

newsletter February 2025



There is still time to book your place! We'd love to see you at our

Annual Conference

on

Saturday 22nd March

2025

At the

John Innes Centre, Norwich NR4 7UH

Find out about all things SEND

Keynote presentation • Workshops

Information stands
 The chance to chat with professionals

Please scan the QR code to book your place or click the link in the text below to find out more.



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There is still time to book your place at our annual conference!

We'd love to see you at our annual conference for parent carers

on Saturday 22nd March 2025 At the John Innes Centre, Norwich NR4 7UH

Find out about all things SEND

Keynote presentation
Workshops
Information stands
The chance to chat with professionals

Please scan the QR code above to book your place or click here to find out more.

This year we are very pleased to say we will have an accessible toilet on site as <u>RevolOOtion</u> are joining us for the day.

Click <u>here</u> for a list of organisations and services that will be attending our conference. Please note that this is correct at time of writing but may be subject to change.

A programme for the day will be emailed nearer the time.

This is always a really useful and informative day for families, we do hope you are able to join us!

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Introducing two new members to our Board of Directors



Ali Hill

I have 15 years' experience supporting children and young people, and their families/carers both in the UK and overseas, but mainly in the East Anglia region. Professionally, I have my degree in Special Educational Needs & Disability with further specialism in Social Policy and Approaches



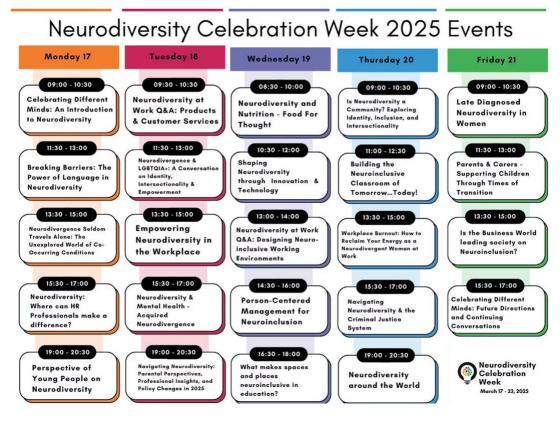
Emily Viegas

I'm thrilled to join Family Voice Norfolk as a Parent Carer Representative, and now as a member of the Board of Directors. Like many parent carers, I have spent years battling for my children to get their needs met. I'm excited for the opportunity to help other parent carers and families have their to Mental Health. I have worked and volunteered extensively providing advice and advocacy support to the disabled community and passionately support the Social Model of Disability.

On a personal level, I have lived experience of disability. I am a carer within my family group and live within a neuro-diverse family and I have and am supporting my young person who has ADHD through the SEN system within in Norfolk and beyond. voices heard and hopefully be a part of driving meaningful change and improvement in Norfolk. I am a mum of two boys, both of whom have SEND, with my youngest having significant, complex needs. SEND has become something of a special interest for me over the last 10 years. Previously I have worked on boards of non-profit organisations; as a board member of a Playgroup, and for a small, registered charity where I wore various hats over the years, including Secretary and Communications and Social Media Officer.

We no longer have a presence on X but you can still find us on Facebook and Instagram

A lovely quote from a member 'Well done to all at Family Voice Norfolk it was a wee acorn now a tree.'



Neurodiversity week 17 - 23 March 2025

The 2025 events schedule is finally HERE!

Get ready for a mind-blowing week of 24 FREE EVENTS from March 17th to 23rd, 2025. And absolutely everyone is invited to join us for this incredible line-up.

Over 80 inspiring speakers will share their unique perspectives on neurodiversity. You'll hear from experts with lived experience, top professionals, and passionate advocates.

Don't miss out! Check out the schedule below, grab your spot(s), and let's celebrate the amazing diversity of minds!

<u>Neurodiversity Celebration Week</u> is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It aims to transform how neurodivergent individuals are perceived and supported by providing schools, universities, organisations, and others around the world with the opportunity to recognise the many skills and talents of neurodivergent individuals, while creating more inclusive and equitable cultures that celebrate differences and empower every individual.

This year we're bringing you more panel discussions than ever before, with inspirational speakers from a range of backgrounds and professions. The discussions will all be focussing on key neurodiversity topics, and aim to educate while inspiring conversations about neurodiversity.

All events are free of charge and open to all. Please do sign up to as many events as you like and share with your networks, so we can all join together in celebrating different minds!

Please note that these events are being recorded, to increase accessibility for all around the world. Links to the recordings will be sent via email post-event, so please make sure you register for the events so that you don't miss out!

Click here to download the interactive calendar of events

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Healthwatch Norfolk survey – open to anyone aged 16-30 living in Norfolk

Healthwatch Norfolk is the independent voice representing patients and service users across the county. Our mission is to gather public opinions of local health and social care services, ensuring that views are heard by the people in charge.

What is this survey about?

The NHS App is a free digital application developed by the NHS to give patients access to a range of health services and information through their electronic devices. Healthwatch Norfolk is currently working with NHS Norfolk and Waveney to understand how young people currently use the NHS App, their opinions of it, as well as what could encourage them to download it or use it more.

Who is the survey for?

This survey is open to anyone 16-30 living in Norfolk. We welcome feedback from both users and non-users of the NHS App. All survey entries will be entered into a draw to win one of five £50 Amazon vouchers.

When and how can people access the survey?

The survey is open until **Sunday 2nd March 2025** and will take no more than 10 minutes to complete.

Young people who prefer to complete the survey by phone can call Healthwatch Norfolk on 0808 168 9889 (10am-4pm, Monday to Friday).

Click here to access the survey

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Free inclusive cricket lessons for those aged 12-25

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

We are now running three Lord's Taverners Super 1s Hubs in Norfolk across three regional locations and would love your support to promote the initiative for those aged between 12 and 25 years old.

Lord's Taverners Super 1 Hubs

• FREE inclusive weekly sessions in Dereham, King's Lynn and Norwich

• Super 1s gives young people with a disability aged 12-25 the chance to play regular, competitive cricket.

• Community cricket hubs allow participants the chance to receive coaching, compete against their peers and enjoy the benefits of playing sport.

Easton - Easton College, Bawburgh Rd, Easton, Norwich NR9 5DU

- Monday and Tuesday Evenings
- 5pm until 6pm

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

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

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

- Friday Evening
- 5pm until 6pm

Registration is required prior to attendance by contacting Abi Sutherland.

For more information click here

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Short Breaks animation- what is Short Breaks?

Amanda Peart brought together a group of young people with SEND to participate in a series of workshops led by Adam Yaxley and herself. These workshops empowered the young participants to take charge of every aspect of the animation project, from creating a storyboard to developing a script based on their own lived experiences. The entire animation was co-produced from start to finish, ensuring that the young people's voices and perspectives were at the heart of the project.

One of the young people who took part said 'I liked how it eventually turned out in the end, even if it did take months!'

And his Mum said 'He loves animations and this was a project he could really get his teeth into, it taught him teamwork, patience and compromise. I loved how they used the kids voices both in the animation itself but also throughout the design process.'

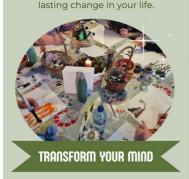
For more information on Short Breaks click here.

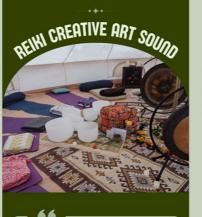
lick here to watch the Short Breaks animation

WHY CHOOSE US

At The Wild Hub, we're here to help you feel more connected, confident, and at ease. Through creative arts therapies and sound healing, we offer

practical tools to tackle life's challenges, let go of stress, and build resilience. You will create strategies to keep the change real and part of your life and a personalised plan to take forward. Our sessions are designed to help you explore your emotions, grow in self-awareness, and feel supported every step of the way. It's a down-toearth approach to creating real,





Transformation begins where courage meets self-reflection

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Healing Through Reflection, Creativity and Connection — +++—

6 Sessions - Fully Funded by Norfolk Community Foundation

REFLECT - EXPRESS - TRANSFORM



ABOUT US

The Wild Hub, Founded by Viki, a qualified Holistic Integrated Creative Arts Therapist, is dedicated to fostering personal growth and emotional well-being through creative and holistic practices. Viki will collaborate with Sue from Shine Bright, a skilled Sound Healer and Coach, to guide participants on transformative journeys. Together, they combine their expertise to create safe, supportive spaces for healing, self-discovery and empowerment.



THE PROGRAMME

Introduction and Intention Setting Discover a safe space to set meaningful intentions and build a foundation for personal growth.

Creative Writing

Unlock emotions and gain clarity through guided writing exercises that encourage self-expression.

Drumming and Storytelling Express your unique story and emotions through the powerful rhythm of the drum, connecting deeply with yourself.

/ Art Therapy

Express your feelings visually and uncover insights about yourself through painting and creativity.

Sound Healing and Reiki

- Experience deep relaxation and emotional release with sound baths and energy healing.
- / Mood Board creation & Action

Transform your insights into action with personalised plans and visual inspiration for your future.





DATES & LOCATIONS

Starting: Monday 24th March 7pm

for 6 sessions at Fenland Orchard Project

Your story holds the key to your greatest strength

The Wild Hub- Awaken your wild- free sessions for over 18's

Awaken your wild

Healing through reflection, creativity and connection

6 sessions fully funded by Norfolk community foundation

Reflect - Express - Transform

Why choose us?

At the Wild Hub, we're here to help you feel more connected, confident and at ease. Through creative arts therapies and sound healing, we offer practical tools to tackle life's challenges, let go of stress and build resilience. You will create strategies to keep the change real and part of your life and a personalised plan to take forward. Our sessions are designed to help you explore your emotions, grow in self awareness, and feel supported every step of the way. It's a down to earth approach to creating real, lasting change in your life.

Transform your mind.

About us

The Wild Hub, founded by Viki, a qualified holistic integrated creative arts therapist, is dedicated to fostering personal growth and emotional well-being through creative and holistic practices. Viki will collaborate with Sue from Shine Bright, a skilled sound healer and coach, to guide participants on transformative journeys. Together they combine their expertise to create safe supportive spaces for healing, self discovery and empowerment.

The Programme

1 Introduction and intention setting

2 Creative writing

3 Drumming and story telling

4 Art therapy

5 Sound healing and Reiki

6 Mood board creation and action planning

Dates and locations

Starting: Monday 24th March 7pm for 6 sessions at Fenland Orchard project

and

Starting: Saturday 1st November for 6 sessions at South Lynn community centre

"Your Story holds the key to your greatest strength"

Reiki creative art sound

" Transformation begins where courage meets self reflection"

For more information call 07902136902 or email

Click here to go to the Wild Hub website

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Affordable caravan holidays in Skegness and Burnham on Sea Entrust care partnership are a 'Not for Profit' organisation that supports children, young people and adults with additional needs as well as their parents and carers.

They have two caravans in both Skegness and Burnham on Sea, and they aim to offer affordable holidays to families impacted by disability.

The <u>Burnham on Sea caravans</u> are on a Haven Resort and the <u>Skegness Caravans</u> are on a Park Dean Resort.

All our caravans have the same layout and sleep up to 6. There is a double bedroom with an en-suite, a twin room with 2 single beds and a sofa bed in the lounge. All caravans have a walk in/wheel in shower. They all have outdoor decking and outdoor furniture.

Prices are:

Low season / High season Full Week Sat-Sat 7 nights 400-500 550-700 Midweek Mon-Fri 4 nights 300-400 400-500 Weekend Fri-Mon 3 nights 150-225 275-325

If you have any questions, please email or call 07549 495474

<u>Click here to make a booking</u>

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King's Lynn family hub, Saint Augustine's Healthy Living Centre, King's Lynn, PE30 2LB

To register your interest or find out more visit our website: norfolk.gov.uk/parentchampionvolunteers or email: parentchampions@norfolk.gov.uk



family hubs

Would you like to be a parent champion?

Parent Champions

Would you like to be a Parent Champion, and volunteer to help parents and carers in your community?

We are looking for local parents, carers, and community leaders within Norfolk, who make good use of local services, are friendly and enjoy chatting with parents and carers.

Would you like to:

- Meet new people
- Learn new skills
- Gain confidence
- Give something back to the local community

Parent Champions training is now available in **King's Lynn**, **Monday 24 and 31 March 2025** 10am to 1pm (refreshments provided).

King's Lynn family hub, Saint Augustine's Healthy Living Centre, King's Lynn, PE30 2LB (travel costs reimbursed)

If you would like any further information or would like to become a Parent Champion, please contact us by <u>email.</u>

Click here to visit the Parent Champion webpage

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RESEARCH PARTICIPANTS NEEDED

Are you a parent of an autistic young adult who has experience of transitioning from child to adult mental health services?



Researcher: charlotte.roche.2022@live.rhul.ac.uk Research Supervisor: lauren.bryan@rhul.ac.uk I would like to invite you to take part in my research project, which aims to understand how parents of autistic young adults experience the process of their child transitioning from child and adolescent mental health services (CAMHS) to adult mental health services (AMHS).

Inclusion Criteria:

- Being a parent of at least one autistic young adult.
- The young adult has begun, attempted or completed the transition directly from CAMHS to AMHS within the last 10 years.
- The young adult must have a formal diagnosis of autism.
- Living in England.

Participation involves attending a remote interview for approximately one hour. You will be reimbursed for your time with a £10 Amazon voucher.

If you are interested in taking part, please contact me via <u>charlotte.roche.2022@live.rhul.ac.uk</u>, I would be very pleased to provide you with more detailed information. Ethical Approval Reference ID: 304 Ethical Approval Date: 25/03/2024

Are you a parent of an autistic young adult who has experience of transitioning from child to adult mental health services?

Research participants needed.

Charlotte Roche researcher would like to invite you to take part in her research project, which aims to understand how parents of autistic young adults experience the process of their child transitioning from child and adolescent mental health services (CAMHS) to adult mental healthservices (AMHS).

Inclusion Criteria:

- Being a parent of at least one autistic young adult.
- The young adult has begun, attempted or completed the transition directly from CAMHS to AMHS within the last 10 years.
- The young adult must have a formal diagnosis of autism.

• Living in England.

Participation involves attending a remote interview for approximately one hour. You will be reimbursed for your time with a £10 Amazon voucher. If you are interested in taking part, please contact me via <u>charlotte.roche.2022@live.rhul.ac.uk</u>, I would be very pleased to provide you with more detailed information.

The deadline for taking part is the 14th of March.

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Now That's What I Call Autism 2025

"Now That's What I Call Autism 2025" is a celebration of autistic identity, creativity, and community, hosted by the Norfolk Autism Partnership as part of Autism Acceptance Week 2025.

Taking place at The Forum, Norwich, on Wednesday, 2nd April 2025 11:00 AM – 3:00 PM, this vibrant event brings together autistic individuals, families, professionals, and allies to promote understanding, inclusion, and meaningful connections.

What to expect:

This exciting event, part of Autism Acceptance Week 2025, will feature:

• Makers Market - Showcasing autistic artists and creators.

• Information Stalls – Connecting you with autism services and support. (Applications open next week!)

• Panel Talks & Guest Speakers – Insights from autistic voices and advocates.

• Interactive Displays & Activities – Including a literature corner, affirmation wall, and sensory-friendly areas.

If you have any questions please click here to send an email to the organisers - Norfolk Autism Partnership

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Pulhams youth engagement project-junior and youth clubs

March 2025

Fun, creative socialising activities

6pm-7pm **Junior club for 5-10yr olds**. On the 3rd, 10th, 17th, 24th of March at Pulham Market Memorial Hall.

Soft drinks and snack included.

£1.00 entry fee.

7.30pm- 9.30pm Youth club 11-17yr olds.

Pulham Market Memorial Hall.

on the 3rd, 10th, 17th, 24th of March.

And The Pennoyer centre on the 31st of March.

For more information click <u>here.</u> to send an email.

Click here for the application form

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Sibs- for brothers and sisters of disabled children and adults

Sibs exists to support people who grow up with or have grown up with a disabled brother or sister. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings.

Young siblings

Children and young people growing up with a disabled brother or sister often get less attention from parents and have more worries and responsibilities than their peers. Many young siblings experience daily challenges in their lives such as public prejudice and finding it hard to get schoolwork done. They also need recognition for the positive aspects of their family lives, such as learning new skills and being supportive of their brothers' and sisters' needs.

Direct support for young siblings

We run <u>www.sibs.org.uk</u> – an online information service for children and young people aged 7-17, who have a brother or sister who is disabled, has special educational needs or a serious long-term condition.

Young siblings can:

Get information about disability and conditions, and tips for enjoying life and dealing with feelings.

Get help from our team with sibling issues at home and at school.

It's great to read about other siblings like me. It means that I don't feel so alone.

Help for others to support young siblings

We train professionals to run sibling support groups for children. We train primary school staff to deliver our Sibs Talk support intervention. We provide information for <u>parents</u> and <u>professionals</u> on supporting siblings.

Adult siblings

Adult siblings, in particular those with a brother or sister with a lifelong learning disability and/or autism, provide support, advocacy and care for their brothers and sisters, at the same time as juggling support and care for their elderly parents, their own children, and their work. They rarely receive any acknowledgement of their role or expertise, information about service provision, or support for their own needs. As a result many adult siblings experience isolation, reduced wellbeing and negative effects on their work and finances. Many adult siblings just want to enjoy social time with their brother or sister rather than time together being focused on care tasks.

Support for adult siblings

We provide email support for adult siblings.

We run a network of peer support groups for adult siblings of people with a lifelong disability.

We produce guides for adult siblings of people with a lifelong disability on issues such as future planning and managing care.

We run workshops and events for adult siblings. <u>https://www.sibs.org.uk/about-sibs/sibs-services</u>

For more information click here to go to the Sibs website

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Investigating asthma for 8-11 year olds

Do you, your sibling or a friend have asthma? Join Asthma + Lung UK for a free and fun online morning workshop. This exciting and interactive event will get you 'clued up' on all things asthma. Let's crack the case!

When? Saturday 8th March 2025 @ 10:30am Where? Online via Zoom

- Fact or fiction? Take our myth-busting asthma guiz
- Solve the riddle! Using puzzles, uncover asthma's hidden triggers
- Detective's briefcase. Discover our toolkit for managing asthma
- Unlock top secret video footage to learn about inhalers and spacers
- Meet our team of expert detectives & an asthma nurse specialist
- Graduation! Receive your Asthma Detective certificate in the post

SIGN UP ONLINE

Scan our QR code, or visit our website to register. www.asthmaandlung.org.uk/groups-support/parent -carer-support-network/parent-carer-network-events



A parent, carer or responsible adult age 18+ must be present with children at all times during the online workshop.

Asthma detectives academy-investigating asthma for 8-11 year olds

Are you 8 - 11 years old, or new to asthma? Do you, your sibling or a friend have asthma?

Join us on **Saturday 8th of March 2025 at 10:30am** for a **free** and **fun** online morning workshop.

This exciting event will help you to get 'clued up' about asthma.

What is the Asthma Detectives Academy?

Through online **group activities** and **interactive games**, we will help you to uncover the truth about asthma. Our Asthma + Lung UK expert team of 'chief detectives' will help you to 'crack the case' on asthma. You will learn **tips and tricks** for managing your asthma at **school**, at **home**, and in **groups** and **clubs**.

What can you expect?

- **Expert detectives** Meet our team of expert detectives including an asthma nurse and lung physiotherapist
- Fact or fiction What is asthma? Take our myth-busting quiz to uncover the truth
- Solve the riddle Crack our word puzzles to uncover asthma's hidden triggers
- Detective's briefcase Take a look inside to discover our toolkit for managing asthma
- **Top secret video footage** Unlock top secret video footage to learn how to use your inhalers and spacer correctly

How can I sign up?

Visit our website link below, or email: for more information.

Parent and Carer Support Network Events | Asthma + Lung UK

The workshop is aimed at ages 8-11 years, but older children, young people, parents and carers are welcome to join if you think it will benefit them.

Particularly we'd love to welcome siblings and friends of children with asthma, so they might learn how they can help a child or young person with asthma at home or in the playground.

We also welcome teachers, social workers and health care professionals who might like to watch, learn the basics and see a creative way of delivering information about asthma to KS2 children.

Please note: A parent, carer or responsible adult age 18+ must be present with children at all times during the workshop

Click here to go to the Asthma and Lung website

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BA (Hons) Additional Needs and Disabilities (Children and Young People)

City College Norwich higher education have opened applications for September 2025.

There is an online open evening coming up on 5/3/2025, please use the following link to sign up.

Unlock your potential to support children and young people with additional needs and disabilities, and their families, with our BA (Hons) Additional Needs and Disabilities (Children and Young People) degree. Gain insight into diagnosis, behaviour, care, transitions, independence, assistive technology, health, inclusion, rights, creative practices, and innovation.

Reasons to study this course

If you have an interest in developing skills and understanding in working with and supporting children and young people with additional needs and disabilities, and their families, this could be the course for you.

You will gain insight into many of the disciplines associated with supporting children and young people with additional needs and disabilities including diagnosis and developing, historical, cultural, social, and political attitudes and values, exploring behaviour, care and education, transitions and how to promote independence, assistive technology, health, inclusion, rights, creative practice, and innovation in the field.

The SEND sector holds great potential for growth and improvement, and we are excited to offer you the opportunity to enhance your skills and play a vital role in shaping its future.

By "additional needs," we refer not only to the traditional understanding of special educational needs but to a broad spectrum of requirements. These include, but are not limited to, autism, ADHD, mental health conditions, attachment disorders, experiences of trauma, the needs of refugees and travellers, children with English as an additional language, and many others.

We are committed to career development and management. This course is designed with a strong focus on employability, equipping you with the knowledge and understanding essential for a wide range of careers in this field. Specific modules are dedicated to cultivating professional practice and leadership skills, ensuring you are well-prepared for the demands of the industry. To enhance your learning experience, the programme encourages you to explore your individual interests through tailored assessments and subject-specific research. In addition, the course provides a strong base for you to continue into further study at master's level.

Students will have access to industry professionals, guest speakers and trips to help develop their knowledge and understanding further.

Our approach at City College Norwich Higher Education is unique. We have a strong belief in relationship-based practice, supporting students from their first contact with us all the way through to graduation. Our students consistently tell us that their lecturers are supportive and responsive to their needs, and that we go above and beyond to help them to succeed. (91.3% of students were positive that they felt supported by teaching staff, OfS National Student Survey 2024)

Our small group model means that we have opportunity for group discussions, practical activities and tutorials to support learning. This course attracts students from a wide range of ages and backgrounds, creating valuable opportunities to share diverse experiences and perspectives, which further enrich the learning environment. Our lecturers are passionate about their course areas and look forward to welcoming new students to the course.

If you would like further information, please take a moment to fill in the following form:

Click here for more details

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Making Sense of SEND will be at King's Lynn on the 19th March

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

On Wednesday 19th March 2025 - 10am-12pm.

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



Has a first responder supported you through a mental health crisis?

Our Care Responders research study explores experiences of young people aged 5-18 years old and their families who have received support from first responders for a mental health crisis. Please contact us if you could tell us about your experiences of receiving support from first responders, such as paramedics, police officers, NHS crisis practitioners and hospital staff to inform our research.



Care responders survey

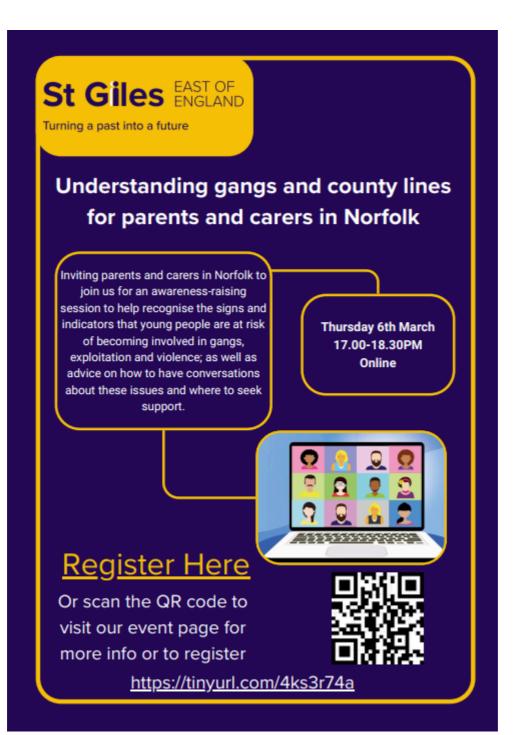
About Care Responders:

The study aims to improve mental health crisis responses for children and young people (CYP). We are looking to engage with young people aged 5-18 (and their parents or carers)

who have experienced a mental health crisis response within the past two years. This could include support from police, paramedics, A&E, admission to hospital, crisis cafés, or CYP crisis services. By understanding their experiences, we hope to make meaningful improvements to crisis services and support structures.

To get involved click the green button below to send an email or ring 07521000486

To send an email click here



Understanding gangs and county lines for parents and carers in Norfolk

Thursday 6th March 17:00-18:30pm Online.

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.

The event will be hosted online. Register below today and we'll send you a link to join the session closer to the time.

Click here to register

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Join Us for Free Coffee Mornings at Able2B!

Looking to meet new people and connect with your community? Drop in for a relaxing morning of coffee, conversation, and great company in a warm, welcoming space.

What to Expect:

- Friendly atmosphere to chat and make new friends
- Monthly guest speakers sharing valuable insights on topics that matter to you and your family
- A chance to unwind and recharge, with free coffee and treats on us!

Booking is essential. Places are limited so please book early to avoid disappointment.

Scan to find out more and let us know you're coming.



When: Second Tuesday of the month Time: 10.30am – 11.30am Where: Able 2B studio, 9 Gilchrist Close, Bessemer Road, Norwich, NR4 6AT

W: able2b.co.uk T: 01603 986407 E: info@able2b.co.uk



Proudly supported by

Transition into adult services - what to consider, coffee morning with Able2B

We would like to invite parents/carers of children between the ages of 14 - 18 years to our coffee morning on 11th March from 10:30 - 11:30. This is an ideal opportunity to ask questions and get some guidance on what is a very challenging stage to get continuing support.

This Session's Topic: **Transition into Adult Services – What to Consider** About Our Speaker: **Nicole Hudson**

Nicole Hudson is a Practice Consultant in the Preparing for Adult Life (PfAL) Team, with extensive experience supporting adults with disabilities. With a background as a social worker in Essex County Council and Norfolk County Council, Nicole brings a wealth of knowledge on navigating adult services.

Topics Covered:

- Understanding the referral process when and how to apply.
- How eligibility for adult services is determined.
- Types of support available, including Living Well services.
- What happens after involvement with the locality team.

Booking is essential – secure your spot early by clicking on the link below to avoid disappointment!

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

For more information click <u>here</u> for the Able2B website. Or Telephone: 01603 986407 or send an <u>email</u>.

To book a place click here

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Newsletter

Easy way to share our newsletter

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

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

- You can contact our **Membership** Secretary Kate on 07950 302937 or at <u>membership@familyvoice.org.uk</u>
- Or write to us at Family Voice Norfolk, c/o Ayton House, 11 Ayton Rd, Wymondham NR18 0QQ
- If you are a family member you can join our Family Voice Members Chat Room

Or message us via:



on Facebook by clicking <u>here</u>

FamilyVoiceNorfolk

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

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