



What parent carers told us about the 2025 Family Voice Norfolk conference

As Jamie and Rachel, Say 'goodbye and thank you' to Alison and Tracey at the Family Voice Norfolk Conference, we would like to share some quotes from people who attended:

'Nothing to improve. Another fabulously supportive and helpful event where I got answers to everything I came for. Thank you so much.'

'Lots of very useful info from various depts from the council and health which meant I could resolve LOTS of issues all under one roof. Enabled me to 'join the dots' leaving empowered, hopeful and positive for the future which has made a huge difference. Sometimes there are so many depts etc you have no idea who does what, where or when. Under one roof together is a life saver. Keep up the good work-this is so successful and incredibly important to SEN parents. Thank you.'

'It was very well organised with a great mix of information and choice regarding the workshops. I wonder if a neutral space with chairs may work for moments when you just need to digest all the information given! Quiet space was a good idea as well.'

'So welcoming and helpful. It was really nice to be surrounded by families who understand the challenges parents of send children face.'

'Lots of useful information on the stands with friendly approachable staff/volunteers. Well organised and relaxed. Lovely food & son enjoyed freebies. Leaflets to collect in the bag provided. Great event.'

'At the very beginning of our journey as son newly diagnosed with ASD, the stands were really helpful to find out what help there is. Thank you.'

'I loved the conference! I gained lots of information and left feeling listened too and with an extra spring in my step after a difficult 6 months. I have some new ideas for support for my son and daughter.'

'Great event, loads of information and professionals to talk to.'

'Lovely, very well organised event thank you, I found it so useful.'

Click [here](#) for more details of the organisations who attended our 2025 FVN conference, including links to their websites.



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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.





Home Education multisports at the Sports Park UEA

YOU ASKED, WE LISTENED!

After great feedback from our community and careful consideration, our new Home Education Multisport sessions will now be held at the revised times of:

Primary age (5–11): 10:30 – 11:15

Secondary age (11–16): 11:30 – 12:15

Sessions will start on Tuesday 6th May, and can be booked now. First register by filling out this form <https://forms.office.com/e/3GL9TsjtTi> then book at Reception or call 01603 592398 to secure your spot for the week.

These Home Education sessions are a great way for children to stay active, try new sports and connect with others in a supportive setting.

Led by DBS-checked coaches from Progress Sport Services. Just £4.00 per session. 🏃

At the Sports Park UEA, University Drive, Norwich, NR4 7TJ

Learn more on our website here: <https://www.sportspark.co.uk/.../progress-sports-services/>



Family Action's Norfolk & Waveney Autism/ADHD Support Service

Norfolk and Waveney Autism/ ADHD support service newsletter

The focus this month is around understanding and supporting children or young people with big emotions, what we might call meltdowns or distressed behaviours.

You will also find information about our free courses, workshops and drop-in coffee mornings being held during May.

[Click here to read the May newsletter](#)



'Sensory' is a film about autistic people's experiences of hospitals

Sensory is a film project about autistic people's experiences of hospitals. It is a fictional film, but it is grounded in the real stories and experiences of East London Foundation Trust (ELFT) staff, patients and service users. The film was co-produced with autistic people, staff, and carers, and it has a fully neurodivergent cast. It is a collaboration between the University of Bristol project 'Sensing Spaces of Healthcare', ELFT, and Inner Eye Productions. Overall, Sensory aims to harness the power of storytelling to represent autistic people's hospital encounters.

Please be aware it contains scenes of sensory overwhelm which some people might find distressing.

[Click here to watch Sensory on You Tube](#)



Coffee & Connect

Kids

Cake!

Freebies!

Information

Parent Carer Service

Intro to New Service

7th May 2025
10.30am – 12.30am

Come and find out what support we can offer!

**EYFS Vauxhall Centre,
Vauxhall Street,
Norwich, NR2 2SA**

Email: hayley.huckle@kids.org.uk / sally.macgregor@kids.org.uk



New Parent Carer 'Coffee and Connect' groups in Norwich and King's Lynn provided by Kids

'Coffee and Connect' with cake, information and freebies.

Introduction to the new parent carer service, Come and find out what support we can offer!

at the EYFS Vauxhall Centre, Vauxhall Street, **Norwich NR2 2SA**

on the 7th May 10:30am-12:30pm

And;

At the Discovery Centre, Columbia Way, Kings Lynn PE30 2LA

on the 20th May 10:30- 12:30pm

For more information email hayley.huckle@kids.org.uk or sally.macgregor@kids.org.uk



Cake!

Coffee

Kids

&

Freebies!

Information

Connect

Parent Carer Service

Intro to New Service

20th May 2025
10.30am – 12.30am

Come and find out what support we can offer!

The Discovery Centre
Bethany Columbia Way,
King's Lynn, PE30 2LA



Email: hayley.huckle@kids.org.uk/sally.macgregor@kids.org.uk





Would you like to take part in some psychological research?

Who can take part?

Sibling pairs both aged between 7-18 years.

At least one of the siblings must have received support for their mental health.

What will it involve?

Each child/young person will be interviewed once. 30-60 minutes in length. Interviews can be in-person or online, to suit your preference. Your name will not be used anywhere in the study. All data will be stored meeting GDPR standards.

What are the benefits of taking part?

You will help us to understand the link between sibling relationships and emotional regulation.

Each sibling pair will have a chance to win a £50 voucher.

Help us to explore emotional regulation and sibling relationships in children and young people.

Anxiety and depression are common in children and adolescents. The impact of anxiety and depression is linked to emotional regulation i.e. identifying, understanding and managing emotions. Sibling relationships can affect how children manage emotions. However, we don't know much about what parts of the relationship affect this. This research will explore sibling relationships, how the siblings manage their emotions/cope and how both of these things affect how they feel overall.

If you are interested please contact:

Nessa at Nessa.Sweeney.2022@live.rhul.ac.uk The Royal Holloway university of London.



GO KIDS GO

WHEELCHAIR SKILLS TRAINING

Free, fun and inclusive sessions for 2 -18 year olds. Extra wheelchairs provided so the whole family can join in!



Manual or powered wheelchairs
Propulsion & manoeuvring
Slopes and rough ground,
Back wheel balancing,
Road safety
Emergency evacuation techniques
Wheelchair sports & Dance

Sat 28th June 10am - 2pm
Springwood High School
Queensway
King's Lynn
Norfolk, PE30 4AW

Please bring a packed lunch

To book a free place email
training@go-kids-go.org.uk

Go Kids Go- Wheelchair skills training in King's Lynn

Free, fun and inclusive sessions for 2-18 year olds.

Extra wheelchairs provided so the whole family can join in!

Manual or powered wheelchairs

Propulsion and manoeuvring

Slopes and rough ground

Back wheel balancing

Road safety

Emergency evacuation techniques

Wheelchair sports and dance

28th June 10am-2pm

Springwood high school

Queensway

King's Lynn

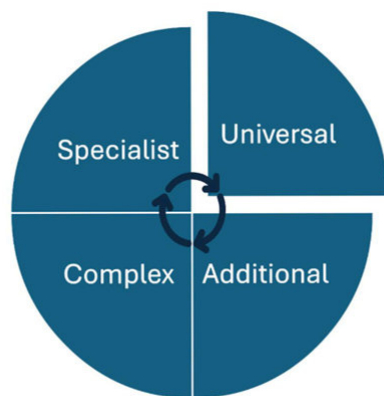
Norfolk

PE30 4AW

Please bring a packed lunch

To book a free place [click here to send an email](#)





Short Breaks- The new Circle of Support model

From 1 April 2025, all new applications for Short Breaks will be assessed using our new Circle of Support model.

The Circle of Support is split into four sections, each describing a level of support that is available to families. These levels are described below.

Universal

Support to access a range of inclusive services and activities in the community from our list of approved providers. These type of services and activities are available to all children and young people.

Additional

As in the Universal category above with alternative options of:

Services and activities that are more SEND-friendly from our list of approved providers, or Personal Assistant for 104 hours for use throughout the year or 52 hours for use during school holidays only.

Complex

As in the Additional category above with alternative options of:

Specialist services from our list of approved providers, or Personal Assistant for up to 208 hours for use throughout the year or 104 hours for use during school holidays only

To access this, the child or young person and their family will currently be receiving social care support or have been within the last 6 months, and/or the child may be attending a complex needs school.

Specialist

As in the Complex category above with alternative options of:

Personal Assistant hours to meet the assessed need, and/or Respite care which could include overnight support following approval at CWD Panel
The child or young person must have a Children with Disabilities (CWD) Social Worker.

What the change to the Circle of Support means

The key element of the change is that in future we will directly pay some providers for children's activities, rather than parents and carers finding and paying for activities themselves using a pre-paid debit card. This pre-paid debit card is a form of Direct Payment.

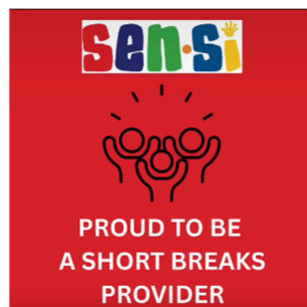
For families already using the service, we'll work with you during your child's next full review to choose from our list of approved providers that meet your child's and family's assessed needs and outcomes. This allows us to monitor quality, support training, and offer more activities to more families. It also means more inclusive activities will be available for children.

We will make these changes gradually and won't change anything for your child without first agreeing a plan with you. We want to be really clear that these changes do not in any way reduce the level of support.

If there is an activity or service required to meet your child's assessed needs and outcomes that isn't currently available on the list of approved providers, our Short Breaks Inclusion Coordinators will try to arrange this on your behalf.

However, where we're not able to do this, or it's identified your child would benefit from a specific item or a (UK-based) family holiday, the Short Breaks team will be able to organise these for you. Alternatively we may offer you a pre-paid card for that specific activity, item or UK-based family holiday. The team will discuss this with you when setting up your child's Short Breaks plan. Each child's plan will be individual to their assessed needs and outcomes.

[For more details about Short Breaks including how to apply click here](#)



Sensi are Proud to be a new Short Breaks provider

And can offer a range of groups and room hire through Short Breaks, for children out of school hours (holidays, and after school).

For more information call 01508 578 577.

[Or click here to email SENSI](#)



SEND-SATIONAL FAMILY FUN DAY

Information & Support Stalls * Food Vendors * Live Music
Activities & Entertainment * Fun Fair * Sensory & Quiet Zone
& MORE!

Saturday * **12pm-7pm**
14th June * **The Rec'**

Free Admission



SEND-Sational family fun day in Attleborough in June

Attleborough town council have organised a SEND- Sational Family Fun day.

It will have Information and Support stalls, Food vendors, Live music, Activities and Entertainment, Fun Fair and sensory and quiet Zones.

On Saturday 14th June 12pm-7pm at the Recreation ground, Station Road, Attleborough
Norfolk NR17 2AS

This event comes as part of the Council's ongoing commitment to provide services that support equality and inclusivity. The Town Mayor, Cllr Taila Taylor is also passionate about enhancing the provision locally and more widely and has taken on the challenge of the TCS London Marathon in aid of the National Autistic Society.

Quote from Taila Taylor, Town Mayor :

"While pursuing my daughter's Autism diagnosis, I quickly realised how little support was available locally and knew this was something that needed to change, not just for her but for all SEND families in our community. I feel blessed to be part of a Council that understands the importance of bridging this gap and is proactively seeking to support SEND."



Pathways to Work: Reforming Benefits and Support to Get Britain Working Green Paper

The NNPCF (National Network of Parent Carer Forums) understands that many families are deeply concerned about recent changes to key benefit entitlements, including Personal Independence Payment (PIP), Universal Credit, and the impact on Carer's Allowance.

While the Green Paper primarily focuses on benefits for disabled adults, DLA (Disability Living Allowance) remains unaffected, except for a proposed increase in the upper age limit to 18. However, families with young disabled adults receiving PIP or Universal Credit may be particularly worried about how these changes could affect their loved ones.

Useful information from Contact on the Pathways to Work Disability Reform Green Paper: Click here to [read](#):

Contact have also created an article answering key questions on disability welfare reform: Click here to [read](#):

The NNPCF is committed to raising these concerns through our ongoing engagement and will look to provide a response to the consultation.

[Click here to go to Contact's website](#)



NHS Norfolk and Waveney Talking Therapies- Facts about our service

The Norfolk and Waveney Talking Therapies offers help and support to improve wellbeing and manage stress, low mood, and anxiety.

We aim to reduce the onset of mental ill-health, prevent deterioration and promote recovery by offering a range of flexible services tailored to meet your specific needs.

Our services, provided in community settings throughout the region, include a wide range of workshops and courses, talking therapies, including counselling and cognitive behavioural therapy.

Alongside this, we also offer social support within the community including peer support work, employment advice and social events.

Facts about our service:

1. We support anyone in Norfolk and Waveney aged 16+.
2. We can help support with anxiety, stress and depression.
3. No need to contact your G.P to access our service.
4. Once referred someone will make contact with you within 3 working days.
5. Self refer either by phone 0300 123 1503 or via the website.(Click the green button below).

Click here to refer yourself to the Norfolk and Waveney Talking Therapies



FREE Independent Living Skills courses with Adult Learning

Building confidence to move towards an independent lifestyle



FREE Independent Living Skills courses with Adult Learning

Independent Living Skills

The Independent Living Skills course is a classroom based, year long programme around Healthy Living for those who are aged 19+ with mild to moderate learning difficulties. The course is suitable for learners who have basic English skills.

The courses take place 1 day per week over 10 weeks during term-time and are held at convenient locations across Norfolk. There is an initial assessment to complete before enrolment onto a course to ensure the course is suitable. The course is split into 3 blocks...

Living Healthily

- Improve your healthy eating habits
- Plan and budget for meals
- Build coping strategies to maintain a healthy lifestyle
- Confidence building
- Build conversation strategies

Living Creatively

- Improve your creativity in art, crafts and writing skills
- Confidence building
- Build conversation strategies

Living Positively

- Improve your wellbeing
- Confidence building
- Build conversation skills

The topics covered vary each year but retain the same aim, to encourage and empower learners to live independent fulfilled lives.

Where the courses take place,

Independence Matters, Rashes Green Industrial Estate, **Dereham**, NR19 1JG
Runs on Mondays from 10am to 2.30pm.

Cromer Community Hall, Garden St, Cromer, NR27 9HL
Runs on Tuesdays from 10am-2.30pm

Great Yarmouth Library, Tolhouse St, Great Yarmouth, NR30 2SH
Runs on Tuesdays from 10am-2.30pm

Forward Day Centre, 1 Millfleet, **King's Lynn**, PE30 5RG
Runs on Thursdays from 10am-2.30pm

Norwich Central Baptist Church, Duke St, Norwich, NR3 3AP
Runs on Fridays from 10am-2.30pm

Courses start in September, January and April each year.

[For more information click here to send an email](#)



Adult learning courses- caring for a friend or relative

Throughout the course we will cover topics around:

Am I a carer?

What do carers do?

Keeping yourself safe: Safeguarding, Health & Safety

Carer assessments.

Support you may be able to apply for.

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

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

Who is this course for?

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

How will I learn?

This course will take place online using Zoom or Teams as appropriate. Further information will be included in your enrolment confirmation email once you have enrolled onto the course. You can find out more about learning online with us by visiting our online learning support pages.

What will I need?

Please bring a pen and a notepad to the class.

There may be additional items you need for this course. Your tutor will let you know about these in your first session.

If your course is online, you will need to have access to the internet and a computer, laptop, tablet to access the virtual classroom.

Are there any other costs?

No, however your tutor may recommend purchasing a text book, further reading, research

and/or websites for independent learning.

To enrol on the course taking place on Tuesday 6th May 2025 click [here](#)



A free information fair for parents and carers of children aged 0-25 with SEND, and the professionals that work with them.



Making Sense of SEND - Bawdeswell Village Hall 22nd May 10am-12pm

Join us for our next 'Making Sense of SEND' information fair! This time we're going to be at Bawdeswell Village Hall, Reepham Road, Bawdeswell, NR20 4RU.

The theme is transition- and there will be three different talks on transition- covering early years through to adulthood.

These events are for parent carers who have a child or young person with special educational needs and/or disabilities (SEND), and the professionals who work with them. The aim is to share information with you and enable you to meet the people behind the services.

We have lots of services joining us with information stands so you'll have the opportunity to go around, find out more and ask your questions.

Free refreshments will be available and you're welcome to drop in and stay for as long as you like.

Making Sense of SEND is organised by the Norfolk SEND Local Offer team in partnership with Family Voice Norfolk.

For more information about the event and to book your place click
here



CARE FOR CARERS

Carers Group Support Association

TOGETHER WE ARE STRONG



“Carers Information Day”

Organised by Care for Carers

with

Norfolk and Suffolk NHS Foundation Trust

at

The Norwich Forum

Millennium Plain, Norwich, NR2 1TF

Monday June 9th - 9.00am - 3.00pm

Come along and meet people who will offer

Help, Information, and Advice for:

Carers, Young Carers, Ex-Carers,

Older People, the Lonely,

and anyone with a problem

* * * * *

For more information call:

Care for Carers - 0300 777 8880

Or

Email: info@careforcarers.org.uk

www.careforcarers.org.uk

People requiring Norwich Door to Door community transport services,
call 01603 776735, or email bookings@norwichdoortodoor.org.uk
to book transport in advance of the event

Care for Carers- Carers information day June 9th at the Forum in Norwich

Care for carers information day is back again at the Forum in Norwich, Millenium Plain, Norwich, NR2 1TF on Monday June 9th

9am till 3pm.

Come along and meet people who will offer

Help, information, and advice for:

Carers, Young carers, Ex carers, Older people, the lonely, and anyone with a problem.

For more information call:03007778880

or email: info@careforcarers.org.uk

People requiring Norwich door to door community transport services, call 01603776735 or email bookings@norwichdoortodoor.org.uk to book transport in advance of the day.

[Click here to go to the Care for Carers website](#)



**NORFOLK LEARNING
DISABILITY PARTNERSHIP**

Norfolk Learning Disability Partnership locality groups

There are 5 Locality groups. Each in a different area of Norfolk.

The different groups are:

- Norwich
- North Norfolk
- Kings Lynn and West Norfolk
- South Norfolk
- Great Yarmouth and East Norfolk

Anyone can come along to these groups, but they are designed for people with a learning disability.

At the Locality Groups, we work on the priorities of the Norfolk Learning Disability Plan and might have guest speakers.

To find out more about the locality groups click [here](#)



Norfolk SENDIASS Spotlight April 2025

In this edition there is an update from the SENDIASS service

Details about exclusions and suspensions from school

NCHC Neurodevelopmental service wait list validation

Staff spotlight

Join the Norfolk SEND youth forum

Newlife parents cafe

Engagement and Outreach update

Book recommendations- Dyslexia focus

SENDfest 2025

Complex transition information event

[Click here to read the SENDIASS Spotlight](#)





Borough Council of
King's Lynn &
West Norfolk



Do you want to BOOST your employability?

If you are aged 16 - 30 and not in education, training or employment, ACE are delivering employability workshops will help you gain confidence and tips for finding and securing work.

Sessions include:

Planning for being work ready

Thursday 22nd May 10.30am – 12.30pm

Giving confidence to start by creating a progression plan of the different elements needed to be able to even think about applying for jobs.

Communication & Confidence around new people

Thursday 22nd May 1pm – 3pm

Covering the different styles of communication within the workplace and the appropriate way to communicate.

Resilience & breaking down barriers to success

Friday 23rd May 12pm - 2pm

Understanding why resilience is importance to job searching, learn strategies to stay motivated and handle rejection.

Where: Kings Court, Kings Lynn & West Norfolk Borough
Council Offices, Chapel St, King's Lynn PE30 1EX



Use the QR code to register or
contact: boost@norfolk.gov.uk



Do you want to BOOST your employability?

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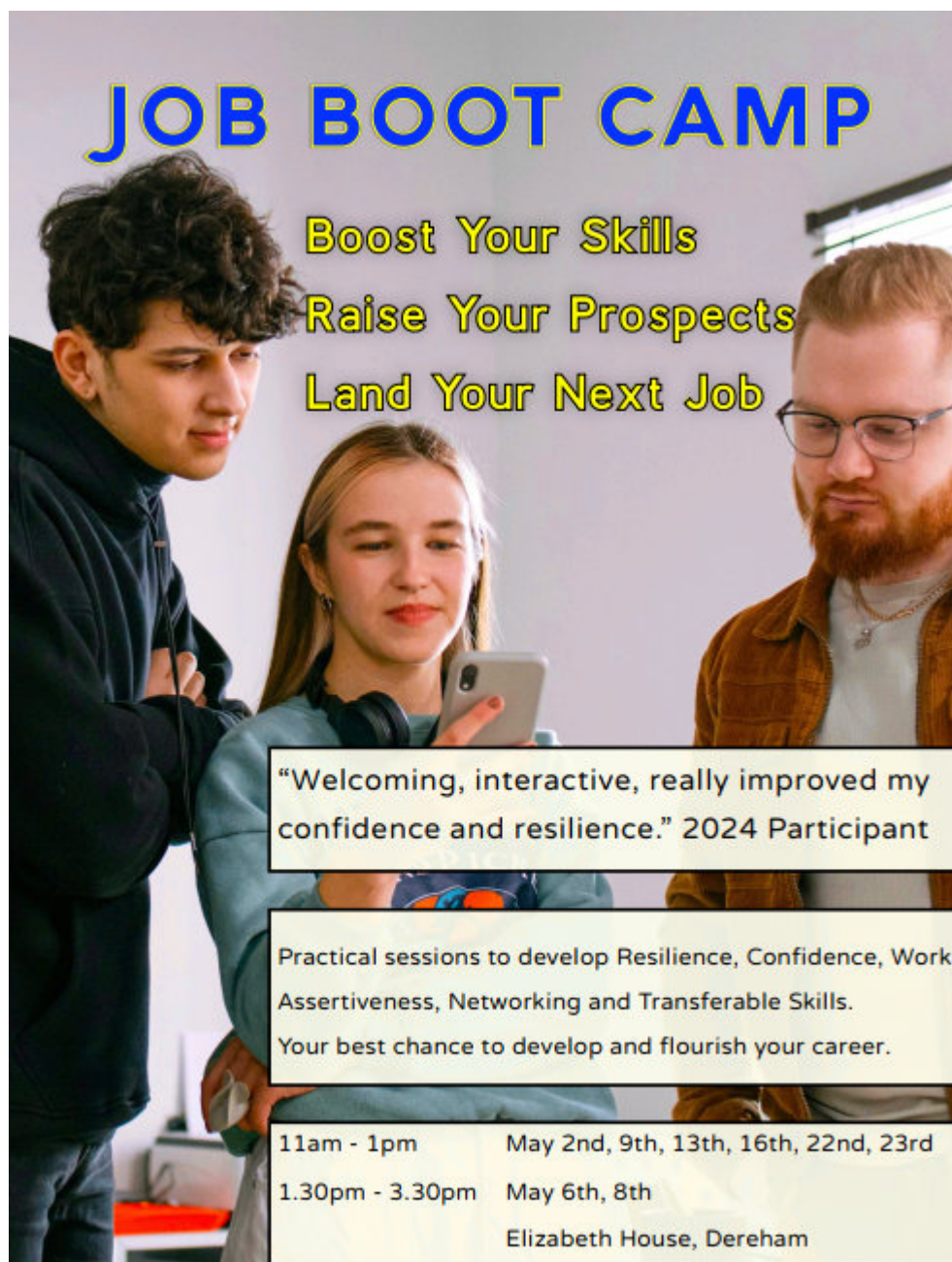
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Understanding why resilience is importance to job searching, learn strategies to stay motivated and handle rejection.

Where: Kings Court, Kings Lynn & West Norfolk Borough
Council Offices, Chapel St, King's Lynn PE30 1EX

Scan the QR code above to register or click on the green button below.

[Click here to register](#)



JOB BOOT CAMP

Boost Your Skills
Raise Your Prospects
Land Your Next Job

"Welcoming, interactive, really improved my confidence and resilience." 2024 Participant

Practical sessions to develop Resilience, Confidence, Work Assertiveness, Networking and Transferable Skills.
Your best chance to develop and flourish your career.

11am - 1pm	May 2nd, 9th, 13th, 16th, 22nd, 23rd
1.30pm - 3.30pm	May 6th, 8th

Elizabeth House, Dereham

Job Boot Camp

Boost your skills

Raise your prospects

Land your next job

"Welcoming, interactive, really improved my confidence and resilience." 2024 participant.

Practical sessions to develop resilience, confidence, work assertiveness, networking and transferable skills. Your best chance to develop and flourish your career.

11am -1pm May 2nd,9th, 13th, 16th, 22nd, 23rd.

1:30pm-3:30pm May 6th, 8th at Elizabeth House, Walpole Loke, Dereham NR19 1EE

If you are interested in the Reflex Job Boot Camp [click here to send an email](#)





Free Family Fun Day Wednesday 28th May 10am-2pm Open Academy Norwich

Free Family fun day

Why you'll love it? Everything is free!

Hot dogs- Crafts- Art

Music- Tombola -Sports

Inclusive activities- Emergency vehicles

And loads loads more!

Support, advice and information will also be available

on

Wednesday 28th May 10am-2pm

at

Open Academy

Salhouse Road, Norwich NR7 9DL

Just turn up on the day and have fun!



Planning with love- a guide to wills and trusts for parents of children with special needs

The Complete Guide Every Parent of a Child with Special Needs Must Have to Plan for Their Future.

"What will happen to my child when I'm no longer here?"

As a parent of a child with special needs (SEND), this is likely one of your biggest fears. The thought of leaving your child without your protection can be overwhelming. But with the

right knowledge and preparation, you can ensure your child's future is secure.

In this essential guide, UK finance expert Rhiannon Gogh provides practical, up-to-date guidance and information to help parents navigate the complex process of planning for their child's future. Whether you're just beginning to consider your options or already feeling lost in a sea of legal and financial jargon, this book will take you from confusion to clarity within 90 days.

You'll learn how to avoid common pitfalls and make informed, future-proof decisions that will safeguard your child's wellbeing for years to come.

This guide will empower you with:

- The 3 crucial steps of future planning for SEND families
- The hard truths every SEND parent must face
- Special needs planning and your family home
- Arranging a will tailored to special needs families
- Trusts: what you must know as a SEND parent
- Pensions and life insurance for your special needs family
- How to leave clear instructions and communicate your wishes to family
- Working with solicitors and financial advisors

Completely up-to-date and in line with the October 2024 Budget, this book equips you with everything you need to protect your child's future. Take control of your planning today, and gain the peace of mind that comes with knowing your child will be cared for, no matter what happens.

At £14.95 the author has tried to keep it as affordable as possible. It is available to purchase from [Amazon](#).

[Click here to read an article in the Guardian about the book](#)



Newsletter

Easy ways to share our newsletter

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



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

- You can contact our **Membership Secretary Kate** on **07950 302937** or at membership@familyvoice.org.uk
- Or write to us at Family Voice Norfolk, c/o Ayton House, 11 Ayton Rd, Wymondham NR18 0QQ
- Or message us via:
 - 🌐 www.familyvoice.org.uk
 - 📘 [FamilyVoiceNorfolk](https://www.facebook.com/FamilyVoiceNorfolk)
- Or for family members you can join our Family Voice Members Chat Room on Facebook [here](#)

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

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