



# Do you think Paddington Bear has an overflow supply of marmalade sandwiches in his Family Voice Norfolk bag?

What do you use your Family Voice Norfolk bag for?



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## Magic Acorns sensory play sessions in Great Yarmouth

Magic Acorns provide sensory experiences for families living in Great Yarmouth with children age 0-3. Our new group, Sensory Play, has been running since September.

### Who are sessions for?

Sessions are for children age 0-3 with SEND and/or neurodivergence, including families who might be considering or waiting on a diagnosis or referral. It's possible we might work with slightly older children.

### What is Sensory Play?

Sensory Play provides a calmer environment for babies and toddlers who might find regular toddler groups tricky and there are more opportunities for 1-1 interaction with our specially trained artists.

### Where and when do sessions run?

Every Tuesday 1.00 -3.30 in term time. Sessions take place at our dedicated Early Years arts centre, 2 Stonecutters Way.

### Do I have to come every week?

You can come along to a one off session -you don't have to come every week

### Can I just turn up?

Sessions are free but families need to book or be referred.

### How many will be in a session?

There are a maximum of 5 families.

### How do I find out more?

You can get in touch with us on [Facebook](#) or Instagram -Magic Acorns.

[Click here to email Magic Acorns](#)



## Current Right to Choose providers on the NHS Norfolk and Waveney Provider Framework

What is neurodiversity?

People experience and interact with the world in different ways and there is no one right way of thinking, learning and behaving.

Neurodiversity is a word used to describe the different thinking styles that may affect how people communicate with the world around them. It reflects normal variations in brain function and behaviour. Neurodiversity can affect someone's behaviour, memory, or ability to learn but this is not always the case. It is an umbrella term - a word that sums up lots of different things. Neurodiversity includes autism, attention deficit hyperactivity disorder (ADHD), dyslexia, dyspraxia, dyscalculia, and Tourette's.

If you have questions or concerns about your child or young person's thinking, learning or behaviour and would like to understand how you can support them, it is worthwhile talking to any professional who has regular contact with your child, about your concerns to see what help may be available. For school age children and young people, concerns and observations should be discussed in the first instance with the young person's teacher or Special Educational Needs Co-ordinator (SENCo) as there are lots of things that you and the school can do to help your young person without further assessment.

Every local Council will have a 'Local Offer', which is available online. The local offer details all the help and services available for young people with additional needs in that area. The Norfolk Local offer can be found [here](#). For Waveney Families, the Suffolk Local offer can be found [here](#).

### **Update to the Right to Choose providers:**

Current Right to Choose providers on the NHS Norfolk and Waveney Provider Framework  
NHS Norfolk and Waveney have quality assured the following providers to ensure that they meet our criteria for Neurodevelopmental assessment services:

## Help for Psychology

Autism Assessment, ADHD Assessment, Dual Assessment. Provider can offer initiation and titration of ADHD medication following assessment. [www.help4psychology.co.uk](http://www.help4psychology.co.uk)

## The Owl Centre

Autism Assessment, ADHD Assessment, Dual Assessment. Provider can offer initiation and titration of ADHD medication following assessment. [www.theowl.org](http://www.theowl.org)

## Evolve Psychology

Autism Assessment, ADHD Assessment, Dual Assessment.

\*Note: if ADHD Prescribing is recommended following diagnosis, patient would need onward referral (Evolve Psychology can make this referral directly but it will incur further waits for the child or young person) [www.evolvepsychology.org](http://www.evolvepsychology.org)

## Paloma Health

Autism Assessment only.  
[www.paloma.health](http://www.paloma.health)

To read the Accessing Neurodevelopmental Services and Support for families document in full from the Norfolk and Waveney ICB click [here](#)





Parent  
and  
carers

## Big Norfolk Holiday Fun is back this Winter

Monday 30 December - Friday 3 January  
(Excluding New Year's Day)

### Everyone should join in with the fun!

- Please note that a limited number of 121 options and special SEND sessions are available for this programme.
- Always contact the activity provider to discuss your child's needs before you book to see if their activity is suitable.
- When booking, always select SEND and provide detailed information to ensure the provider can plan the session to best suit your child's needs.



## Short Breaks and BNHF

If your child receives benefit-related free school meals and has a Personal Assistant through Short Breaks, you can access BNHF provision for your PA to support your child at no cost to you.

### Scan to find out more



Short Breaks activity funding can be utilised to cover the costs of providers offering paid places too.



Scan for the latest updates on the future of our programme

## Big Norfolk Holiday Fun is back this winter

Booking for Big Norfolk Holiday Fun opens on December 2nd. (you will not be able to access the booking for any Winter sessions before that date.)

From Monday 30th December to Friday 3rd January (Excluding New Years day)

Everyone should join in with the fun.

- Please note that a limited number of 1-2-1 options and special SEND sessions are available for this programme.
- Always contact the activity provider to discuss your child's needs before you book to see if their activity is suitable.

- When booking, always select SEND and provide detailed information to ensure the provider can plan the session to best suit your child's needs

### **Short Breaks and BNHF**

- If your child receives benefit-related free school meals and has a Personal Assistant through Short Breaks, you can access BNHF provision for your PA to support your child at no cost to you.

The Big Norfolk Holiday Fun (BNHF) programme provides holiday activities for children and young people aged 4-16 in Norfolk.

Children eligible for benefits-related free school meals can claim 4 free spaces on the winter programme, whilst paid spots are available on many activities for those who don't.

Please note that while SEND places this winter are very limited, providers across the board aim to be as inclusive as possible. If you wish to sign up your child for a non-SEND activity, please contact the provider in advance to let them know of any additional needs. You can do this through the ['All About Me'](#) form, designed to help providers familiarise themselves with your child's needs and deliver support accordingly.

Here are some activities your child can look forward to...

### **The Oak Circus Centre**

Join the Oak Circus Centre for some exciting SEND holiday arts sessions. Enjoy 3 hours of circus, theatre, and visual arts activities. Parents and carers are welcome to stay or drop off. Please let the provider know in advance about any Special Educational Needs and Disabilities, such as 1-2-1 support or wheelchair access.

### **The Treasure Box**

The Treasure Box holiday club is for children aged 4 to 11 who have significant SEND. On offer is outdoor play and learning, cooking and baking activities, Attention Autism activities, special interest activities, messy and sensory play, arts and crafts, music, movement and free play.

### **Seabreeze Daycare (SEND)**

Seabreeze SEND provides a safe and inclusive environment for children of all abilities to enjoy exciting and inclusive activities. There is support available for children with complex needs such as Special Educational Needs and epilepsy.

For more details click [here](#) to go to the website please remember the winter sessions will not go live until December 2nd





# Paradigm Neurodiversity Consultancy

CHANGING THE NARRATIVE



[paradigm-neurodiversity.uk](http://paradigm-neurodiversity.uk)



## Paradigm Neurodiversity Consultancy- Changing the narrative

### Who we are

We are a team of qualified specialist consultants with extensive skills, knowledge and experience in working with neurodivergent children & young people. Our educational and professional backgrounds as well as our lived experiences provide us with insight and discernment into the reality of living with neurodiversity.

Our aim is to empower parents, carers, siblings, practitioners & professionals to support neurodivergent children & young people by embracing neurodiversity through a neuro-affirming approach.

### **Chantelle Goslitski, Director**

Chantelle has a foundation degree in Psychotherapeutic Counselling and is currently completing her BSc (Hons) in Psychology with Counselling.

She holds registration with the National Counselling Psychotherapy Society and is a qualified National Autism Trainer. Chantelle has also recently qualified as an Autism Spectrum Disorder Clinical Specialist.

Chantelle is blessed with two young men with their own neurodivergent diagnosis. She is also a proud AuDHDer (living with both neurotypes).

### **Pamela Frisby, Director**

Pamela has a BA (Hons) in Humanities with English Language and is currently completing a Master's Degree in Psychology (Conv) with special focus on neurodivergence. She is a Chartered Linguist and a certified CPD Trainer.

Pamela has a grown-up son and a teenage daughter who are neurodivergent and 'polar opposites' on the ASD spectrum, as well as having other diagnoses.

### **What we do**

In tandem with families

Our aim is to empower the parents, siblings and caregivers of neurodivergent children & young people through working in tandem, strengthening their relationships by offering observational sessions, interventions and a comprehensive summary of findings based on the SPELL framework and our experience-sensitive approach.

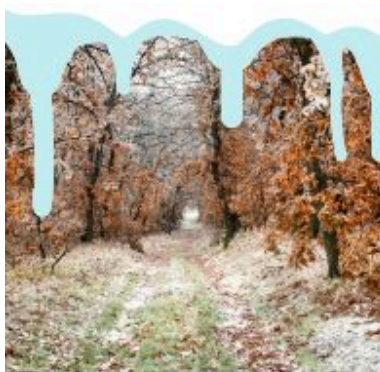
Our CPD accredited training courses for practitioners & professionals are based on the SPELL framework and our experience-sensitive approach. Our training will embed an understanding of the individual differences of neurodivergent children & young people by embracing their strengths through a neuro-affirming approach.

To email click [here](#).

For more details click here

Click here to go to the Paradigm Neurodiversity website





Norfolk and Suffolk  
NHS Foundation Trust

# WINTER Tuesday FUNDAY

for young  
people  
aged 14-25  
and their  
supporters

## YOU CAN MEET:

Andrea - People Participation  
Co-ordinator

Emma - Peer Support Worker

Hope - Discovery College  
Practitioner Tutor

**80**  
St Stephen's,  
Norwich

**Tuesday 3 December**  
**10:30 - 15:30**

Find out about  
**how Peer Support  
Work, People  
Participation and  
Discovery College  
could benefit you.**

- Fun activities, freebies and opportunity to ask about recovery.
- What can I learn at Discovery College?
- What is People Participation?
- How can Peer support help?

For more information or any questions, please email  
Andrea via [People.Participation@nsft.nhs.uk](mailto:People.Participation@nsft.nhs.uk)

Improving together  
Safer • Kinder • Better

## Winter Tuesday Funday 3rd December at 80 St. Stephen's in Norwich

Norfolk and Suffolk NHS foundation trust are hosting a Winter Tuesday Funday for young people aged 14-25 and their supporters at 80 St. Stephen's In Norwich NR1 3RE on **Tuesday 3rd December from 10:30-15:30.**

You can meet:

- Andrea- People participation co-ordinator
- Emma - Peer support worker

- Hope - Discovery college practitioner tutor

Find out about how peer support work, people participation and Discovery college could benefit you.

- Fun activities, freebies and the opportunity to ask about recovery.
- What I can learn at the Discovery college?
- What is people participation?
- How can peer support help?

For further information and to ask any questions click here to email Andrea



## Free-Over-The-Counter Medicine – NHS Minor Ailment Scheme Explained

The Minor Ailment Scheme enables a pharmacist to diagnose and treat minor ailments for free from the pharmacy, without the need to see a GP. This means your pharmacist will be able to offer expert advice in a more timely manner, especially as pharmacies are often open longer than GP surgeries. If you are eligible and treatment for your minor ailment is covered, you can receive medicine free of charge.

Patients who are exempt from NHS prescription charges are eligible for free medication.

Patients who are likely to be exempt from NHS prescription charges include those:

Aged under 16

Over 60

Those who have a prescription prepayment certificate.

**Not all pharmacies are signed up for this scheme, please check on your pharmacies website.**

What medicines are free under the scheme?

The medication that is available will differ between pharmacies; however, the following is an example of what medicines may be available through the scheme:

### **Colds and Flu**

Paracetamol tablets  
Paracetamol liquid (Calpol)  
Ibuprofen  
Xylometazoline nasal drops (Otrivine brand)  
Saline nasal drops  
Menthol and eucalyptus inhalation

### **Cough**

Pholcodine linctus  
Simple linctus  
Ammonia and ipecacuanha mixture

### **Hayfever**

Chlorphenamine (Piriton)  
Loratidine tablets (Clarityn)  
Sodium cromoglycate eye drops (Opticrom drops)  
Beclomethasone nasal spray (Beconase nasal spray)

### **Diarrhoea & vomiting**

Loperamide capsules (Imodium)  
Oral re-hydration therapy (Dioralyte)

### **Migraine**

Sumatriptan (Imigran Recovery)

### **Athlete's foot**

Miconazole cream (Daktarin cream)  
Clotrimazole solution (Canesten solution)

### **Head lice**

Suleo M lotion  
Derbac M solution  
Lyclear crème rinse

### **Vaginal thrush**

Clotrimazole (Canestan)  
Fluconazole capsule (Diflucan)

### **Contact dermatitis, bites and stings**

Hydrocortisone cream 1%  
E45 cream

### Teething and mouth ulcers

Bonjela

### Benefits

- Convenient: No need to make an appointment
- Advice: Pharmacist can refer you to a GP if necessary
- Flexible: Many pharmacies are open at the weekend

[Click here for more details](#)



## Children | Young People | Families

V I S I O N   N O R F O L K

### Vision Norfolk- Outreach services for children young people and families

Joshua Bartholomew is the Children, Young people and Families coordinator at Vision Norfolk, Norfolk's charity for people living with sight loss and vision impairment, and this is what his role entails.

Supporting families with children who have vision impairments in navigating grant applications, Disability Living Allowance (DLA) applications, Education, Health and Care Plan (EHCP) paperwork, and other forms is a vital role I undertake to ensure they receive the necessary support and resources. Families often find these processes complex and overwhelming, and my role is to alleviate their stress by providing guidance and hands-on assistance. This may be in the form of a home visit, phone/video calls or email.

For grant applications, I help families identify relevant funding opportunities, gather the required documentation, and complete the applications accurately. This assistance increases their chances of securing financial support for essential resources like specialised equipment, therapies, and educational tools, which are crucial for a vision impaired child's development and to increase independence.

DLA applications are another critical area where families need support. I assist them in understanding the eligibility criteria and help articulate the child's specific needs and challenges related to their vision impairment. Ensuring that all pertinent information is included in the application is crucial for securing financial support, which can significantly aid in covering additional care and mobility costs.

Navigating the EHCP process is equally important. I guide families through the initial stages of the application process, ensuring the right people and details are included to maximise the chances of success. This detailed support helps children receive tailored educational adjustment and services essential for their success in school.


In addition to these specific applications, I assist families with other necessary paperwork, ensuring they understand the requirements and complete forms accurately. By offering this support, I hope to help families reduce their administrative burden, allowing them to focus more on their child's well-being and development. My goal is to empower these families, ensuring they have access to the resources and support they need to help their vision impaired children thrive.


For further support in these areas or if you have any questions please contact [Josh Bartholomew](#) (CYPF Coordinator).

For more information click here



## WANT TO SHARE YOUR OPINIONS ABOUT MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE?

 **We're looking for young people aged 15-18** to take part in an online interview to share their opinions about accessing support for their mental and emotional health. This could include support in schools, youth services, or through healthcare providers.

 **Whether or not you've received support, we'd like to hear your views and opinions** on what might help young people like you who are facing similar situations.

 **You might be eligible to take part if you:**

- Have faced challenges in school, such as exclusion or suspension
- Have been in situations where you felt unsafe or saw someone get hurt
- Have had contact with the police or the youth criminal justice system
- Have been assigned a social worker
- Have had challenges with substance use
- Have faced difficulties with your mental health

Main researcher: Abigail Bentley, [abigail@abresearchconsulting.com](mailto:abigail@abresearchconsulting.com)

For more information or to sign up, [please fill in your details here](#) and someone will be in touch

## Are you aged between 15-18 and want to share your opinions about mental health support for young people?

We're looking for young people aged 15-18 to take part in an online interview to share their opinions about accessing support for their mental and emotional health. This could include support in schools, youth services, or through healthcare providers.

Whether or not you've received support, we'd like to hear your views and opinions on what might help young people like you who are facing similar situations.



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- Have been in situations where you felt unsafe or saw someone get hurt
- Have had contact with the police or the youth criminal justice system Have been assigned a social worker
- Have had challenges with substance use
- Have faced difficulties with your mental health

Main researcher is [Abigail Bentley](#)

For more information or to sign up click [here](#) and someone will be in touch.



## Parents and carers have your chance to share your views on the above study

We're looking for parents and carers of children at risk of, or involved in, violence to take part in an online study assessing support for mental and emotional health (this could include support in schools, youth services, or through healthcare providers). The study is funded by the Department for Education and Youth Endowment Fund and will help improve services for young people in the future. The conversation will take place online and will last roughly an hour. Interviewees will receive a £25 voucher as a thank you for participation. For more information, please contact Abigail Bentley at [abigail@abreasearchconsulting.com](mailto:abigail@abreasearchconsulting.com)





SEN SOCIALS  
SEN PARENT/CARER SUPPORT GROUP

FRIDAY 17TH JANUARY 2025

1PM-2PM

DOWNHAM MARKET LIBRARY

FREE TO ATTEND

CHILDREN WELCOME

Join us for a chat about all things SEN, from getting onto the pathway to how exhausted we are! Free activities for children that attend so parents/carers can enjoy the miracle that is a warm cuppa!

Refreshment donations welcomed but not required!  
Please contact [sensocialsdownham@gmail.com](mailto:sensocialsdownham@gmail.com) for any more information!

## SEN socials - SEN parent carer support group in Downham Market starting in January 2025

A new group is starting at Downham Market Library on Friday 17th January 2025 between 1-2pm.

SEN SOCIALS is a SEN parent carer support group, that is free to attend and children are welcome.

Join for a chat about all things SEN, from getting onto a pathway to how exhausted we are! Free activities for children that attend so parents/ carers can enjoy the miracle that is a warm cuppa!

Refreshment donations welcomed but not required! Click [here](#) to join the SEN SOCIALS FB page.

For more information click here to send an email to the organiser



Come One Come All! Everyone Welcome!

SEND Friendly

# Christmas Craft Fair

with Sparkle the Elf, and visits to the grotto to meet..

## Father Christmas

Saturday 7th December

12 noon to 4pm

At The Clare School  
South Park Avenue  
Norwich NR4 7AU

'The Big Raffle' tickets available to buy from:  
admin@careforclare.co.uk,  
School reception,  
Lydia, Rosy, or on the day

with special thanks to Harford Bridge, Norwich

with special thanks to Brezen Gate, Norwich

Local Makers

Over 20 Beautiful Stalls

Free refreshments  
Hot Food!

Rockin' Robin,  
Reindeer Raising,  
**RAFFLE!!**

CARE FOR CLARE APPEAL  
Registered Charity 117901

PEAKY PIZZAS

pod

TESCO

Sainsbury's

## The Clare School Christmas craft fair is on the 7th of December

Come one, come all- everyone is welcome to the Christmas craft fair at the Clare School in Norwich.

With Sparkle the elf and visits to the grotto to meet a SEND friendly Father Christmas.

Saturday 7th December 12 noon to 4pm.

At the Clare school, South Park Avenue Norwich NR4 7AU.

The big raffle tickets are available to buy from, [admin@careforclare.co.uk](mailto:admin@careforclare.co.uk) , school reception or on the day!

For more details have a look at their FB events page



**NHS**  
James Paget  
University Hospitals  
NHS Foundation Trust

## COMMUNITY CAROL SERVICE

Tuesday 17 December 2024, 6.30pm  
Great Yarmouth Minster

*Join us for an evening of carols,  
readings and music.*

In aid of the  
**Yarmouth & Magdalen  
foodbank**

Please consider bringing a food or toiletry donation such as tinned meat, fish, veg or fruit. Shampoo, shower gel etc.

## James Paget University Hospitals NHS Foundation Trust Community Carol Service is on the 17th December

Chief nurse Paul Morris writes, 'You may be aware that we held a Community Carol Service last December in the magnificent setting of Great Yarmouth Minster.

The event was a tremendous success, with good attendance from both James Paget staff and local residents.

We are planning to build on that success by holding another service, which this year will feature carols, readings, two choirs and a brass band.

Once again, we will be working closely with the Rector of Great Yarmouth, Revd Canon Simon Ward, and his team at the Minster to co-ordinate the service – and, as we did last year, will be asking people attending to consider making a donation to the local food bank.

The date for this year's Community Carol Service is Tuesday, December 17, starting at 6.30pm!

Great Yarmouth Minster, Church Plain, Great Yarmouth NR30 1NE.



**JOIN THE Super 1s**  
NORFOLK CRICKET BOARD

All disabilities welcome  
Ages 12-25

CHALLENGE YOURSELF  
BE MORE ACTIVE  
IMPROVE YOUR SKILLS  
MAKE NEW FRIENDS

**Free inclusive cricket sessions!**

**WEDNESDAYS**  
**DEREHAM**  
**5PM-6PM**  
NORTHGATE HIGH SCHOOL

**THURSDAYS**  
**NORWICH**  
**4:30PM-5:30PM**  
OPEN ACADEMY

**FRIDAYS**  
**KING'S LYNN**  
**5PM-6PM**  
SPORTSBARN, ALIVE LYNNSPORT

**MORE INFORMATION & REGISTRATION**  
**CONTACT NCB DISABILITY DEVELOPMENT OFFICER - ABI SUTHERLAND**  
E) [abi.sutherland@norfolkcricket.co.uk](mailto:abi.sutherland@norfolkcricket.co.uk) M) 07542 769082

## Norfolk Cricket Board- free inclusive cricket sessions

Disability Cricket remains a key priority for the Norfolk Cricket Board as we strive to make Cricket as inclusive in Norfolk as it possibly can be.

Lord's Taverners Super 1 Hubs

- FREE inclusive weekly sessions in Dereham, King's Lynn and Norwich
- Super 1s gives young people with a disability aged 12-25 the chance to play regular, competitive cricket.
- Community cricket hubs allow participants the chance to receive coaching, compete against their peers and enjoy the benefits of playing sport.

Dereham - Northgate High School, Northgate, Dereham, NR19 2EU

- Wednesday Evening
- 5pm until 6pm

Norwich - Open Academy, Salhouse Road, Norwich, NR7 9DL

- Thursday Afternoons
- 4:30pm until 5:30pm

Kings Lynn – Sports Barn, Alive Leisure, LynnSport, Greenpark Avenue, King's Lynn, PE30 2NB

- Friday Evening
- 5pm until 6pm

Registration is required prior to attendance by contacting Abi Sutherland. (She/Her) | Disability Development Officer | Norfolk Cricket Board Ltd

t: 07542 769082 | 01603 486250

e: [abi.sutherland@norfolkcricket.co.uk](mailto:abi.sutherland@norfolkcricket.co.uk)

For more information click here





# The Sunflower Club

## SEND Friendly Stay & Play

Sessions for families with children with additional needs/SEND (0-9 years)

**Sensory play, baby corner, play dough, craft activities...**

**Sensory room with Fibre Optic lights...**

**Hot drinks, cold drinks and biscuits included**

**Monthly sessions in Dickleburgh, Diss**

**Sessions are held on a Saturday afternoon 1:30-3:30pm**  
Please get in touch to book a place

**£3 per family**  
Drinks included  
Siblings welcome

 The Sunflower Club - SEND Friendly Stay & Play  
 [contactthesunflowerclub@gmail.com](mailto:contactthesunflowerclub@gmail.com)








## The Sunflower club- SEND friendly stay and play in Diss - extended age range

Sessions for families with children with additional needs/SEND (0-9 years) The age range has been extended!

Sensory play, baby corner, play dough, craft activities

Sensory room with lights

Hot drinks for adults cold drinks for children

Monthly sessions in Dickleburgh Diss

Sessions are held on a Saturday afternoon 1:30-3:30pm

Please get in touch to book a place

£3 per family drinks included, siblings welcome

[To join the Sunflower club FB page click here](#)

[To email the Sunflower club click here](#)



Tribunal Procedure Committee

## Possible amendments to the Health Education and Social Care Chamber Rules 2008 - GOV.UK- have your say on two options of the Tribunal procedure

The SEND Tribunal Procedure Committee (TPC) is currently conducting on possible amendments to procedure rules that govern the First-Tier Tribunal (Health, Education and Social Care Chamber). The rationale is to reduce the time that parents and young people wait for a decision about their appeal, by increasing the volume of cases that can be determined by 'paper hearings' for refusal to undertake an EHCP assessment appeals.

The TPC is consulting on two options to amend Rule 23 of the Tribunal Procedure (First-Tier Tribunal) (Health Education and Social Care Chamber) Rules 2008:

- Option 1 – leave entirely to judicial discretion – by removing the application of Rule 23(1) (a) of the HESC Rules for refusal to undertake an EHCP assessment appeal and leave the decision on whether an appeal should be determined on the papers or at hearing to the judiciary.
- Option 2- remove local authority consent – removing the requirement for the respondent in refusal to undertake an EHCP assessment appeal to consent to a decision being made without a hearing, meaning the appellant's consent for the decision to be made on the papers, alongside the Tribunal's agreement, would determine whether an appeal could proceed without a hearing.



The consultation can be found at: [possible amendments to the Health Education and Social Care Chamber Rules 2008 - GOV.UK](#).

The deadline for responses is 11:59 pm on 05 December 2024.



family  
action



## Calling new and expectant Dads! Conception to 2yrs old

Family Action Wellfamily Service & Norfolk Community Foundation invite you to come and join our Family Action Dad's group.

Meeting one evening a week at:  
Discovery Garden, behind Discovery  
Community Centre, off Columbia Way,  
North King's Lynn PE30 2LA."

Also at:

ESCAPE Allotment, Tumbler Hill,  
Swaffham PE37 7JG

Whichever is best for you.

Don't hesitate to contact Gary or  
Richard to find out more

E: Gary.early@family-action.org.uk  
Richard.Irwin@family-action.org.uk  
Tess.Cureton@family-action.org.uk

T: Gary 07890 432063 or Richard 07827 989296

- Meet new friends around the fire
- Connect with nature,
- Increase self esteem and confidence,
- Share experiences and concerns in an open and calm environment,
- Learn new skills - gardening, woodwork, and cooking in our pizza oven,
- Improve your physical health and fitness.

[family-action.org.uk](http://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 - calling new and expectant Dads in the Swaffham and King's Lynn areas

Calling new and expectant Dads! Conception to 2 years old.

Family Action Wellfamily Service & Norfolk Community Foundation invite you to come and join our Family Action Dad's group.

At the Discovery Garden, behind Discovery Community Centre, off Columbia Way, North King's Lynn PE30 2LA.

Also at:  
ESCAPE Allotment, Tumbler Hill, Swaffham PE37 7JG

Whichever is best for you.

Don't hesitate to contact Gary or Richard to find out more.

[Gary.early@family-action.org.uk](mailto:Gary.early@family-action.org.uk)

[Richard.Irwin@family-action.org.uk](mailto:Richard.Irwin@family-action.org.uk)

[Tess.Cureton@family-action.org.uk](mailto:Tess.Cureton@family-action.org.uk)

Gary 07890 432063 or Richard 07827 989296

- Meet new friends around the fire
- Connect with nature,
- Increase self esteem and confidence,
- Share experiences and concerns in an open and calm environment,
- Learn new skills - gardening, woodwork, and cooking in our pizza oven,
- Improve your physical health and fitness.

[Click here for the Family Action website](#)





**Opening Doors**

# South Norfolk Advocacy Group

**FREE** group for adults with learning disabilities living in South Norfolk



Join Opening Doors every other Thursday from 10am to 12pm.

Come along to the Community Meeting Room in **Morrisons**, Diss.



**A chance to speak up and get your voice heard**



**Make choices and decisions**



**Make and see friends**



**You can bring a supporter**



**Try out new things**

## South Norfolk Advocacy group in Diss

FREE group for adults with learning disabilities living in South Norfolk

Join Opening Doors every other Thursday from 10am to 12pm at the Community Meeting Room in Morrisons, Diss.

- It is a chance to speak up and get your voice heard.
- Make choices and decisions.
- Make and see friends.
- try new things.

You can bring a supporter.

For more information Telephone: 01603 631433 or [Email:](#)

[Click here for the Opening Doors website](#)



## The Challenging Behaviour Foundation (CBF)

The Challenging Behaviour Foundation (CBF) is a registered charity that was founded in 1997 by Vivien Cooper OBE, the parent of a child with severe learning disabilities whose behaviour challenges.

We are the only charity focussed specifically on children, young people and adults with severe learning disabilities whose behaviour challenges.

### **How do we make a difference?**

We are making a difference to the lives of children, young people and adults with severe learning disabilities whose behaviour challenges, by:

### **Providing information**

We provide practical information for families and professionals about understanding and supporting children, young people and adults whose behaviour challenges.

### **Providing support**

Our Family Support Workers can offer individual support and information over the phone and by email. We also offer peer-to-peer support through our Carers' Catch-Ups, and email networks for family carers and for professionals.

### **Carers' Catch Ups**

Informal peer support groups hosted by a family carer on Zoom.

Current general timetable

Chat with others who understand the ups and downs of caring for and about someone with a severe learning disability.

Monday 2nd December 2024: 10am – 11.30am

Monday 6th January 2025 : 10am – 11.30am

Monday 3rd February 2025 : 10am – 11.30am

Monday 3rd March 2025 : 10am – 11.30am

Current timetable for focussed sessions

Chat with others about a particular topic; share your experiences and hear from others about theirs.

Please note these are not training sessions, they are hosted by a volunteer with lived

experience.

If you would like to join any of the general or focussed sessions, please email [support@theCBF.org.uk](mailto:support@theCBF.org.uk) and we will send you a Zoom link.

### **Listening Ear Calls**

Support calls from a fellow family carer who is trained in active listening.

Sometimes it helps to 'offload' to someone who understands what you are going through.

This is not a counselling, information or advice service. These calls will be purely a listening ear, giving you the time to talk. The support is non-judgmental and confidential.

For more information or to book a call, please email [support@theCBF.org.uk](mailto:support@theCBF.org.uk) or call 0300 666 0126

### **Private Facebook group: The CBF Family Forum**

The private Facebook group, The CBF Family Forum, is open to family carers of children and adults with severe learning disabilities whose behaviour challenges. The group moderators are CBF volunteers and family carers. The group is a welcoming and supportive community, with opportunities to share personal experiences, ask and answer questions and form relationships with one another.

To join the private group, click [here](#), and answer three eligibility questions, and agree to a set of group rules. Applications to join are then reviewed by CBF volunteer administrators.

### **Family Carers' Email Network**

Join our Family Carers' Email Network and get in touch with families around the UK to share experiences, get information and peer support.

<https://www.challengingbehaviour.org.uk/for-family-carers/family-carers-email-network/>

### **Family support service**

The CBF Family Support Service can provide information and support about the needs of your relative with a severe learning disability. We can help you navigate the complex health, education and social care systems. Our support is confidential and we won't judge you or tell you what to do.

Open to parents, siblings or other close relatives of children, young people or adults with severe learning disabilities who display behaviour that challenges.

By severe learning disabilities, we mean someone with very limited or no verbal communication, as well as a great difficulty in learning new skills or completing everyday tasks.

<https://www.challengingbehaviour.org.uk/for-family-carers/family-support-service/>

### **Family carer advocacy resource**

Who is this resource for?

Family carers whose relatives are adults (aged 18 years old and over) who have a learning disability, autism or both and are either:

Currently in a mental health service

Have recently been discharged from a mental health service

Have a history of admission/discharge/admission

Are at risk of being admitted to a mental health service

Although aimed at family carers of adult relatives, this resource will also be useful for family carers of relatives who are in the process of transitioning from children to adult services and have been identified as needing specialist support because of a mental health diagnosis and/or behaviour described as challenging.

The primary audience is family carers advocating alongside or on behalf of their relative, but

the resource will also be useful for organisations and individuals working in partnership with family carers and their relatives.

<https://www.challengingbehaviour.org.uk/information-and-guidance/rights-and-the-law/00-family-carer-advocacy-resource/>

Click here for The Challenging Behaviour Foundation website



## Charlotte's Tandems- free Tandem hire across the UK

The daughter of the founders, Charlotte, has severe learning difficulties, severe autism, erratic challenging behaviour and is non verbal. It is hard to keep her busy and happy but her parents found that cycling was the best way. When Charlotte grew out of her tag-along bike in 2005 they decided to take the plunge and a bought a tandem, without even trying one out beforehand, as they had nowhere to try one. Fortunately, she loved it from the start and they have ridden many miles, without major problems. So they wanted to share their love for tandeming with others.

### **What we do:**

We lend, throughout the UK, at no cost (i.e. for free), tandems and tag-alongs to (and only to) people with disabilities or additional needs, who are unable to ride a bike safely on their own, so that they can enjoy the wonders of cycling.

### **What you need to do:**

Fill in the [Contact Form](#) and someone (probably Alex) will put you in touch with our nearest Volunteer, shown [here](#).

Arrange with the Volunteer to collect the tandem or tag-along from them.

Fill in a [Borrower's Form](#) and hand it to the Volunteer when you collect the bike. Also show the Volunteer some evidence of the disability.

Have fun riding the bike. Hire is normally two months, but some people end up having them for much longer.

Send us photos and comments for us to publish on our website and elsewhere.

Return the bike in a fit state to the Volunteer at the end of your hire for the next people to ride straight away.

[To find Charlotte's Tandems on FaceBook click here](#)

[To look at Charlotte's Tandems website click here](#)



## Co-production research led by the Council for Disabled Children - online survey deadline extended

If you are:

- A young person with SEND
- A parent/carer of someone with SEND
- A professional working in the voluntary/charity/SE sector in SEND services
- Or anyone else with an interest in co-production

The Council for Disabled Children would like to hear from you.

The data gathered will be anonymous and it will be used as part of a research project on what good co-production looks and feels like in SEND services.

**The survey has been extended, it will now remain open until 15 December 2024.**



The project is part of the Research & Improvement for SEND Excellence partnership led by the Council for Disabled Children.

The research will be published on the What Works in Send website <https://whatworks-send.org.uk/> which aims to create lasting change and improve outcomes for children and young people with SEND.

The second part of the research will focus on case studies of good co-production in SEND services across England.

If you know of any projects/areas that are doing good co-production and might like to take part in the research, please share details with the research team, contact Meanu by [email](#).

If you have any queries about this research please contact the research team via [email](#).

[Click here for the Co-production survey](#)



# Are you Separated or Separating?

**Worried about your child getting caught in the middle? Family Transitions Groups can help**

**What parents have said -**

**"Has had significant benefits and an insight into how to overcome challenges with co parenting"**

**"The teachers (course leaders) were kind, thoughtful, helpful and supportive"**



**Completely Free!**

**Starting Thursday 9th January 2025 10:00am-12:00pm**

**Delivered online via Teams Microsoft  
One session per week for five weeks**

## Are you seperated or seperating? Family transitions group can help

Are you worried about your child getting caught in the middle? Family transitions groups can help

What parents have said-

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The course is completely free!

Starts on Thursday 9th January 2025 10:00-12:00 pm.

Delivered online via Teams Microsoft.

For more details about The Triple P – Positive Parenting Program click [here](#).

To book click here- please be advised that this will take you a form about accessing Early Help, it is the correct form!



## The Jon Shaw foundation - supporting young people living with epilepsy and raising awareness of SUDEP- Sudden Unexpected Death in EPilepsy

### WHO WE ARE:

We are a group of friends and family of Jon, who are determined to help young people with epilepsy and others who have lost siblings and / or close friends in honour of Jon's memory. We know only too well that few people have heard of SUDEP and it is part of our mission to inform everyone of the risks in epilepsy. We also know from personal experience how difficult it is to lose a sibling or a friend. During the first few months of Jon's death there was a lot of support for me as a mum but his brothers were generally overlooked. Friends felt isolated and unsupported at college and work. Speaking to other bereaved families I have discovered that this seems to be a recurring theme, so it is important for us to change this if we can.

### SUPPORTING

young people living with epilepsy

### IMPROVING

the mental health of bereaved siblings and close friends

### PROMOTING

awareness of SUDEP (Sudden Unexpected Death in EPilepsy)

 [Email Us:](#)

Telephone 07724393057

## WHAT WE AIM TO DO...

We will offer financial assistance for equipment and services not normally available through the NHS. For example Monitors and alarms, anti suffocation pillows and much more. Provide funding for face to face counselling, towards leisure or sporting activities/clubs, and signpost and coordinate access to play/animal therapy, forest schools. We will also organise social events so that bereaved siblings and close friends will have the opportunity to talk to others who will understand. Continue to raise awareness of SUDEP by setting up information points in local businesses, in addition to sharing information with organisations working with young people. We will continue to promote awareness at all our fundraising events.

## How will we do this?

We will continue to raise funds through events organised by both trustees and our supporters. We will continue to encourage support through online shopping links and weekly lottery. We will work hard to promote the Foundation and seek sponsorship from local and other businesses.

Jon's charity aims to help young people with epilepsy live safely and independently, and to make life a little easier for bereaved siblings and close friends.

For more information click here to visit the Jon Shaw foundation website



The National Autistic society- information, practical and multimedia resources to support autistic people and their families before, during and after diagnosis

### Before diagnosis

- Information, practical and multimedia resources to help you before requesting an autism assessment.
- Signs that a child or adult may be autistic
- Deciding whether to seek an autism assessment
- How to request an autism assessment

- How to bring up that you think someone may be autistic

### Assessment and diagnosis

- Information, practical and multimedia resources to help you understand and navigate the autism assessment and diagnosis process.
- What can I do while waiting for an autism assessment?
- Criteria and tools used in an autism assessment
- What happens during an autism assessment
- Professionals involved in an autism assessment

### After diagnosis

- Information, practical and multimedia resources about how autistic people and their families may feel after a diagnosis and the support that may be available.
- How will I feel after receiving an autism diagnosis
- Talking about and disclosing your autism diagnosis
- Emotional support for family members after a diagnosis
- Formal support following an autism diagnosis
- What can I do if formal support is not offered or is not enough

[Click here to find out more on the National Autistic society website](#)





# Hear Me, See Me



For healthcare professionals



December 4 2024



12:30PM - 2.00PM



live session on  
Microsoft Teams

[Register here](#)

## Autism and Eating Disorders

Save the Date

4th December 2024

Join us to hear  
from  
professionals  
about how to  
treat an autistic  
person with an  
eating disorder  
and what to  
look out for.

## Hear Me See Me- for healthcare professionals: Autism and Eating Disorders

Autism Bedfordshire is hosting an online session on Autism and eating disorders for healthcare professionals.

It's on the 4th December 2024 12:30PM -2PM live on Microsoft Teams.

Join to hear from professionals about how to treat an autistic person with an eating disorder and what to look out for.

[Click here to register](#)



## ASD Helping Hands- groups for children and young people

“We will support all service users affected by an Autistic Spectrum Disorder (ASD) regardless of age or what stage of life they are at. We aim to offer guidance, practical advice and support whether you are personally affected or you are a family member, carer, friend or professional. We will actively champion the rights of all people affected by ASD and aim to make a positive difference in their lives while delivering a service that is accessible, reliable and trustworthy.”

They run a Family support group twice a month that is for families and is aimed at children who are under the age of 12 years. Prebooking through the [website](#) is required for this.

From Jan 2025 they are also offering a teen social group that is held in Dereham twice a month. You will not need to prebook for this.

ASD Helping Hands are also working with the Family Hubs to facilitate a weekly drop in session at [Dereham Library](#).

[Click here for upcoming events hosted by ASD Helping Hands](#)





## Carer Money Matters - service provided by the Caring together charity

Carer Money Matters is a new project supported by Carers Trust. It operates across Norfolk and is particularly for younger carers aged 18-25 years, and their families.

Are you worried about making ends meet for you or the people you're caring for?

As a carer, we know that your own worries aren't always at the top of your list. But we also know that there are so many other things you're worrying about too. Many of you have told us you're struggling to make ends meet and pay bills on time. We can offer information and sign posting to support with reducing energy costs, home safety measures (such as carbon monoxide alarms, making sure you're on the Priority Services Register with utility providers and other practical help.

That's why we're here to help make money less of a worry.

We want to help you feel more confident about money, for you and the people you're caring for. Carer Money Matters can help you understand, and get, the financial support you're entitled to.

Our advisors can talk to you about other money matters too, whether it's for you or the people you care for. We understand that balancing caring responsibilities and finances isn't easy, and we can help you to access the support you need to manage money and reduce debt.

We also know that a majority of carers are either forced to leave work altogether or to reduce their paid hours because of the pressures of their caring roles. We have advice and information for you about the Carer's Leave Act which entitles you to unpaid leave if you are employed and caring. Download our fact sheet, The right to unpaid Carer's Leave.

Taking care of others means taking care of yourself. So, please get the help you need to help the people you care for.

To access our Carer Money Matters support, please email [carermoneymatters@caringtogether.org](mailto:carermoneymatters@caringtogether.org)

[Click here for the Caring Together Money Matters support website](#)







## Norfolk SENDIASS Spotlight November 2024

Welcome to November's edition of the SENDIASS Spotlight!

There are updates from SENDIASS, The Youth Forum, SEND articles and engagement and outreach information.

[Click here for the November edition of the SENDIASS Spotlight](#)





The FREE Digital Sensory Show



# Phoebe's Festive Favourites

"We all loved it so much, it was completely inclusive and amazing"



"A real feel good activity to get us into the Christmas spirit that everyone can enjoy."

Dear Friends,

Award-winning children's theatre charity, Embracing Arts, invites you to enjoy their flagship festive production: Christmas for Kids. Since 2009, these sensory, interactive shows have been enjoyed by over 33,000 children across the UK. This year marks the 5th digital show... **'PHOEBE'S FESTIVE FAVOURITES!'**

*Join lovable puppet Phoebe as she shares her favourite elements of Christmas!*

This six-part interactive festive adventure is bursting with music, puppetry, colourful visuals and more! Accompanying this FREE Digital Production is a **Facilitators' Guide**, made in collaboration with organisations across the SEND network to bring the show to life for sensory learners.

Available from 11th November at [www.christmasforkids.org.uk](http://www.christmasforkids.org.uk)

## Free digital sensory show- Phoebe's Festive Favourites

### Phoebe's Festive Favourites.

Loveable puppet Phoebe shares her favourite elements of Christmas in this magazine-style children's show, delivered across six episodes.

Each features a song and sensory activities to be facilitated live. The series is accompanied by a Resource E-Packs guiding parents, teachers and carers on how to facilitate the sensory moments wherever they are, as well as suggested further learning & play exploration.

'Phoebe's Festive Favourites' is a FREE sensory series specifically designed for neurodiverse children and those with life-limiting illness and PMLD.

The show's digital format means it can be enjoyed in spaces where children and their families feel most safe and supported.

### **About the Show**

'Phoebe's Festive Favourites' is an interactive, sensory-based series bursting with music, puppetry, colourful visuals and much more!

Accompanying the series are Resource E-Packs aimed at supporting parents, teachers and carers to become the "Facilitators" of the show.

Our resources guide those facilitating on how to bring sensory elements to life for children with complex needs or life-limiting illness & provide opportunities for engagement, communication and positive memory making.

Watch the episodes multiple times, either in family groups, large Christmas parties, School classrooms, or with you and your child.

Sign up now to receive early access to accompanying resource materials. **Episodes will be available to watch from 11th November to 10th January.**

[Click here to watch a short trailer and book a slot to watch all of Phoebe's Festive Favourites](#)



**Brighter Futures is a collaborative employment project**

Brighter Futures is a collaborative employment project between Voluntary Norfolk and Future Projects.

Brighter Futures is designed to help long-term unemployed people in Norwich gain access to education, training, and employment. In collaboration with Voluntary Norfolk, they offer tailored one-to-one support, creating personalised pathways for each participant.

We can help anyone aged 16 plus, and aim to support those with the biggest barriers into employment. Things we can help with include CV checks, help with applications, interview prep, voluntary placements, short course qualifications, work placements, as well as additional support such as small pots of funding to help overcome specific barriers. We handhold our clients through their journey, no matter how far or close they are from employment. We also help facilitate 2 week voluntary placements at Future Radio, for anyone that is keen to get some media experience.

We are open to referrals from anyone within this remit. Referrals can be made yourself or for a client. You can find the referral form using the link [here](#).

[Click here for more information, on the Brighter futures website](#)



**THRIVE  
AUTISM**

**Support for the neurodiverse  
and their caregivers**

Thrive Autism is a new charity formed by six individuals who want to provide Norfolk with a state-

## of-the-art Autism Centre - please help by completing their survey

Thrive Autism is a new charity formed by six individuals who want to provide Norfolk with a state-of-the-art Autism Centre . This will be a bespoke new build and will be located with good communication and transport links.

Whilst the trustees have a vision it is very important that you have your say what you want in the building. The plan is to make the building as Autism friendly as we can. It will be open to all young people aged 0-25 , parents' siblings ,carers and those that provide support around ,speech etc.

Because of the complexity of autism, it will also help those with its associated disabilities. The building will be very much for leisure creating a safe ,secure and friendly environment but will also cover support, training, and employment as well as any suggestions from yourselves.

Below is a link to a 5-minute survey to help all those involved in this project to deliver what's needed in the County and for you.

The survey is anonymous and closes on the **31 December 2024**. This is a short period as we have been offered some free land and we need to do a pre planning application straight after Christmas.

Click on the button below to go to the survey

[Click here for the Thrive Autism survey](#)



**CARERS  
TRUST**

## Adult Unpaid Carer Wellbeing Toolkit

Caring for You is a toolkit for adult carers to use either individually, by support workers to carry out in sessions, or in peer-led support groups. The toolkit offers practical activities and tips to deal with specific emotions which can arise from having a caring role, as well as ideas on how to maintain a good overall wellbeing.

[Click here for the Carers Wellbeing toolkit](#)



## 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](#)
  - 📞 [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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