



## February 2024 Newsletter

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Patient choice/ Right to choose for children and young people and top tips for getting a private diagnosis

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Norfolk Adults Learning Disability Plan 2023-2028

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Supporting learners with autism during transition

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Early years, disability and the Equality Act - slide show from the Council for Disabled

Children training

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Get started in digital skills with the Prince's Trust

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Norfolk Autism Directory: Photo contest

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Your invite to the Autism Norfolk Forum on the 5th March 2024 via Zoom between 13:00 and 14:00

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SEND Norfolk- Autism Acceptance Week short film project

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ASD Helping Hands: Just One thing

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Royal Mail introducing accessibility needs

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Join Able2B in an attempt to hold the largest disability exercise class ever held in the U.K

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New - children and young people's health services webpages

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A review of advocacy- Interactive webinar for people and families Monday 11th March

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MAP Youth Advisory Board consultation - Have your say

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Read Easy Norfolk-Helping adults learn to read

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## Check In and Chat March 4th 2024

**Join us online!**

If you would like to join other parent carers for an online chat, come along to one of our Check in and Chat sessions. Bring a cuppa,

**Monday 4th March 10-11am**

No need to book – just drop in on [here](#)

Just in case Zoom asks you, here is the passcode.

click the Zoom link and tell us how your week has been!

Meeting ID: 830 0670 3755  
Passcode: 8wFFs5

We are all parents like you and we know how useful it is to chat with parents who understand us.

Don't worry if you haven't used Zoom before just [click here](#) to download it and then you can join in with the chat!

**THERE IS STILL TIME TO BOOK A PLACE AT OUR CONFERENCE, BUT  
DON'T FORGET BOOKING CLOSES ON THE 8<sup>TH</sup> of MARCH.**



The poster for the Family Voice Norfolk Annual Conference 2024 features a yellow background. At the top left is the 'family voice norfolk' logo with the tagline 'together improving services' and an icon of three stylized figures. To the right, the text reads 'Annual Conference Saturday 23<sup>rd</sup> March 2024' and 'John Innes Centre, Norwich NR4 7UH'. Below this, a central heading 'Find out about all things SEND' is flanked by two icons of stylized figures. Under the heading are four bullet points: 'Keynote presentation' (red dot), 'Workshops' (green dot), 'Information stands' (blue dot), and 'The chance to chat with professionals' (orange dot). At the bottom left, it says 'Please visit [www.familyvoice.org.uk](http://www.familyvoice.org.uk) or scan here to register your attendance:' followed by 'Closing date for registration: 8th March 2024' in red. A QR code is located at the bottom right.

**family voice**  
norfolk  
together improving services

**Annual Conference**  
**Saturday 23<sup>rd</sup> March 2024**  
John Innes Centre, Norwich NR4 7UH

Find out about all things SEND

- Keynote presentation
- Workshops
- Information stands
- The chance to chat with professionals

Please visit [www.familyvoice.org.uk](http://www.familyvoice.org.uk)  
or scan here to register your attendance:

**Closing date for registration: 8th March 2024**

## Family Voice Norfolk Conference 2024 for parent carers - booking closes on March 8th

Have you booked your place at the FVN annual conference yet? There is still time if you are quick! Spaces are filling up fast. Of those that have already booked to attend nearly 47% have not attended the Family Voice Norfolk conference before!

For more details and the booking form [click here](#)

To read the conference report from 2023 to get a feel for what to expect on the day [click here](#)



## We need your feedback on health services

On Wednesday 6th of March we have our regular 'Touch Point' meeting with some health professionals from the Norfolk and Waveney Integrated Care Board (ICB)

At these meetings, we speak about the kinds of issues and concerns families have around health matters 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 and anything in between. 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. We present the issues and good news stories anonymously and as a collective story, giving the professionals from health services an up-to-date picture of what families share with us. We will do our best to share updates from health services with you as and when we receive them.

Please email me on [membership@familyvoice.org.uk](mailto:membership@familyvoice.org.uk) by the end of Monday 4th of March with anything you'd like to share.





# Norfolk County Council

## Short Breaks Strategy

### 2023-2026



## NCC Short Breaks strategy 2023-2026 and "You said we did" - in response to the Short Breaks consultation

The Short Breaks Strategy will be implemented over the three-year period, allowing for reflection, co-production, and collaboration. Yearly reviews of the strategy will allow for an evidenced based approach and proactive learning to take place.

Also the Complex and Specialist Commissioning Team would like to take this opportunity to thank everyone who took the time to respond to the consultation on the Draft Strategy for Short Breaks.

Whether you completed the consultation online, by post, attended one of our 8 drop-in library events, or at our online event – thank you.

The consultation ran for five weeks from 27 June to the 2 August and focused on families who already receive Short Breaks or may receive them in the future.

The targeted consultation was sent to 1,684 families and promoted to the wider SEND community.

We received 264 responses, which is a response rate of 16%.

Your feedback is important to us, and we have used it to review our Draft Strategy.

This document summarises the main feedback and aims to address the main concerns raised.

[The Short Breaks strategy](#)

[The Short Breaks consultation response](#)





**Carers Matter Norfolk**  
SUPPORTING PARENT CARERS

### ARE YOU A PARENT CARER?

Parent carers are parents who give extra support to their child/ren

## PARENTS GROUP FOR PARENT CARERS IN THE FAKENHAM AREA

A chance to meet, share and listen to one another...



Date

**3rd Thursday of  
the month**



Time

**9:30am-11am**



Location

**ECFS, Norwich Road, Fakenham,  
NR21 8HN**



More Info

**[parentcarersmatternorfolk.org](http://parentcarersmatternorfolk.org)**



**Find out more**



**ARE YOU A PARENT CARER?**

Parent carers are parents who give extra support to their child/ren

**PARENTS GROUP  
FOR PARENT CARERS  
IN THE LONG  
STRATTON AREA**

A chance to meet, share and  
listen to one another...



Date

**2nd Wednesday of  
the month**



Time

**10am-11.30am**



Location

**Norfolk ECFS Long Stratton,  
6 Manor Rd, Long Stratton,  
NR15 2XR**



More Info

**[parentcarersmatternorfolk.org](http://parentcarersmatternorfolk.org)**



**Find out more**



## New parent carer groups in Fakenham and Long Stratton

Carers Matters Norfolk- Supporting parent carers.

Are you a parent carer? Parent carers are parents who give extra support to their child/ren.

A new parent carers group starting in **Fakenham** at the ECFS, Norwich Road, Fakenham  
NR21 8HN on the 3rd Thursday of the month 9:30am-11am

And another new group for parent carers in the **Long Stratton** area at the Norfolk ECFA  
Long Stratton, 6 Manor road, Long Stratton, NR15 2XR on the 2nd Wednesday of the month  
10am-11:30am

For more information click [here](#)



## Booking is officially OPEN for the Easter Big Norfolk Holiday Fun programme!

Booking is officially OPEN for the Easter Big Norfolk Holiday Fun programme! From April 2nd to April 12th, get ready for a range of inclusive activities tailored just for your amazing kids!

Best of all? These incredible experiences are FREE for any child who receives benefits-related free school meals. We believe every child deserves the chance to have a blast during the holidays, regardless of their circumstances.

## Do you employ a personal assistant who is paid for via the NCC Short Breaks team?

- Is your child eligible for benefits-related free school meals?
- Do you employ a personal assistant who is paid for via the NCC Short Breaks team?
- Would your child like to take part in the Big Norfolk Holiday Fun programme this year?

If the answer to all of the above is YES, you can use your personal assistant to support your child on the BNHF programme for FREE.

Just contact [BNHF@norfolk.gov.uk](mailto:BNHF@norfolk.gov.uk) and send us the following:

- Full name and date of birth of your child.
- Full name, DBS number, and copy of your

Book now at [www.everymove.uk](http://www.everymove.uk)

Here's just a taste of what's in store:

🏀 Join the Norfolk Hoopstars and unleash your inner basketball pro!

🎪 Swing from the rafters at Oak Circus Centre for a thrilling adventure!

🎨 Let your creative spirit soar with Able2be in a world of imagination and art!

⚽ Get active and sporty with Premier Education for endless fun and games!

Don't miss out, let's make some unforgettable memories.

If you have questions about our SEND provision, why not visit our [FAQs](#):

child's personal assistant's insurance certificate.

Once we have confirmed we can support you, we will send you further details on how to claim. Just book a session the usual way by contacting the chosen provider and checking the activity will be as suitable and accessible as needed.

You can claim up to 4x4 hour sessions this Easter holidays, at £50 a session through your PA's Short Break expenses. The PA will need to submit the claim form to [BNHF@norfolk.gov.uk](mailto:BNHF@norfolk.gov.uk) at the end of the month. Claims will be paid as expenses of £50 per four hours only, not at the PA's usual hourly rate. Please note, no additional expenses or claims may be made using this method.

### **Delivery dates for Easter**

Tuesday 2nd April to Friday 12th April.  
Please apply by Friday 09 March 2024 to be guaranteed your application is agreed in time.

If your child is not in receipt of benefits-related free school meals, but you would like your child to take part on the programme, please check out our [FAQ](#) for more information.





# Norfolk Area SEND and Alternative Provision Strategy (NASAPS)

## Community engagement events

**Parents/carers of children with special educational needs and disabilities (SEND), and the professionals who work with them, are invited to attend this event to hear about the priorities for the next five years.**



**Tuesday 5th March, 10am-12pm**



**Great Yarmouth library**



**Secure your place by booking through Eventbrite**

In response to feedback from the first event in Great Yarmouth, we will include more information about what actions have been taken to improve SEND services and support across Norfolk.

There will also be more services attending with information stands who will be able to provide information, advice and signposting to families who need support.

### **Why should I attend?**

- Learn about the new SEND provision and support that has been put in place over the last four years
- Learn about the new SEND strategy including themes and priorities for the next five years
- Hear from senior leaders at Norfolk County Council and its partners
- Find out how you can get more involved
- Tell us your views on our SEND plans for 2024 – 2029
- Learn more about SEND services and support by visiting the information stands
- Share your experiences
- Talk to other parents/carers and professionals across education, health and social care
- Complimentary refreshments

## Norfolk Area SEND and Alternative Provision Strategy community engagement event in Great Yarmouth 5th March

### **Who is this event for?**

Parents/carers of children with special educational needs and disabilities (SEND), and the professionals who work with them, are invited to attend this event to hear about the priorities for the next five years.

In response to feedback from the first event in Great Yarmouth, we will include more information about what actions have been taken to improve SEND services and support across Norfolk.

There will also be more services attending with information stands who will be able to provide information, advice and signposting to families who need support.

**Tue, 5 Mar 2024 10:00 - 12:00 GMT**

**Why should I attend?**

Learn about the new SEND provision and support that has been put in place over the last four years

Learn about the new SEND strategy including themes and priorities for the next five years

Hear from senior leaders at Norfolk County Council and its partners

Find out how you can get more involved

Tell us your views on our SEND plans for 2024 - 2029

Learn more about SEND services and support by visiting the information stands

Share your experiences

Talk to other parents/carers and professionals across education, health and social care

Complimentary refreshments

Secure your free place today! Arrival from 10am, presentation starting promptly at 10.20am.

If you have any questions or would like to speak to the team, please contact them:

[send@norfolk.gov.uk](mailto:send@norfolk.gov.uk) | [norfolk.gov.uk/send](https://norfolk.gov.uk/send)

To book a place click [here](#)



**Neurodiversity celebration week 18th - 24th March  
2024**

**What is Neurodiversity?**

When it comes to inclusion, neurodiversity refers to a world where neurological differences are recognised and respected as all other human variations.

Depending on how our brains are wired we think, move, process information and communicate in different ways. Many people in our community use neurodiversity as an umbrella term used to describe alternative thinking styles such as Dyslexia, DCD (Dyspraxia), Dyscalculia, Autism and ADHD. But regardless of labels, neurodiversity is about recognising those who think differently. And no matter whether you are a school, university or organisation you can benefit from different thinkers!

Approximately 15-20% of population has a neurological difference. Instead of labelling people with deficits or disorders, when we use the term neurodiversity, we take a balanced view of an individual's unique strengths and challenges. Many 'challenges' neurodivergent people face are more to do with the environment and systems they are placed in, often designed by a majority population.

#### Did you know?

- No two people are the same and so we will all have different profiles
- Although we talk about specific neurodifferences such as Autism and Dyslexia, the reality is that these can co-occur
- Every neurodivergent individual has a unique pattern of strengths and challenges
- We tend to operate on an approach to diagnosis and labels which can mean that quite often the focus is on the challenges rather than the many strengths and talents of neurodivergent individuals
- It is important that we take a person-centred approach, by tailoring strategies to each individual
- It is important to harness the strengths and talents of neurodivergent individuals, this helps to build confidence and self-esteem, and ensures individuals are given the opportunity to flourish in their day-to-day

[Everyone can register to take part. schools, individuals- click here for more details](#)





# Family Action Norfolk & Waveney Autism/ADHD Support Service March 2024 Newsletter

This month the focus is on the Neurodiversity Celebration Week.

[Click here for the newsletter](#)



## Animation project "Walk in my shoes" by Erin Davidson

The animation project "Walk In My Shoes" has been really important to me, and I know it will be for a long time. I hadn't expected it to come so far. Originally, I was just an angry fourteen-year-old writing a letter to whoever was in charge. A letter I never posted, which I'm honestly glad I didn't. Imagine the anxiety that would have caused.

For me this became a project that has become so important and special to me, a passion that I want to share with anyone who will listen and bombard it to those who foolishly refuse to hear it, and definitely need to hear it.

People need to see, recognise and understand the individualism of an autistic person; and I think this was a great way to do so. It needs to be seen that we cannot conform to social norms, and a lot of us don't want to, as then we wouldn't be ourselves, a bit like a Jekyll and Hyde but without the evil 'twin'.

I hope this can be used as a tool to bring more awareness, and realisation to not just the people in charge of how the education system is, but to people living with autism themselves. For them to be aware that they are not alone.

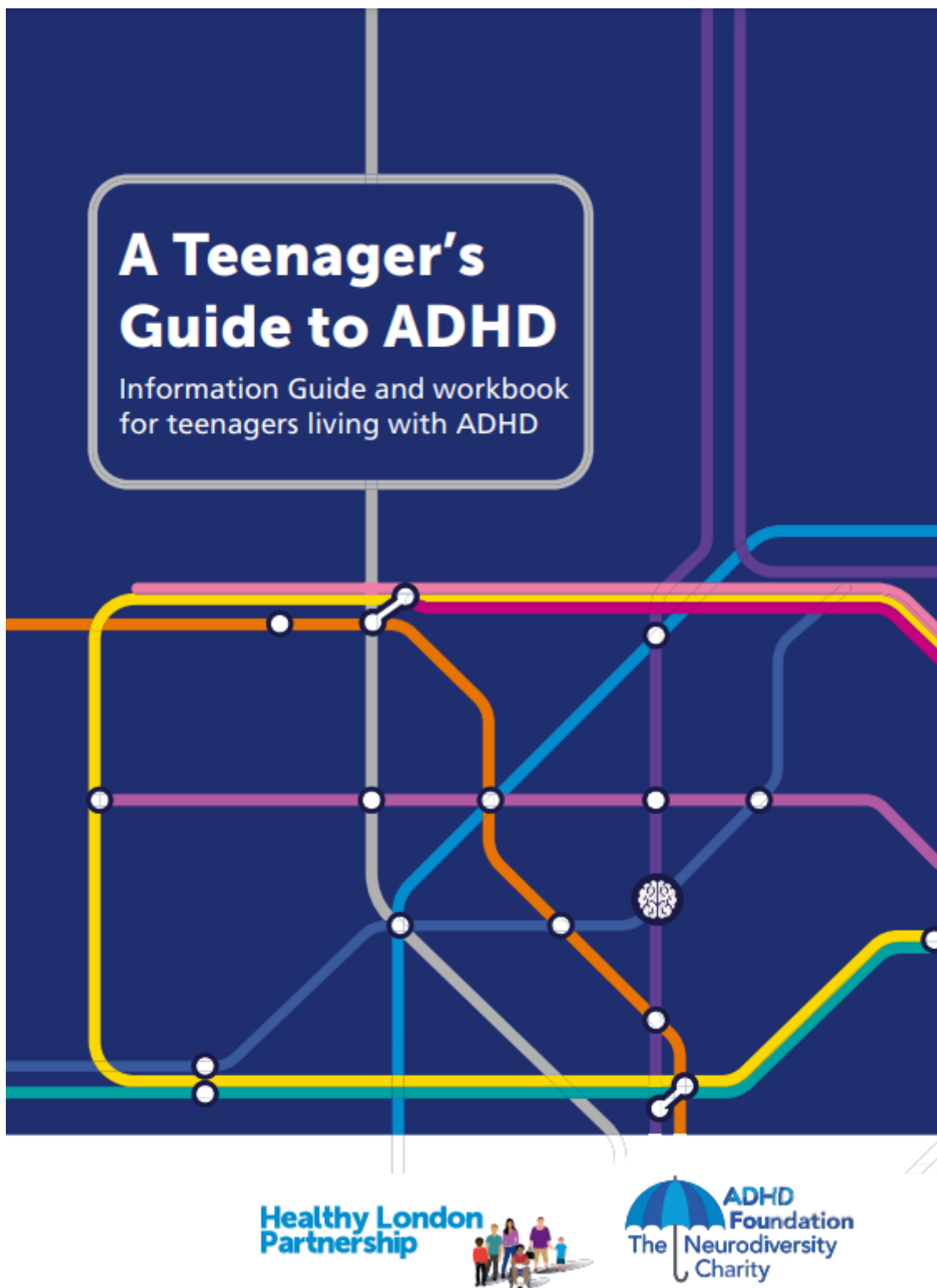
We, as a collective (the neurotypicals and the neurodiverse) have to work together as a whole; in a way that binds our strengths together and supports our weaknesses, to bring knowledge and understanding to the world we live in.

All it took was people to hear my voice, or rather see my words, and give me a chance to make it into something.

I want this and hope it encourages other autistics to write, draw or tell their stories through their own words. I hope it encourages everyone to be themselves.

To watch the animation [click here](#)





## A teenager's guide to ADHD- information guide and workbook for teenagers living with ADHD

Dear Reader,

This booklet is for teenagers who have ADHD or for anyone who knows a teenager who has ADHD. This booklet will help you learn about what ADHD is, how it affects us, and ways that we can achieve our potential and thrive.

Have you been told that ADHD is simply about being forgetful, disorganised, hyperactive or impulsive? There is so much more to ADHD than many people realise. Often young people

with ADHD will say that they feel misunderstood, especially in school. Do you feel you are constantly being told you are not trying hard enough? That you are not listening?

There are many intelligent, talented and successful people with ADHD - you will find out about some of them in this booklet. Too often ADHD is described in a negative way, emphasising what you cannot do rather than what you can do. Teenagers with ADHD are described as being hyperactive, impulsive or inattentive. What do these words actually mean? Should they always be seen as difficulties or can they also be positive qualities? Simply looking again at the language we use to describe ADHD can help us to understand our unique, amazing brain and see it for what it is, a different way of experiencing the world.

This is the start of an exciting journey for you as you learn more about yourself, what is important to you and what you are good at. This booklet has been created with contributions from other young people and adults with ADHD. We hope you enjoy reading it and, more importantly, grow in confidence as a teenager with ADHD.

Colin Foley  
ADHD Foundation

[To read the guide click here](#)





Norfolk Fire Service want you to help them to help  
SHERMAN

Help us help SHERMAN

S

Smoker

H

Hoarder

E

Elderly or lives alone

R  
Reduced mobility, hearing or visual impairments  
M  
Mental health issues  
A  
Alcohol misuse, drugs/medication dependence  
N  
Needs care or support

People who show these characteristics could, potentially, be more at risk of a fire; so it's very important to get them the help they need.

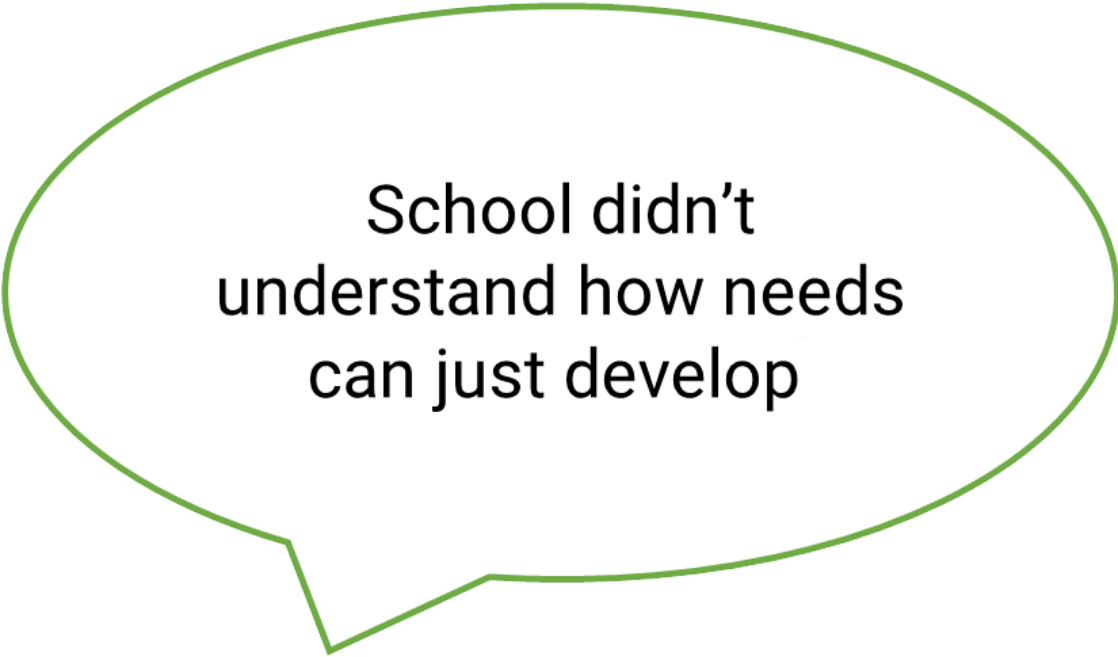
Norfolk Fire and Rescue Service can provide free home fire safety advice and offer an in person home visit to those most at risk.

By scanning the QR code, you could help improve the safety of those most at risk.

So if you know a SHERMAN gain their permission and request a visit from Norfolk Fire and Rescue Service by scanning the QR code, visiting our website [www.norfolk.gov.uk/fire](http://www.norfolk.gov.uk/fire) or via 0300 123 1669  
NORFOLK FIRE AND RESCUE SERVICE



**PANS PANDAS UK**  
*awareness support education*



School didn't  
understand how needs  
can just develop

## Have you heard of PANS or PANDAS?

This statement in the speech bubble above from a (Parent of a CYP with PANDAS) sums up the experience of many families supporting a CYP with PANS and PANDAS very well. Despite the conditions being recognised by the NHS, few professionals or parents/carers have ever heard of them, but awareness is now growing. This is thanks to a recent debate in Parliament and the work of the PANS PANDAS Steering group.\*

**PANS – Paediatric Acute-onset Neuropsychiatric Syndrome**

**PANDAS – Paediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcal Infections**

PANS and PANDAS are post-infectious autoimmune and/or neuro-inflammatory medical conditions which affect both physical and mental health. They can be triggered by common infections (for example strep throat, chickenpox, or influenza). These conditions mainly affect children, and onset usually happens between 3 and 13 years. PANS however can also affect adults, and the conditions do not just stop at 16.

### **How do these conditions affect CYP in school?**

CYP with PANS and PANDAS can abruptly go from doing well in school to experiencing a range of difficulties. These can include developing obsessive thoughts and behaviours, tics, anxiety, behaving in younger way, anger, eating issues and problems sleeping. In some cases, CYP can develop unexpected special educational needs.

Sometimes children also have sensory issues, hallucinations and thoughts of harming themselves. These issues can come and go with symptoms changing a lot over time.\* CYP can of course have co-occurring conditions. The key thing is to note whether these symptoms are different from your CYP's usual behaviour, and to give due attention to all of the new impacts. Not all CYP will have every symptom.

### **How can schools provide support?**

If you suspect that your CYP may have PANS or PANDAS, then keep a log or diary of the changes at home and speak to your child's teacher or SENCO. It is not unusual for CYP to present differently at home to at school. Schools can help by providing evidence of the changes in your child to support you at a GP appointment. They can also put in additional support at school and work together with any other professionals involved in your CYP's care.

In cases of PANS or PANDAS, it is important to accurately pinpoint the underlying cause of the symptoms at an early stage. The signs can often be mistaken for other conditions, poor parenting or behavioural disorders rather than as a medical condition. There are lots of resources available on the PANS PANDAS UK website and there is also a very supportive private Facebook group for other families on the journey.

\*PANS PANDAS Steering Group was formed late 2022 and consists of representatives from the British Paediatric Neurology Association, PANS PANDAS UK, the Royal College of Psychiatrists, the Royal College of Paediatrics and Child Health, the Royal College of Nursing, the Royal College of Occupational Therapy, the British Paediatric Allergy, Infection and Immunology Group, The Royal College of General Practitioners and the British Association of Social Workers.

\*Any child who is displaying these symptoms should be promptly evaluated by a medical practitioner.

[For more medical and general information please go to the PANS PANDAS UK website](#)

[For education resources including the option for schools to attend free CPD accredited teacher training](#)



HOME EDUCATION

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## Home education - local Facebook groups

[Dereham](#) Home Education families Facebook group.



[HE tribe Adventures](#) Norfolk For Highschool + Facebook group.

[Home Educating Sen/Disability](#) Group Norfolk Facebook group.

[West Norfolk Home Educators](#) UK Facebook group.

[Home Education Norfolk](#) UK Facebook group.

[Exploring Home Education](#) and Alternative Education in Norfolk Facebook group.



### What's inside?

- Sensory room
- Emotional support space
- Holistic studio



#### GET IN TOUCH

01603 620 500  
info@asperger.org.uk  
www.asperger.org.uk  
**Asperger East Anglia**  
The Charing Cross Centre  
17-19 St John  
Maddermarket  
Norwich NR2 1DN

## Autism Wellbeing Centre

### How we help

- Listening services for emotional support
- Anxiety, anger and stress management programmes
- Holistic tools for meltdowns and stress
- Confidence-building skills
- Forming healthy friendships and relationships

### Through our

- Emotional support listeners
- Yoga, meditation, breath work, and vocalised exercises especially for Autism, led by our fully qualified Wellbeing practitioner



**Asperger East Anglia**  
Registered charity No: 1074699



## Autism Wellbeing Centre



Supporting Autistic people  
to look after their  
health and wellbeing



#### EMOTIONALLY WORN OUT

Do you feel constantly overwhelmed?

Do you often feel like you are out of your depth?

Trying to navigate your life in a neurotypical world is exhausting, and sometimes you need to talk to others who understand you.

Here in the Wellbeing Centre, we have a team of professional listeners, who can support you emotionally.



#### IN NEED OF BALANCE

When we suffer with stress, coming from all aspects of our life, whether it's work, education or relationships - It can be too much sometimes.

You need to take time out and find your breath. At the Wellbeing Centre we will give you holistic tools, so that you are in charge of your life.

Feel free to contact us for more information



#### WANTING TO CONNECT WITH OTHERS

It can sometimes feel very lonely being on the Autism spectrum.

Sometimes, what you need is to connect with others who are going through exactly what you are too.

Here at the Wellbeing Centre, we will be offering classes that will help you connect with other like-minded people.

You are not alone.

## Asperger East Anglia Wellbeing centre

Supporting Autistic people to look after their health and wellbeing.

### How we help

- Listening services for emotional support
- Anxiety, anger and stress management programmes
- Holistic tools for meltdowns and stress
- confidence - building skills
- Forming healthy friendships and relationships

### Through our

- Emotional support listeners
- Yoga, meditation, breath work, and vocalised exercises especially for Autism, led by our fully qualified Wellbeing practitioner

### What's inside?

- Sensory room
- Emotional support space
- Holistic studio

### Do you feel emotionally worn out?

- Do you feel constantly overwhelmed?
- Do you often feel like you are out of your depth?
- Trying to navigate your life in a neurotypical world is exhausting, and sometimes you need to talk to others who understand you.
- Here in the Wellbeing centre, we have a team of professional listeners, who can support you emotionally.

### Are you in need of balance?

- When we suffer with stress, coming from all aspects of our life , whether it's work, education or relationships - it can be too much sometimes.
- You need to take time out and find your breath. At the Wellbeing Centre we will give you holistic tools, so that you are in charge of your life.
- Feel free to contact us for more information.

### **Are you wanting to connect with others?**

- It can sometimes feel very lonely being on the Autism spectrum.
- Sometimes, what you need is to connect with others who are going through exactly what you are too.
- Here at the Wellbeing Centre, we will be offering classes that will help you connect with other like-minded people. You are not alone.

### **Get In touch**

By phone 01603 620 500

By email [info@asperger.org.uk](mailto:info@asperger.org.uk)

By looking at the Asperger East Anglian [website](#)

By visiting Asperger East Anglia at The Charing Cross Centre 17-19 St John Maddermarket  
Norwich NR2 1DN



## MHIN Programme Event: Improving child and young person mental health with Parent-Led CBT



Join us on Wednesday, **13 March 2024**  
**1pm to 3pm** for an online discussion hosted by the Mental Health Implementation Network (MHIN)'s Children and Young People's Mental Health Project. The Project's focus is on implementing Parent-Led Cognitive Behavioural Therapy (PL-CBT), an effective treatment for child anxiety problems that originated in the UK.

### **What to expect:**

Expert insights: Hear from the developers and other leading minds involved in parent-led CBT, service users, and practitioners about the challenges and opportunities to implementing this approach nationally.

Delve into Parent-Led CBT (PL-CBT) implementation: Discover the progress and lessons learned from MHIN project

### **REGISTER NOW**

### **Find out more**

Read about the (MHIN) project on children and young people's mental health – Parent-Led Cognitive Behavioural Therapy (PL-CBT)

The **Mental Health Implementation Network** is a national programme which aims to drive national collaborations and changes in mental health practice and is funded by the NIHR.

sites (ARC East of England and ARC North West Coast) involved in implementing PL-CBT, including key findings from local evaluations, future plans and strategies for scale-up.

### **Who should attend?**

- Commissioners and policymakers in child and adolescent mental health services
- Clinicians, practitioners, and researchers working with children and young people's mental health
- Service users and advocates with lived experience of relevance to PL-CBT
- Anyone interested in innovative parent-led approaches to tackling mental health problems experienced by children and young people.

## Improving child and young person mental health with parent led CBT

We are pleased to invite you to join our Mental Health Implementation Network (MHIN) Parent Led CBT Online event on Wednesday, 13 March 2024 at 1-3pm.

Please sign up using the link below:

<https://arc-sl.nihr.ac.uk/events-training/events-training/improving-child-and-young-person-mental-health-through-parent-led>

This is hosted by the Mental Health Implementation Network (MHIN)'s Children and Young People's Mental Health Project. The Project's focus is on implementing Parent-Led Cognitive Behavioural Therapy (PL-CBT), an effective treatment for child anxiety problems that originated in the UK.

**What to expect:**

Expert insights: Hear from the developers and other leading minds involved in parent-led CBT, service users, and practitioners about the challenges and opportunities to implementing this approach nationally.

Delve into Parent-Led CBT (PL-CBT) implementation: Discover the progress and lessons learned from MHIN project sites (ARC East of England and ARC Northwest Coast) involved in implementing PL-CBT, including key findings from local evaluations, future plans and strategies for scale-up.

**Who should attend?**

- Commissioners and policymakers in child and adolescent mental health services
- Clinicians, practitioners, and researchers working with children and young people's mental health
- Service users and advocates with lived experience of relevance to PL-CBT
- Anyone interested in innovative parent-led approaches to tackling mental health problems experienced by children and young people.





# Space4U



A monthly coffee morning for parents and carers of children/young adults with additional/complex needs.



Come and join us for drinks, cakes and chat. Talk about those things no one else understands with people who have 'been there', share ideas and experiences, and enjoy a little bit of Space for YOU.

2<sup>nd</sup> Thursday each month, 10-12.  
Emmanuel Church, Cawston Rd, Aylsham, NR11 6BX.

You will be made very welcome.

(Dependents welcome; 'Changing Places' style toilet available in the church building)

## Space 4 U coffee morning in Aylsham

A monthly coffee morning for parents and carers of children/ young adults with additional/complex needs

Come and join us for drinks, cakes and chat. Talk about those things no one else understands with people who have 'been there', share ideas and experiences, and enjoy a little bit of Space for YOU.

2nd Thursday of each month 10-12.

Emmanuel Church Cawston Road, Aylsham, NR11 6BX

You will be made very welcome

(Dependents welcome, 'Changing Places' style toilet located in the church building)

All enquiries to Brock 01263 734409 CONTACT Mobile 07890661683 (Registration is not needed)



## Join the campaign to Open Doors for guide dogs. It's the law

Guide dog owners continue to face access refusals from businesses and services including cafés, shops, and taxis because they are accompanied by their guide dog – despite this almost always being illegal. Three-quarters of guide dog owners say they have experienced an access refusal in the past.

Access refusals can have a negative impact on people's confidence and their lives. That's why we're working to open doors for guide dogs. We're educating businesses on the law and campaigning for government to strengthen it. Get involved and help us open doors by signing our [petition](#).

The first step is knowing that access refusals are happening. If you're a guide dog owner, please download our [new app](#) which helps you report access refusals or get support.

[To view the report click here](#)



# Making Sense of SEND INFORMATION FAIR



Visit a range of service information stands, listen to a guest speaker, and meet like-minded parents and carers.  
Free refreshments provided.

 **North Walsham Community Centre**  
 **Tuesday 19th March 2024**  
 **10am-12pm**

## Making Sense of SEND is visiting North Walsham in March

Join us for our next 'Making Sense of SEND' information fair! This time we're going to be at the North Walsham Community Centre!

These events are for professionals and parent carers who work with or have a child or young person with special educational needs and/or disabilities (SEND). 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.

We will be joined by guest speaker Lee Gibbons from ASD Helping Hands who will be delivering a talk to mark the lead up to Norfolk Autism Acceptance Week (2nd - 8th April).

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.

Parking is also available on site!

[To book a free ticket click here](#)







Hello, my name is James, and I am a Complex Needs nurse based at Just One Number.

This is the single point of access for Norfolk & Waveney Children & Young People's Health Services.

I am available for families of children at special schools to call me with any questions or concerns about their child's health.

Additionally, school staff can call me to discuss a child or young person if their parent has given their consent. The following are some examples of the topics I can help with:



This list is by no means exhaustive, and parents and school staff can seek advice about other aspects of health and wellbeing as well.

## Meet James- the complex needs nurse at Just one Number

Hello my name is James and I am a complex needs nurse based at Just One Number. 03003000123 This is the single point of access for Norfolk and Waveney Children and Young People's Health Services.

I am available for families of children at special schools to call me with any questions or concerns about their child's health.

Additionally, school staff can call me to discuss a child or young person if their parent has given their consent. The following are some examples of the topics I can help with:

- Accessing universal health services and reasonable adjustments
- Behaviour and emotional needs
- Sleep difficulties
- toileting
- fussy eating
- supporting with key transition stages

This list is by no means exhaustive, and parents and school staff can seek advice about other aspects of health and wellbeing as well.





## Free Flow Friday – Autism-Friendly Live Music

To celebrate Autism Acceptance Week in Norfolk, we are delighted to offer an autism-friendly, fun live music performance for families with young people between 5 and 25, in partnership with The Pavilion Theatre, Gorleston and Norfolk County Council. This performance will include all your favourite sing-along pop and musical songs in a safe family environment, where families can enjoy the music together, joining in singing and dancing with a live band and dancers.

Venue: The Pavilion Theatre, Pier Gardens, Gorleston-on-Sea, Great Yarmouth NR31 6PP  
[\[View on map\]](#)

Date: Friday 5th April

Times: Age 5-12: 1pm-1.45pm Age 13-25: 2.45pm-3.30pm

Young people must be accompanied by a guardian or family member at all times who will remain responsible for the young person.

This concert will be interactive, with the hope that young people and families will join in with the dancing and singing, you can either join in on the dance floor at that front of the auditorium or participate from the seating area. The concert will be performed noise sensitively, although we do ask that you please also bring any ear defenders that may enhance the experience for your young person.

Cold soft drinks, treats and ice creams will be available to purchase from the bar inside the auditorium.

To register places [click here](#)





## HEAR ME, SEE ME:

The National Autism Strategy  
Health Inequalities



For healthcare professionals



Wednesday 6 March 2024



12:30PM - 2.00PM



live session on  
Microsoft Teams

**[Register here](#)**

National strategy for  
autistic children, young  
people and adults:  
2021 to 2026

**Tackling health and  
care inequalities for  
autistic people**

**6 March 2024**

Join us for an interactive  
session to help you feel  
more comfortable on  
how to put reasonable  
adjustments into  
practice.

Autistic people will be  
putting forward  
scenarios which require  
adjustments to be put in  
place

For healthcare professionals - Hear Me, See Me;  
tackling health and care inequalities for autistic  
people

Continuing the theme of looking at the National Autism Strategy (for Autistic children, young people and adults: 2021-2026), focussing this time on reasonable adjustments.

Join us for an interactive session to help you feel more comfortable on how to put reasonable adjustments into practice.

Autistic people will be putting forward scenarios which require adjustments to be put in place.

Wednesday 6th March 2024 12:30-2pm online via Teams.

[To register click here](#)



## Patient choice/ Right to choose for children and young people and top tips for getting a private diagnosis

Patient choice/ Right to choose for children and young people.

### **What is it?**

In many cases you have a legal right to choose where you have your NHS treatment. The NHS is offering more and more options to enable you to make choices that best suit your circumstances, giving you greater control of your care, and hopefully better results.

If a GP needs to refer you for a physical or mental health condition, in most cases you have the legal right to choose the hospital or service you'd like to go to.

This will include many private hospitals if they provide services to the NHS, and it does not cost the NHS any more than a referral to a standard NHS hospital.

You can also choose a clinical team led by a consultant or named healthcare professional, if that service provides the treatment you require, and they have an NHS contract.

### **What can I do?**

NHS Norfolk and Waveney is developing a Patient Choice policy. In the meantime, information about children's neurodevelopmental/ ASD/ADHD assessment services is

available online or through our commissioning team. Your GP may also know about what services may be available locally.

Your GP will decide if a referral to an alternative provider is clinically appropriate. In most cases a GP will need to refer you for assessment.

If your provider of choice is not listed below, please send details of that provider with a contact name to [nwicb.cypm@nhs.net](mailto:nwicb.cypm@nhs.net) for assessments for children and young people upto 18 years.

NHS Norfolk and Waveney will need to be assured that the provider holds an NHS contract for services includede in the referral.

#### **Who can I refer to for children and young people?**

<https://providewellbeing.co.uk/>

<https://help4psychology.co.uk/>

<https://evolvepsychology.org/autism-assessments/>

<https://theowltherapycentre.co.uk/>

<https://mindprofessionals.com/>

#### **Who pays for the assessment?**

Once a referral is accepted, and before payment the provider will need to contact the above email for payment details.

To access the document in full click here

To read top tips about what to look for when getting a private assesment for ASD/ADHD click here



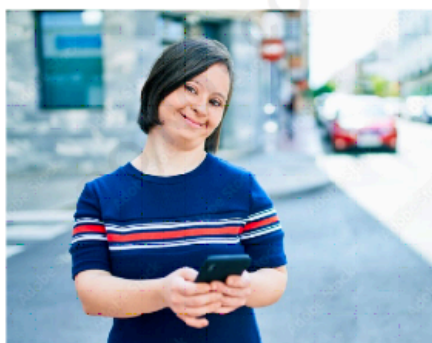
**Norfolk Learning Disability  
Partnership**

**[www.norfolkldpartnership.org.uk](http://www.norfolkldpartnership.org.uk)**



We are happy to share with you  
The Norfolk Adults Learning  
Disability Plan 2023-2028

**Norfolk Adults  
Learning Disability Plan  
(formerly called 'Strategy')  
2023-2028**



 Norfolk County Council





This plan has been put together with the help of lots of people including people with a Learning Disability

To see the plan click the green links below





The Norfolk Learning Disability Partnership wants to thank everyone who was involved.

[Click here for the full version](#)

[Click here for the Easy Read version](#)

[Click here for the delivery plan](#)

## Norfolk Adults Learning Disability Plan 2023-2028

We are happy to share with you The Norfolk Adults Learning Disability Plan 2023-2028

This plan has been put together with the help of lots of people including people with a Learning Disability

To see the plan click the green links above

The Norfolk Learning Disability Partnership wants to thank everyone who was involved.





## Supporting learners with autism during transition



**Practical strategies,  
resources and case-studies  
to support transition from  
early years to primary  
school and from primary  
to secondary school – with  
examples and templates**

[autismeducationtrust.org.uk](http://autismeducationtrust.org.uk)

In collaboration with

UNIVERSITY OF  
BIRMINGHAM

 **ACER**  
AUTISM CENTRE FOR EDUCATION AND RESEARCH

**nasen**  
Helping Everyone Achieve

 **Whole School  
SEND**

## Supporting learners with autism during transition

Transition is any change in an individual's situation. Although there can be many types of transition, this resource looks at educational transitions for learners with autism, mainly focusing on transition from an Early Years setting to a Primary school, and Primary to Secondary school. This resource is developed as part of the Whole School SEND Autism Resource Suite.

### **Understanding autism**

Autism is identified by differences in:

### **Communication and social interaction:**

This could include difficulties in understanding and using verbal and non-verbal communication methods (such as body language, facial expressions and voice intonation). Learners with autism could also find it difficult to understand indirect and non-literal language, such as idioms, sarcasm or language where they need to draw inferences. In terms of social interaction, areas of difficulty could include comprehending unwritten social rules and understanding other people's thoughts and feelings. This can make it challenging for some learners to form peer relationships, understand when they are being bullied, or ask for help.

### **Flexible thinking:**

The differences in communication and social interaction can make the world look unpredictable for individuals with autism. This is potentially a reason why some individuals with autism prefer predictable routines, and find undirected times (such as breaks and lunchtime), or changes (such as transition to a new setting), more difficult.

### **Sensory processing:**

Some individuals with autism also process sensory information (such as sound, smell etc.) differently, which can make some situations or experiences particularly stimulating or unpleasant. This could lead to an individual feeling stressed and anxious in situations which are sensory-stimulating, such as assemblies.

### **Terminology:**

There are different views about the terminology used in relation to autism. Some autistic advocates and research studies recommend the use of identity-first language, and use 'autistic person' to refer to an individual on the autism spectrum. However, as most of the research around terminology has been conducted with adults with autism, and not children themselves, it is unclear what is the preferred language of children.

Therefore, rather than assuming that identity-first language is appropriate for children as well, in this guide we will be using person-first language and use phrases such as 'learner with autism.'

The term 'learner' has been used in this resource to represent children and young people in all kinds of educational settings and the term 'child' has been used when specifically referring to children in early years settings.

### **Transitions and autism:**

Within an educational context, transition is used to describe major changes, such as moving from one educational setting to another. These are also sometimes referred to as macro-transitions because several factors such as peer group, school setting and structure are all changed. Most learners will find these moves difficult to cope with. Learners with autism may find these particularly challenging. This makes it difficult for them to: understand what is expected in the new location, express their concerns about the move, form new relationships, cope with different kinds of sensory information, and organise and plan their day. As a result, major transitions like changing schools can be especially traumatic for some learners with autism.

To read the document in full click [here](#)



## Early years, disability and the Equality Act - slide show from the Council for Disabled Children training

This is the first time the Council for Disabled Children have hosted this training for parents/carers and they felt that from the feedback and the valuable discussions, that they were pleased they adapted it for a parent/carer audience. Please see below for the slide show of the event. If you would like to attend a virtual session click [here](#) for more details. The [next](#) event is on Wednesday 13 Mar 2024 18:00 - 20:00pm.

[Click here for slide show](#)

Updated Equality Act booklet with duties for early years providers





Prince's Trust

# GET STARTED IN DIGITAL SKILLS

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it's like to work in the digital sector.

**Contact Harry - 07483981306**  
[harry.sampson@princes-trust.org.uk](mailto:harry.sampson@princes-trust.org.uk)

@princestrust    f    @    t    in    d

**ON THIS COURSE YOU'LL:**

- Learn from industry experts
- Explore digital tattoos and your digital footprint
- Learn to use 3D Design and CAD Software
- Create your own website, learn about AI and more!

**DATES FOR YOUR DIARY:**

**Taster day:** 12/3/24  
**Course dates:** 18/3/24 - 22/3/24  
**Application deadline:** 11/3/24  
**Location:** Microsoft Teams  
**Eligibility criteria:** 16 - 30. Must have excess to PC, laptop or notebook.

**➤ GET STARTED**



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## Get started in digital skills with the Prince's Trust

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what its like to work in the digital sector.

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Contact Harry on 07483981306

or [harry.sampson@princes-trust.org.uk](mailto:harry.sampson@princes-trust.org.uk)

[Click here for the Prince's Trust website](#)



## Norfolk Autism Directory: Photo contest

Hello from the Norfolk Autism Partnership Board

We have started development on a Norfolk Autism Directory and need some help from you.



Are you or someone you know a budding photographer? We want your images to help us bring the new Norfolk Autism Directory to life.

These can be images of places Norfolk from the Broads to the beaches to our towns and cities. Don't just limit this to places and buildings, if you have an image of you or your family enjoying a day out we want to see that as well.

Entries are open until the 12th March with the website going live shortly after. You can submit as many images as you like.

Think you have an image that really displays Norfolk we want to see it!

To enter the photo competition click [here](#)



## Your invite to the Autism Norfolk Forum on the 5th March 2024 via Zoom between 13:00 and 14:00

Autism Norfolk Forum is a place for autistic people of all ages and their families, along with anyone with an interest in autism, to engage with each other.

It's a place where you can share your experiences of autism in the knowledge that it will inform the current and future priorities of the [Norfolk Autism Partnership Board](#). At each forum, you can get updates from members of the Board about its ongoing work.

### **At this forum we will be:**

1. Updating you on the current work of the Norfolk Autism Partnership
2. Updating you on the work carried out for the Refresh of the Norfolk Autism Strategy
3. Going over the 6 proposed priorities for the Refresh of the Norfolk Autism Strategy and asking for any feedback you may have on these before we begin to write the strategy.



You will need to pre-register to attend this meeting. You can do this by clicking the link below:

[Register to attend this meeting](#)

[Download the agenda here](#)

[The Easy Read agenda is here](#)



# Autism Acceptance Week Short Film Project



Norfolk County Council are looking for young Vloggers across Norfolk to participate in Autism Acceptance week 2nd-8<sup>th</sup> April.



We would like to make a short film of young people showing what Autism means for them in a 1 minute video clip.



We will then share this video across schools and the Council, to celebrate Autism and educate young people across Norfolk.



Videos should be uploaded to [wetransfer.com](https://wetransfer.com) using the free service, and the link must be sent to [csparticipationteam@norfolk.gov.uk](mailto:csparticipationteam@norfolk.gov.uk) by the 18<sup>th</sup> of March 2024.



## SEND Norfolk- Autism Acceptance Week short film project

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We would like to make a short film of young people showing what Autism means for them in a 1 minute video clip.

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Videos should be uploaded to [wettransfer.com](https://wettransfer.com) using the free service, and the link must be sent to [csparticipationteam@norfolk.gov.uk](mailto:csparticipationteam@norfolk.gov.uk) by the 18th of March 2024.





## ASD Helping Hands: Just One thing

As part of Autism Acceptance Week, ASD Helping Hands want to create an art installation in the Castle Mall, Norwich opposite Starbucks , where they can display a collection of postcards, with the message stating:

**'One thing I want people to know about Autism is...'**

They want YOU to finish that sentence.

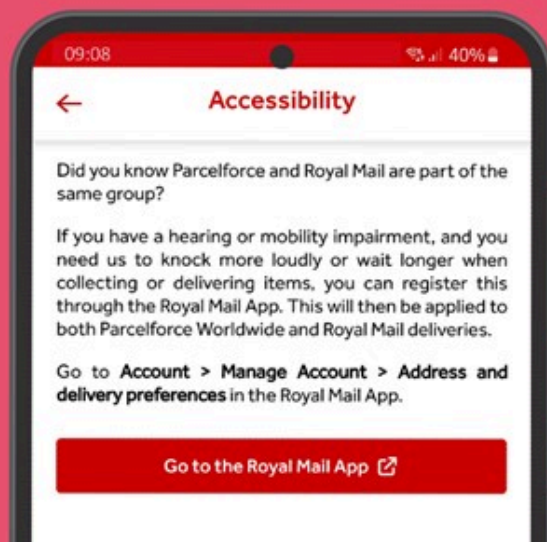
For full details and to submit answers please click below.

For more details of "Just one thing" click here



# Introducing Accessibility Needs

If you need us to knock louder or require more time to answer the door, you can now let us know.



Register through  
the Royal Mail app.



## Royal Mail introducing accessibility needs

### Accessibility requirement

We take our responsibility towards disabled customers very seriously. If you need more time to get to the door or for us to knock louder, then please set your requirements in the Royal Mail App. This will apply to the whole household and as we are part of the same Group, Parcelforce Worldwide will also follow these instructions. Simply follow steps 1 to 3 below and then use the Accessibility option to make your selection.

### How to use this service

Download the Royal Mail App and set up a new account (if required)

Go to the account section and manage account

Here you can select address and delivery preferences

Set a Safeplace and/or Accessibility requirement

Pick one of the options and save.

Alternatively, if you are unable to use the Royal Mail App, we can set an accessibility requirement on your behalf if you contact us

<https://www.royalmail.com/receiving/change-your-delivery-options>







Jon Thaxton

Former British &  
European Boxing  
Champion

**Join Able2B@  
Naidex**

Exclusive Headline Sponsor



Weds 20<sup>th</sup> March at 10.30am

Participate in the largest **ADAPTED**  
*live* online exercise class in the UK!!



01603 986407



info@able2b.co.uk



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



@Able2B

Able2B is a unique service combining *expert medical knowledge* alongside *experienced trainers* to improve function for people with a disability.



Able2B Cofounder, Jon Thaxton is described by many as 'one of a kind'. His ability to motivate, adapt & support individuals with online training in classes or individually is second to none.

Alongside fellow Cofounder Rachael Hutchinson, Consultant Orthopaedic Surgeon & with support from the Able2B Team, they aim to run the largest **ONLINE LIVE ADAPTED EXERCISE CLASS** ever held in the UK.

Able2B will be showcasing their services at this year's Naidex Conference. During their session they will aim to run a

**15 mins live class**

involving those present at the conference & also online participants- getting as many people across the UK as possible participating in this adapted session suitable for all levels of ability, including severe physical & learning disabilities.

**Use the QR code to join in the challenge via zoom**

**WEDNESDAY 20<sup>TH</sup> MARCH  
10.30AM**

***Or join us in person on the Village Green, Naidex Conference,  
NEC, Birmingham***

Want to practice & learn more before the day? Join us for free in one of our regular weekly live online classes Mon/Weds/Fri at 11am using the QR code

**Join Able2B in an attempt to hold the largest disability exercise class ever held in the U.K**

Able2B in association with Naidex are asking individuals to join them at this year's Naidex conference-the Ultimate Event for the Disability Community or online to participate in an attempt to hold the largest disability exercise class ever held in the UK.

Able2B Cofounder, Jon Thaxton is described by many as 'one of a kind'. His ability to motivate, adapt & support individuals with online training in classes or

individually is second to none.

Join the former British and European Boxing Champion in an enjoyable and informative session as a display of inclusivity and fun for all-whatever your ability.

Alongside fellow Cofounder Rachael Hutchinson, Consultant Orthopaedic Surgeon & with support from the Able2B Team, they aim to run the  
**LARGEST ONLINE LIVE ADAPTED EXERCISE CLASS**  
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**WEDNESDAY 20TH MARCH**  
10.30AM

Or join us in person on the Village Green, Naidex Conference, NEC, Birmingham

Join Zoom Meeting

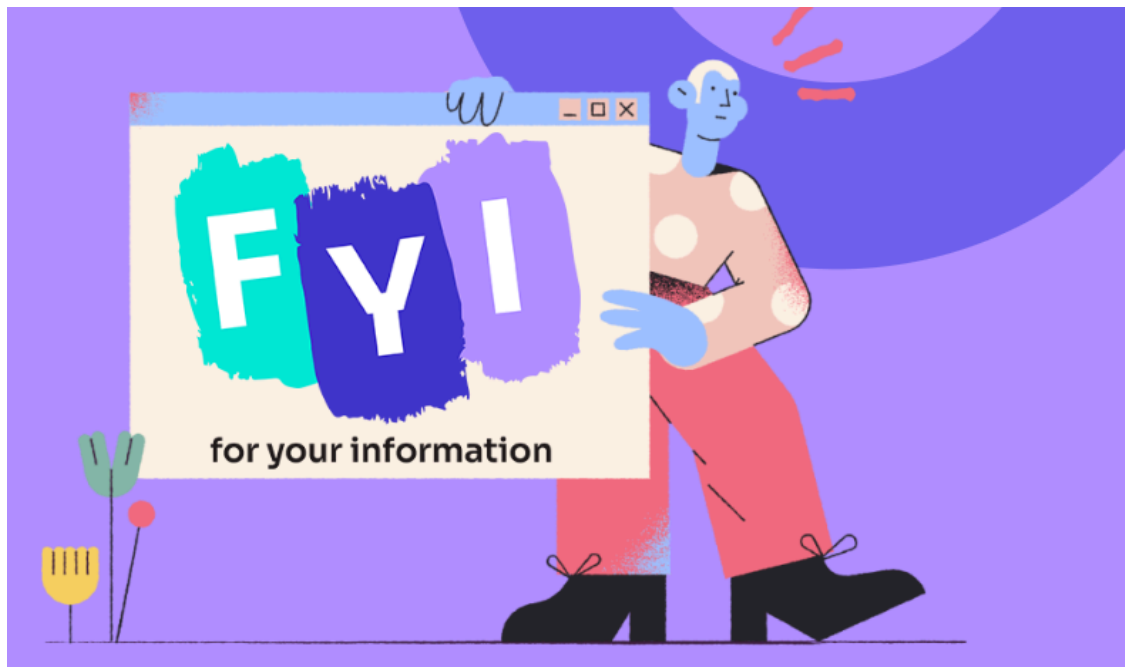
Meeting ID: 810 8890 0529

Passcode: 893406

Want to practice & learn more before the day? Join us for free in one of our regular weekly  
live online classes  
Mon/Weds/Fri at 11am using the same link

[Click here for Zoom link](#)





## New - children and young people's health services webpages

FYI offers trusted advice and support for 11 to 24 year olds in Norfolk & Waveney. Covering everything from physical wellbeing to mental health advice and support, this self-help website is a one stop shop for any questions that your teenager or young adult needs answering.

To go to the for your information website click [here](#)



# A review of advocacy

## Interactive webinar for people and families

Monday 11 March, 10am-2pm



### What will I get from the webinar?

- A full run down of the evidence and recommendations from the report.
- Hear from self-advocates and carers about the difference advocacy can make.
- Find out how your feedback contributed to the report.
- Build knowledge and skills to self-advocate or advocate for a family member.

There are additional webinars coming up for commissioners and advocates.

#### Register to attend

Free online webinar  
for people and families  
11 March, 10am-2pm



#### About the report

In 2022 NHS England commissioned us to review advocacy support for people with learning disabilities and autistic people who are inpatients in mental health settings. The report was published in October 2023. Whilst the review highlighted positive examples of advocacy, it also found evidence of widespread, multifactorial issues and challenges.

[Read the report.](#)

in partnership with:



## A review of advocacy- Interactive webinar for people and families Monday 11th March

Free online webinar 11th March 10-2pm hosted by the NDTi (National Development Team for Inclusion)

### What will I get from the webinar?

- A full run down of the evidence and recommendations from the report.
- Hear from self-advocates and carers about the difference advocacy can make.



- Find out how your feedback contributed to the report.
- Build knowledge and skills to self-advocate or advocate for a family member.

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In 2022 NHS England commissioned us to review advocacy support for people with learning disabilities and autistic people who are inpatients in mental health settings. The report was published in October 2023. Whilst the review highlighted positive examples of advocacy, it also found evidence of widespread, multifactorial issues and challenges.

[To read the report click here](#)

[To register to attend the webinar click here](#)



## Have Your Say

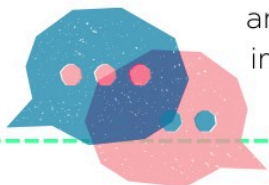
**We are asking young people aged 11-19\* across Norfolk to take part in a survey to decide which issues will be our priority this year.**

\*Up to 25 for young people with additional needs



### YAB Consultation

Fill in the consultation and tell us what's important to you



### Make Your Mark

Vote the issue you most care about in the youth parliament elections



**map**

**MAP Youth Advisory Board consultation - Have your say**



## WHAT IS THE YAB CONSULTATION?

Youth Advisory Boards (YABs) are asking young people across the whole of Norfolk to take part in our youth consultation. The most commonly selected issues will form our priorities for the next year.

We will address these issues by campaigning for change or funding projects. Any young person aged 11+ can take part.

The consultation will run until Friday 8 March.

To find out more and to take part in the consultation [click here](#)



## Read Easy Norfolk-Helping adults learn to read

Read Easy Norfolk are looking to connect with those who may benefit from their help: such as adults who want to learn to read, or who are struggling with reading or want to improve their reading skills.

Read Easy Norfolk is an affiliated group, part of Read Easy UK, the only national organisation which provides a volunteer-led reading coaching programme for adults.

Founded in 2010, Read Easy has a successful tried-and-tested model which has been working in the community delivering a high-quality reading coaching service.

The support they provide is free, confidential, and one-to-one.

If you think the service could be of interest to you then please get in touch. Email Barbara Lyons: [norfolknetworker@readeasy.org.uk](mailto:norfolknetworker@readeasy.org.uk)

To find out more [click here](#)



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)
  - f [FamilyVoiceNorfolk](https://www.facebook.com/FamilyVoiceNorfolk)
  - ✕ [familyvoicenfk](https://twitter.com/familyvoicenfk)
- Or join our Family Voice Members Chat Room on Facebook [here](#)

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

[Preferences](#) | [Unsubscribe](#)