service helping young people gain leadership skills building confidence in a safe environment.

We support social interaction and encourage positive outcomes. The programme builds resilience and promotes a healthy life-style to empower young people to reach their aspirations.





# Hive-offering opportunities to young people through a youth led service- Holt youth project

To support young people to reach their aspirations. One of England's most imaginative and award winning youth projects.

## Youth Led

Hive offers young people aged 12-19 years a diverse programme of activities and workshops chosen by young people for young people.

This service is for local young people to promote ownership and bringing communities together.

## Empowerment

We provide a youth- led service helping young people gain leadership skills building confidence in a safe environment.

We support social interaction and encourage positive outcomes. The programme builds resilience and promotes a healthy life style to empower young people to reach their aspirations.

## These sessions provide

- Residentials
- Outward bound trips
- Cycle challenges
- Signposting
- Extensive holiday programmes
- Activities and workshops
- Mentoring support
- Life skills

For more information email [julie@holtlyouthproject.org.uk](mailto:julie@holtlyouthproject.org.uk) or call 01263 710918

To find out more about Holt Youth project click here



**SOS SEN**

# SOS!SEN- Helping you secure the right SEN provision for your child

SOS!SEN is a national charity that aims to empower parents and carers of children and young people with SEND to successfully tackle the difficulties they face when trying to secure the right educational provision for their children.

We aim to help parents and carers to understand more about their children's entitlements, and navigate the processes to secure the right educational provision.

Securing the right provision to meet needs can be extremely daunting and complex to families already struggling to care for children with high levels of educational need and disabilities. They need advice on how to work with their LA and how best to respond appropriately to what can seem an overwhelming amount of legal processes and policies that they have little experience or knowledge of.

We provide a range of accessible services to parents, delivered by trained volunteers, with all advice underpinned by current legislation, regulation and the SEND Code of Practice 2015.

[Click here to find out more about their services](#)



# PositiviTea

Special Educational Needs and Disabilities (SEND)

Come along, chat & connect

**Wednesday 6<sup>th</sup> November from 1pm-3pm**

Coastal Health & Wellbeing, The Old Cottage Hospital,  
Mill Road, Wells-next-the-Sea, NR23 1RF

Have a cuppa, chat with people, find out about support  
and local services for children and adults with SEND.  
Free activities and refreshments provided!

Stands include SEND Local offer, TITAN, Community  
Learning Disabilities team and Health Improvement team,  
Early Childhood Family Service, SENDIASS and many more...

## Everyone welcome!

For more details please contact [community.connectors@north-norfolk.gov.uk](mailto:community.connectors@north-norfolk.gov.uk)



## PositiviTea Wells -next-the-Sea 6th November

Special Educational Needs and Disabilities (SEND)  
Come along, chat & connect

Wednesday 6th November from 1pm-3pm  
Coastal Health & Wellbeing, The Old Cottage Hospital,  
Mill Road, Wells-next-the-Sea, NR23 1RF

Have a cuppa, chat with people, find out about support  
and local services for children and adults with SEND.

Free activities and refreshments provided!

Stands include SEND Local offer, TITAN, Community Learning Disabilities team and Health Improvement team, Early Childhood Family Service, SENDIASS and many more....

Everyone welcome!

One of our Family Voice Norfolk Ambassadors, Kirsty will be attending this event. Please go and have a chat with her and tell her what's working well for you and your family at the moment and what's not working so well. Your voice really does matter to us!

[For more details click here to email the community connectors](#)



## SEND Parent Café

Special Educational Needs and Disabilities

**WHEN?**  
Monday 1:30- 2:30pm  
Starting 4th November 2024

**WHERE?**  
Dereham Library  
59 High St, Dereham NR19 1DZ

**WHO?**  
Who can attend?  
Anyone who may feel that they need a friendly and supportive safe space to share ideas, make friends and gain professional information, advice and guidance.

**WHY?**  
Norfolk libraries are teaming up with services in our community to support children, young people and their families to access support from services and other families.

How much and who do I contact to book?  
This a FREE service. You do NOT need to book, just turn up as and when you can. Children and young people are welcome to join too.

Breckland Family Hub  
Schools and Communities  
SENDIASS  
ASD Helping Hands

Call Dereham Library for more details - 01362 693184

family hubs Norfolk County Council Norfolk SENDIASS ASD Helping Hands

## SEND parent cafe-at Dereham library on Mondays

This a free service. You do not need to book, just turn up as and when you can.

Children and young people are welcome to join too.



Norfolk libraries are teaming up with services in our community to support children, young people and their families to access support from services and other families.

Who can attend?

Anyone who may feel that they need a friendly and supportive safe space to share ideas, make friends and gain professional information, advice and guidance.

Breckland Family Hub, Schools and community team, SENDIASS, ASD Helping Hands will be there.

Starts on the 4th November 2024 1:30-2:30pm, At Dereham Library, 59 High Street, Dereham, NR19 1DZ

Call Dereham Library for more details - 01362 693184



**Are you a parent/carer of a child or young person aged 0-25 with SEND?**

**Would you like to help shape how Norfolk SENDIASS works?  
Can you volunteer 2.5 hours a term?**

We are looking to recruit parent/carer volunteers onto our Norfolk SENDIASS Steering Group to inform and influence the way that we work so we can provide families in Norfolk with the best information, advice and support that we can.

The Steering Group meets once a term between 10-12:30pm on a Wednesday.

**For more information or an informal discussion about this please contact Niamh Keane on 01603 704070, [norfolksendiass@norfolk.gov.uk](mailto:norfolksendiass@norfolk.gov.uk)**

## Would you like to volunteer for Norfolk SENDIASS?

Are you a parent/carer of a child or young person aged 0-25 with SEND?

Would you like to help shape how Norfolk SENDIASS works?

Can you volunteer 2.5 hours a term?



We are looking to recruit parent/carer volunteers onto our Norfolk SENDIASS Steering Group to inform and influence the way that we work so we can provide families in Norfolk with the best information, advice and support that we can.

The Steering Group meets once a term between 10-12:30pm on a Wednesday.

For more information or an informal discussion about this please contact Niamh Keane on 01603 704070, [norfolksendiass@norfolk.gov.uk](mailto:norfolksendiass@norfolk.gov.uk)

To view the October edition of SENDIASS Spotlight click [here](#)



**MAKING SENSE OF SEND**

**A free information fair for parents and carers of children aged 0-25 with SEND, and the professionals that work with them.**

**King's Centre, Great Yarmouth**

**Tuesday 26th November 2024**

**10am-12pm**

## Making Sense of SEND- Great Yarmouth 26th November

A free information fair for parent carers who have a child or young person with SEND, and the professionals who work with them.

Tue, 26 Nov 2024 10:00 - 12:00 GMT

Kingsgate Community Church, 30 Queen Anne's Road, Great Yarmouth NR31 0LE

Join us for our next 'Making Sense of SEND' information fair! This time we're going to be at the King's Centre (Kingsgate) in Great Yarmouth.

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

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.

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.

Kirsty one of our Family Voice Norfolk Ambassadors, will be attending this event. Please go and have a chat with her and tell her what's working well for you and your family at the moment and what's not working so well. Your voice really does matter to us!

[To book a place click here](#)



**DID YOU KNOW?...**

At **senSI**, we make bespoke visuals and social stories, tailored to your child and their needs, for a small cost!

**On this month's topic of change...**

We know that change and transitions can be incredibly daunting for lots of children. If your little one has an upcoming change, like moving house, changing schools, if they need some daily visuals to help with routines, or a beautiful life story book, get in touch!

Having an exciting visual tailored to your child's needs, likes and interests will reduce their anxiety around change. This will give them an idea of what to expect in the future, and assure them that all will be ok!

**sen-si**

## Did you know SenSI make bespoke visuals and social stories?

On this months topic of change...

SenSI makes bespoke visuals and social stories tailored to your child and their needs, for a small cost.

We know that change and transitions can be incredibly daunting for lots of children. If your little one has an upcoming change, like moving house, changing schools, if they need some daily visuals to help with routines, or a beautiful life story book, get in touch!

Having an exciting visual tailored to your child's needs, likes and interests will reduce their anxiety around change. This will give them an idea of what to expect in the future, and assure them that all will be ok!

[To go to the SenSI website click here](#)







**Thetford  
Team  
Ministry**

# SEND SPORTS

**Where: Cloverfield Community Church,  
Yarrow Close, Thetford**

**When: Wednesday 5:30-6:30pm in term  
time**

**Who: 4-11 year olds who have SEND and  
their families**

**What: Range of sports and games  
with refreshments**

**Cost: £4 per family, reduced rate available**



**CONTACT SUSIE AT:  
[SUSIE.BRATBY@THETFORDTEAMMINISTRY.ORG.UK](mailto:SUSIE.BRATBY@THETFORDTEAMMINISTRY.ORG.UK) OR  
07778160037**



## SEND sports in Thetford Every Wednesday in term time

Family Hubs and Thetford Team Ministry are hosting SEND sports sessions every Wednesday 5:30-6:30pm in term time.

At Cloverfield Community Church, Yarrow Close, Thetford IP24 2TZ.

For 4-11 year olds who have SEND and their families.

There will be a range of sports and games with refreshments.



The cost is £4 per family, a reduced rate is available.

If you have any questions please contact Susie Bratby on [susie.bratby@thetfordteamministry.org.uk](mailto:susie.bratby@thetfordteamministry.org.uk) or 07778160037.



## Kooth: Change to online support for young people aged 19-25 (up to 26th Birthday) experiencing mental health difficulties

[Kooth](#) will be closing registrations for any new users aged 19-25 (up to 26th Birthday) in Norfolk and Waveney after 31st October 2024. However, the Kooth service will be extending to 10-year-olds. Therefore, 10-18-year-olds (up to 19th Birthday) will now have access to this service from 1st October 2024.

Any existing users aged 19-25 (up to 26th Birthday), will be supported to transition out of the service by 31st December 2024, and Kooth will be working with the local community services to provide a smooth transition to ensure that users are appropriately referred to other services in the area.

There is a range of mental health advice and support on offer for [0-25 year olds through Just One Norfolk Norfolk & Waveney - Mental Health Advice & Support for 0 -25's](#) ([justonenorfolk.nhs.uk](http://justonenorfolk.nhs.uk)), including details of local and national support available, and how to access local services. There are also details of where you can get help in a crisis, and information on the various digital tools that may be able to support you. Referrals into mental health services can be made via an online form [Norfolk & Waveney Access to Mental Health Advice & Support](#) ([justonenorfolk.nhs.uk](http://justonenorfolk.nhs.uk)), or by telephoning Just One Number on 0300 300 0123.

If you are over 16 and living in Norfolk and Waveney, you can access support to the NHS Talking Therapies Service Helping you live your life - [The Norfolk and Waveney Talking Therapies Norfolk and Waveney](#) ([wellbeingnands.co.uk](http://wellbeingnands.co.uk)), telephone 0300 123 1503. You can self-refer, or your GP or any other health or social care professional can refer you. Details of the NHS Talking Therapies Service can also be found on the Just One Norfolk website.

If you are a young person aged 25, you can find a range of local and national support and services to help with your mental health and wellbeing here:

<https://improvinglivesnw.org.uk/our-work/healthier-communities/mental-health/mental-health-support/>

There are national digital services available including The Mix which offers a range of support for those under 25, [Get Support - The Mix](#), and Shout which offers free, 24/7 text messaging support to people of all ages. Shout: the UK's free, confidential and 24/7 mental health text service for crisis support | [Shout](#) 85258 (giveusashout.org)

**Where to get help in a crisis:**

[NHS Advice Page](#)

Information and links for those seeking urgent help for mental health.

[Urgent Mental Health Support](#)

24/7 immediate advice, support and signposting for people with mental health difficulties in Norfolk and Suffolk

Phone: 111 and select option 2

[Shout](#)

24 hour crisis text support line staffed by volunteers.

Text: 85258

**If someone's life is at risk call 999.**



## 30-Day Public Consultation: Adult Eating Disorders Inpatient Service Specification

NHS England is seeking views on an updated service specification for Adult Specialist Eating Disorder Inpatient Services.

This public consultation will run for 30 days from 21 October 2024 to **19 November 2024**.

At the end of the consultation period, all feedback will be considered before the consultation report and service specification are published.

We recommend that you read this [consultation guide](#) alongside the other documents published as part of the consultation.

[For more information and to complete the consultation click here](#)



## Norfolk and Suffolk music hub- Sound Connections Activate: Ambassadors Programme

Norfolk and Suffolk Music Hub is offering a fabulous opportunity for young people interested in work experience in the creative industries.

Activate is Sound Connections' Investment Programme for Music Hubs to develop or deliver action-focused work with their young people. Norfolk & Suffolk Music Hub are really excited to announce that they are one of four Hubs nationally who have been selected as a grantee of the programme and can't wait to get started!

Our Young Ambassadors Programme will provide a comprehensive training programme which is designed to support young people with Special Educational Needs and Disabilities (SEND) with the opportunity to gain vital skills and work experience in the creative industries.

Participants will also have the opportunity to work towards their Arts Award Gold as part of the programme with the view to supporting future cohorts as the programme progresses.

### **Objectives**

To offer young people (16-25) with SEND the opportunity to participate in a programme of training and work experience through largescale events across the following areas of interest:

Communications Team  
Events Team  
Hospitality Team  
Security Team

The programme will begin with a series of online and in-person training opportunities led by industry professionals which will culminate in hands-on experience across June, July and August 2025.

Young Ambassadors will be split into teams with each team consisting of between two and three young work experience ambassadors with at least one professional industry lead to support, offer guidance and inspire throughout the programme.

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 [musichub@norfolk.gov.uk](mailto:musichub@norfolk.gov.uk)

For more details and to apply click here





# ONLINE LEARNING

Are you looking to get back into work?

Do you need a confidence boost?

Do you want to progress in your workplace?



**FREE**  
online learning  
courses for adults\*

Contact [distancelearning-enquiries@cwa.ac.uk](mailto:distancelearning-enquiries@cwa.ac.uk)  
or enrol on our website [cwa.ac.uk/adults](http://cwa.ac.uk/adults) and  
select 'Distance Learning'



College of  
West Anglia



## Online learning for adults from the College of West Anglia

Are you looking to get back into work? Do you need a confidence boost? Do you want to progress in your workplace? Click [here](#) for the employability short courses.

Take a look at our range of online courses!

Our courses enable you to study flexibly and plan your learning at times that work best for you. And they are FREE!\*

### Health and Social Care

- Allergy Awareness

- Care & Management of Diabetes
- Caring for the Elderly
- Common Health Conditions
- Falls Prevention Awareness
- Mental Health Problems
- Preparing To Work in Adult Social Care
- Principles of Care Planning
- Principles of Dementia Care
- Principles of End-of-life Care
- Principles of the Mental Health Care Worker
- Principles of Prevention & Control of Infection
- Self-harm suicide and prevention awareness
- Understanding Dignity & Safeguarding in Adult Social Care

#### **General**

- Business Administration
- Customer service
- Equality & Diversity
- Event Planning
- Principles of Team Leading
- Safeguarding, Prevent & British Values

#### **Children and Young People**

- Caring for Children & Young People
- Understanding Autism
- Understanding Children & Young Peoples Mental Health
- Understanding Common Childhood Illnesses
- Understanding Specific Learning Difficulties
- Special educational needs

\*Please note, funding is available to those who meet the eligibility requirements. For more details on courses and eligibility contact [distancelearning-enquiries@cwa.ac.uk](mailto:distancelearning-enquiries@cwa.ac.uk)

Click here to find out more



## Activities, Treats and Wishes for Children with Life Limiting Illnesses

We have recently launched a new project, which has received an excellent response from Hospices, Children's Nursing Teams, and Children's services all over the UK. We have one clear aim - to deliver dreams, putting a smile on children's faces, giving their families the chance to make lasting memories and making daily life a little bit easier.

### Fulfilling Children's Wishes

**We are now fulfilling children's wishes across the UK which include:**

**Bird Watching, Boat Rides, Cycling, Farm Parks, Go Karting, Golf, Fishing, Land Rover Experience, Horse riding, Paragliding, Sailing, Spa Days, Steam Trains.**

### Wish Application

**To qualify for a wish a child must be:**

- 18 years and below
- Resident in the UK
- Have Life-limiting / Threatening illnesses
- Have experienced life-changing physical or emotional traumas

**We ask each child to make three wishes.  
It is then our challenge to grant one of the three.**

**Please contact:** Bill Stillman

**Mobile:**07342 945 690 **e-mail:** [bill@wishesjust4you.co.uk](mailto:bill@wishesjust4you.co.uk)



## Referral opportunity for children with life limiting illnesses – wishesjust4you

Wishesjust4you, is a newly launched charity devoted to creating memorable experiences for children with life-limiting illnesses across the UK. Our goal is to provide these children and their families with unique, joy-filled experiences that offer hope, comfort, and unforgettable memories.

Founded in early 2024 by Rutland man Bill Stillman, wishesjust4you is a charity which creates unforgettable experiences for children with life-limiting illnesses.

The charity works with organisations across the UK, including London, to offer memorable activities for the children and their families, including boat trips, visits to fire stations, go-karting and even paragliding.

They have formed valuable connections with carers, nursing homes, children's hospices and other services across the capital.

At its core, this group's mission is to create moments of joy for families going through such a difficult time, helping them to make the most of the limited time they have left together.

### **Fulfilling children's wishes**

We are now fulfilling children's wishes across the UK which include:

Bird watching, Boat rides, Cycling, Farm parks, Go karting, Golf, Fishing, Land rover experience, Horse riding, Paragliding, Sailing, Spa days, Steam trains.

### **Wish application**

**To qualify for a wish a child must be:**

- 18 years and below
- Resident in the uk
- Have life-limiting/ threatening illnesses
- Have experienced life-changing physical or emotional traumas

We ask each child to make three wishes. It is then our challenge to grant one of the three.

Please contact Bill Stillman on 07342945690 to view the website click [here](#).

Or to email Bill click here





---

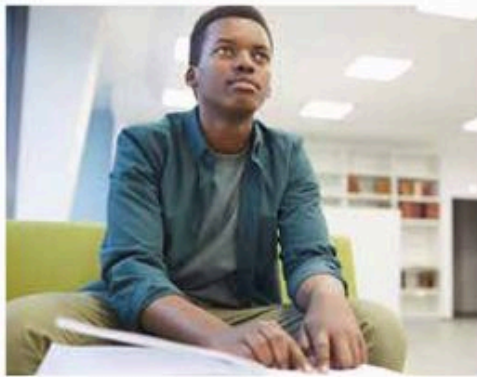
# THE POWELL FAMILY

---

## FOUNDATION

---

**Welcome to  
The Powell  
Family  
Foundation**



## **Vision**

**Our vision is a world in which children and young people who are blind or vision impaired are able to reach their full potential.**

---

# THE POWELL FAMILY FOUNDATION

---



## Mission

We provide grants to vision impaired children and young people and the charitable organisations that support them.

## To apply

For more information on how to apply for a grant please go to our website [www.tpff.org.uk](http://www.tpff.org.uk) or call us on 020 7458 4554.

The Powell Family Foundation is a Charitable Incorporated Organisation, Registration number 1190017. Registered office: 3rd Floor, 12 Gough Square, London EC4A 3DW.



## Grants for vision impaired children and young people from The Powell family trust

### Vision

Our vision is a world in which children and young people who are blind or vision impaired are able to reach their full potential.

### Mission

We provide grants to vision impaired children and young people and the charitable organisations that support them.

### **Who do we fund?**

#### **Individuals**

Applications may be made by, or on behalf of, vision impaired individuals who are aged 25 and under, permanently resident in the UK, and in need of financial assistance.

#### **Organisations**

Applications may be made by charitable organisations registered in the UK, whose work provides direct benefit for people in the UK, and which have, as part of their aims, a focus on services (new or existing) that support vision impaired children and young people.

### **What do we fund?**

The trustees will consider all applications that support our purposes and vision. Successful applications will typically achieve a positive impact in at least one of the areas below:

- Advocacy or support for vision assessment referral and certification;
- Devices and equipment to support daily living;
- Curriculum development for pupils and students with a vision impairment;
- Accessing local services;
- Specialist teaching and habilitation;
- Accessing assistive technology including the provision of equipment;
- Support to complete education or training over an extended period;
- Activities that contribute to overall well-being including drama, music and sport;
- Training and achievement of qualifications for the education or support of vision impaired children and young adults.

Call 02074584554

[For more information and to apply for a grant click here](#)





# CRAFTY SEWING

with Re:Do CIC

**1st Tuesday of each month @ 10am  
Unit 4 St Augustines Gate, Norwich**

★ ***new accessible location***

An opportunity to explore a crafty sewing social with all materials provided, and no experience needed!

Please email us at  
[cdcteam@norfolkandwaveneymind.org.uk](mailto:cdcteam@norfolkandwaveneymind.org.uk)  
for more information or to book your place



for anxiety and depression



# Norwich Café Catch Up

Meeting outside the  
main entrance of  
Norwich Theatre Royal,  
Theatre Street, Norwich  
3rd Tuesday each month  
10.30am

For more information please  
email us at  
[cdcteam@norfolkandwaveneymind.org.uk](mailto:cdcteam@norfolkandwaveneymind.org.uk)



for anxiety and depression

# Dungeons & Dragons One Shot



1st Thursday each month, 6 - 8.30pm  
Athena Games, Norwich

**An ideal taster of role playing games, try something new, or build on current experience!**

**All materials will be supplied including pre-built characters and we will start promptly at 6pm.**

**Booking is essential so please email us at [cdcteam@norfolkandwaveneymind.org.uk](mailto:cdcteam@norfolkandwaveneymind.org.uk) or visit our Eventbrite page using the QR code**



for anxiety and depression

A promotional poster for a 'Virtual Quiz'. The background is dark blue with a starry pattern. At the top right is the NHS logo and the text 'Norfolk and Waveney Talking Therapies'. In the center, the words 'Virtual Quiz' are written in a large, glowing pink and blue font, enclosed in a glowing pink and blue rectangular border. Two glowing lightbulbs with question marks inside are positioned on either side of the central text. Below the central text, the date and time are listed: 'Wednesday 13th November 18:00-19:00'. To the right of this, it says 'Join us for a fun online quiz! Scan the QR code to visit our website, or email us for joining details'. At the bottom left, the email address 'cdcteam@norfolkandwaveneymind.org.uk' is provided. At the bottom right is a QR code. At the bottom center, there is a logo consisting of two overlapping circles (one blue, one green) and the text 'for anxiety and depression'.

**Norfolk and Waveney  
Talking Therapies**

Formerly known as the Wellbeing Service

## NHS Norfolk and Waveney Talking Therapies have so many groups for you!

As well as all the Wellbeing walks organised across Norfolk, you can also join a [crafty sewing](#) group with RE:DO cic.

They meet on the 1st Tuesday of each month @10am unit 4 St. Augustines Gate, Norwich- which is a new accessible location!

It's an opportunity to explore a crafty sewing social with all materials provided, and no experience is needed!

Please [email](#) us for more information or to book your place.

Or how about a catch up at the [Norwich Theatre Royal](#) cafe? Meeting outside the main entrance of the theatre on Theatre street Norwich on the 3rd Tuesday of each month at

10:30am? For more details email [here](#).

If you like [Dungeons and Dragons](#) and you are 16+ there is a group at Athena Games in Norwich on the 1st Thursday of each month, 6-8:30pm. It's an ideal taster of role playing games, try something new, or build on current experience! All materials will be supplied including pre-built characters and we will start promptly at 6pm. Booking is essential so [email](#) us or scan the QR code above.

If a [quiz](#) is more your idea of fun, then look no further, there is a virtual quiz on Wednesday 13th November between 6-7pm. Scan the QR code or click [here](#) for the link.

For details of other activities such as Wellbeing walks that take part all over Norfolk click [here](#)





## Up coming Speakers at Holt Support group

The Tree house Holt Charles Rd, Holt NR25  
6DA 10am-12pm

### School and communities team

9th October 2024

The School and communities team are joining us to let us know what they do and how they can help you and your child.

### Nansa's Sleep Service

23rd October 2024

Join us to chat to a sleep practitioner to find out about helpful strategies for improving your child's sleep

### SENDIASS

13th November 2024

A member of the Norfolk SENDIASS team are joining us to talk about how they can offer support and advice around SEND for children and young people, parents and carers

For more information visit : [www.nansa.org.uk/senfam-whats-new/](http://www.nansa.org.uk/senfam-whats-new/)

# Up coming Speakers at Norwich support group

33 woodcock road NR33TT 10am-12pm

## School and communities team team

21st October 2024

The School and communities team are joining us to let us know what they do and how they can help you and your child.

## Fiona Springall - Disability Specialist Nurse

11th November 2024

Find out what the Disability Nurses do and how they can support you and your child with medical treatment/ appointments at the hospital

## **Kooth**

25th November

**What is Kooth and how can it help your child's wellbeing?**

For more information visit : [www.nansa.org.uk/senfam-whats-new/](http://www.nansa.org.uk/senfam-whats-new/)

## Up coming events at Great Yarmouth support group

Shrublands Youth and Adult centre, Magdalen Way,  
Gorleston-on-Sea, Great Yarmouth NR31 7BP  
Meeting in the Brackley room 10am-12pm

### SENDIASS

12th November 2024

A member of the Norfolk SENDIASS team are joining us to talk about how they can offer support and advice around SEND for children and young people, parents and carers

### Talking about positive behaviour strategies

26th November & 10th December 2024

Join the team to discuss what your child's behaviour is trying to communicate and the skills/strategies to help manage your child in a positive way.

For more information visit : [www.nansa.org.uk/senfam-whats-new/](http://www.nansa.org.uk/senfam-whats-new/)

## SENsational families upcoming speakers at Holt, Great Yarmouth and Norwich support groups

Apologies some of the sessions have already taken place.

Up coming speakers at the **Holt** support group: The tree house Holt, Charles Road, Holt NR25 6DA 10AM-12

**SENDIASS** will be there on the 13th of November to talk about how they can offer support and advice around SEND for children and young people, parents and carers.



At the **Norwich** support group: 33 Woodcock Road NR3 3TT 10am-12

**Fiona Springall** - a disability specialist nurse will be there so you can find out what the disability nurses do and how they can support you and your child with medical treatment/ appointments at the hospital.

Then on the 25th of November there will be a discussion around [Kooth](#), what it is and how it can help your child's wellbeing.

In **Great Yarmouth** at the Shrublands Youth and Adult centre, Magdalen Way, Gorleston on sea, Great Yarmouth NR31 7BP between 10am and 12 **SENDIASS** will be joining the group on the 12th of November.

On the 26th of November and the 10th of December the speaker will be Talking about **positive behaviour strategies**. Join the team to discuss what your child's behaviour is trying to communicate and the skills / strategies to help manage your child in a positive way.

Find out more about the regular groups by clicking [here](#).

To find out more about whats new with SENSational families click here



# Learning Disability England

**Stronger, Louder, Together!**

## Learning Disability England (charity) – housing guide

How to use this guide

We have tried to make this guide easy to use.

There is information on rights and choices as well as examples of how people got the right home for them.

We hope it will help you plan for what kind of housing is right for you or your family.

Remember you will need to make decisions on what is most important to you. Your ideal home might not be possible, or you might have to work towards it over time.

You do not need to read every section – you can just use the parts that interest you.

Where you see a blue word, you can click on it to find out more.



For example – supported living.

Supported living is when someone lives in a house or flat with some support. They could live alone or share with others. People will rent or own their house.

There are also some stories from people on how they got their home.

On each website page there is:

An easy read version you can download to read or print

At the bottom of each page there is a link to each section so you can click forwards or backwards.

There are people's stories in a separate section.

On the front page there is a button to download the full guide in Plain English with no pictures.

There are links to other organisations work in this guide.

Learning Disability England cannot be responsible if those organisations have made a mistake but if you find a problem, please let us know. You can contact us by emailing [info@LDEngland.org.uk](mailto:info@LDEngland.org.uk)

Who is this guide for?

This guide is open to anyone who is interested.

Most of the information in this guide is aimed at autistic people and people with a learning disability who have paid support from health and social care and are thinking about where they would like to live.

However, many parts of the housing guide will be helpful to people with other health and social care needs as well, as well as family members, carers and paid supporters.

We have also made easy read versions of all the sections of the guide, so that as many people as possible can use it.

The information is for adults, although we hope young people and their families will be able to use it to help them plan ahead.

Throughout the rest of this guide, we use the word 'people' to talk about the people who will be reading and using the information.

To go to the guide click here



**family voice**  
norfolk  
*together improving services*

Newsletter

Easy way to share our newsletter

If you would like to share our newsletter with friends, colleagues or other parents or professionals click [here](#) for a compressed PDF version.



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](mailto: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](http://www.familyvoice.org.uk)
  - 📘 [FamilyVoiceNorfolk](https://www.facebook.com/FamilyVoiceNorfolk)
  - ✉ [familyvoicenfk](https://www.familyvoice.org.uk/contact)
- Or join our Family Voice Members Chat Room on Facebook [here](#)

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

[Preferences](#) | [Unsubscribe](#)