

family voice norfolk



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[Easy ways to share our newsletter](#)



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.



Norfolk SENDIASS- June Spotlight

In this months edition:

- SENDIASS update
- Transport
- Caselaw update
- Youth Forum update
- Engagement and Advice update
- Book recommendations
- Where you can find us?
- Contact
- ASD Helping Hands

[Click here to read Norfolk SENDIASS Spotlight June 2025](#)





Coffee

&

Connect

Kids

Parent Carer Service Wellbeing Session

Tuesday 1st July 10:30am – 12:30pm

Come join us in preparation for the Summer Holidays! Let's all practice a bit of self care and relaxation to recharge our batteries and get us ready for what's to come!

We will be practicing techniques, swapping ideas and suggestions with other Parent Carers and Hayley has a surprise! Dont miss out!

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

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



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The Vauxhall Centre, Vauxhall Street, St
Johns Place, Norwich, NR2 2SA

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



Kids

Disabled children
say we can



Healthy Parent Carers

Calling All Parent Carers!

- Are you a dedicated parent carer?
 - Eager to connect with other incredible caregivers?
 - Seeking some enjoyable activities?
- Interested in participating in a workshop that focuses entirely on you?

Why not join us on our Healthy parent carer workshop.

The workshop runs for 6 weeks online and is two hours per session.

For more info or to book a place please contact sally.macgregor@kids.org.uk or hayley.huckle@kids.org.uk

SELF-CARE
ROUTINE



The word "Kids" in a bold, dark blue font, with the letter "i" in a light blue color.

Disabled children
say we can

Online drop in session

Join us online to connect with fellow
parents, participate in a workshop,
and build new relationships.

Dates and times:

7/7 – Online Drop in Session 10–11.30

4/8 – Online Drop in Session 10–11.30

1/9 – Online Drop in Session 10–11.30

6/10 – Online Drop in Session 10–11.30

To request a link to join please email
hayley.huckle@kids.org.uk or
sally.macgregor@kids.org.uk

The words "I can" in white, bold, sans-serif font, inside a purple banner with a white outline and a pointed right end.The words "We can grow" in dark blue, bold, sans-serif font, inside a pink speech bubble with a white outline and a pointed bottom.


Kids

Parent Carer and Family Free Summer Events

Please come and join us at these SEND friendly family meet ups for low pressure, understanding company and a fun day out!

28th July Redwings Aylsham 10.30-14.00

13th August Holt Country Park 10.30-14.30

18th August Redwings Caldecott 10.30-14.30

20th August Hunstanton Beach Hut 10.30-14.30

26th August Science Festival Family Sessions
(x 2 10.30 - 11.15 & 11.45 - 12.30)

For more information about any of these events
please contact us on the emails below.

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



KidsDisabled children
say we can

Riding the Rapids



Would you like to embark on an adventure with us? Together, we'll navigate through rapids, connect with new individuals, and explore behaviour as a means of communication. Our journey will be non-judgmental, friendly, and supportive.

Riding the Rapids Programme Information

- 10 week programme
- Developed by clinical psychologists.
- Face-to-face weekly 2 hour sessions.

Contact:

sally.macgregor@kids.org.uk
hayley.huckle@kids.org.uk

Kids.org.uk

- Understanding behaviours.
- Importance of self-care.
- Meeting sensory needs.
- Developing family communication, team-work and connection.
- Managing the difficult times.
- Understanding contribution of situations to the triggering of challenging behaviours.

Kids 'Norfolk' summer activities and sessions

Kids 'Norfolk' have so much to offer parent carers in the coming months. There is something for everyone.

Parent Carer Service Wellbeing Session

Tuesday 1st July 10:30am - 12:30pm

Come join us in preparation for the Summer Holidays! Let's all practice a bit of self care and relaxation to recharge our batteries and get us ready for what's to come!

We will be practicing techniques, swapping ideas and suggestions with other Parent Carers and Hayley has a surprise! Don't miss out!

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

Also

on Wednesday 2nd July 10:30am-12:30pm

at The Vauxhall Centre, Vauxhall Street, St. Johns Place, Norwich, NR2 2SA

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Online drop in sessions

Join us online to connect with fellow parents, participate in a workshop, and build new relationships.

Dates and times:

7/7 - Online Drop in Session 10-1130

4/8 - Online Drop in Session 10-11.30

1/9 - Online Drop in Session 10-11.30

6/10 - Online Drop in Session 10-11.30

To request a link to join please email

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sally.macgregor@kids.org.uk

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Healthy Parent Carers

Calling All Parent Carers!

Are you a dedicated parent carer?

Eager to connect with other incredible caregivers?

Seeking some enjoyable activities?

Interested in participating in a workshop that
focuses entirely on you?

Why not join us on our Healthy parent carer workshop.

The workshop runs for 6 weeks online and is
two hours per session.

For more info or to book a place please contact Sally or Hayley on the links above/below.

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This summer holidays we will be holding free family meetup sessions which offer a SEND friendly, low pressure and fun environment. There will be something to help entertain the children and other Parent Carers to have a cuppa and a chat with. For more information on any of these events please contact [Hayley](#) or [Sally](#) or feel free to just turn up on the day. If you are interested in attending the Science Festival Event booking will be required, again with Hayley or Sally.

28th July Redwings Aylsham 10.30-14.00

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For more information about any of these events please contact us on the emails above.

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Riding the Rapids Programme information

10 week programme

Developed by clinical psychologists

Face -to - face weekly two hour sessions

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Understanding behaviours.

Importance of self- care.

Meeting sensory needs.

Developing family communication, team work and connection.

Managing the difficult times.

Understanding contribution of situations to the triggering of challenging behaviours.

For more details of Kids parent carer service [click here](#)



New autism service leads the way in supporting people awaiting assessment



New autism service leads the way in supporting adults awaiting assessment in Norfolk

Norfolk and Waveney Integrated Care Board (ICB) has commissioned a pioneering new service – the first of its kind in East Anglia – that provides vital support to adults in Norfolk waiting for a formal autism assessment.

The new service, which launched in early June, has been developed in partnership with Norfolk County Council (NCC) and co-designed with people with lived experience through the Norfolk Autism Partnership Board.

The service aims to address the need for support while waiting for a formal assessment to be made, a period which can be daunting and uncertain for many.

This tailored pre-assessment support will include helping people to build resilience, and understand their strengths and the challenges they face. The support offered will also provide opportunities for them to connect with Peer Support Workers, who use their lived experience to support others facing similar difficulties.

New patients can access the service through a GP referral, while those already waiting for an autism assessment don't need to take any further action. Patients in Waveney have access to an alternative pathway for adult autism assessment, which is provided by Mind Professionals and Skylight Psychiatry via GP referral.

[For more details click here](#)



Reasonable adjustments at G.P practices survey

As part of the work on the Norfolk All Age Autism Strategy, the Norfolk Autism Partnership are exploring how GP surgeries can make visits easier and more comfortable for autistic people.

They would love to hear about your experiences – both the good and the not-so-good – and find out what kinds of reasonable adjustments would help make appointments better for you or someone you care for.

Your feedback will help shape real improvements in local GP practices.

A message from one of the partners who is leading this work:

"Dear All, My name is Maria Karretti . I am a GP working with NHS Norfolk and Waveney Integrated Care Board. I am exploring people's experiences of reasonable adjustments in General Practice with the aim of improving service delivery. I would be most grateful if you could spare a few minutes to complete a short survey."

The survey contains 6 questions and should take no more than 5 minutes to complete.

The deadline to complete the survey is the 1st of August 2025.

[Click here to complete the short survey about reasonable adjustments at GP practices](#)



Autism Awareness - Jordan Winn- My Brain My World

West Lynn Actor Jordan Winn creates a film about the true story coming of age drama about his journey through school & college living with undiagnosed Autism .

This is such a massive subject that needs to be talked about more and shared with schools & and families, a little more info about my short film . It's called my Brain My World. It's about my journey through primary school and college. And how I was treated. I've always wanted to turn my story into a short film. Then, finally, in March this year, I finally got my Autism diagnosis. And I knew it was time to share my story and raise awareness.

[To watch Jordan's interview with Future radio click here](#)

To watch the short film My Brain My World by Jordan Winn click [here](#)



Kooth Talks- Helping young people stay safe on smartphones and online- webinar on July 23rd and July 24th

In light of the recent series shown on Netflix - Adolescence and the need to educate young people about the pressures and the content they can view online, Kooth are offering parents and carers this 30 minute webinar covering how you can encourage them to think about how they spend their time on social media platforms and how they can get help to deal with similar situations that they may find themselves in.

The webinar will cover:

- Young people online
- Social media, the law, the pros and cons
- Smartphone safety
- What parents can do to support their children
- How our platforms can help

Wednesday 23rd July, 6pm- 6:30pm

Thursday 24th July, 6pm- 6:30pm

Can't attend? We can share guidance on this topic and will include you in the follow up just click the green button below to register your interest.

[Click here for more details about the webinar and to book a place](#)



Frozen Light brings 'Night Out in Nature' to Oxburgh Estate!

Frozen Light have a passion for stories and adventures and for creating engaging and interactive theatre with original, electrifying soundtracks. Their theatre is fun and mischievous, bold, asks questions and encompasses all senses. Their performance is specifically for audiences with profound and multiple learning disabilities (PMLD) and we are delighted to welcome them to Oxburgh Estate this summer as they showcase 'A Night Out in Nature'.

Arriving on Wednesday 16 July, there will be three performances each day at 10.30am, 12.30pm and 2.30pm through to Saturday 19 July.

Tickets are priced at £12 per audience member, with free admission for carers. Advance booking is essential.

Mobiloo joins us for Frozen Light

We are very pleased to confirm that the fabulous Mobiloo will also be providing an accessible toilet facility at Oxburgh for the duration of the Frozen Light event. This facility includes modern amenities to ensure comfort, dignity, and ease of use for everyone.

[Click here to book tickets](#)



hpcp
registered
www.hpcp-uk.org

Weekly Friday Evening Online Art Therapy Group for Adults

A nourishing, creative, reflective space and time for yourself.
Starting Friday 25th July 2025.

Group members can be based anywhere in the UK

Please contact us to enquire about spaces in the group

Friday's 5:45pm-7:15pm
Cost: £35 per session
(charged monthly, payable one month in advance of the sessions)

This long-term group is suitable for adults who feel they would benefit from ongoing weekly 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 register your interest please email:
katherineheritage@protonmail.com. Scan the QR code to connect via email.

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Group members can be based anywhere in the UK

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[Click here to email and find out more and register your interest](#)



Intro to Assistive Technology for Visual Impairments

**Learn how accessibility settings can help you
to use your digital device.**

Write emails, browse the internet, and
make phone calls with ease.

Sessions take place on the first Thursday
of each month in the American Library Meeting
Room.

Dates: 2 January, 6 February, 3 April, 1 May,
5 June, 3 July, 7 August, 4 September, 2 October,
6 November, 4 December.

10.30-12.30 No Booking Necessary

R N I B
See differently



Intro to assistive technology for visual impairments

Learn how accessibility settings can help you to use your digital device.
Write emails, browse the internet, and make phone calls with ease.

Sessions take place on the first Thursday of each month in the American Library Meeting
Room, Norfolk and Norwich Millennium Library, Millennium Plain, Norwich NR2 1AW.

3 July, 7 August, 4 September, 2 October, 6 November, 4 December.

10:30-12:30 No Booking Necessary.



Norfolk libraries - Digital Health Hub

We can help you with the skills you need to access online health services.

This includes things like how to make an online appointment with a GP and ordering repeat prescriptions online.

We can also show you how to find reliable health information on NHS websites and NHS apps.

These are one-to-one sessions in person in Norfolk Libraries, or online over Zoom. (We can even help you get started with Zoom!)

To book a place, call 01603 774777 or [email](#):

[Click here for more information about health and wellbeing online resources](#)



Did you know Norfolk libraries have an Autism offer?

We offer an "equal access" option to help manage your book loans (you can ask a member of staff to apply this to your library card).

If it is too noisy when you visit, we can suggest times to visit when it will be quieter.

When possible, we will do our best to adjust lighting so it isn't too light or too dark.

We are a safe space where you can be yourself.

We never worry about excited play, noise, outbursts, or meltdowns.

We are always happy to help you enjoy your visit, just let us know if there is anything you need.

Support through Reading Pathway to improve your reading ability if needed.

We have over 40 autism friendly sessions running in our libraries every month. Find autism friendly sessions in our [What's On section](#).

Click here to sign up to join the library and for information about an equal access card



ARE YOU A PARENT/CAREGIVER OF A YOUNG PERSON WHO HAS WAITED FOR SUPPORT FROM MENTAL HEALTH SERVICES?



We would like to hear from you.

What is the study about?

This study aims to explore the experiences of waiting for mental health services, from the perspective of parents/caregivers of young people who self-harm.

What is involved?

You will be invited to a one-on-one, online or in-person discussion, depending on what you prefer. The discussion will last no more than 1 hour and we will talk about your experiences of waiting for mental health services from the parents' and caregivers' perspective. You will be asked to sign a consent form and you will receive a £10 shopping voucher to thank you for your time. You will also be reimbursed for any travel for in-person discussions. You and the young person will not be identifiable in the write-up or any publications resulting from the study.



You can take part if:

- You are a parent/caregiver (aged 18 years and over) in a formal parenting role.
- The young person was between 12-18 years of age at the time.
- The young person has been under or is currently under an NHS children and adolescent mental health service (CAMHS) and has waited more than three weeks to be seen for their first appointment (assessment appointment).
- The wait time was in the past three years.
- The main reason for the referral was self-harm.
- You are able to speak and understand English.

How can I take part?

If you are interested in taking part in this study or would like more information, please scan the QR code below or email: heather.boughey@liverpool.ac.uk Heather Boughey (Student Investigator).



Scan me

Version 4.0 (23/01/2025).

Are you a parent/caregiver of a young person who has waited for support from mental health services? An opportunity to be involved in a research study

We would like to hear from you.

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[Click here for more information about the study](#)



**Norfolk Learning Disability
Partnership**

www.norfolkldpartnership.org.uk

Norfolk Learning disability partnership - Easy Read information library

Find Easy Read information on many topics such as:

- Keeping safe
- Health
- Relationships
- Sexual health
- Sexuality and gender
- Dementia
- Advocacy

- Adult Social Care

[Click here for the Easy Read information library](#)



More Easy Read documents from Mencap

Here is a message from Mencap's digital accessibility officer Harry.

My role at Mencap is to make sure communications are as accessible as possible. Making things easier to understand by using simple words, pictures, and explaining complicated ideas, breaks down barriers for people with a learning disability. Most people in life speak in plain language, but professionals love their jargon words!

As someone with lived experience, I check and make easy reads all the time. The more easy read versions of things we have across different topics, the better our society will be. It means more people will be able to understand things and make informed choices in their own lives.

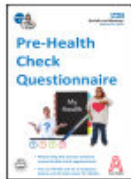
I've worked on easy reads explaining what a General Election is and how to vote. I've helped co-produce easy read information with [Shelter about housing](#), and rights as a renter, and Nationwide to help make [banking more accessible](#).

We've made an easy read library with accessible information on loads of different things – from energy saving advice to benefits updates, campaigns, news, housing... and much more! You should definitely have a look.

[Click here for Mencap's Easy Read library](#)



Pre Health Check Questionnaire



Norfolk and Waveney NHS Integrated Care Board (ICB) are pleased to share an updated version of the pre health check questionnaire. This poster tells you more about it.



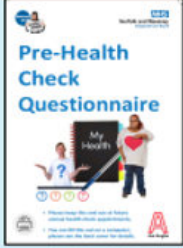
If you are 14 years and older you can have an annual health check at your doctors surgery.




You can fill in a pre health check questionnaire before you go to support your annual health check appointment.




It helps to think about what will be asked at the appointment




Your doctors surgery may send you a copy before your appointment.



Or you can scan the QR code to fill in on your computer. Please open this form in Adobe Acrobat Reader. You can then save a copy to show to your doctors surgery.



You can ask someone you trust to help you fill in the questionnaire.



Thank you to Opening Doors, Ace Anglia and Suffolk and North East Essex Integrated Care Board for their collaboration in reviewing the questionnaire.

Pre-health check questionnaire

Norfolk and Waveney NHS Integrated Care Board (ICB) are pleased to share an updated version of the pre health check questionnaire. This poster tells you more about it.

If you are 14 years and older you can have an annual health check at your doctors surgery.

You can fill in a pre health check questionnaire before you go to support your annual health check appointment.

It helps to think about what will be asked at the appointment.

Your doctors surgery may send you a copy before your appointment.

Or you can scan the QR code to fill in on your computer. Please open this form in Adobe Acrobat Reader. You can then save a copy to show to your doctors surgery. (Or click the green button below).

You can ask someone you trust to help you fill in the questionnaire.

Thank you to Opening Doors, Ace Anglia and Suffolk and North East Essex Integrated Care Board for their collaboration in reviewing the questionnaire.

[Click here for a PDF version of the Pre- health check questionnaire](#)

Yearly health check video filmed by the SEND Local Offer team

[Yearly health](#) checks for young people with learning disabilities aged 14 and over can help spot early signs of physical or mental health issues.

Nurse Steph from Norfolk and Waveney Integrated Care System recently came along to one of our Making Sense of SEND events to tell parents and carers all about the service.

[Click here to watch a video of Steph a health improvement nurse for learning disability at the Norfolk and Waveney Integrated Care Board speaking about annual health checks](#)



COMMUNITY
SPORTS
FOUNDATION

Free weekly football sessions, with an emphasis on improving mental wellbeing 18+

One in four people in the UK experiences mental health problems, and many studies have shown that sport is a great way of improving overall happiness, health and mental wellbeing, as well as alleviating the symptoms of depression.

Team Talk gives adults the chance to benefit from free weekly football, followed by a friendly and supportive social session. The initiative helps provide a friendly support group for its participants and to give them an outlet from day to day stresses, as well as being a great way to stay physically healthy and fit through football.

Timings

12:00pm to 1:30pm Thursdays, The Nest

Friendly & inclusive weekly football

60 minutes of football training and small-sided matches, led by FA-qualified coaches

30-minute post-football 'social', with free coffee and cake provided.

Support from a Foundation Mental Health First Aider.

Location

The Nest, Norwich, NR10 3AQ

Who is it for?

Men and women, aged 18+. All abilities are welcome.

[Click here to sign up for the football sessions](#)

Healthy Fans – Supporting Norwich City FC fans live healthier, happier lives

At the Community Sports Foundation, we use the power of sport to support and inspire our community. As part of our commitment to that mission, we are proud to launch an exciting new initiative in 2025, Healthy Fans.

Designed specifically for Norwich City fans, this programme focuses on helping fans live healthier, happier lives. Whether it's improving physical health, boosting mental wellbeing, or simply connecting with others, we're here to support our fans every step of the way.

Book now

The programme has recently evolved to now have three, FREE, physical wellness sessions at The Nest for varying ages.

Sports Circuits | Ages 12-18 | Tuesdays | 4:30pm – 5:30pm

Foundation Fitness | Ages 18+ | Wednesdays | 6:00pm – 7:00pm

Fit for Life | Ages 60+ | Thursdays | 10:00am – 11:00am

[To book places for healthy fans click here](#)



Please be patient and give me a little more time



Not all disabilities are visible. If you notice someone wearing the Hidden Disabilities Sunflower lanyard, please be patient and give them a little more time.

Not all people with hidden disabilities require assistance. But if you do, wearing the Hidden Disabilities Sunflower Lanyard discreetly indicates that you may need additional support or just a little more time.

The Hidden Disabilities Sunflower Scheme® has been successfully introduced to several major UK airports, as well as some supermarkets, railway stations, NHS trusts and sports venues.

If you want to find out more, please visit our website:
www.hiddendisabilitiesstore.com



Building awareness of the Sunflower Lanyard Scheme®

HIDDEN
disabilities 

Sunflower Lanyard Scheme

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For more Hidden Disability Sunflower products click [here](#)



Wednesday 2 July 2025, 10.30am – 3pm

Norfolk's Advocacy Day

Join us for an exciting and informative event designed to
support and empower the Deaf community in Norfolk!

Learn more about our new Advocacy service
in Norfolk, dedicated to ensuring Deaf
individuals have access to the support and
representation they deserve.

Enjoy a warm welcome while connecting
with others in the community and finding
out how our services can benefit you or
someone you know.

We look forward to seeing you there!

Location: Deaf Connexion, Johnson Place,
Norwich, NR2 2SA



royaldeaf.org.uk

For more information, please email or send a BSL
video to: advocacy@royaldeaf.org.uk



Royal Association for Deaf people- Norfolk's Advocacy Day 2nd July

You're invited: Norfolk's Advocacy Day

Date: 2nd July 2025

Time: 10:30-15:00

Location: Deaf Connexion, Johnson Place, Norwich, NR2 2SA

A special event to learn more about the brand new advocacy service in Norfolk, designed to ensure deaf individuals have access to the support and representation they deserve.

Go along to:

Discover how the service can support you or someone you know

Meet the friendly team

Connect with others in the community

Enjoy a warm and welcoming space

[For more information click here](#)





The Benjamin Foundation



FREE YOUNG CARER EVENTS

Join us for a packed programme of exciting summer events just for Young Carers!

Take a break, meet new friends, and enjoy fun activities in a relaxed and supportive space. From outdoor adventures to creative workshops – there's something for everyone!

Don't miss out – sign up today!
Places are limited.

-  Lingwood Care Farm – Tuesday 29th July 10am to 12 noon (ALL AGES)
-  Sailing @ Hunter's Yard, Ludham – Wednesday 6th August 10am to 3pm (AGE 8 PLUS)
-  Carlton Marshes – Thursday 14th August 10:30am to 12:30pm (ALL AGES)
-  UEA Campus Trip – Thursday 28th August 10 am to 2.30pm (AGE 14 PLUS)

BOOKING



Scan the QR or go to:
<https://forms.office.com/e/9Xt7ymkNAt>



DON'T

MISS OUT!

Free Young Carer events

Join The Benjamin Foundation and Carers Matter Norfolk for a packed programme of exciting summer events just for Young Carers!

Take a break, meet new friends, and enjoy fun activities in a relaxed supportive space. From outdoor adventures to creative workshops - there's something for everyone!

Don't miss out - sign up today!
Places are limited.

Lingwood Care Farm - Tuesday 29th July 10am to 12 noon (ALL AGES)

Sailing @ Hunter's Yard, **Ludham** - Wednesday 6th August 10am to 3pm (AGE 8 PLUS)

Carlton Marshes - Thursday 14th August 10:30am to 12:30pm (ALL AGES)

UEA Campus Trip - Thursday 28th August 10 am to 2.30pm (AGE 14 PLUS)

Don't miss out.

To book a place scan the QR code above or [click here](#)



Norfolk County Council

Elective Home Education (EHE) parent drop in event in Norwich on Thursday 17th July

The Services to Home Educators team support families who are thinking about, or have decided, to home educate their child or children.

If needed we'll offer support and guidance around home education. Our aim is to work in partnership with Norfolk's home educating families.

EHE parent drop-in session

We're running a drop-in session for parents on Thursday 17th July 2025. The team will be available from 10am-12pm at County Hall, Martineau Lane, Norwich, NR1 2DH.

[Click here for a video about Elective Home Education](#)

[Click here for more information about EHE](#)





New Family Cargo Bike Scheme Launches in Norwich – From Just £30 a Week

Outspoken Cycles invites Norwich families to try out an affordable, car-free alternative for everyday travel.

Outspoken Cycles has launched an exciting new family cargo bike try out scheme in Norwich, giving local families the chance to try out an electric cargo bike for as little as £30 per week.

Whether it's for the school run, nursery drop-offs, park trips or popping to the shops, these bikes are a fun, low-carbon, and family-friendly alternative to short car journeys -and they're more accessible than ever.

Working with Norwich Delivery and following the success of a similar scheme for businesses run in partnership with Norfolk County Council, this new Try Out Scheme is all about helping families see how cargo bikes can fit into everyday life first, without the upfront cost of buying one.

"Being Cambridge based, we've seen how much families in Cambridge have benefitted from switching to cargo bikes for school runs, grocery shops and even taking their pets out and now we'd like to share the experience with families in Norwich," says Robert Hampton, General Manager at Outspoken Cycles. "They're practical, great fun to ride, and make everything from the school run to weekend adventures easier and more sustainable."

The scheme offers a choice of three different high-quality electric-assist cargo bike models to choose from, all offering something slightly different but designed for family use, with child seats, top safety features as a priority, and space for at least 2 children and more.

There is an option to try out each bike for a maximum of two weeks, so you get to find which is the best fit for you all.

If you're a new user to these bikes, be reassured before you take away the bike we'll make sure you have all the training and personalised support and guidance, to feel confident from the very start.

We'd Love You to Try it For Yourself!

Norwich families can find out more and book their hire by clicking [here](#)



FAMILY FUN DAY

23 July 2025 11am - 2pm

Come and join us for a fantastic **FREE** day of fun and activities for the whole family!

Mini Monsters – Get hands-on with fascinating creatures!
Face Painting – Transform into your favorite character or animal!
Football Cage & Sports Sessions – Get active and show off your skills!
Ride a bike to generate energy and bring the **Scalextric** to life!

Local Services

Young Carers, ECFS, Breckland Community Enablers, SENDIASS, Breckland Children's Clothes Bank, The Benjamin Foundation, DWP, Parent Champions, Victory Housing, Dereham Job Centre, Daisy Program, Family Action, Swaffham Relief in need, King's Trust, FIS, Vision Norfolk, JON, Seetec, NCC family travel, Fountain of Life and Home Start and many more



For more information email reception@swaffhamtowncouncil.gov.uk

 On the green at
Campingland

Free Family fun day 23rd July in Swaffham

Swaffham town council and NCC Family hubs would like you to join them on the 23 of July 2025 11am - 2pm for a fantastic FREE day of fun and activities for the whole family! On the Green at Campingland, in Swaffham.

- Mini Monsters - Get hands-on with fascinating creatures!
- Face Painting - Transform into your favorite character or animal!
- Football Cage & Sports Sessions - Get active and show off your skills!
- Ride a bike to generate energy and bring the Scalextric to life!

Local Services

Young Carers, ECFS, Breckland Community Enablers, SENDIASS, Breckland Children's Clothes Bank, The Benjamin Foundation, DWP, Parent Champions, Victory Housing, Dereham Job Centre, Daisy Program, Family Action, Swaffham Relief in need, King's Trust, FiS, Vision Norfolk, JON, Seetec, NCC family travel, Fountain of Life, Home Start and many more.

For more information click [here](#) to email Swaffham town council



Get ready to Go Go on a safari!

This summer, Norwich and Norfolk is going wild! For ten weeks starting from 23 June, GoGoSafari will fill the streets with a spectacular herd of gorillas, rhinos, giraffes, lions, and elephants – all waiting to be discovered by you!

These 51 sculptures are joined by over 60 Mini Gs – adorable little giraffes brought to life by the creativity of local schools and community groups. You'll find them hiding inside venues across the city!

Brought to life by Break, in partnership with the Zoological Society of East Anglia, Norwich BID, and Chantry Place, the trail raises vital funds to support young people living in care and moving on from care, with each of these wonderful animals represents the vital role Break plays in giving them the love, support, and opportunities they all deserve.

[Click here for more information](#)



Emollients and Fire Safety Webinars!



Following the tragic deaths of several Norfolk residents where emollients and fire have been a factor, key agencies have been collaborating to support improved awareness and training across the Norfolk and Waveney workforce.



Although this work has had a focus for people with a learning disability, the risk of emollients and fire risk is applicable to all who receive care, especially those with cognitive impairments.



We hope this training will increase knowledge and awareness, improve practice and reduce the risk of injury, serious harm and death amongst our most vulnerable populations.



The webinar will be run multiple times; to provide maximum flexibility for colleagues to attend and we would strongly encourage as many staff as possible joining us to get updated on this important topic.



This will be a Teams Webinar lasting approximately one hour and is suitable for any health or care professional or family/parent carer in Norfolk and Waveney.

You can book using the Microsoft Office Form [here](#) or by scanning the QR code. If you have any questions in the meantime, please contact nwicb.leder@nhs.net



Emollients and fire safety webinars -from Norfolk and Waveney Integrated Care System

Following the tragic deaths of several Norfolk residents where emollients and fire have been a factor, key agencies have been collaborating to support improved awareness and training across the Norfolk and Waveney workforce.

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This will be a Teams Webinar lasting approximately one hour and is suitable for any health or care professional or **family/parent carer** in Norfolk and Waveney.

The dates and times are below and can be booked via a Microsoft Office Forms.

- Tuesday 1st July 12.00 to 13.00
- Thursday 3rd July 16.00 to 17.00
- Monday 7th July 15.00 to 16.00
- Wednesday 9th July 9.00 to 10.00

You can book using the Microsoft Office Form [here](#) or by scanning the above QR code.

If you have any questions in the meantime, please contact nwicb.leder@nhs.net



Norwich Theatre launches Sensory Toolkits

Norwich Theatre is proud to announce the launch of its new Sensory Toolkits, now available to support neurodivergent audience members and those with sensory processing differences during their visit to the theatre.

The toolkits, which are now listed on the Norwich Theatre website, are designed to offer comfort and flexibility to anyone who may benefit from sensory support while attending a performance. While the kits are particularly aimed at neurodivergent individuals, they are available to anyone who feels they may benefit from using them.

James MacDonald, Head of Visitor Services for Norwich Theatre, said: “We’ve seen a growing number of audience members bringing their own ear defenders or asking for them at the theatre. This trend highlighted a broader need for sensory support, and we wanted to go further in making our spaces more welcoming and inclusive.”

Each toolkit includes a range of sensory aids, such as ear defenders, fidget items, and visual supports, all packaged in a discreet, easy-to-carry bag. Inside, users will also find a feedback slip inviting suggestions for future improvements – part of Norwich Theatre’s ongoing commitment to listening, learning, and evolving its accessibility offerings.

The bags can be borrowed from us by contacting the visitor services team by emailing visitorservices@norwichtheatre.org or telephoning the Box Office on 01603 63 00 00

For more information about Sensory Toolkits at the Norwich Theatre
[click here](#)





AUTISM EXPLORERS NORWICH

A SAFE SPACE FOR ALL

supporting SEN families

Autism Explorers is a not-for-profit organisation dedicated to supporting autistic children and young people, aged 3–12, through inclusive, therapeutic, and sensory-informed experiences. Our mission is to create safe, nurturing environments where neurodivergent children can thrive socially, emotionally, and educationally outside traditional settings.





INFORMATION

 07557220309

 Norwich & Norfolk

 www.autismexplorersnorwich.com

We are working with supportive companies across Norfolk to bring SEN families opportunities, at an affordable price..

Autism Explorers Norwich- a safe space for all

Supporting SEN families. Autism Explorers is a not-for-profit organisation dedicated to supporting autistic children and young people, aged 3-12, through inclusive, therapeutic, and sensory-informed experiences. Our mission is to create safe, nurturing environments where neurodivergent children can thrive socially, emotionally, and educationally outside traditional settings.

We are working with supportive companies across Norfolk to bring SEN families opportunities, at an affordable price.

We offer the following services:

- Weekly Stay and Plays
- Private therapeutically informed play sessions
- SEN friendly trips and events
- SEN friendly workshops and meets
- SEN Toddler groups
- SEN youth clubs

For more details call 07557220309 or [click here](#)



Your views on information about SEND activities for children



[Your views on information about SEND activities for children](#)

Family Voice Norfolk, NCC and other organisations such as SEND Friendly Activities are teaming up to find out what kind of information families need when looking for SEND activities for children. Your thoughts will help us make sure that NCC provides the most useful and relevant details for families across Norfolk. It only takes a few minutes to share what matters most to you and your family—we'd really appreciate it. Thanks so much!

To answer a couple of quick questions scan the QR code above or click [here](#)



Norfolk County Council Home to School Travel

School & College Travel Policy 24/25

SEN ops and P.C.G.9th June 2025

 **Norfolk**
County Council

Sam Mee - Senior Lead,
Home to School Transport, Norfolk County Council

Norfolk County Council Home to school travel- school and college travel policy 24/25

A PowerPoint has been created by Norfolk County Councils Home to School transport team, there is information about:

Home to School Transport in Norfolk

Norfolk County Council School & College Travel policy

What makes a child or young person eligible for transport

General points in the policy

Post 16 entitlement to transport

TITAN (Travel Independence Training across Norfolk)

Other Home to School Transport options

Other Useful Information

Appeals Process

[Click here to watch the Home to school transport PowerPoint](#)





5000 Carers Identity Passports

have been issued to Carers in Norfolk & Waveney!



Do you have yours yet? Scan the QR code or visit carersvoice.org/carersidentitypassport



5000 Carers Identity Passports have been issued to Carers in Norfolk and Waveney- Do you have yours yet?

During Carers Week (9th-15th June) Carers Voice and the Norfolk and Waveney Integrated Care Board celebrated a huge milestone – 5,000 Carers Identity Passports issued to Carers of all ages across Norfolk and Waveney!

The Carers Identity Passport helps ensure Carers of all ages are recognised, valued and respected in the crucial role they play every day. We want to share a huge thank you to

everyone involved in the development and promotion of the All Age Carers Identity Passport—but most of all, the Carers who give so much of their own time and experience to continue to make life better for others.

Unpaid Carers told us that they wished to be identified as Carers, in a healthcare setting. In order to help support this, Carers Voice have co-produced a Carers Identity Passport, to ensure Carers are recognised and can get the help and support they require.

The Carers Identity Passport is for all age Carers, including Young Carers and Parent Carers in Norfolk and Waveney.

You can request either a digital and/or physical Carers Identity Passport. The digital version is an image you can download onto your phone, whereas the physical Carers Identity Passport takes the form of a card and lanyard that can be worn. Click [here](#) for a list of Carers Identity Passport FAQs.

To request a Carers Identity Passport scan the QR code above or click [here](#)



Blue badges and parking permits and concessionary bus pass

Do you know someone who has a blue badge? If yes, are they aware it can have an impact on the cost of a parking permit in their area, or eligibility for a disability bus pass?

Here are some examples.

Great Yarmouth Blue badge holders

Homeowners that have a valid blue badge are entitled to a free permit, one per property. You'll need to display the blue badge on your windscreen at all times.

<https://www.parkingoperations.co.uk/permits/great-yarmouth/residents-visitors-and-business-permits/>

Norwich city council parking permit cost

Norwich City residents' permits are based on the length of the vehicle you are registering (unless you have a blue badge, in which case you will pay the lowest banding regardless of your vehicle size – up to a maximum of 6 metres in length).

<https://www.parkingoperations.co.uk/permits/norwich/resident-visitor-permits/>

King's Lynn and West Norfolk council Blue badge holders

Home and business owners that have a valid blue badge are entitled to a free permit, one per property. You'll need to display the blue badge on your windscreen at all times.

https://www.west-norfolk.gov.uk/info/20213/parking_permits/618/apply_for_a_residents_parking_permit

Disability concessionary bus pass

You are automatically eligible for a disabled travel pass if:

You have been issued with a Blue Badge

<https://www.norfolk.gov.uk/article/61359/Eligibility-for-a-disabled-travel-pass>

For more information about eligibility for a Blue badge click here



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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