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newsletter
March 2025

family voice

norfolk

together improving services



Conference 2025

It was lovely to see families, professionals and service providers at our conference on Saturday 22nd March. If you were able to come along, we hope that you had a great time and were able to get help and information for your children, your young people and yourselves as parent carers. The keynote speech updated us on the Advice, Support and Access Service for Children and Young People's Mental Health Services within Norfolk and Waveney. We had six workshops running throughout the day on Welfare Rights, Transition from Paediatric to Adult Services at the Norfolk and Norwich University Hospital, Learning Disability Annual Health Checks, an Overview of Autism Spectrum Disorders and Challenging Behaviour, How To Improve Day-to-Day Function For Yourself Or Those You Care For, and Understanding Our Senses And The Way They Interact. Our 'Speed Dating' facility was as popular as ever and covered a huge range of topics. There were over 40 stands for families to visit and find out information, ask for help and discover new things.

We will be looking at the feedback from the conference, the numbers in attendance etc in due course, and will compile a report with pictures from the day. The [workshop presentations](#) are on our website so if you were not able to come along, please do take a look at those. One last request, for parents and carers who did attend the conference, if you haven't yet given us your feedback, please do so using the QR code below:



Conference 2025

Parent Carer Feedback



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To read an article that interests you, click on the blue writing of the title (under 'In this issue' above) and it will take you straight to the article.





We Value Your Feedback

We need your feedback on health services for your children and young people

On **Wednesday the 9th of April 2025** we have our regular 'Touch Point' meeting with health professionals from the Norfolk and Waveney Integrated Care Board (ICB).

At these meetings, we are able to convey the kinds of issues and concerns families have around health matters for your children and young people and wonder if you would like to share with us any current difficulties, and indeed any good experiences, you might have. These could be anything from dentistry through to mental health services, from diagnosis delay to medication shortages. Perhaps you have seen improvements in some health services that you'd like to share with us?

We'd love to hear from you so we can take your voices to the meeting table.

Please email me on membership@familyvoice.org.uk by **midday on Thursday the 3rd of April 2025** with anything you'd like to share, we anonymise any feedback shared with us. We'd like to thank you for all the issues, concerns and comments you have shared with us so far. We always present your experiences and comments anonymously at the meetings but are aware we are not always able to give you feedback quickly. Please be assured that everyone in the meetings listens, does hear what you experience and often takes an action from it. When we do get responses from those professionals, we will always share those with you.

Many thanks.



**Big Norfolk Holiday Fun
is back this Easter,
Monday 7 April – Thursday 17 April
Everyone should join in with the fun!**

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



Short Breaks and BNHF

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

Scan to find out more



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



Enjoy free SEND provision with the Big Norfolk Holiday Fun!

Earlier this year, the Department for Education announced an extra year of funding for the Big Norfolk Holiday Fun programme. This means children aged 4-16 on benefits-related Free School Meals (FSM) can attend holiday activities for free throughout the Easter, summer, and winter holidays. The BNHF supports many SEND children, with over a quarter of the previous holiday's attendees having special educational needs and/or a disability.

This Easter's programme will run from 7-17 April 2025 (excluding weekends and bank holidays, e.g. Good Friday), with a range of enriching activities on offer. Simply visit [Every Move](#) and select your accessibility requirements when searching for venues near you.

When booking, you will need to make the provider aware of any specific needs. This can be done through our ['All About Me'](#) form to ensure the correct support is in place for your child.

Additionally, if your child has a Personal Assistant and receives benefits-related free school meals, you can arrange for your PA to be reimbursed at no cost. Referrals are also available if the provider is unable to guarantee specific 1-2-1 support, provided this is submitted by a professional. For further details on the PA scheme, as well as 1-2-1 referrals, see [here](#).

SEND Activities

Below are some activity providers who offer SEND-centric sessions. All BNHF activities include a free, healthy lunch so please do let the provider know of any dietary requirements in advance for them to cater for this.

The Oak Circus Centre – [Book Now](#)

You can expect an exciting mix of circus skills with local arts experts – juggling, trapeze, hula hoops, hammocks, slackline and trampette! Sessions are aimed specifically for children and young people with SEND needs, ensuring participants' needs are adapted for them to get active at their own pace.

Able2B – [Book Now](#)

Located at Harford Manor School, this session offers a large field space with swings, a park, and adapted bikes, as well as an indoor space with Lego, colouring, crafts, reading, musical instruments and games. Able2B use their expertise to help adapt and include the children in their range of activities.

Premier Education – Acorn Park – [Book Now](#)

This specialist provision includes a variety of engaging sports such as football, tennis, archery, dodgeball, performing arts and more. There will be some downtime for attendees to take part in wellbeing activities, team building, and arts and crafts.

SEN Karate with ESKA – [Book Now](#)

This SEN-friendly karate session focuses on movement, coordination, confidence-building, and fun! Experienced instructors establish a supportive, inclusive space where all participants feel comfortable and encouraged to develop their skills and enjoy martial arts at their own pace.

Further Information

- Families can check [here](#) to see if their child is eligible. Universal free school meals for reception to Year 2 (approx. 7 years old) differ from benefits-related free school meals.
- If submitting a referral, please try to apply as soon as possible, ideally before the end of the school term before delivery starts.
- Sign up to the [BNHF newsletter](#) for further updates on the programme: Sign up to hear more about Big Norfolk Holiday Fun - Norfolk County Council.

For any further queries, please email bnhf@norfolk.gov.uk.

Delivered by Norfolk County Council and Active Norfolk, this 5-year initiative is funded by the Department for Education.

For the full list of what BNHF universal activities are available at Easter click [here](#)



Now That's What I Call Autism 2025 at the Forum Wednesday April 2nd

"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.



Participants Needed for a Research Study:

What are the Views and Experiences of Autistic People in Alternative Provision Settings in England?

I am looking for participants who are:

- Aged 11-16.
- Autistic (diagnosed or self-identifying).
 - Living in England, UK.
 - Of any gender identity.

AND

- Who have attended a mainstream school for any length of time.
- Are currently attending an alternative provision setting for any length of time.

The study will involve:

Your child completing an **online questionnaire** and answering questions about their school experiences.

Your child can take breaks. Someone can help them if they need. They can take part in different ways.

Access the questionnaire by scanning the QR code.



This research has been reviewed and approved by the University of Glasgow Ethics Committee.

If you have any questions, please email me or my supervisors:

2880972s@student.gla.ac.uk
nicki.hedge@glasgow.ac.uk
rebecca.wood@glasgow.ac.uk
christine.mckee@glasgow.ac.uk



College of Social Sciences

Participants needed for a research study: What are the views and experiences of autistic people in alternative provision settings in England?

Deadline to complete is April the 1st.

Hello! I am an autistic researcher at the University of Glasgow. I am looking for participants to take part in my PhD study exploring the views and experiences of autistic people in alternative provision settings in England. Please see below for more information on whether your child is eligible to take part and what the study involves. If you would like your child to participate, please click the link below or scan the QR code. Your support is greatly appreciated.

I am looking for participants who are:

- Aged 11-16.
- Autistic (diagnosed or self identifying).
- Living in England, UK.
- Of any gender identity.

AND

- Who have attended a mainstream school for any length of time.
- Are currently attending an alternative provision setting for any length of time.

The study will involve:

Your child completing an online questionnaire and answering questions about their school experiences.

Your child can take breaks. Someone can help them if they need. They can take part in different ways.

If you have any questions please email [Laura](#).

[Click here to access the questionnaire](#)





Press release -£740 million allocated for 10,000 new places for pupils with SEND

New SEND places to create more inclusive classrooms in mainstream schools, delivering on Plan for Change to break down barriers to opportunity.

Sarah Clarke and Jo Harrison, Directors and Co-Chairs for the National Network of Parent Carer Forums C.I.C, said:

The NNPCF welcomes the government's commitment of £740 million in capital funding for the 2025–26 financial year to support the creation of school places for children and young people with SEND.

For too long, families have faced limited options and long waits for appropriate support. Creating more inclusive environments—where children and young people with special educational needs can thrive alongside their peers—is a positive step forward.

We look forward to continued collaboration with the Department for Education to ensure that parent carers' voices remain central to the development and implementation of these plans. We also hope that local authorities will work closely with their local Parent Carer Forums to ensure the lived experience and voices of parent carers are at the heart of local delivery.

[Click here to read the press release](#)





Submit your events
to our new calendar!



Things to do for children and young people with SEND

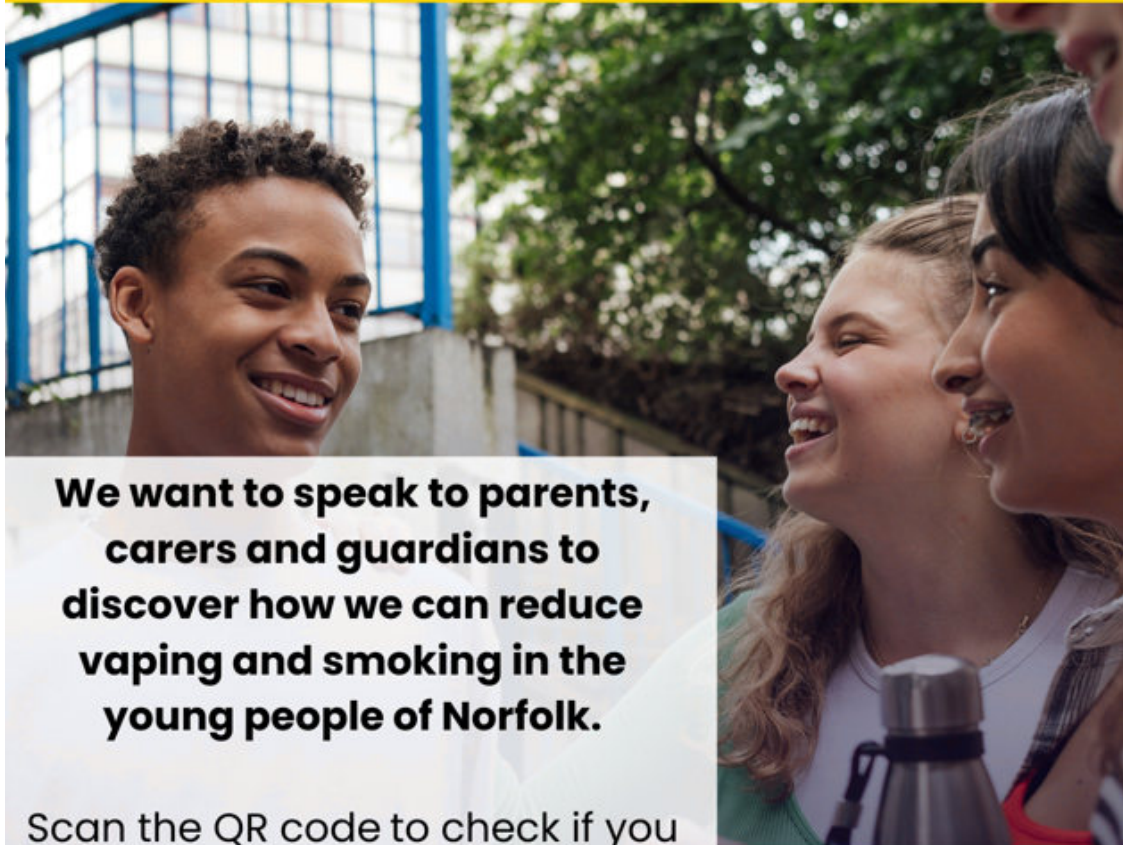
Things to do for children and young people with SEND

With the Easter holidays only a week away, we thought it would be nice to share with you the calendar of events for children and young people with SEND, that is hosted on the SEND Local Offer.

[Click here to view the calendar](#)



Live in Norfolk? Parent of a young person aged between 11 – 18?



We want to speak to parents, carers and guardians to discover how we can reduce vaping and smoking in the young people of Norfolk.

Scan the QR code to check if you are eligible and sign up for a 1 hour virtual focus group and share your views

By taking part in a focus group you will receive a £30 shopping voucher



Norfolk
County Council

ice

Can you help to reduce vaping and smoking in the young people of Norfolk?

ICE Creates want to speak to parents of young people between 11-18 years, carers and guardians to discover how they can reduce vaping and smoking in the young people of Norfolk.

Follow this link to check if you are eligible to take part and sign up for a 1 hour virtual focus group and share your views.

By taking part in a focus group you will receive a £30 shopping voucher

For more details contact adam.courtney@icecreates.com

[Click here to check your eligibility and sign up](#)



Medication for Neurodiverse Conditions – FAQs and Updates from Norfolk and Waveney ICS

ADHD Medication Shortage (Updated 7th March 2025).

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 for the Frequently Asked Questions](#)



🕒 16th & 17th April | 11am-4pm

Free Gaming Festival For Young People

LEVEL UP



Games | Wellbeing | Food | Stalls
For ages 11-19

📍 Marina Leisure Centre, Marine
Parade, Great Yarmouth, NR30 2ER

map

Level Up event in Great Yarmouth, led by young people from the Great Yarmouth YAB

Young people looking for something to do in the Easter Holiday will be delighted that the free gaming festival 'Level Up' will be returning to Great Yarmouth this year on 16th & 17th April, 11 - 4pm at the Marina Centre in Great Yarmouth. Organised by Great Yarmouth Youth Advisory Board, Level Up is an opportunity for young people to attend a free activity, as well as enhance their mental wellbeing.

Experienced youth workers and other organisations will be on hand, leading conversations about good mental health, and sharing tips to help young people feel in control of their emotions and wellbeing.

Attendees can play video-games and life-sized arcade games. There'll be lots of free food and drink.

Level Up is free and open to young people aged 11-19 in Great Yarmouth. You don't need to book, just turn up on the day, however, we would appreciate if you could register on Eventbrite, especially if you're coming with a big group.

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



The graphic features the NHS Norfolk and Suffolk NHS Foundation Trust logo in the top right. The Recovery College logo, with the tagline 'Discovery Meaning Purpose', is on the left. The central text reads 'Spring & Summer Term'. Below this is a large photograph of a sunset over a landscape with a dirt path. At the bottom, three arched images show a starling, a field of green plants, and a dandelion seed head. To the right of these images is a list of four items: 'Beginning', 'Building', 'Understanding', and 'Growing'.

Recovery College Spring and Summer courses

At the Recovery College we believe in people living with mental health challenges having the same opportunities in life as everyone else, you will find a place to learn, develop and grow alongside any

mental health challenges you may be experiencing.

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

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

- Gain a better understanding of the challenges you face
- Learn self-management skills
- Discover things that can improve your wellbeing
- Connect with other people
- Learn from other people's experiences

[Click here for the latest Recovery College prospectus](#)

[For the latest timetable and the registration form click here](#)





Friday Evening Online Art Therapy Group for Adults

A nourishing, creative, reflective space and time for yourself.

Group members can be based anywhere in the UK

**Starting 11th of April 6pm - 7:15pm
running for 10 weeks.**

Cost: £35 per session
(payable in 2 x 5 week blocks of £175)

This group is suitable for adults who feel they would benefit from ongoing support. For example; those with long term health conditions, life transitions, those with anxiety or depression and carers. These online groups are particularly suitable for those who prefer virtual therapy or struggle to find time for themselves. Facilitated by two Art Therapists; Anne Stegmann and Katherine Heritage.

To find out more and book your place please email:
katherineheritage@protonmail.com Places are limited so please get in touch ASAP.



Email



Online art therapy group for adults on a Friday evening

A nourishing, creative, reflective space and time for yourself.

Group members can be based anywhere in the UK.

Starting on the 11th of April 6pm-7:15pm and running for 10 weeks.

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This group is suitable for adults who feel they would benefit from ongoing support. For example, those with long term health conditions, life transitions, those with anxiety or depression or carers.

These online groups are particularly suitable for those who prefer virtual therapy or struggle to find time for themselves. Facilitated by two art therapists: Anne Stegmann and Katherine Heritage.

Places are limited so please get in touch ASAP.

[Click here to send Katherine Heritage an email, to book a place and or to find out more](#)



New monthly SEND parent café at Thetford Library

Parents and carers of children with Special Educational Needs and Disabilities (SEND) often face unique challenges, and having the right support can make all the difference.

That's why, in partnership with Breckland Family Hub and the Early Childhood & Family Service, Thetford Library is launching a new monthly SEND Parent Café, providing a welcoming space for parents to connect, share experiences and access professional advice.

The café will run on the last Wednesday of each month from 1.30 to 2.30 pm at Thetford Library, Raymond Street, IP24 2EA. The next session will be on Wednesday 30th April 2025.

This relaxed and informal group is designed to offer support, friendship and expert guidance on SEND-related topics. Parents can chat with others who understand their journey while also receiving professional advice in a comfortable setting. There will be activities for children and young people, ensuring they are engaged while their parents take part in discussions.

The café is completely free and open to all. There's no need to book, simply turn up on the day. Whether you're looking for practical information, emotional support, or just a friendly face, this new initiative aims to be a valuable resource for local people and families.

For more information, contact Dawn at: communityfocusbreckland@norfolk.gov.uk or call 01362 654584 to speak to the Breckland Family Hub.



MULBARTON WANDERERS

COMETS

**PAN DISABILITY
FOOTBALL
FOR 6 - 11 YEAR
OLDS**

**SATURDAY MORNINGS
FDC BOWTHORPE
10 - 11AM**

**SPACES AVAILABLE
CONTACT
DANOVERREAL@YAHOO.CO.
UK**

Pan disability football for 6-11 year olds

Mulbarton Wanderers 'Comets' are a pan disability football team for 6-11 year olds they meet at the Football Development Centre in Bowthorpe at 10-11am on Saturday mornings.

Spaces are available- for more information contact Dan on danoverreal@yahoo.co.uk



How to make a complaint about hospital and health services- Written by the NWICB

Patient Advice and Liaison Service (PALS)

We know that it can be a worrying and confusing time when you or someone you know is in hospital. If you have concerns about any aspect of your care, or the service you receive, it is best to first speak with a member of staff involved with your care.

If you find that staff cannot help you, or you are not comfortable speaking with them, you can contact PALS.

PALS is a confidential service designed to support patients, relatives and carers. You can ask a friend or relative to contact us on your behalf, but we must have your permission before we can discuss your personal circumstances with anyone else. Each Hospital have their own dedicated Teams and can be contacted direct on the numbers below:

Norfolk and Norwich University Hospitals NHS Foundation Trust (NNUH)

Telephone: 01603 289036

Email: palsandcomplaints@nnuh.nhs.uk

Post: The PALS and Complaints Manager, Norfolk and Norwich University Hospital, Colney Lane, Norwich, NR4 7UY

James Paget University Hospitals NHS Foundation Trust (JPUH)

Telephone: 01493 453240 (at busy times you may get the answerphone, leave a message and they will return your call as soon as possible)

Email: PALS@jpaget.nhs.uk

Post: PALS team, James Paget University Hospitals Foundation Trust, Lowestoft Road, Gorleston, Great Yarmouth, Norfolk. NR31 6LA

The Queen Elizabeth Hospital King's Lynn NHS Foundation trust (QEH)

Telephone: 01553 613351 or 01553 613343

Email: pals@gehkl.nhs.uk

West Suffolk NHS Foundation Trust (WSH)

Telephone: 01284 712555

Email: PALS@wsh.nhs.uk

Norfolk and Suffolk NHS Foundation Trust (NSFT)

Telephone: 01603 421486

Email: customer.service@nsft.nhs.uk

Post: NSFT Customer Services, Floor 6 County Hall, Martineau Lane, Norwich, Norfolk, NR1 2DH

Norfolk Community Health and Care NHS Trust (NCHC)

FREEPHONE: 0800 088 4449

Email: pals@nchc.nhs.uk

Post: Patient Advice and Liaison Team, Woodlands House, Norwich Community Hospital, Bowthorpe Road, Norwich, Norfolk, NR2 3TU

Norfolk and Waveney Integrated Care Board (NWICB)

If you need to raise issues about your medical practice, doctor (GP), dentist, pharmacy or optician, you should first contact the provider locally (details should be on their website). If you would like to make an enquiry to the commissioner of the service, please get in touch with Norfolk and Waveney ICB's General Enquiries team:

Phone: 01603 595857

Email: nwicb.contactus@nhs.net

Address: NHS Norfolk and Waveney ICB, Floor 8 County Hall, Martineau Lane, Norwich, Norfolk, NR1 2DH

If you remain unhappy once you have contacted the PALS service then you can go onto make a formal complaint, the PALS teams will talk you through what to do next.

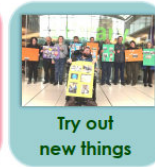


Norwich Advocacy Group



A FREE group run by people with learning disabilities living in Norwich

Tuesday 10:00-12:00
 Chapelfield Road Methodist Church



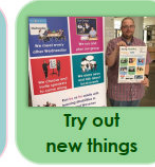
Great Yarmouth Advocacy Group



A FREE group run by and for people with learning disabilities

Free

Wednesday 10:00-12:00
 Café at St George's Theatre



Dates we meet in 2025

January 14	January 28	February 11	February 25	March 11
March 25	April 8	April 22	May 6	May 20
June 3	June 17	July 1	July 15	July 29
August 12	August 26	September 9	September 23	October 7
October 21	November 4	November 18	December 2	December 16

You will need to make your own way there



To find out more call or email
 01603 631433 admin@openingdoors.org.uk

Dates we meet in 2025

January 15	January 29	February 12	February 26	March 12
March 26	April 9	April 23	May 7	May 21
June 4	June 18	July 2	July 16	July 30
August 13	August 27	September 10	September 24	October 8
October 22	November 5	November 19	December 3	December 17



For more information call or email
 01603 631433 admin@openingdoors.org.uk

Norwich Advocacy Group hosted by Opening Doors

Norwich Advocacy Group
 A FREE group run by people with learning disabilities living in Norwich
 Try out new things

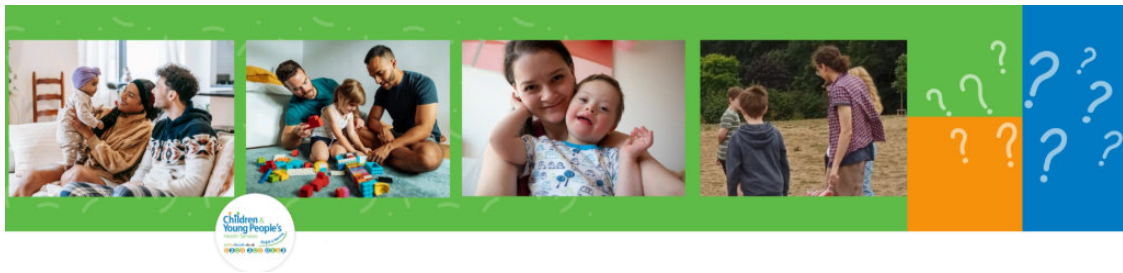
Great Yarmouth Advocacy Group hosted by Opening Doors

A FREE group run by and for people with learning disabilities in Great Yarmouth

You can bring a supporter
Make and see friends
Make choices and decisions
A chance to speak up and get your voice heard
To find out more call or email
01603 631433
admin@openingdoors.org.uk
Chapelfield Road Methodist Church Wessex
Street Norwich, NR2 1SD
You will need to make your own way there

You can bring a supporter
Try out new things
Make choices and decisions
A chance to speak up and get your voice heard
See old and new friends
For more information call or email
01603 631433
admin@openingdoors.org.uk
Stage Door Café at St George's Theatre King
Street, Great Yarmouth, NR30 2PG
The bus stops outside the theatre

For more details and other groups that
Opening Doors hosts click here



Ask Norfolk Parents - Community Forum an online peer support group to peer

Being a parent and caring for your family is exciting and rewarding, but there will always be times which are more difficult. Sometimes you may have questions or concerns, need advice, or just want to talk to someone in the same situation as you.

Children and young people's health services in Norfolk want to help families connect with and support each other. They have worked with HealthUnlocked to create an online community where Norfolk parents and carers can support each other by talking online, asking questions, sharing hints and tips, finding other people in similar situations to them, or even meeting up with other local families.

Click here to join the community forum





Parents and carers - share your thoughts on the SEND pages of the Help You Choose website www.helpyouchoose.org

Please complete our quick survey for parents and carers of young people aged 14 – 25

Get in touch by Friday 25 April 2025. Use the camera on your phone to scan the code or visit <https://tinyurl.com/y6kzkz38>



Parents and carers - share your thoughts on the SEND pages of the help you choose website

Help You Choose is Norfolk County Council's information, advice and opportunities website for young people in Norfolk aged 14 to 19 (25 with SEND). The website also has lots of information and resources for parents/carers and professionals supporting young people as they consider their next steps in education, employment or training. We are seeking the views of parents/carers about the SEND pages of the website and would love to hear your thoughts. Please see the flyer to scan the QR code, or click the green button below to access the quick survey.

[To access the quick survey for parent carers click here](#)

[To access the quick survey for 14-25year olds click here](#)

[To visit the Help You Choose website click here](#)





**Early
Childhood
and Family
Service**

 **Norfolk**
County Council

Working in
partnership
to make a
difference for
children



West Norfolk

April - June 2025 Programme

Activities and Courses:

Early Childhood and Family Service West Norfolk activities and courses in April- June

The Early Childhood and Family Service (ECFS) in Norfolk provides support to families with children aged 0-5, offering free stay and play sessions, online information sessions, and extra support through one-to-one family support and group activities.

For more information about help and support available in your local area, please click [here](#):

If you think one of the groups or courses in this programme would benefit you and your family and you would like to make a self-referral click [here](#).

[Click here for the West Norfolk timetable of activities](#)

[For activities and courses in other areas of Norfolk click here](#)





**Asperger
East Anglia**

Free Art Classes for Adults with Autism

Asperger East Anglia
Wellbeing Centre at the Charing Cross Centre
17-19 St John Maddermarket Norwich NR2 1DN

Free Art Classes for Adults with Autism

Basic Painting skills

From 9th April to 14th May 2025

6pm to 8pm

(Further course to follow through the year)

For further information and to book a place (Please note places are limited) please contact

info@asperger.org.uk Tel: 07776231485

To find out more about Asperger East Anglia click here to go to their website





[Click here to access the experiences of having a sibling with a learning disability- young siblings \(aged 11-15\) and parents of young siblings questionnaire](#)



Are you a sibling or a parent of a family member with a learning disability?

Researchers from the UEA want to hear from you!

You can take part in a survey or an interview.

We want to find out what it is like having a sibling with learning disabilities.

You can take part if you are aged 11 years or over and have a sibling with a learning disability.

We would also like parents to take part- we want to find out what you think about your child's experience of having a sibling with learning disabilities.

(To take part parents must have a child with learning disabilities and at least one child who does not have learning disabilities.)

The term sibling is used to refer to anybody brought up as a brother/sister.

This can include step sibling, half sibling and adopted sibling.

To complete the young siblings survey please click the green button above.

To complete the older siblings survey please click the green button below.

If you would like more information about this research click [here](#), or please [email](#) Zoe Starkie.

This project is funded by the University of East Anglia.

The closing date is 31/05/2025

[Click here to access the experiences of having a sibling with learning disabilities- Adult siblings and parent questionnaire](#)



CORuS – Co-developing an Online Resource to Support parents and carers of children with OCD

The 'CORuS' study aims to develop a new questionnaire which captures the difficulties experienced by parents/carers when supporting a child with OCD.

Who can take part?

You can take part in the study if you fulfil all of the following criteria:

- You are a parent or carer (adult with parental responsibility) of a child aged 8-18 with OCD.
- You live in the UK.
- You are aged 18 or over.

What you will do

You will be invited to complete an anonymised pilot questionnaire hosted online on a secure platform called Qualtrics. The questionnaire will take approximately 10-15 minutes to complete.

Study format

When you click on the link to the questionnaire you will be directed to the participant information sheet which will provide an overview of the study and what it will involve.

You will then be directed to some questions to make sure you meet the study criteria. If you decide to take part, you will be asked to check two boxes to state that:

- You have read and understood this information sheet.
- You consent to take part.

You will then be invited to answer some background questions about yourself and your child with OCD, including age, ethnicity, and gender before accessing the questionnaire.

The questionnaire contains 60 questions (statements) which have been grouped into 13 sections (groups). There will be a short description at the start of each group. Each statement will capture thoughts and feelings that parents/carers of a child with OCD can have. You will be asked to rate each statement on a scale of 'never', 'rarely', 'sometimes', 'often', or 'always' according to how you have felt over the last 2 weeks.

How can I take part?

If you would like to access the survey please click the link below. You will be first directed to the participation leaflet.

If you have any questions about the study, please contact the study team directly: parent.OCD.research@manchester.ac.uk

To access the study click here





Local Supported Employment

Newsletter March 2025

We are open for referrals BUT BE QUICK!

We are funded to accept new referrals until the end of July 2025.

This means that we will be able to continue to support existing participants in to paid employment up until the end of LSE in May 2026.

Who can access LSE?

Eligibility:

- Is autistic and/or has a learning disability
- 18+ and lives in Norfolk
- Unemployed
- Not in full time education
- Not with any other Government funded employment programme
- Has a national insurance number

Anyone referred to LSE must be motivated to find paid work. We are unable to support volunteering, work experience, education or training.

Current numbers

78 Participants on programme

48% Of participants achieved paid employment

How to make a referral (or general enquiry)

Anyone can make a referral, including self referrals*

Webpage: www.norfolk.gov.uk/lse

Phone: 01603 493 640 (voicemail facility only)

Email: lse@norfolk.gov.uk

*If you are a professional making a referral, please ensure you have full consent from the individual.

NCC Local Supported Employment Newsletter

We are open for referrals BUT BE QUICK! We are funded to accept new referrals until the end of July 2025.

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 - Has a national insurance number

Anyone referred to LSE must be motivated to find paid work. We are unable to support volunteering, work experience, education or training.

How to make a referral:

www.norfolk.gov.uk/lse

Tel 01603 493640 (voicemail facility only)

Email: lse@norfolk.gov.uk



Working together guidance- your experiences

We at PFAN, The Parent Families and Allies Network (a UK group led by parents with experience of children's social work), are looking to hear the voices of parents and carers and family members to understand your experiences of how the government's guidance, [Working Together to Safeguard Children](#), is working for you.

We are interested in whether or not the new guidance has led to better communication and cooperation with you and your family.

It is vital that those in power hear the genuine voices of parents and families.

The survey is anonymous and should take no more than five minutes to do.

If you fill in the questionnaire and would like to be entered in a draw for a £100 voucher you can give us your email which will only be used to tell you if you have won.

We are also planning to run some confidential small discussion groups and you can put yourself forward to join one of these through the survey.

[Click here for the survey](#)



Newsletter

Easy way to share our newsletter

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



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

● You can contact our **Membership Secretary Kate** on **07950 302937** or at membership@familyvoice.org.uk

● Or message us via:

 www.familyvoice.org.uk

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

● 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 on Facebook by clicking [here](#)

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

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