



**From all the team at
Family Voice Norfolk,
we wish you and your
family a very happy
Christmas**

Merry Christmas 2024

Family Voice Norfolk wishes everyone a Merry Christmas, in whatever form Christmas takes for you and your children. Quiet or crazy, pizza or the full roast dinner, excitement over presents or raptures over the wrapping, our children are all unique, our families are unique and we're all doing the best we can. The Family Voice Norfolk team is looking forward to family time and we hope you are too. Thank you for sharing your experiences of 2024, for responding to our surveys and to our requests for feedback on various topics. We'd love to see both new faces and familiar ones at our next conference in March 2025 so watch out for booking which opens in January. As an organization, we will be experiencing some changes as people move on to pastures new so do keep an eye out for further news on this in the New Year too. Let's keep making that difference in 2025 – always remember how important your voice is and that working together, we are stronger.



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Booking for parent carers



Conference 2025
Opens
15th January 2025

[Booking for parent carers to attend the Family Voice Norfolk annual conference opens on January 15th 2025](#)

Are you a parent carer of a child or young person aged 0-25 with additional needs or disability and are reading this newsletter because it has been shared with you? Perhaps nursery, school, college or a friend has passed it to you? If so, why not sign up online by clicking the green button below and you'll receive the conference booking email directly on January the 15th as well as our newsletter each month.

Our Membership Secretary (herself a parent of two young people with additional needs) will contact you by email or phone depending on your preferred method of communication to complete your membership.

[Click here to join](#)



Poppy's Pantry - Realise Futures social business in Wymondham

Poppy's Pantry is a Realise Futures Social Business based in Wymondham, located in the town centre. Operating as a wholefoods shop, re-fill centre, weigh & save and café, it is more than just a shop.

When an individual starts their journey with Realise Futures they might not know in the first instance what they would like to do. Some may wish to gain work experience, learn new skills or move into a paid job. Others might not be ready for that and will progress at their own pace, sometimes over a longer period of time.

Our coaches work with individuals to put together a person-centred plan, together with clear end-goals and learning outcomes. Coaches will be on hand to work closely with individuals throughout the working day.

All placements will gain real work experience in retail and catering – cooking, sales, customer service, waiting tables, teamwork, fulfilment and building on social interaction are a few of the skills individuals can learn onsite.

Supported Work Experience Offer

Dependent on individual needs, this ranges from 8 to 12 week work experience trials to enrolling onto our up to 2-year programme, where at the end individuals could be in a position to progress further and seek paid employment. Throughout this time our team will be supporting individuals every step of the way, with regular reviews and reporting on progression.

The primary aim of the business is to improve and promote the economic, wellbeing and mental health of those who are disadvantaged and/or disabled, whilst contributing to the economy in our communities.

CONTACT US FOR FURTHER INFORMATION:

Email: poppyspantrynorfolk@realisefutures.org

Tel. 01953 439020

Poppy's Pantry Norfolk, 24-26 Middleton Street,
Wymondham, Norfolk, NR18 0AD

[Click here for the realise Futures website](#)





Digital Library for Parents and Carers

The ND Digital Library has been co-produced with families and clinicians to provide practical support and resources to help understand more about neurodiversity.

Find ideas about how to navigate some of the challenges children and families face every day.

www.justonenorfolk.nhs.uk

Scan the code to access the library



Launch of new neurodiversity digital resource to support parents and carers across Norfolk

Norfolk Community Health and Care NHS Trust and Cambridgeshire Community Services have developed a new digital resource to support families who are looking for information and support around their child or young person's neurodevelopmental needs.

The ND Digital Library is available on the [Just One Norfolk platform](https://www.justonenorfolk.nhs.uk), which hosts information and resources aimed specifically at Norfolk families.

The ND Digital Library has been co-produced with families and clinicians after it was identified that there was no single place to go for reliable information and support. Many children, young people, and their families have neurodevelopmental needs that, at times, may impact daily life. This library provides practical support and resources to improve understanding about neurodiversity and provide ideas about how to navigate some of the challenges children and families face every day.

[Click here to access the ND digital library](#)



NSFT Information Pack for Family, Friends and Carers

Our Partners in Care



Improving together
Safer • Kinder • Better



Norfolk and Suffolk Foundation Trust (NSFT) Information pack for family, friends and carers - our partners in care

Who is a carer and partner in care?

Carers can be friends, neighbours, family members and partners. 'Caring' often involves, emotional support, prompts and reminders to manage everyday life events and encouragement and companionship to go places. Sometimes being a carer and providing

care involves physical or personal tasks but this is not always the case.

A carer is anyone who cares, unpaid, for a friend or family member who, due to illness, disability, a mental health problem or an addiction cannot cope without their support. (Carers Trust, 2021)

Where do Family, friends carers, our partners in care, fit within our vision and strategic priorities?

To underpin the vision and strategic priorities there enabling strategies including the Service Users and Carers Strategy.

Norfolk and Suffolk Foundation Trusts Carer Lead and Participation Teams will be working hard alongside carers and service users to inform and implement the new strategies.

The Carer Lead Team is committed to cultivating trust with carers and families of our service users, ensuring their vital participation in both the care provided to service users and the design of our services. We understand the significant impact of the caring role and recognise that carers possess invaluable insights into service users that may not be accessible otherwise.

Our team is dedicated to promoting the idea that caring for carers is everyone's responsibility. We strive to support teams throughout the Trust in implementing the Triangle of Care framework, which aims to provide equitable access to carer information and support. By embracing this approach, we aim to enhance the overall experience for both service users and their carers, fostering a culture of collaboration, empathy, and mutual respect within our organisation.

The Carer Lead Team are happy to answer any carer related queries from carers or professional from NSFT or outside organisations and are contactable via a dedicated carer email service carersqaservice@nsft.nhs.uk

If people are interested in being involved in any Trust projects or volunteering with NSFT they should contact People.Participation@nsft.nhs.uk

Click here to read the NSFT information pack for family, friends and carers



An evening of fun and games for unpaid carers In Norwich

Dear people who care for others (I hope we all do).

This is an invitation for the people who might welcome a few hours off to find some joy for themselves.

This event is for Unpaid Carers in Norfolk to come and have an evening of fun and games with me, as we explore finding your unique clown within.

There is no charge, and THE ASSEMBLY HOUSE TRUST in Norwich are kindly sponsoring this event, providing us with a beautiful space.

Please come as you are, no need to be funny, or good at it! In Clowning there's no such thing, we are all already marvellous.

On Wednesday 29th January 2025, 6pm-8.30pm at The Assembly House Norwich NR2 1RQ There are 20 places available.

Please book directly with me: angie.wakeman@hotmail.co.uk

If there's an interest to do more, we can.

If anyone knows someone who might benefit from a breather, please let them know.

[Click here to go to The Clowns Truly website](#)



Volunteer it Yourself - new projects in the King's Lynn area for young people who are 16+

We are thrilled to announce new and exciting opportunities for 16+ year-olds from West Norfolk and Kings Lynn Borough who are economically inactive or unemployed (part-time jobs are fine).

We're back in Kings Lynn with fresh projects kicking off in the new year, starting with the Springwood KL Project on January 6th, followed by two additional projects. Registrations are now open, operating on a first-come, first-served basis, but we will do our best to accommodate as many learners as possible.

Why Join?

Learners will have the opportunity to earn an Entry Level 3 City & Guilds qualification in Carpentry, Painting and Decorating, and/or Health and Safety. Other qualifications may also be available, depending on the projects and mentors.

Our skilled trade mentors are passionate about passing on their knowledge, ensuring learners gain valuable hands-on experience in a supportive environment.

If you'd like to learn more about us and what we do, we'd be happy to arrange a call or Teams meeting to discuss further.

Project Information

Project: Springwood KL

Where: Springwood Family Centre, Located in the grounds of Springwood High School, Queensway, Kings Lynn, PE30 4AW

Dates: 6th Jan – 17th Jan

Scope: Building a new canopy over a play area, removing and replacing handrail and balustrade, to an existing ramp and constructing children's play walls.

Accreditations: Carpentry, Health and Safety, or Painting and Decorating.

Project: North Lynn Family Centre

Where: North Lynn Family Centre, 80 Hamburg Way, North Lynn, Kings Lynn, PE30 2ND

Dates: 20th Jan – 31st Jan

Scope: Building four door canopies to protect visitors against the elements and decorative timber planters.

Accreditations: Carpentry, Health and Safety, or Painting and Decorating.

Project: St. Augustine Family Centre

Where: St Augustine's, Columbia Way, Kings Lynn, PE30 2LB

Dates: 24th Feb – 7th Mar

Scope: Decorating internal communal spaces

Accreditations: Health and Safety, or Painting and Decorating.

Key Statistics from VIY Projects

98% of participants reported a positive experience

91% noted increased happiness and well-being

70% achieved at least one Entry Level 3 City & Guilds qualification (3-day minimum participation)

88% felt the project raised their hopes and aspiration

For a glimpse into a typical day as a VIY volunteer, check out this 60-second [YouTube video](#)

Contact Jojo Yohannes | Project Executive

M: 07771 628667

jojo@teamvij.com

Click to go to the Volunteer it Yourself website



Norfolk County Council's SEND bulletin- have you signed up?

Norfolk County Council's SEND bulletin is Norfolk's news bulletin for families of children and young people with special educational needs and/or disabilities (SEND), and the professionals working with them.

The bulletin is published every half term (six times a year), and once you have subscribed, you'll receive it directly to your email inbox. Each edition is packed full of useful updates, including events and activities, good news stories, training opportunities, contact details and all-important information relating to SEND. Click [here](#) to sign up and receive the next SEND bulletin.

To read the December edition that came out earlier in the month click [here](#)





Norfolk Learning Disability Partnership

www.norfolkldpartnership.org.uk

Hate Crime incidents survey for people with a Learning Disability and/or Autism in the community

The Norfolk Learning Disability Partnership has asked us to share this survey on 'Hate Crime incidents for people with a Learning Disability and/or Autism in the community'.

As a person with a learning disability and/or autism, or as a parent carer or support worker of someone with a learning disability and/or autism, have you experienced discrimination within your local community?

Discrimination is when you are treated differently from others, such as neighbours making unfounded complaints about the noise you are making or activities within your own private home, or complaining about you being present in the local community,

We know many disabled children, young people and adults have faced this discrimination, if you are one of these people or a supporter (ie, parent carer), please consider sharing your experiences in this survey.

[Click here for the survey](#)





Tourette syndrome- What Makes Us Tic?

Tourettes Action is the UK's only national charity dedicated to supporting individuals with Tourette syndrome and their families. We want a world where people with Tourette syndrome are: accepted, supported and embraced. This is a world which enables people with the condition to reach their full potential.

We provide a range of services for people with Tourette's and their families, which we are eager to spread the word about. Tourette's is still a hugely misunderstood and highly stigmatised condition, often meaning many people are misdiagnosed or unable to gain a diagnosis or support following a diagnosis. We are eager to change this and want to reach as many people as possible, who may potentially need our help.

We also have the following services which your local community may find of use:

- A [dedicated helpdesk](#) to provide support both pre and post Tourette's diagnosis TA Helpdesk
- An [education service](#) who can liaise with school and college to ensure the right support is in place for those with Tourette syndrome Support in school
- [FREE eLearning modules](#) for individuals and GPs which can be found here Tourettes Action eLearning Module
- A [grant system](#) available for those with Tourette's TA grants
- A [face to face support group](#) in your area called XXX ran by XXX Tourettes Action In Person Support Groups

- [Online support groups](#) Tourettes Action Online Support Groups
- Plus much more that can be found on our website www.tourettes-action.org.uk

To read the Tourettes Action What Makes Us Tic brochure click [here](#)



Lowestoft, Thorpe, Caister, Bradwell and Gorleston John Plummer dental practices currently have NHS spaces for children under the age of 17

John Plummer and associates dental practices in the above areas currently have NHS spaces for children under the age of 17.

To register, please call or email your preferred practice with the following details to hand;

Full name

Date of birth

Address inc postcode

Email address

Contact number

GP name

📍 Lowestoft

☎ 01502 567519

✉ lowestoft@plummers.co.uk

📍 Thorpe St Andrew

☎ 01603 700990

✉ thorpe@plummers.co.uk

📍 Caister-On-Sea

☎ 01493 728351

✉ caister@plummers.co.uk

📍 Bradwell

☎ 01493 662717

✉ bradwell@plummers.co.uk

📍 Gorleston-On-Sea

☎ 01493 604666

✉ gorleston@plummers.co.uk

Click [here](#) for their FB page to see what other services they offer.



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 30th January
17.00-18.30PM
Online



Register Here

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



<https://tinyurl.com/mvry9axa>

Understanding gangs and county lines- awareness raising session 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.

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.

Thursday 30th January 17.00-18.30 pm online.

[Click here to reserve a space](#)



Online training for parent/carers being delivered by
Norfolk SENDIASS and Kids Mediation Service on
January the 29th

Norfolk SENDIASS and Kids Mediation and Disagreement Resolution Service are joining forces to present free parent/carer online training on:

- Who is Norfolk SENDIASS?
- Who are Kids?

- What is Mediation?
- What is Disagreement Resolution?
- What is the purpose/point of attending Mediation and how can it be worthwhile

This virtual training is for parent/carers and will include a Q&A at the end.
The training coincides with Norfolk SENDIASS's 'Focus Week' on Phase Transfer with an EHCP.

To book on [click here](#)



Asperger East Anglia

Diagnosed With Autism/Aspergers?

Do you want to connect with other adults with
Autism?

We gather Every Other Tuesday from 12:30 to 2:30!, (During Term
times) At The Rest (Mind) In Kings Lynn

The new full address is;
Rest Kings Lynn
56 High street
PE30 1AY

We have board games, arts & crafts and our friendly general chats.
I will be offering hot drinks and refreshments for a small donation.

WE ALSO MEET FOR SOCIAL ACTIVITIES IN AND AROUND KINGS
LYNN EVERY MONTH.

[MORE INFO](#)

if you would like to attend our Tuesday social group, or for info on
our social activities please contact Jade at
j.saint-laurent@asperger.org.uk or by phone on 07985 504835

Registered charity no: 1074699

Asperger East Anglia group in King's Lynn - please note the new venue

Exciting new adventures await us in the year ahead for Asperger East Anglia Kings Lynn.
Starting in 2025, our Asperger East Anglia 'Adult social group' will be gathering every other
TUESDAY from 12:30 – 2.30 at REST MIND Norfolk and Waveney.

The group will have board games, arts & crafts and our friendly general chats. (Please note –
our group no longer meets at the Steam House Café)

The new full address is;
Rest Kings Lynn

56 High street

PE30 1AY

The dates for the new Tuesday Adult social group sessions are as follows;

Starting January 14th & 28th

February 11th & 25th

March 11th & 25th

(For further dates please contact Jade – details below)

All groups are free !!

We will also be re starting our monthly adults Activities group!

We meet for activities such as

- Bowling
- Farm park trips
- Social lunch's

And lots more !!

Any questions or to join either of these group sessions please contact Jade

J.saint-laurent@asperger.org.uk

Mobile 07985 508435

Look forward to seeing you in the new year !



Health Adjustment Passport guidance for those who work and who are deaf or have hearing loss

Health Adjustment Passport guidance

The Health Adjustment Passport is a document to record the support and changes (known as reasonable adjustments) you may need at work. Your employer may have their own version for you to use.

You can use a completed Health Adjustment Passport to support an application to Access to Work, which could help fund adjustments such as communication support or specialist equipment.

How a passport can help you at work

If you have hearing loss you may not identify as disabled, but you may still face challenges that can impact your work. The passport can be an easy way to open conversations about deafness or hearing loss at work. The passport can also support discussions with your employer or a potential employer by providing them with an overview of the support you need.

The passport belongs to you, and it cannot be shared with others without your permission. Things to think about if you are deaf or have hearing loss

If you are deaf or have hearing loss, there are some things you might like to think about when completing the passport.

Communication

What is your preferred way to communicate? For example, British Sign Language (BSL) or lipreading.

How do you need your manager and colleagues to communicate with you? If you are a BSL user, do you need support to translate documents and emails?

Meetings

Do you require a British Sign Language interpreter or other communication support such as notetaker or STTR for meetings? How much time would you need communication support for?

Are there key regular meetings that you will attend? Consider how will you access meetings, face-to-face or online?

If having agendas or presentations in advance helps you prepare, mention this need. Would it help to have extra time for interviews or meetings?

Equipment

Consider mentioning if you use an assistive technology, such as hearing aids or a personal mic.

There is a wide range of equipment that could support you at work, investigate the options that are available and think about what would work best for you. Do you need a pager for the fire alarm, an amplified telephone, a personal listener?

We would always recommend a workplace assessment to guarantee that you get all the support you need to perform to your best at work.

Work environment

How noisy is your work? If you require a quieter workspace to focus, or to avoid background noise that can interfere with communication, mention this.

Can you see when people are approaching you? Is the lighting bright enough for you to lipread colleagues or customers?

Emergency procedures

Think about the need for visual alert systems or vibrating alarms to notify you in case of emergencies, such as fire alarms.

[Click here to find out more about workplace adjustments for deaf people and people with hearing loss](#)





Carers Identity Passport



4000+ Carers Identity Passports have been issued to unpaid carers so far, have you got one?

Launched over a year ago, so far over 4000 carers identity passports have been issued.

Unpaid Carers told [Carers Voice](#) that they wish to be identified as Carers, in a healthcare setting. In order to help support this, Carers Voice co-produced a Carers Identity Passport, to ensure Carers are recognised and can get the help and support they require. The Carers Identity Passport is for all age Carers, including Young Carers and Parent Carers in Norfolk and Waveney.

When you apply for an identity passport Carers Voice will be in contact with you via email to advise you when to expect your Carers Identity Passport. You can request either a digital and/or physical Carers Identity Passport. The digital version is an image you can download on your phone and the physical Carers Identity Passport takes the form of a card and lanyard that can be worn.

[Click here to sign up for your free Carers Identity Passport](#)





Power of attorney- reduction or exemption of fees

You can apply for a reduction or exemption of fees if you earn less than £12,000. You might also be able to apply for an exemption if you're on certain benefits, such as Income Support. Download and fill in the application form. The form has more information about eligibility.

<https://www.gov.uk/power-of-attorney/register>

To read more about when a Power of attorney is needed click [here](#) for details from Mencap.

[Click here for an application form for reduction/exemption of fees](#)



Look after your wellbeing and take a respite with WEA (The Workers' Educational Association)

Do you give unpaid care and support to your child or others? Here at the WEA, we think you're amazing.

Taking care of others can take a lot out of us physically and mentally. Learn how to deal with stress and difficult emotions, discover new techniques to find calmness. From trying out a yoga class to dealing with stress and anxiety, find a course for you.

Whether you want to learn with us in the comfort of your own home with online sessions or meet others through local sessions, we have something for everyone. Our tutors are friendly and supportive, you'll find fun new ways to improve your health.

There are some online courses around [ADHD](#). And in January there is a [Guided Relaxation](#) course to support Mental Wellbeing for unpaid carers.

[Click here to explore more of what is on offer](#)



Norfolk
County Council



Eastern Shotokan Karate Association (ESKA) SEN karate classes starting in the new year

ESKA are excited to share their new Special Educational Needs (SEN) karate class, which will launch in 2025. This initiative was developed in collaboration with Norfolk County Council and is supported by the Family Hubs Community Funding Award.

The class will run every Friday from 5:00pm – 6:00pm as part of ESKA's weekly timetable, offering a supportive and inclusive environment tailored to the needs of SEN students.

This is a dedicated session designed to provide a safe, inclusive, and supportive environment where individuals with additional needs can experience the many benefits of Karate.

These benefits include
Improved Focus and Coordination

Karate helps develop motor skills, balance, and concentration.

Boosted Confidence and Self-Esteem

Students will build confidence in their abilities and gain a sense of achievement.

Physical Fitness and Fun

Classes are engaging and promote healthy movement in a way that's enjoyable and tailored to individual abilities.

Social Interaction

A friendly atmosphere fosters new friendships and teamwork among participants.

Life Skills Development

Learn self-discipline, respect, and perseverance in a supportive setting.

All content taught within this class will be adapted to ensure everyone feels comfortable, included, and able to progress at their own pace.

ESKA

The Dojo Norwich
3 Burton Road
Norwich, Norfolk
NR6 6AX

To register and find out more click [here](#)

A promotional banner for ESKA Karate. The background is red. At the top, it says 'HOME OF' in white, followed by 'WORLD KARATE CHAMPIONS' in large yellow and white letters. Below this is a group photo of several karate athletes in white uniforms with red belts, some holding medals and a flag. To the left of the photo is a circular logo for the 'EASTERN SHOTOKAN KARATE ASSOCIATION' with the Japanese characters '松濤館' (Matsutokan) in the center. Below the photo, the text 'ESKA KARATE' is written in large white letters. At the bottom, it says 'GIFT YOUR CHILD EXERCISE FOR THE MIND AND BODY' in yellow.

Eska karate are offering four free taster sessions

TSKUK Funding

A fantastic opportunity for your child!

Thanks to funding from our national governing body, Traditional Shotokan Karate UK (TSKUK), we are offering your child four free taster sessions at any of our classes. These sessions can be claimed at any of our venues. We run sessions for children aged 4 years and above across Norfolk. You can view our full timetable [HERE](#).

How to claim your free classes

Complete the personal information details at <https://cloud.eska.co.uk/sign-up>. Answer the "How did you hear about us?" box by selecting 'School Taster Session' from the drop down menu. Type in the code: CouncilRefer4 in the "Further details" box. Once you have completed the form, log into the Members' Area and book a trial class. Classes can be booked up to 21 days in advance.

For more details click here



Norfolk County Council

[NCC Padlet of information for parents and carers on topics such as ASD, ADHD, behaviour and sleep](#)

Children's Services, Family Help and SEND has created a padlet of information which may be useful to parents and carers.

It covers many topics, including autism, ADHD, behaviour and sleep. You can view the padlet using the green link below.

[Click here to view the Padlet](#)





**EVERYONE
CAN LEARN
A SKILL**

HOME EDUCATION SWIMMING LESSONS

Introducing Home Education swimming lessons, running term time only. Each Child receives a 30 minute weekly lesson and will follow the Swim England Learn to Swim programme
Certificates included

Young Learners - 4-7 Years

 **FRIDAY**
10th January - 14th February - 6 week course

 **TIME**
14:30-15:00

 **PRICE**
£55.20 for 6 lessons

Older Learners - 8 Years and over

 **FRIDAY**
10th January - 14th February - 6 week Course

 **TIME**
15:00-15:30

 **PRICE**
£55.20 for 6 lessons

Victory Swim & Fitness Centre, North Walsham NR28 9EW

 01692 409370  lisabearne@everyoneactive.com

Home education - swimming lessons in North Walsham

Everyone Active are excited to announce the launch of our new swimming lessons tailored specifically for home-educated children. These sessions are designed to provide a fun and engaging environment where children can develop essential swimming skills, build confidence, and enjoy physical activity.

Introducing Home Education swimming lessons, running term time only. Each Child receives a 30 minute weekly lesson and will follow the Swim England Learn to Swim

programme *Certificates included*

Younger Learners - 4-7 Years

FRIDAY

10th January - 14th February - 6 week course £55.20 for 6 lessons

Older Learners - 8 Years and over

FRIDAY

10th January - 14th february - 6 week Course £55.20 for 6 lessons

At the Victory Swim and Fitness centre, North Walsham NR28 9EW

For more details call 01692409370 or [email](#) Lisa Bearne.



Events and activities for children and young people with SEND

The Norfolk Area Special Educational Needs and Disability (SEND) and Alternative Provision Strategy 2024-2029 has a focus on 'my friends and activities'. It sets out our

commitment to increasing the choice of things to do for children and young people with SEND.

If you organise groups or activities that are suitable for children with SEND you can submit your events for inclusion in the calendar by clicking [here](#).

[Click here for the calendar of SEND events in Norfolk](#)





Winter & Spring Term



Beginning
Building
Understanding
Growing

Recovery college Winter and Spring term timetable

We would like to offer you a warm welcome to the Recovery College. We believe in people living with mental health challenges having the same opportunities in life as everyone else. At the Recovery College, you will find a place to learn, develop and grow alongside any mental health challenges you may be experiencing.

We offer a range of courses online and in-person.

The Recovery College offers relaxed, respectful, and inclusive online spaces where you can:

- Gain a better understanding of the challenges you face

- Learn self-management skills
- Discover things that can improve your wellbeing
- Connect with other people
- Learn from other people's experiences

To learn more about the Recovery College click [here](#) for the prospectus.

[Click here for the Winter and Spring timetable](#)



**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.**

 **Cromer Parish Hall**

 **Thursday 23rd January 2025**

 **10am-12pm**

Making Sense of SEND is in Cromer in January 2025

On Thursday 23 Jan 2025 10:00 - 12:00 GMT

At 65 Church Street, Cromer NR27 9HH

Join us for our next 'Making Sense of SEND' information fair! This time we're going to be at Cromer Parish Hall.

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.

[Click here to book a place via Event Brite](#)



Help to shape -hands on learning- for young people living in West Norfolk

We are dedicated to supporting our community members well-being and development through creative, therapeutic, and hands-on learning opportunities.

We are excited to announce our upcoming project, which will run from December 2024 to October 2025. This project is designed to provide young people aged 11-19 (up to 25 for those with disabilities) in West Norfolk with free access to enriching activities. This has been funded by the Youth Advisory Board.

Our team brings extensive experience in supporting young people with mental health challenges and special educational needs. With backgrounds in residential children's homes and youth outreach, as well as training in Holistic Integrated Creative Arts Therapy, mindfulness, and children's yoga, we are committed to creating a supportive and engaging environment for young people.

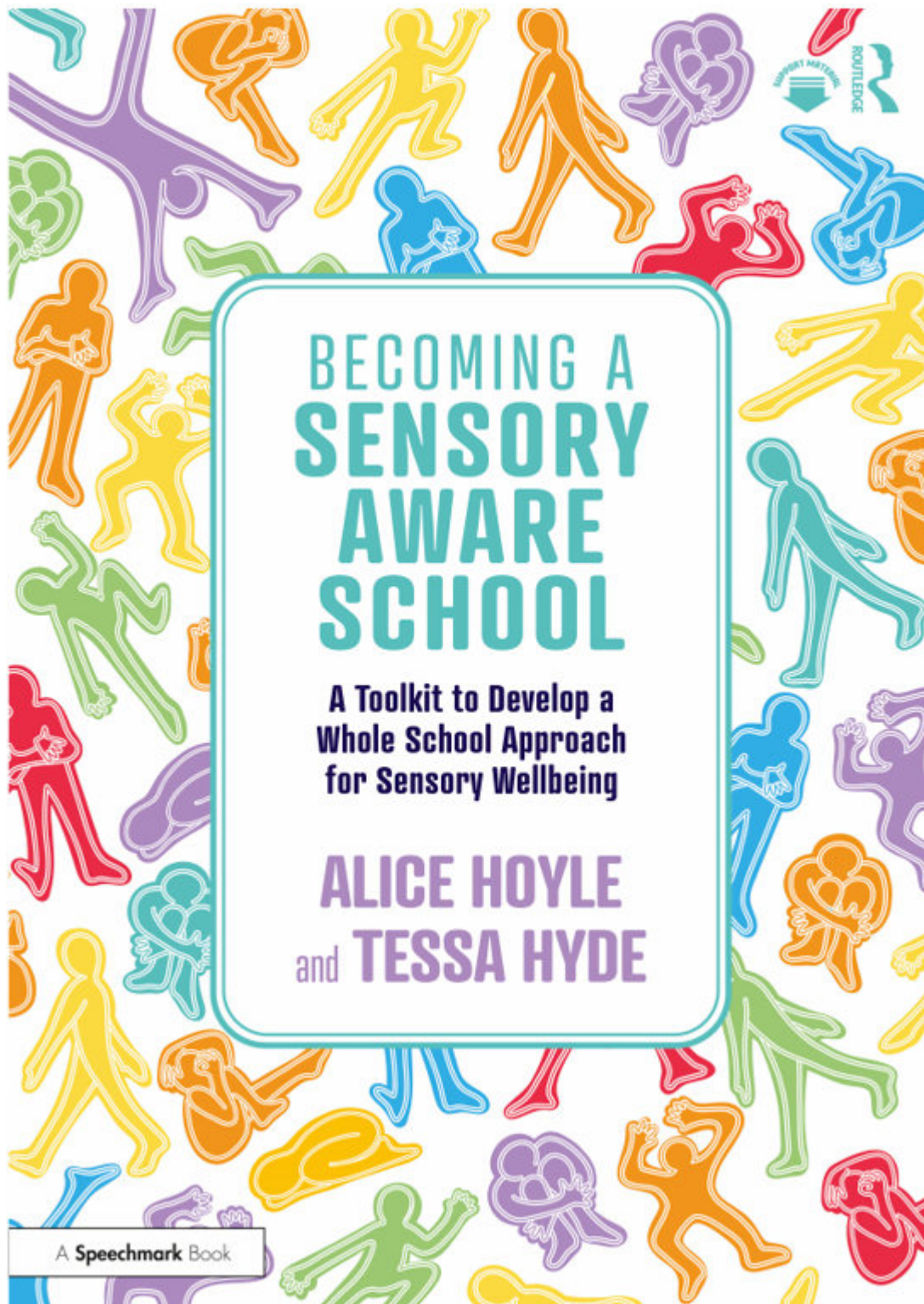
This is a wonderful opportunity for young people to have their voices heard and actively contribute to the development of a project tailored to their needs.

If you live in West Norfolk and have a young person aged 11-25 with disabilities and are interested please click the green button below to fill out the survey.

For more information on what the Wild Hub does please click <https://www.thewildhub.co.uk/>

And click here to email them thewildhubnorfolk@gmail.com

To complete the survey click here



Becoming a sensory aware school- FREE key audit tools

I am delighted to announce publication of our book [Becoming a Sensory Aware School](#) A Toolkit to Develop a Whole School Approach for Sensory Wellbeing. 20% Discount with code: AFLY04

We have made some of the key audit tools available for FREE in this [FREEBOOK SAMPLE](#) and you can also read a preview chapter [here](#).

To look at the Alice Hoyle website click [here](#)





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
- Or write to us at Family Voice Norfolk, c/o Ayton House, 11 Ayton Rd, Wymondham NR18 0QQ
- Or message us via:
 -  www.familyvoice.org.uk
 -  [FamilyVoiceNorfolk](https://www.facebook.com/FamilyVoiceNorfolk)
 -  [familyvoicenfk](https://twitter.com/familyvoicenfk)
- Or join our Family Voice Members Chat Room on Facebook [here](#)

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