



**ONLINE BOOKING NOW  
OPEN FOR PARENT CARERS**

**Annual Conference**  
**Saturday 22nd March 2025**  
**John Innes Centre, Norwich NR4 7UH**

**Find out about all things SEND from**

- **Information stands**
- **Presentations/workshops**
- **The chance to chat with professionals**

Parent carers- have you booked your places at the  
Family Voice Norfolk 2025 Conference yet?

Saturday, 22nd March 2025.  
John Innes Centre, Norwich, NR4 7UH.

Family Voice Norfolk will be celebrating its 13th Annual Conference for **parents and carers** of children and young people aged 0-25 who have special educational needs and /or disabilities (SEND).

The free conference will be back with the following highlights:

- Information stands.

- Workshops/Presentations.
- The chance to chat with professionals.
- Free refreshments, lunch and on-site parking.

Please note that the conference is designed to give **parents and carers** access to information and workshops around subjects relating to SEND. We are unable to offer activities for children and so would suggest that you bring any fidget toys, books, simple activities, iPads etc. that your child or young person might need. The conference centre is likely to be very busy and can become noisy, but we will have a quiet room available for anyone who needs to use that. Your children and young people will need to stay with you at all times.

We are also pleased to advise that a mobile accessible toilet and changing facility provided by [RevolOOtion](#) will be located just outside the conference centre for anyone needing to use this throughout the day.

Please click [here](#) to book up to five places.

If you haven't been to the conference before, please visit [here](#) for more information.

Any questions or enquiries about the conference, please email [conference@familyvoice.org.uk](mailto:conference@familyvoice.org.uk)



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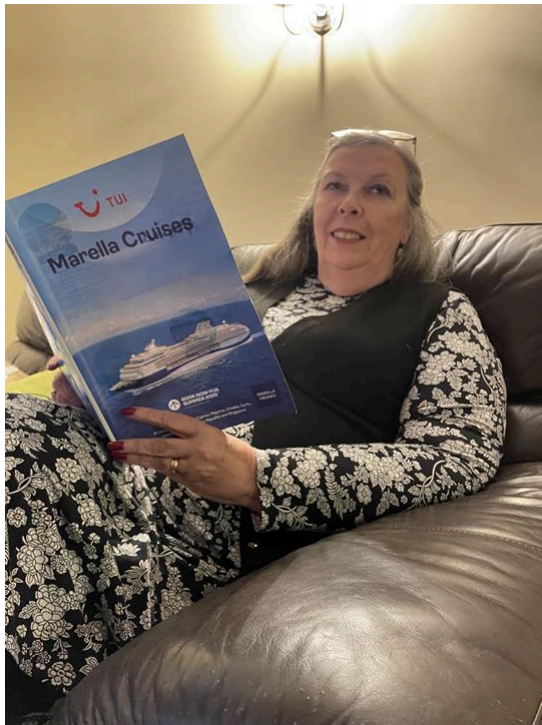
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[Easy way to share our newsletter](#)

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## Changes within Family Voice Norfolk

2025 is well underway and this new year will see some changes within the Family Voice Norfolk team. Our chair, Tracey Sismey, and our treasurer, Alison Furniss, will both be embracing retirement at the end of March and below you can read a little about their time with us and their future plans. Jamie Tyson has been working alongside Tracey Sismey as co-chair for the past two months and will continue as chair after Tracey retires. Our February newsletter will bring you more about who is joining the board of directors for Family Voice Norfolk for the first time, the people we currently have on board and the structure we develop.



### Tracey Sismey Chair of Family Voice Norfolk

Well, the time has come for me to hang up my Family Voice Norfolk lanyard. I have enjoyed my challenging, but rewarding roles, initially on the Steering Group and then as Chair. Things have not always been easy, particularly when Norfolk County Council and Integrated Care Board staff have moved on, breaking relationships that have been built up over time. (In the same way as happens for families).



### Alison Furniss Treasurer of Family Voice Norfolk

I have 2 sons the eldest is 30 years old and has a diagnosis of Autism and LD. I became involved with Family Voice 15 years ago, firstly as an Ambassador and within 6 months a rep and co-opted onto the Steering Group. I have been treasurer for about 8 of those years, taking a break for a couple of years to support my child through university. I have enjoyed the support, friendship of those within FVN, and self development through being a representative developing my knowledge

I have worked alongside some fantastic staff and Parent-Carers over the years at Family Voice Norfolk and have made some friends for life, who 'just get it'.

I leave, comfortable in the knowledge that my Co-Chair, Jamie Tyson, will continue to support the Board, in her role as Chair. The Board is aiming to recruit additional members, to spread the load.

I'd like to say a huge "Thank you" to all who have supported me during my time at FVN.

Thanks also, to my husband David, who retired last year. - We are now at a point where we need freedom not just to pop out between meetings, but to go 'out out!' It's time for a cuppa now. - Where's that cruise brochure?

and the challenges that are part of getting involved.

One of the first major projects that I was involved with was during 2013/14 with the introduction of the Children and Families Act 2014. The challenges that went with creating a new EHCP form to replace statements, undertaking for in many cases the first time coproductions between ourselves NCC, Health and Social Care. It was a heavy workload for all involved and in some areas still evolving.

Over the years I have been involved in many areas of SEND and have sat on many Boards, steering groups, working groups etc and have met and worked with a great variety of people within the carers, voluntary organisations, NCC, Health and Social Care, even had the Queen unexpectedly pop into our Regional meeting last year!

But it's time to move on as my family grows up and I now have a granddaughter.

So I shall be filling my time with family, WI and volunteering at our village hub.

Best Wishes to you all and thank you for your friendship.



## Communication from the Short Breaks team

We have been asked to share this communication with you from the Short Breaks team. You can also find it online [here](#). Each family receiving a Short Breaks package from Norfolk County Council will be emailed directly with the update to the service.



Dear parent/carer,

We've been working with parents and carers to change how Short Breaks are provided in Norfolk, so that more children and young people can take part in more inclusive activities in their local communities. This is part of our [Short Breaks Strategy](#) for 2023-2026.

We're making some changes to how we run our Short Breaks service and so wanted to make sure in advance that you were aware of these, have the information you need and the opportunity to ask any questions. We want to be really clear that these changes do not in any way reduce the level of support we are offering or the options for breaks available to you.

The key element of the change is that in future we will directly pay some providers for children's activities, rather than parents and carers finding and paying for activities themselves using a pre-payment card. For families already using the service, we'll work with you during your next review if appropriate, to choose from a wider range of activities that meet your child's and family's needs. This allows us to monitor quality, support training, and offer more activities to more families. It also means more inclusive activities will be available for children. If for any reason we collectively feel the new approach doesn't meet your child's needs and outcomes, you can still opt for a pre-payment card. We will make these changes gradually and won't change anything for your child without first agreeing on a plan with you.

The County Council is currently finalising its annual budget at the next council meeting. The papers for this meeting include a proposed reduction in the Short Breaks budget but it is important to be really clear that this will be achieved through the more efficient approach to commissioning the service described above, rather than any reduction in service. We assure you that the level and quality of services you receive will remain the same as before. By working more closely with activity providers, there will be more options and a greater variety of activities available. We believe this approach will help with financial challenges that the Council does face without reducing the service offered. The changes to how families pay for activities will start after April 2025.

We will continue to engage with families and will provide more information during the spring.

If you have any questions or concerns please click here to send an email to the commissioning team





## SEN Dads Norfolk Facebook group

A group for dads to discuss, support, reach out and hopefully set up events etc to support one another with the challenges of being a parent of a child or children with SEN needs. We can all feel isolated and it can be difficult to talk about the day to day of being a parent with a child with additional needs when your friends / family don't understand or know what you are going through, hopefully this can be a space where we can talk and offload some of what we carry trying to do the best for our kids and families.

[Click here to join the Facebook group](#)



**Norfolk** County Council

## The Local First Inclusion Programme- update

Local First Inclusion is the county council's special educational needs and/or disabilities (SEND) transformation programme for education.

It is being developed and delivered working in partnership with Norfolk's education leaders and in partnership with the Department for Education (DfE), with around £100m of additional DfE funding.

## **How Local First Inclusion works**

The programme sets the framework for the council to improve its support for early years settings, mainstream schools and academies, and further education providers to ensure you have the resources and expertise you need for all children and young people with SEND to get a consistently high-quality education with the right support for their needs, in their local area first.

## **The main aim of Local First Inclusion**

The aim is to ensure children can thrive, wherever they are learning, with the support they need to be happy and healthy, achieving their full potential in their education now, laying strong foundations for their adult lives in the future.

For the majority of children and young people this will be learning in well-supported mainstream provision or a specialist resource base (SRB) place in the mainstream, with the minority with the most complex needs learning in special schools.

As confidence within schools and with families develops, we anticipate fewer Education, Health and Care Plans (EHCPs) will be required as more children and young people are successfully supported in the mainstream.

The Local First Inclusion programme ultimately aims to achieve a financially sustainable and effective SEND system in Norfolk with the right number of places for children at the right time to enable them to achieve positive outcomes into their adult lives.

## **The challenge and the need for change**

The council is lobbying the Government for reform of the SEND system and as part of the programme, is proactively seeking opportunities to work innovatively with the DfE, take a leading role nationally in driving change.

This is a huge challenge which will require effective partnership working if we are to achieve these ambitious aims. It will include working with health partners and teams across Children's Services, including EHCP co-ordinators.

We as a council are determined to be by the side of education leaders, working together to achieve the best for children and young people with SEND. This is an exciting time in the Norfolk education landscape where the council is providing more flexible and funded support for inclusion than ever before.

## **Local First Inclusion's seven key projects**

1. The [SEND and Inclusion Support Model](#) which focuses on providing early help and intervention, wrapping support around mainstream schools within the new zones to ensure provision of a consistent level of quality SEN Support across the county to improve inclusion. It includes the new SEND and Inclusion phoneline for parents and professionals, Zone Inclusion Partnerships, and Teams Around the School (TAS).
2. **Ordinarily Available Provision** which ensures children's needs can be identified in a consistent way; outlines the processes and the options for how SEN support should be assessed and provided; organises wider services and support for children, families and schools; supports transitions from one setting to another whether from early years to school, changing schools or moving onto further education; and models best practice for small group provision, known as Enhanced Support Provision (ESPs).
3. In partnership with school leaders, remodelling the way **Element 3**, also known as top up funding, works.



4. **Alternative Provision (AP)** for secondary schools to support children and young people at risk of exclusion from school. Based on a three-tiered approach, it will deliver: new outreach services and early intervention support; 19 new school-based social, emotional and mental health (SEMH) centres; and specialist placements in registered AP settings.
5. Securing the best value for money in the **independent special school sector**.
6. An increased **outreach offer** brokered by the council for special schools to provide more support and expertise for early years settings and mainstream schools to support inclusion.
7. Building and creating more specialist places- building two more special schools, more Specialist Resource Bases (SRBs), expanding existing special schools to provide more places; and improving the special school admissions process.

### Local First Inclusion and NASAPS

The Local First Inclusion programme sits within the [Norfolk Area SEND and Alternative Provision \(AP\) Strategy \(NASAPS\) 2024-29](#), which has a broader scope, aiming to improve the lives of Norfolk's 29,000 children and young people (age 0-25) with SEND by working on: learning and development; changes and new beginnings; preparing for adult life; family support; and friends and activities.






Working in partnership to make a difference for children





Stay  
Play

**for free**  
 across Norfolk with the Early Childhood and Family Service.

**FIND A STAY & PLAY SESSION NEAR YOU**



**News and Updates**

[See More](#)

We have made some changes to a handful of sessions from January 2025. Please check for updates about any sessions that you regularly attend.



Drop in sessions for parents, carers, and their children aged 0 to 5 years to play together and meet new people.

**There's no need to book, just come along.**

Everyone is welcome, every week, all year round.






## Stay and Play for free across Norfolk with the Early Childhood and Family Service

Free stay and play sessions for children aged 0 to 5 years, to attend with their parents or carers. Stay and plays give parents and children the opportunity to play and learn together

and meet new people, every week, all year round. Sessions are accessible and inclusive to all families. Click [here](#) for more details.

### **Information sessions for parents**

We offer a series of online information sessions for parents in Norfolk on a range of topics such as baby brain development, behaviour, oral health and many more. You can see which sessions we have coming up and book your place by visiting [ecfsnorfolk.eventbrite.com](https://ecfsnorfolk.eventbrite.com).

### **Baby brain development**

Have you ever wondered what your baby's experience of the world is like inside the first few months of their life? Find out in our baby brain development session along with how you can best help them learn and develop during their first year.

### **Toddler tears, tantrums and expected behaviour**

An interactive information and question and answer (Q&A) session for anyone who spends time with under 5's. Find out: What is normal behaviour for your toddler? The reasons why toddlers behave in certain ways, and how you and your family can manage big feelings and challenging behaviour from little people. Delivered in partnership with children and young people's health services.

### **Healthy teeth**

An informative and interactive session for parents and carers. Find out how to: Keep tiny teeth healthy, brush teeth effectively, choose the right foods and drinks from weaning age upwards, and how to access a dentist with your little one. Delivered in partnership with Community Dental Services.

### **Car seat safety**

An informative session for parents and carers, delivered in partnership with the Norfolk County Council road safety team. Find out how to ensure your child's car seat fits them and your vehicle correctly along with many other helpful tips for keeping your children safe when travelling.

### **Getting Ready for The Potty**

An interactive and informative Q&A session for parents and carers who are thinking about beginning, or are in the early stages of, toilet training. Find out useful tips for successful toilet training and take the opportunity to ask any questions you might have for professionals.

You can request help from the Early Childhood and Family Service [here](#).

To find Stay and Play sessions local to you click [here](#)





## SENDIASS Advice Drop-ins February 2025



Jo



Laura

Wednesday 12th February  
Holt Library, 2-4pm

Thursday 20th February  
Millennium Library, Nwh, 2pm - 4pm

Tuesday 25th February  
Fakenham Library, 2-4pm

Thursday 27th February  
Downham Library, 10am-1pm  
Gaywood Library, 2-4pm

Monday 3rd February  
Diss Library, 10am - 12pm

Tuesday 18th February  
Brundall Library, 1-5pm

Wednesday 19th February  
Great Yarmouth Library,  
10am - 1pm

Monday 24th February  
Gorleston Library, 12:30 - 4pm

Thursday 27th February  
Caister Library, 11:30am - 4pm

### Pop along and speak to one of our Engagement and Advice Workers



We can give you advice, information and support about special educational needs and disabilities (SEND) in relation to education.

We work with children, young people (0-25 years) and their parent carers.

We can give you information about SEN Support, education and health care plans (EHCP's), mediation, appeals, exclusions and suspensions, and other SEND processes.

All sessions are subject to change, any changes will be advertised on our Facebook page. Please be aware, these sessions do not offer a private room to talk, we will be based in the main areas of the library.

As we are not taking bookings, we will do our best to speak to you on a first come, first served basis

## Norfolk SENDIASS Information Advice and Support Service drop-ins for February 2025

- Monday 3rd February Diss Library, 10am - 12pm
- Wednesday 12th February Holt Library, 2-4pm
- Tuesday 18th February Brundall Library, 1-5pm
- Wednesday 19th February Great Yarmouth Library, 10am - 1pm
- Thursday 20th February Millennium Library, Norwich, 2pm - 4pm
- Monday 24th February Gorleston Library, 12:30 - 4pm

- Tuesday 25th February Fakenham Library, 2-4pm
- Thursday 27th February Downham Library, 10am-1pm
- Thursday 27th February Gaywood Library, 2-4pm
- Thursday 27th February Caister Library, 11:30am - 4pm

**Pop along and speak to one of our Engagement and Advice Workers.**

We can give you advice, information and support about special educational needs and disabilities (SEND) in relation to education.

We work with children, young people (10-25 years) and their parent carers.

We can give you Information about SEN Support, education and health care plans (EHCP's), mediation, appeals, exclusions and suspensions, and other SEND processes.

All sessions are subject to change, any changes will be advertised on our [Facebook](#) page. Please be aware, these sessions do not offer a private room to talk, we will be based in the main areas of the library.

As we are not taking bookings, we will do our best to speak to you on a first come, first served basis.

[Click here for the Norfolk SENDIASS website](#)



## West Norfolk Autism Group January 2025 newsletter

Hello everyone,

I know we say this every year, but the last few months of 2024 were full-on. Welcome to our January 2025 newsletter. A big welcome to all of our new members. If you are on Facebook, please ensure you are part of our closed and private WNAG FB group. Then, please see all of our pinned and featured information. It's very important everyone has seen and read our Code of Conduct. Thanks. Everyone else has had this emailed to them.

We value all of our supporters and followers thank you for your presence and support. Please also like and follow our public FB page, [Autism West Norfolk](#), as we share lots of information there. For our autistic adults, we have another closed and private members

group you can join, called West Norfolk Adults AS Friendship, provided you are one of our members.

To become a member you need a diagnosis of autism and to live in West Norfolk. However - our support stretches to anyone who has an interest in autism and you are very welcome indeed to attend our public coffee mornings - our workshops and information days that we organise and to access all the information and, signposting advice we share via social Media.

[Click here to read the newsletter](#)





# About Move/Shake

**Move/Shake** is a Youth Music funded programme offering music-making workshops and participatory activities to young people across Norfolk, Suffolk and Cambridgeshire.

Delivered by arts and community development charity **Creative Arts East** in collaboration with experienced musicians/facilitators and local organisational partners, activities will be based in the following locations: **King's Lynn, Poringland, Thetford, Lowestoft, Histon, Wisbech** and the surrounding areas.

If you're a young person interested in music or someone who works with people **aged 25 and under**, get involved by scanning the QR code and finding your local contact!

Keep up to date on our socials and find out more by emailing [info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk)



**Find us on socials  
@ Creative Arts East**



**GET CREATIVE**

**HAVE FUN**

**MAKE FRIENDS**

**GAIN SKILLS**

**MOVE  
SHAKE**



**Move/ Shake- youth music programme, get creative, have fun, make friends and gain skills**

Move/Shake is a Youth Music funded programme offering music-making workshops and participatory activities to young people across Norfolk, Suffolk and Cambridgeshire. Delivered by arts and community development charity Creative Arts East in collaboration with experienced musicians/facilitators and local organisational partners, activities will be based in the following locations: King's Lynn, Poringland, Thetford, Lowestoft, Histon, Wisbech and the surrounding areas.

If you're a young person interested in music or someone who works with people aged 25 and under, get involved by scanning the QR code and finding your local contact!  
Keep up to date on our socials and find out more by emailing [info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk)

For more details click here



## Family Survey Have your say!

Take part for the chance  
to win **£100!**

Your views  
matter!

Are you a parent or carer of a child aged 0 to 2, or  
are you currently expecting a baby?

Have you accessed any parental support services?

Please scan the QR code below to complete the  
survey!



Surveys are  
anonymous and  
confidential

The survey is open until 31 March 2025



Have a question about the survey or research?  
You can contact us by emailing: [TF2Evaluation@Ecorys.com](mailto:TF2Evaluation@Ecorys.com)



## Parenting survey- have you accessed a family hub in your local area?

- This survey is for families who are in touch with the family hubs in your local area. Family hubs have a number of free family help and support services.
- The survey should be completed by parents/carers who are currently pregnant/expecting a child or have a child(ren) aged up to 2 years old.
- Only one survey is requested per family. This can be completed by anyone with a primary caring relationship with the child(ren) above.
- Your views matter! Your feedback will help a national research project. We want to know family views and experiences of help and support, so we know what helps and what could be better for families, just like yours up and down the country.
- To say thank you for your time, you will have the opportunity to be entered into a prize draw to receive a £100 shopping voucher. We will ask for your contact details at the end of the survey to enter you into the prize draw. You also have the option not to provide your details.

The survey is open until March 31st 2025.

[Click here](#) or scan the QR code above to take you to the survey



## Adult (19+) Learning courses- Caring for a Friend or Relative – free online course

Adult Learning have been allocated community funding to be able to deliver The Caring for family or friend programme. This training programme helps someone who is caring for family

or friend or may in the future be caring for family or friend gain foundational knowledge and skills to help them with this.

Throughout the course we will cover topics around:

- Am I a carer?
- What do carers do?
- Keeping yourself safe: Safeguarding, Health & Safety
- Carer assessments.
- Support you may be able to apply for.

During the session delivery of the course, you will be provided with a range of skills and knowledge that will support you in caring for family or a friend.

Included in this course is an Individual Learner Journal (ILJ) to guide you with what you would like from the course and next steps to include further courses or stepping into a role where you are caring for family or friend.

Who is this course for?

This course is suitable for anyone, that is already caring for family or friend, or interested in becoming a carer for family or friend.

[Click here for more details](#)






## Are you looking after someone?

### Join our Local Carer Involvement Meetings

-  Influence change
-  Have your voice heard
-  Speakers on topics requested by Carers
-  Find out about local services and support
-  Connect with other Carers including Carers Ambassadors
-  Meet people & organisations working in your local area

**6th February**- West Norfolk  
**13th February**- East and Waveney  
**20th February**- South Norfolk  
**27th February**- Norwich/ Central Norfolk  
**6th March**- North Norfolk

All meetings have a friendly atmosphere and take place on Zoom from **12.30pm- 2.30pm**.  
 To sign up to receive the meeting details, scan the QR code or visit [carersvoice.org/carer-voice-membership](https://carersvoice.org/carer-voice-membership)  
 For more information email [info@carersvoice.org](mailto:info@carersvoice.org)



## Carers Voice Local carer involvement meetings

Are you looking after someone?

Join Carers Voice (Norfolk and Waveney) Local Carer involvement meetings. Where you can:

- Influence change
- Have your voice heard
- Listen to speakers on topics requested by carers
- Find out about local services and support
- Connect with other carers including carers Ambassadors
- meet people and organisations working in your local area.

The meetings take place on Zoom from 12.30PM TO 2:30PM.

Meeting Dates:

- 6th February: West Norfolk
- 13th February: East and Waveney
- 20th February: South Norfolk
- 27th February: Norwich/Central Norfolk
- 6th March: North Norfolk

**Key points about these meetings include:**

- All meetings have a friendly atmosphere
- You are welcome to attend just to listen
- Be respectful and listen to others
- Ensure everyone has their say and a chance to have their voice heard



- Everyone's voice matters
- Please only share what you are comfortable sharing
- Minutes and a summary email will be shared after the meeting. Personal information is anonymised within the body of the minutes

To sign up to receive the meeting details, scan the QR code or visit [carersvoice.org/carers-voice-membership](https://carersvoice.org/carers-voice-membership) where you can also find future meeting dates.

Click here if you are interested in joining a carers involvement meeting





# Have your say!

Help us to improve our support and services for children and young people with SEND.



**NCC SEND survey, there is still time to have your say!**

The NCC SEND survey will close on the 23rd of February 2025.

Whether you are a parent/carer, a professional, a child or young person please take the time to complete it. It gives everyone the chance to give their views about SEND services and support in Norfolk.

There are so many alternative versions and formats such as Easy Read, Widget, and a group response version, to make it as accessible as possible for everyone.

If you would like a paper copy of the survey please email [send@norfolk.gov.uk](mailto:send@norfolk.gov.uk) to request one.

There is also a Braille version of the children and young people's survey.

If you need 1:1 support to complete the survey there are many ways to do this, click [here](#) for more information.

### **Why we want people to complete the SEND survey:**

The more feedback we get the more accurate picture we have of:

- How people in Norfolk are experiencing SEND services and support
- What we need to improve

Places of learning are encouraged to make time for children and young people with SEND to complete the survey.

If your child does not attend a place of learning, please encourage and support your child to complete the SEND survey.

How we use the survey feedback

We read all SEND survey feedback and act on it.

Our last SEND survey was in 2023. We analysed the 2023 survey feedback and produced a 2023 [survey summary](#) and three reports.

Senior leaders used the reports' findings to act on what needs to happen to improve the lives of children and young people with SEND, and their families.

The survey feedback helped us to shape our Norfolk Area [SEND and Alternative Provision Strategy \(NASPAS\)](#).

The feedback also led to different teams taking actions which you can read about in our ['You said, We did'](#) SEND in Norfolk report 2023-2024.

Other activity is still happening as part of our Local Area Inclusion Plan.

After the 2025 survey, we will publish feedback reports. We will publish these on the SEND Local Offer for everyone to read.

We will use the results to help us update our Local Area Inclusion Plan for 2025-2027. We will also publish a yearly progress update on actions every July.

[Click here to complete the 2025 SEND survey](#)







# DYA2025 IS HERE!

Book Your Place Now!

- SEN and Mainstream children working together
- 3 x team building sessions March-May 2025
- Main challenge in the Cathedral Grounds
- Additional Community Sponsored walk



**Sunday**  
**June 22nd 2025**



**Norwich Lower School Playing Field, NR1 4AA**  
**11:30 am - 4.30 pm**

IN ASSOCIATION WITH:



☎ 01603 986407

🌐 [www.able2b.co.uk](http://www.able2b.co.uk)

✉ [info@able2b.co.uk](mailto:info@able2b.co.uk)

## Discover Your Ability with Able2b- is your school getting involved?

On the 22nd June, Able2B will pair together children from both mainstream and special needs schools in an aim to reduce the stigma around disability. Having met over 3 team-building sessions held at the Able2B gym between February and June 2025, the pair will complete a challenge together that involves biking, using adapted bikes. We have access to a whole array of bikes to ensure all children can get involved. In addition to the biking lap, the participants complete a walking, running or pushing (wheelchair users) challenge.

Mainstream students are essential to our event, they support and befriend the disabled community helping them with the course all whilst having fun and learning about some of the challenges that disabled children face!

If your school would like to sign up to work collaboratively with Able2B, creating ambassadors or links with another school please email us at [info@able2b.co.uk](mailto:info@able2b.co.uk) for more information.

The deadline for school sign up is February 14th 2025. Click [here](#) to sign up.

Click here and find out how you can sign your school up to take part in  
Discover Your Ability with Able2b





# Transition family drop-in sessions

Listen-Support-Connect



East Anglia's  
Children's Hospices

## Visit your local adult palliative care services.

We are excited to be working with our adult colleagues across Norfolk & Waveney, bringing children's and adult services together while developing a pathway for moving to adult services.

We're holding monthly sessions to offer young people and their families a chance to meet our adult colleagues. For some, this will offer input to a transition from EACH to adult services, for others, who haven't had EACH input it will be a chance to find out about the adult services in your area.

These sessions are aimed at teenagers approaching transition (age 14+) and young adults who have already transitioned and are living with a life-limiting and progressive health condition.

Sessions will run from 2pm - 4pm and provide opportunities to connect with others, engage in fun activities or just have a cuppa and a chat. It will give an opportunity to help co-produce what these services may look like in the future.

These are a pilot for 12-18 months, but we hope we can develop further transition support/services across Norfolk & Waveney.

Our sessions are self-care, and we look forward to seeing you there.



Registered Charity No. 1069284



Scan the QR code to book onto one of our sessions.



## Transition family drop-in sessions - Listen -support- connect, visit your local adult palliative care services

The next session is Saturday February 22nd 2-4pm at The Norfolk Hospice Tapping House, Wheatfields, Hillington, King's Lynn, PE31 6BH. (The sessions alternate each month between Tapping house and Priscilla Bacon Lodge in Norwich.)

We are excited to be working with our adult colleagues across Norfolk & Waveney, bringing children's and adult services together while developing a pathway for moving to adult services.

We're holding monthly sessions to offer young people and their families a chance to meet our adult colleagues. For some, this will offer input to a transition from EACH to adult services, for others, who haven't had EACH input it will be a chance to find out about the adult services in your area.

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These are a pilot for 12-18 months, but we hope we can develop further transition support/services across Norfolk & Waveney.

Our sessions are self-care, and we look forward to seeing you there. Scan the QR code above or click the green button below to book a place.

[Click here to book a place](#)





The poster features a central title 'ARTICLE 12 GAMERS' in a stylized, blocky font. Above the title are several circular icons representing different aspects of gaming and accessibility. To the right is the SEND NORFOLK logo, which consists of stylized human figures in various colors. The main content is organized into several speech bubble shapes. A pink circle highlights that food and drinks are included. A white speech bubble with a black border explains the event's purpose. Another white speech bubble with a black border lists the eligibility criteria. A large purple speech bubble with a black border provides the venue, date, and time. At the bottom, there is a teal oval with the contact email, and two small portrait photos of the organizers, Amy and Adam, with their names written below them.

**ARTICLE 12 GAMERS**

**SEND NORFOLK**

**Food and drinks included!**

**What is it?**  
A FREE opportunity to make new friends, talk to us about what's important to you, and have some fun gaming.

**Who can come?**  
Anyone in Norfolk aged 12 - 16 with special educational needs and/or disabilities.

**When and Where?**  
**Venue:** Albion Games Cafe, 21 St Benedicts St, Norwich, NR2 4PF  
**Date:** Wednesday 19th February  
**Time:** 2-4pm

**Meet the team**

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

 Amy  Adam

## Article 12 gamers -free opportunity for 12-16 year olds in Norwich

**What is it?** A free opportunity to make new friends, talk to us about what's important to you, and have some fun gaming.

**Food and drinks included.**

**Who can come?** Anyone in Norfolk aged 12-16 with special educational needs and/or disabilities.

**When and where? Venue:** Albion Games cafe, 21 St Benedicts street, Norwich NR2 4PF

**Date:** Wednesday 19th February

**Time:** 2-4pm

Come and meet the team, Amy and Adam!

[Click here to email](#)



## ADHD Medication Shortage Frequently Asked Questions (FAQ)

We understand how challenging the ongoing ADHD medication shortages are for patients and their families. Please know that specialist services, GPs and community pharmacists in your area are working closely together to minimise disruptions and ensure you receive the support you need during this time.

If you have any concerns not covered in this FAQ, please contact either your GP, community pharmacist or specialist team for help and advice.

[Click here to read the ADHD medication shortage F&Q](#)

[Click here for more details on Neurodiversity from the NWICS](#)





# UPCOMING GROUPS

*Where will you join us?*



**Baby PEEP**  
0-crawling

## Baby PEEP six-week course

**Saxlingham Nethergate Village Hall**  
Starting Thursday 27th February 10:30-11:30

**The Old School Village Centre, Bradwell**  
Starting Thursday 27th February 10:30-11:30



**Little PEEP**  
Crawling - 2yrs

## Little PEEP six-week course

**Snettisham Memorial Hall**  
Starting Thursday 30th January 13:30 - 15:00



**Baby  
Massage**

## Fathers five-week Baby Massage

**Countywide - Online**  
Starting Saturday 01st February, 10:00-11:30

**Community Centre, Fakenham**  
Starting Saturday 08th March, 09:30-11:30



[www.homestartnorfolk.org/get-support](http://www.homestartnorfolk.org/get-support)

Home-Start Norfolk groups running across  
Norfolk in Feb/Mar 2025



**Start  
for Life**

**HOME  
START  
Norfolk**

## Home Start Norfolk groups happening in February

Upcoming groups, where will you join us?

### **Baby PEEP six-week course – Saxlingham**

Where: Saxlingham Village Hall, NR15 1AN

Starting Thursday 27th February, 10:30-11:30

0-crawling

Book your space: [Email](#) or call 07860 832 565

### **Baby PEEP six-week course – Bradwell**

Where: The Old School village Centre, 2 Green Ln, Bradwell, Great Yarmouth NR31 8QH

Starting Thursday 27th February, 10:30-11:30

0-crawling

Book your space: [Email](#) or call 07860 832 549 or call 07860 832 549



### **Little PEEP six-week course – Snettisham**

Snettisham Memorial Hall

Starting Thursday 30th January, 13:30-15:00

Crawling – 2 years

Book your space: [Email](#) or call 07860 832550

### **Fathers Baby Massage five-week course**

Where: **Online**

Starting Saturday 1st February, 10:00-11:30

Book your space: [Email](#) or call 07860 832556

### **Fathers Baby Massage five-week course**

Where: Community Centre Fakenham, Oak Street, **Fakenham** NR21 9SR

Starting Saturday 8th March, 09:30-11:30

Book your space: [Email](#) or call 07860 832556

[Click here for the Home Start Norfolk website](#)



**Autism  
Central**

## **Autism central- online courses**

As parents and carers of autistic children, young people and adults, it can be hard to find help when you're trying to get the right support. Autism Central aims to make it easier to learn more about autism and services available to you. Autism Central have an array of online sessions focusing on different areas to help support your families journey with autism.

See below for the ONLINE sessions in February:

### **Understanding Autism**

Our regular introductory session about what autism is and what it means to be autistic.

### **Sleep**

A session for parents/carers discussing strategies to support sleep.

### **Autism and Mental Health / Wellbeing**

A session for parents/carers discussing strategies to support mental health and wellbeing.

### **ARFID - (Avoidant Restrictive Food Intake Disorder)**

A session for parents/carers to come together and discuss strategies for supporting someone with ARFID.

### **Executive Functioning**

Information about Executive Functioning (Planning, Preparation and Organisation) and how this might differ for autistic people.

### **Virtual Parent/Carer Autism Drop in - February**

An online meet up for parents and carers living in the East of England. Join us for a chat about anything autism related and ask questions.

### **Sensory Processing and Autistic Experience**

Online session looking at understanding and supporting sensory differences.

### **Holidays and Days Out**

A session to discuss strategies for surviving school holidays and days out.

### **Supporting Play**

A session for parents and carers on supporting play.

### **Understanding autistic overwhelm, meltdown and shutdown**

Session discussing supporting the autistic person you care for with signs of autistic overwhelm, meltdown and shutdown.

### **Siblings**

A session for parents and carers on sibling relationships and strategies to support their feelings and deal with potential challenges.

### **Support for Autistic Adults**

A session to discuss strategies for supporting Parents of Autistic Adults.

### **Family Events and Celebrations**

A session for parents/carers to come together and discuss strategies for dealing with family events and celebrations.

For more information including dates, times and how to book on to  
online sessions [click here](#)



## Scoliosis support and research

The Scoliosis Association UK and British Scoliosis research foundation have now merged and are now called Scoliosis Support & Research (charity).

For more information [click here](#) to go to the Scoliosis support and research website

## Hill, Pedder and Minns Fund- small grants available for those living with scoliosis

The Hill, Pedder and Minns Fund was set up to help those living with scoliosis with financial support in the form of a grant of up to £500.

Small grants are available to those who require equipment, travel expenses to appointments or other scoliosis related financial support. The maximum amount granted is £500 and applicants can only apply once per year. Currently, we can fund only NHS-related requirements and cannot fund costs related to private treatment.

[Click here](#) for the grant application form



# YOUTH GROUP

## ASD Helping Hands



### WHATS NEW?



#### location

Our new youth club will be held at Wellsprings Family Church, Dereham. With our ever so popular group, we are moving to a larger setting with more activities available with one large room and a smaller quieter room.



#### Subs and Tuck Shop

We shall be asking for a £2.50 voluntary sub and will be running a tuck shop which shall be ran by our young people that attend our groups.



#### Dates and Times

Wednesdays 6pm – 8pm every 1st and 3rd Wednesday of the month.  
No booking necessary.

### LOCATION

📍 Wellsprings Family Church -  
35 Neatherd Rd, Dereham  
NR19 2AE

STARTING NOVEMBER 2024



## ASD Helping Hands youth group in Dereham

If you're aged 12-18 and looking for a fun, laid-back place to hang out, you've come to the right spot! Our Teen Social Groups are all about meeting new people, making friends, and enjoying yourself in a relaxed, no-pressure environment. Just be yourself, and let the good times roll!

Each session has a small £2.50 fee, and we've got a tuck shop for when you fancy a snack. We also organise amazing residential trips and special one-off events throughout the year. As a regular attendee, you'll get priority booking for these exciting experiences! No need to book or register—simply show up and join the fun!

Wellspring Family Centre, 35, Neatherd Road Dereham NR19 2AE

Wednesdays 6pm-8pm every 1st and 3rd Wednesday of the month.

For more details click [here](#) for the ASD Helping Hands website



## KoothTalks Professionals- KoothTalks Families, Webinars on eating difficulties

**For professionals -the role of Kooth in the care pathway for young people with an eating difficulty.**

Join our 30 minute webinar on how our digital platform can support eating difficulties, hear from our Kooth clinical team and receive additional resources. [Book here](#) Monday 24th February, 4pm- 4:30pm, Wednesday 26th February, 4pm- 4:30pm. Can't attend? We can provide tailored information sessions for you and your team, delivered either in person by one of our local Engagement Leads or via a video call.

**The role of Kooth in the care pathway for young people with an eating difficulty.**

Inform parents and carers on how our digital platforms can support young people with eating difficulties in this 30 minute webinar. [Book here](#) Tuesday 25th February, 6pm- 6:30pm, Thursday 27th February, 6pm- 6:30pm, if you cannot attend the live dates complete the form and the webinar will be emailed to you after the event.

**What is Kooth?**

A Free, Safe, and Anonymous Online Mental Health Support Service for young people.

For details of how your young person can access Kooth support click [here](#)







Building  
stronger  
families

## Puffins course-does your child/young person have a formal diagnosis of autism? Would you like to have more understanding of autism and strategies to support?

Puffins is a free, comprehensive, four-week programme for parents and carers developed by Norfolk Community Health & Care NHS and run by Family Action in partnership with Speech and Language and Occupational Therapists from the Neurodevelopmental Service and the Autism Specialist Team from Educational Psychology and Specialist Services.

**Places are still available on the following courses:**

### February 2025 **THETFORD**

Charles Burrell Centre, Staniforth Road, Thetford, IP24 3LH

Mondays 3rd, 10th, 24th & Thursday 27th February 2025 (Please note break due to half term holiday) Session One 9:30am to 1pm and all other sessions 9:30am to 12:30pm.

### March 2025 **KING'S LYNN**

St Faith's Community Hub, Nxt Church Rooms, Gayton Road, King's Lynn, PE30 4DZ

Mondays 3rd 10th, 17th & 24th March 2025

Session One 9:30am to 1pm and all other sessions 9:30am to 12:30pm.

To book a place please ring 01603 972589

Or email [sue.killick@family-action.org.uk](mailto:sue.killick@family-action.org.uk)

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



[www.facebook.com/WNDABreakoutclub](https://www.facebook.com/WNDABreakoutclub)

Email: [breakout@wnda.org.uk](mailto:breakout@wnda.org.uk)



**Our next Break Out! meet is on  
Saturday 8th Feb.  
Cinema at Orion - Dereham  
Time to be confirmed  
but around 12pm**

Dereham cinema have kindly arranged a public subtitled screening for Break Out! youth club.

Hoping to see Dog Man but this will be confirmed.



Please email to book your child's place so I can buy tickets. Free to kids, adults welcome but need to pay £6.20 each.

*Open for kids age 5 to 14 with any deafness in the family. (Deaf child or hearing child from deaf parents) Siblings are welcome too.*

## West Norfolk Deaf Association youth club are going to the cinema

Our next Break Out! meet is on Saturday the 8th of February. At the Orion cinema in Dereham. Time to be confirmed but around 12pm.

Dereham cinema have kindly arranged a public subtitled screening for Break Out! youth club.

Hoping to see Dog Man but this will be confirmed. Please [email](#) to book your child's place so I can buy tickets, Free to kids, adults welcome but need to pay £6.20 each. Open for kids age 5 to 14 with any deafness in the family. (Deaf child or hearing child from deaf parents) siblings welcome too.

For more information on Break Out! youth group click [here](#) for their FB page.

[Click here for the West Norfolk Deaf Association website](#)



**FREE**

# SEND

Special Educational Needs and Disabilities

## Parent Cafe

Come along to this friendly and supportive safe space to share ideas, make friends and gain professional information, advice and guidance on Special Educational Needs and Disabilities

**Wednesday 26th February | 1:45 - 2:45pm**

Thetford Library, Raymond Street, IP24 2EA

No need to book. Just turn up.  
There will be activities for children and young people and staff available.

Early Childhood and Family Service | Norfolk County Council | Working in partnership to make a difference for children | ASD Helping Hands | family hubs Start for Life

## SEND parent cafe in Thetford Library 26th February

Free SEND (Special Educational Needs and Disabilities) Parent Cafe.

Come along to this friendly and supportive safe space to share ideas, make friends and gain professional information, advice and guidance on SEND.

Wednesday 26th February 1:45-2:45pm

At Thetford Library, Raymond Street, IP24 2EA

No need to book. Just turn up. There will be activities for children and young people and staff available.

Early childhood and family service, Norfolk County Council, Action for children, ASD Helping Hands, Family hubs start for life.





## Cash For Kids – Children’s Mental Health Grants

### Grants Eligibility Criteria

#### Funding guidance

Cash for Kids exists to help disadvantaged children and young people up to and including the age of 18 who are affected by poverty, illness, neglect or have additional support needs. Applicant information will be treated as strictly private and confidential.

Grant applications can only be made to support children living in our local communities within the UK.

#### Eligibility criteria

Cash for Kids reserve the right to review and amend the eligibility criteria at any time. Live applicants that may be affected will be contacted to advise of any amendments.

#### Award size

Average grants made are between £1,000 and £3,000 but we will consider applications for smaller or larger amounts.

Please ensure the total grant amount being applied for includes any delivery, VAT or other additional costs as these cannot be added retrospectively.

#### Application window

General Grant application windows will open where funds allow. Application windows may close earlier than advertised if capacity is reached.

For more details of Cash for Kids grants [click here](#)





# Complex Transition

## Information Event

30 April 2025 10:30 - 1:30pm,  
Ben Gooch Theatre, NNUH

**FOR YOUNG PEOPLE AGED  
13 - 19 WITH COMPLEX  
HEALTH NEEDS**

**PARENTS AND CARERS WELCOME**

**Moving to  
adult services  
in the future?**

### **TALKS ON..**

**Transition Pathway  
Learning Disability and Autism Team  
Deputyships/power of attorney  
Decision making in adult hood**

**Free Car Parking**

**Refreshments available**

**No need to book just turn up**

**Any questions contact:**

**Sarah Cassels, Lead transition Practitioner  
Transition@nnuh.nhs.uk**

## Complex health needs transition event at the NNUH

Sarah Cassels is hosting a complex transition event at the NNUH for young people with complex health needs moving into adult services. This time can be very challenging with meeting new teams and clinicians and accessing new services and can cause a lot of anxiety among young people and their parents/ carers. The event is aimed at providing information to parents/carers on what happens during transition from Paediatrics to adult services at the hospital and what support is available to them during this time. There will be talks from outside agencies on areas such as Mental Capacity Act, Deputyship and Power of Attorney,



decision making in adulthood as well as the opportunity to meet the Learning disability and autism team at NNUH and other agencies involved in young peoples care during this time.

**At the Ben Gooch theatre, NNUH on the 30th April 10:30-1:30pm. There will be free car parking. Refreshments will be available. No need to book just turn up.**

For any questions please [click here](#) to email Sarah Cassels



## Amazing Apprenticeships webinars

A series of informative webinars for teachers, careers advisers and parents that will provide an abundance of tips, advice, and information around the topic of apprenticeships.

Each webinar lasts between 30 – 60 minutes and takes place on Zoom. Participants are required to sign up before the session and will receive an email confirmation and a reminder an hour before it begins. The webinars are recorded and shared with all registrants after the session.

[Click here to view the webinars on offer](#)

[Click here to see what else the Amazing Apprenticeships website has to offer, it has Zones for parents, schools, students and employers](#)





# Hear Me, See Me



For healthcare professionals



March 12 2025



12:30PM - 2.00PM



live session on  
Microsoft Teams

[Register here](#)

## Women and Autism

Please join us to hear first hand from autistic women about some of the challenges they face on a daily basis. Having a glimpse of their world may help you understand your patients better.

## Hear Me See me- Women and Autism- live session on Microsoft Teams for healthcare professionals

Autism Bedfordshire would like to invite you to their next Hear Me, See Me Professionals webinar on Wednesday 12th March 12:30 - 2:00PM on Teams.

Join them to hear first hand from autistic women about some of the challenges they face daily. Having a glimpse of their world may help you understand your patients better.

[Click here to register](#)



## Autism and Eating Disorders training for professionals

We know from talking with autistic people that they can have a different relationship with food than a neurotypical person and to help them professionals need to adapt their services and thinking to make the help offered more effective.

We are delighted to be able to offer this two hour training session with Emily Nuttall who is a person with lived experience of autism and in recovery from an eating disorder.

Emily works in the Guernsey Eating Disorder Team and works for other eating disorder charities as a person with lived experience.

Emily will be sharing her own experiences but will also be talking about how to adapt eating disorder services for autistic patients.

Using her experience of working within an eating disorder service in Guernsey she will give you tips on how to make your service more effective.

**12 February 2025 11:00 am -1:00 pm online.**

Please note that to keep the cost of the workshop/course as cheap as possible and make it accessible to all, we cannot offer invoicing to companies.

When booking onto the training you will notice that there is a box asking for a membership number, please be advised that you do not need to be a member to access the training, and you can type in NA to continue.

For those that do not have a PayPal account, there is the option to check out via PayPal as a guest and use card details as an alternative.

[Click here to register](#)



These sessions are **FREE** to attend for young people who live or are educated in North Norfolk

Open to ages **11-19**  
(Up to 25 with additional needs)

**GREEN FUTURES**

*The **Green Futures: Youth Project** is a year long project funded by the North Norfolk Youth Advisory Board and delivered by North Norfolk District Council's Leisure Service. The project will deliver a variety of free to attend sessions for children and young people in North Norfolk which seek to provide hands-on learning opportunities and environmental education.*

*Workshops include...*

- Muddy Boots: Youth Carbon Literacy Workshops*
- Habitat & Homes Workshops*
- 'Get to Know' Workshops*
- Woodland Caricature Workshop*
- Axe & Knife Throwing*
- Country Park Projects*

*And more to be announced!*

For more information and to book onto these sessions, please scan the QR code or visit [www.north-norfolk.gov.uk/book](http://www.north-norfolk.gov.uk/book)

Enquiries: [countryside@north-norfolk.gov.uk](mailto:countryside@north-norfolk.gov.uk)

[/HoltCountryPark](https://www.facebook.com/HoltCountryPark) [@CountryHolt](https://www.instagram.com/CountryHolt)

**NORTH NORFOLK DISTRICT COUNCIL** **Norfolk County Council** **NORTH NORFOLK YOUTH ADVISORY BOARD**

## Green Futures: Youth project in North Norfolk

North Norfolk District Council is delighted to introduce a new programme of activities for young people called Green Futures: Youth Project.

Funded by the North Norfolk Youth Advisory Board as a result of being awarded the project by the Young Commissioners, the Leisure team here at the Council will be delivering a suite of FREE activities throughout the year for young people aged between 11-19 (up to 25 for those with additional needs) which get them outside, learning about nature, being active and getting creative.

All outdoor sessions are held in one of the District's beautiful Green Flag spaces which include Holt Country Park, Pretty Corner and Sadler's Wood and provide hands on learning opportunities with a focus on environment and climate change.



There is a wide range of activities to choose from, including axe throwing, caricature drawing, habitat building, and a chance to 'get to know' the local wildlife with workshops discussing reptiles, minibeasts and birds, among others.

Our own popular volunteer group, 'Muddy Boots,' will also be hosting a series of youth specific sessions, allowing them to support the Countryside team in practical and educational conservation activities, such as tree-planting.

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



**Free!**



**Via  
Zoom**

## Talking about: Toileting children with additional needs

13th February 2025

7pm - 8.30pm



The Children's Bowel & Bladder Charity



# Toilet training for children with additional needs webinar 13th February with ERIC UK

Does your child have additional needs? Would you like to know more about how you can prepare and support them with their toilet training?

Our Family Service Team are hosting a free webinar where they'll be looking at the challenges children may face and how you can support them in feeling comfortable using the toilet at a pace that reflects their needs.

This session will also help you to understand your child's bowels, good bladder health, how to know when they are ready to toilet train and set them up for success.

We will also explore the sensory aspect of toileting and the difference the bathroom environment can make.

**13th February 2025**

**7pm-8.30pm (via Zoom)**

Booking closes at 12pm on 12th February.

For more information please click [here](#) for the ERIC UK website.

PLEASE NOTE: these free events are for parents and carers. If you are a health, education or early years worker interested in events to support you in your professional capacity please see our programme of training courses for professionals on our [website](#).

For more information and how to book your place click [here](#)



## Fully funded Discover Wellbeing programme in South Lynn and King's Lynn

Through generous funding from the Freebridge Community Housing Fund, The Wild Hub is delighted to offer a fully funded Discover Wellbeing programme

Our programme is open to everyone and designed to promote relaxation, mindfulness, and connection. With activities such as movement meditations, yoga, breathwork, expressive art, and family-focused sessions, we aim to support mental, emotional, and physical well-being in an accessible and supportive way.

**Some of the highlights include:**

- **Art Meditation Sessions:** Focused on creativity and renewal.
- **Kids Yoga & Mindfulness:** Fun, engaging tools for stress management and focus.
- **Dance Meditation:** A joyful, guided movement experience with silent disco headsets.
- **Craft & Nature Group:** A calming space for adults with ASD and their carers.
- **Seasonal Activities:** Including planting seeds of growth, dream catcher crafting, and honoring personal achievements.

**Programme Locations:**

- South Lynn Community Centre
- Discovery Centre, King's Lynn

Registration is simple, and all sessions are tailored to be inclusive and community-focused. To learn more or book a session, please visit our [website](#):

[Click here to email The Wild Hub with any questions](#)



## NSFT- Supporting Young People's Mental Health Parent/Carer Workshops Spring Term 2025

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-75 minutes long.

### **Supporting your Child/Adolescent With Anxiety**

Aimed at parents and carers of children and young people aged 12-18, this workshop describes what anxiety is, why we experience anxiety, how it effects the brain and the body, how it affects what we do and don't do. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Wednesday 26th February 12:00 PM - [BOOK HERE](#)

### **Supporting Your Child/Adolescent with Obsessive Compulsive Disorder (OCD)**

This session covers: what OCD is, how it affects and impacts children and young people, how parents and carers can support their children/adolescents who might be struggling with OCD, and what further support is available.

Thursday 27th February 13:00 PM - [BOOK HERE](#)

### **Supporting Your Child to Manage Their Big Feelings**

As our children grow, they experience many changes in themselves and the world around them. During this time, our children and young people feel a variety of feelings such as anxiety, which they do not know how to manage. We break down what leads our children and young people to have these feelings and ways in which we can support them to manage if they become overwhelmed.

Monday 24th March 12:00 PM - [BOOK HERE](#)

### **Building Understanding and Supporting Your Child With Tourette's symptoms/TICS**

This workshop, delivered by clinicians experienced in working with children and young people with Tourette's/Tics Disorder, will provide information about Tourette's and Tics in children and young people, dispel some common myths and give guidance on how you can best support your child/teenager as they negotiate the highs and lows of life with tics.

Tuesday 25th March 12:00 PM - [BOOK HERE](#)

For more information on earlier workshops, how to access the recordings and links to other aspects of NSFT click [here](#)



## BRITISH SIGN LANGUAGE INTERMEDIATE

If you have previously learned British Sign Language and would like to have the chance to brush up your skills with a friendly group, this is the course for you.



**COURSE STARTS 5TH FEBRUARY  
ATTLEBOROUGH LIBRARY  
10.30AM - 12.30PM**

[f](#) @norfolkadullearning [X](#) @norfolklearn [i](#) @norfolk\_adult\_learning

[www.norfolk.gov.uk/adultlearning](http://www.norfolk.gov.uk/adultlearning) 0344 800 8020 option 5 Call in to your local library

### British Sign Language Intermediate course at Attleborough Library

Here is just one course that Adult education are running in Norfolk's libraries, there are many more on offer.

If you have previously learned British Sign Language and would like to have the chance to brush up your skills with a friendly group, this is the course for you.

Course starts on 5th of February at Attleborough library from 10:30-12:30pm. For more details click [here](#).

[Click here to find out what other courses are on offer with Norfolk adult learning](#)



## Willow- supporting young adults aged 16-40 who are living with a life-threatening illness or a life limiting condition

We aim to support 1,200 seriously ill young adults in 2025, but the need is much greater. Every week, 300 young adults aged 16 to 40 are diagnosed with cancer. That is nearly 16,000 young people each year whose lives are cruelly interrupted, and who face a lot of uncertainty and lost opportunities in the prime of their lives.

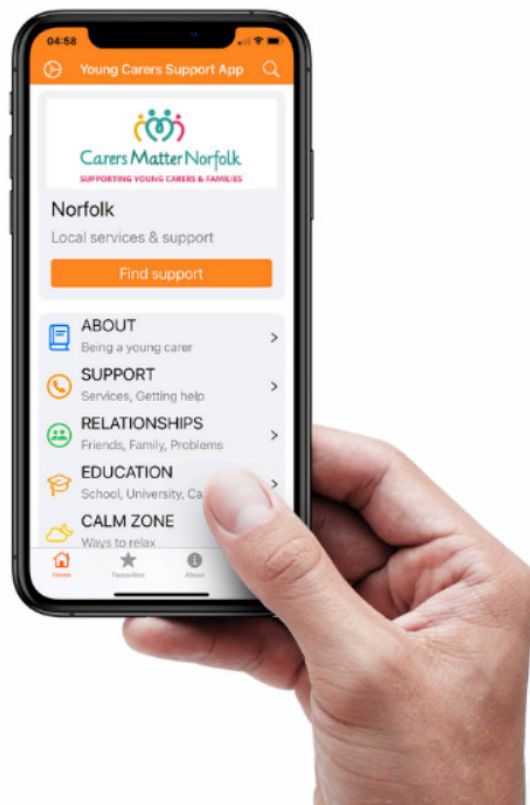
A cancer diagnosis in the age range 16 to 40 is relatively rare, accounting for just 4.3% of all cancers diagnosed in the UK annually. This makes the cancer journey very lonely and isolating.

In addition we have estimated that up to 5,000 young adults living with degenerative, genetic and metabolic illnesses become eligible for our Special Day services every year. For these young adults there is little support available that simply focuses on quality of life.

[For more information on what Willow can offer click here](#)







## Young Carers App- from Carers Matter Norfolk

We know young carers need the right support around them so they can care for their loved ones whilst looking after of their own physical and mental health, and helping them meet some of the unique challenges they face. That's why we are pleased to promote the Young Carers App.

The Young Carers Support App enables young and young adult carers in the UK to find information and advice, self-help resources, wellbeing tips and activities, plus a catalogue of support services – all in one place.

A number of young carer organisations worked with Expert Self Care Ltd, to launch the Young Carers Support app which is free and available for any young carer, or professional working with young carers to download on both Android and iOS:

[iOS:](#)

[Android:](#)

There is also a range of local information about support available for young carers in Norfolk.

The app offers clear and easily accessible advice and is a comprehensive resource for young carers and professionals working with young carers and young people.

The app carries the Patient Information Forum 'PIF Tick', the only UK quality mark for trustworthy health information.

To find out more details on what a young carer is, [click here](#)



***The Sensitive Child's  
Sleep Coach***  
*Kathryn Stimpson*



***I am a gentle and holistic Sleep  
Coach specialising in supporting  
families with babies & children  
who are sensitive, neurodiverse,  
or have SEND.***

*Book Your Initial  
Sleep Consultation*



*" Kathryn's knowledge is fascinating, she genuinely cares for your wellbeing, health and sanity (which to be honest there wasn't a lot left!) My child now sleeps pretty much through with maybe one wake now and again, that's worth the weight in gold considering he was up at least 5 times per night"*

*[www.kathrynstimpson.com](http://www.kathrynstimpson.com)*

**The Sensitive Child's Sleep Coach- Kathryn Stimpson**

**You need Gentle Sleep Coaching if :**

- ✓ You need better sleep asap
- ✓ You have zero energy and time for yourself
- ✓ Your exhaustion is getting in the way of your productivity
- ✓ You are feeling overwhelmed and out of control
- ✓ You feel unhappy, low and fed up
- ✓ You are always struggling to keep your head above water
- ✓ Your relationship is suffering
- ✓ You are not enjoying parenting
- ✓ You are constantly unwell or run down

To visit Kathryn's website click [here](#).

To book an initial consultation with Kathryn Stimpson- the working parents sleep coach click [here](#)



*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/AB3u111ZB3vrYt>

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




## 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://twitter.com/familyvoicenfk)
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