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newsletter
August 2025



Share your thoughts with us

It has been lovely to enjoy some sunshine over the past few weeks but already the daylight hours are changing and the new academic year is only days away. The Family Voice Norfolk team has been working throughout the summer and will be undertaking some forward planning when back at full complement in September. If you get a few minutes spare (ha ha, we can feel the groans of "if only"), drop us a line or two on membership@familyvoice.org.uk with your thoughts on what topics you'd like to learn more about. How do you like to share your thoughts with us? Do you like short surveys, the opportunity to send an email, an online catch-up session or would you welcome face-to-face opportunities again? We'd love to hear your thoughts and ideas on how we can best 'hear your voices'. As always, your voices and your experiences are important, they matter. We, in turn, can make them matter to services so please do keep talking to us, sharing the good, the bad and the sometimes ugly we all experience on occasion. Together we can make a difference to SEND in Norfolk.



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Family Action Norfolk and Waveney Autism/ADHD Support Service September 2025

newsletter

Introduction to the Low Demand Approach workshop

Cycling sessions for all to enjoy in King's Lynn- featuring adaptive bicycles!

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.



George at Asda- Easy On- Easy Wear Adaptive School Uniform

Discover our [easy on easy wear](#) kids' school uniform, featuring adaptive clothing for boys and girls. Specially designed for children with specific or sensory-sensitive needs, our adaptive school uniform helps support independent dressing and maximise comfort throughout the school day. Featuring uniform with soft threads, non-bulky seams and label-free designs, you can rest assured that our adaptive clothing for kids looks the same as the rest of our school uniform collection. Fiddly buttons have been replaced with easy close fastenings, but decorative mock buttons will ensure their uniform matches the rest of our range. We also have boys' school trousers and girls' school trousers with elasticated waistbands, making them easy to pull on and off and great for assisted dressing. For more fit solutions, try our [boys' plus fit](#) school uniform and [girls' plus fit](#) school uniform.



ONLINE WORK EXPERIENCE

Want to boost your CV and build workplace skills? Love history? Aged 13-25?

Join Norfolk Museum Service's free Online Work Experience programme, this Autumn 2025!

- Meet heritage professionals and learn about their careers!
- Deliver a museum-based project!
- Take part in optional in-person activities too!

Running Wednesdays 1st October to 26th November on Zoom 4-5:30pm *

Email j.burgoyne@norfolk.gov.uk to get involved!

* Dates exclude Half Term.
In-Person session dates TBC

Logos at the bottom include: Norfolk Museums, Arts Council England, Heritage Fund, Norfolk County Council, Funded by UK Government, Kick the Dust, Creative Collisions, YMCA, borrow discover connect, and Norfolk County Council Public Health.

Online work experience with the Norfolk Museum Service

Want to boost your CV and build new workplace skills? Love history? Aged 13-25?

Join Norfolk Museum Service's free Online Work Experience programme!

- Meet heritage professionals and learn about their careers!
- Take part in a Museum-based project!
- Join optional in-person activities too!

Running Wednesdays 1st October to 26th November at 4 - 5.30pm on Zoom. •

Dates exclude Half Term. In-Person session dates to be confirmed.

Email j.burgoyne@norfolk.gov.uk to sign up!



Welcome to toothPASTE an online resource to help autistic children's oral health

toothPASTE is a free, online resource developed with parents and professionals to support autistic children's oral health and also relevant to many children with additional needs.

It includes small, practical steps to help with toothbrushing, reducing sugary foods and drinks, and attending dental appointments. The resources are autism-informed, non-judgemental, and easy to use.

[Click here to go to the toothPASTE website](#)





Tourette Syndrome passport for adults and children

Funded by The Big Lottery, Tourettes Action commissioned the University of Nottingham to undertake research on improving the psychosocial experiences of adolescents with Tourette syndrome.

Professionals worked closely with young people with TS to explore their psychosocial and educational experiences and to examine what factors influence tics and social interactions. The young people were aged between 10 and 20.

This research found that the experiences of adolescents with TS in education are more negative when educators do not have sufficient knowledge and understanding of the condition.

In response to this study, Tourettes Action developed the TS Passport. This is a four sided document where young people with TS can add information about their tics and social situations that heighten/lessen their tics and a space for any medication, accompanied with their photograph. This is a perfect document for educators, especially supply teachers, as they can quickly and easily understand about the student's TS.

[Click here for more information on the Tourette Syndrome passport](#)

Tourettes Action grants

Tourettes Action offer grants to improve the quality of life for people with Tourette Syndrome (TS) living in the UK. We are able to offer these grants thanks to a generous donation by a TA supporter.

We award grants of up to £500 for equipment that supports people with TS in their day-to-day life. Some examples of what we have funded in the past include:

Instruments for people whose tics reduce when playing music, Beds for people whose tics are so violent that normal beds break.

Please note that we do not provide grants for activities, holidays or to fund treatments. If you are unsure if the item you would like to apply for fits the criteria for eligibility under our scheme, please [contact us](#) to discuss.

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

Tourettes Action online Support Groups

Our online support groups are a great opportunity for the Tourette Syndrome community to connect with each other. Hosted on video platform Zoom, our Online Support Groups Leader facilitates groups for parents, adults and teenagers.

Each meeting has a maximum capacity of 20 participants, therefore early booking is encouraged to secure your place.

Please note: the Tourette Action online support groups are for UK residents only, with a registered UK address

Registration for online booking will close at 5pm the day before the event.

We currently have the following online support groups to offer you:

Parents Coffee Morning

Adult Support Group

Dads/Male Role Models Group

Parent/Care Giver Evening Group

Family Support Group

Teen Support Group

Q&A Drop-In Session

[Click here for more information about the Tourettes Action support groups](#)



A poster for a 'Time Out' course. The title 'TIME OUT' is in large, bold, dark blue letters. Below it, 'for parents and carers' is in a smaller, dark blue font. The text 'FREE 7-week course for anyone parenting or caring for children with additional needs aged 3 to 11' is in a dark blue font, with 'additional needs' highlighted in a green oval. The background features abstract shapes in light blue, green, and purple. At the bottom, there are logos for 'family hubs' and 'Care for the Family', and a QR code.

TIME OUT
for parents and carers

FREE 7-week course for anyone
parenting or caring for children with
additional needs aged 3 to 11

When: Starting Monday 22nd September
and meeting weekly (break for half term)

Time: 10.00am-12.00pm

Where: Thetford Library (upstairs room)
Raymond Street, Thetford, IP24 2EA

To book your **FREE** place and for more
information, scan the QR code or email
CommunityFocusBreckland@norfolk.gov.uk

 **family
hubs**

 **Care
for the
Family**



Time Out- free course for parents and carers of children with additional needs at Thetford Library

Starts: Monday 22 September, 10:00–12:00, Thetford Library (7 weekly sessions)

A safe, judgement-free space to meet other parents/carers, share experiences, and learn practical strategies on topics such as behaviour, self-esteem, education, and ongoing support.

Free handbook, refreshments (including chocolate biscuits!) and all materials provided.

Book via Eventbrite (via above QR code) or email

CommunityFocusBreckland@norfolk.gov.uk or click the green button below.

[Click here to book your free place on the Time Out course at Thetford library](#)



Norfolk and Waveney
Integrated Care Board

Find out more about

Learning Disability Annual Health Checks

Do you have a learning disability or care for someone who does?

Did you know that everyone with a Learning Disability from the age of 14 can have a yearly health check at their GP Surgery?



Come and meet the NHS Learning Disability Health Improvement Team to:

- Find out what happens at an annual health check and how to get one
- Tell us about your experience



When?

Thursday 18th September 2025
10.00am - 1.00pm

Where?

Thetford Library, Raymond Street,
IP24 2EA



Find out more about Learning Disability annual health checks at Thetford library

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Did you know that everyone with a Learning Disability from the age of 14 can have a yearly health check at their GP Surgery?

Come and meet the NHS Learning Disability Health Improvement Team to:

- Find out what happens at an annual health check and how to get one
- Tell us about your experience

When?

Thursday 18th September 2025

10.00am - 1.00pm

Where?

Thetford Library, Raymond Street, IP24 2EA





Free Speech and Language therapy drop in with Sophie Herbert

Come and join us for a FREE drop in session to chat with a specialist Speech and Language Therapist about any concerns you may have regarding your child's speech language or communication development.

On Saturday 13th September 2025
at Great Plumstead Village Hall, Church Road, Great Plumstead.
Norwich, NR13 5AB 10am-1pm

Parents/ carers and their children all welcome

Specialist Speech and language therapist available to answer any questions and give advice/
support

A variety of toys will be available for children to play with

Free refreshments available

Lots of free parking on site

Due to limited spaces please let Sophie know if you will be coming along

07833247108

or email info@sophieherbertspeechtherapy.co.uk



**MAKING SENSE OF
SEND.**

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

Charles Burrell Centre, Thetford

Thursday 18th Sept 2025

10am-12noon

Making Sense of SEND - 18th September 10 am -12 noon at The Charles Burrell Centre in Thetford

Join us for our next 'Making Sense of SEND' information fair! This time we're going to be at Charles Burrell Centre, Staniforth Road Thetford IP24 3LH.

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.

As usual 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.

You will also have the opportunity to listen to a talk.

Free refreshments will be available.

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

Click the green button below to book a place, or you can also just turn up on the day!

[Click here to book a place](#)



Are you aged between 18-25?

Can you help us with some research on
alcohol behaviours in **young adults**?

We want to speak with young adults aged 18-25 who are
in one or more of the following groups:

- leaving care or care experienced
- with experience of homelessness
- living with autism or ADHD
- accessing specialist alcohol treatment services
- in low skilled work
- not in education, employment, or training

We are conducting **online interviews** lasting 45-60 minutes.

You can take part whether you drink alcohol or not.

Participants will receive a **£35 Amazon voucher** as a token of
thanks.

Taking part is completely anonymous and confidential.

You can sign up to take part using the link / QR code below:



<https://www.smartsurvey.co.uk/s/NCCAlcoholResearch/>

Participants are welcome to have a support worker attend the interview alongside them.
For more information, contact research@smgateway.co.uk

SMG are conducting this research on behalf of Norfolk County Council.



Alcohol behaviours in young adults- can you help with some research?

Are you aged between 18-25?

Can you help us with some research on
alcohol behaviours in **young adults**?

We want to speak with young adults aged 18-25 who are
in one or more of the following groups:

- leaving care or care experienced
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We are conducting **online interviews** lasting 45-60 minutes.

You can take part whether you drink alcohol or not.

Participants will receive a £35 Amazon voucher as a token of thanks.

Taking part is completely anonymous and confidential.

You can sign up to take part using the link below / QR code above:

Participants are welcome to have a support worker attend the interview alongside them.

For more information email research@smgateway.co.uk

SMG (Social Marketing Gateway) are conducting this research on behalf of Norfolk County Council.

[Click here to sign up](#)



New calendar of SEND support events for families

Norfolk County Council Local Offer team shares information about support events for parents and carers of children and young people with special educational needs and

disabilities on their social media channels.

To follow their Facebook page click [here](#).

They have also created a new calendar of SEND support events for families, please click the green button below.

[Click here for the new calendar of SEND support events for families](#)



UPCOMING GROUPS

SEPTEMBER

Where will you join us?

Baby PEEP
0-crawling

Baby PEEP six-week course

North Walsham, North Walsham Community Centre
Starting Tuesday 23rd September, 10:30-11:30

Little PEEP
Crawling - 2yrs

Little PEEP six-week course

West Dereham Village Hall, King's Lynn
Starting Thursday 11th September, 10:30-12:00

Chatter Tots PEEP
Age 2 - 3 yrs

Chatter Tots PEEP six-week course

The Old School Village Centre, Bradwell
Starting Thursday 11th September, 10:30-12:00

West Dereham Village Hall, King's Lynn
Starting Thursday 11th September, 13:00-14:30

Baby Massage

Baby Massage five-week course

Sandringham Centre, RAF Marham
Starting Tuesday, 16th September, 10:30-12:00

Norwich, Chapel Break Village Hall
Starting Thursday, 18th September, 10:00-11:30

Norwich, Strumpshaw Community Hall
Starting Saturday, 20th September, 10:00-11:30

BOOK NOW

www.homestartnorfolk.org/get-support

Home-Start Norfolk groups running across Norfolk

family hubs | **Start for Life**

HOME START Norfolk

Home Start Norfolk- upcoming groups for September

Where will you join us?

Baby PEEP (0-crawling) six-week course **North Walsham**, North Walsham Community Centre Starting on **Tuesday** 23rd September 10:30-11:30.

Little PEEP (Crawling - 2 years) six-week course **West Dereham** Village Hall, King's Lynn Starting **Thursday** 11th September, 10:30-12:00.

Chatter Tots PEEP (age 2-3yrs) six-week course, The Old School Village Centre, **Bradwell** Starting **Thursday** 11th September, 10:30-12:00.

And **West Dereham** Village Hall, King's Lynn Starting **Thursday** 11th September, 13:00-14:30.

Baby Massage a five-week course at:

Sandringham Centre, **RAF Marham**
Starting **Tuesday**, 16th September, 10:30-12:00

Norwich, Chapel Break Village Hall
Starting **Thursday**, 18th September, 10:00-11:30

Norwich, **Strumpshaw** Community Hall
Starting **Saturday**, 20th September, 10:00-11:30

Our groups help parents to:

- Build their child's development and communication skills
- Connect with their children
- Learn simple activities to use at home
- Have fun together in a friendly group setting

For more information and to book onto the courses click [here](#)



contact *For families
with disabled children*

Record number of complaints to the Local Government and Social Care Ombudsman

Many parents of children with additional needs talk about the battle to get support for their child. One of the routes of complaint about this for families in England is the Local Government and Social Care Ombudsman (LGSCO).

Earlier this month the LGSCO published its annual report for the year 2024-25, which showed they are dealing with [record numbers of complaints](#) – exceeding 20,000 for the first time.

Amanda Elliot, Health and Social Care policy lead at Contact, said: “This a sad indictment of the daily battle that parents talk about and the state of the public services they rely on.

“It’s why we believe the government should implement the [Law Commission’s proposals](#) in full and why it’s crucial that the [forthcoming SEND reforms](#) create a system that works for every child.

We have [information](#) about how to complain about services, whether that’s a refusal to assess, delays or quality.



Elective Home Education (EHE) parent event on Monday 29th September

Join us for an Elective Home Education parent drop-in session.

Date: Monday 29th of September

More information will follow closer to the event. Click [here](#) to keep up to date.

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.



**NORFOLK
AUTISM
PARTNERSHIP**

Norfolk Autism Partnership Board: Current Opportunities

We're inviting autistic people, parents, carers, and community members to apply for several voluntary roles within the Norfolk Autism Partnership.

These roles are unpaid, but involvement fees are offered to recognise individuals' time and input. Each role offers a real opportunity to influence how autism services are shaped and delivered across Norfolk.

Below is a summary of the current opportunities:

- **Autistic Board Member**

Help guide the strategic direction of the Norfolk Autism Partnership Board by bringing your lived experience as an autistic person. You'll attend meetings, share feedback, and influence priorities and policy.

- **Parent/Carer Board Member**

Use your insight as a parent or carer of an autistic person to shape local services. Board members contribute to key decisions and work alongside professionals to ensure families' voices are heard.

- **Autism Support Pathways Working Group Member**

Work with others to improve support pathways and promote autism-friendly services across Norfolk. Members help update the Norfolk Autism Directory, develop a quality mark, and co-produce practical guidance for community organisations.

- **Autism Strategy Oversight Group Member**

Monitor progress on the Norfolk All Age Autism Strategy 2024–2029. Members review reports, give feedback, and help hold services to account for delivering on key autism-related priorities.

For more information and to apply click [here](#)



Norfolk Adult Safeguarding Board: Focus Group

Facilitated by the Norfolk Autism Partnership Board

This focus group brings together autistic adults, family members, carers, and professionals to share experiences, insights, and suggestions around safeguarding in Norfolk.

The aim of this meeting is to:

- Gather views on how safeguarding processes and services can be made more accessible and effective for autistic people.
- Identify any gaps, barriers, or challenges autistic adults face when engaging with safeguarding support.
- Explore ways to promote understanding of autism within safeguarding practice.
- Provide feedback directly to the Norfolk Adult Safeguarding Board to help shape policies and procedures.
- Ensure autistic voices are central to improving safeguarding approaches in Norfolk.

Your input will help influence future safeguarding practice, ensuring it better reflects the needs and rights of autistic people.

Date: Friday, 10th October 2025

Time: 11:00-12:00

Venue: Online via Zoom

To register please click the green button below:

[To register for the focus group click here](#)



Home Education Focus Group for Parents and Carers of Autistic Children

ASD Helping Hands, the Norfolk Autism Partnership, and Norfolk County Council's Elective Home Education Team are hosting a focus group for parents and carers who home educate their autistic children (under 16).

We want to hear directly from you about the support and resources you need to help with home education. This is not about returning children to mainstream or traditional schools – it's about understanding how we can best support you in your role as a home educator.

This session is linked to an action in the Norfolk All-Age Autism Strategy, where families told us it would be helpful if schools shared the resources they use, so parents and carers could use them too.

While the focus group takes place, ASD Helping Hands will run fun activities for your children in a separate area, so you can fully take part in the discussion.

Date: Wednesday 8th October 2025

Time: 13:00-14:00

Venue: Breckland Business Centre, Dereham, NR19 1FD

To register please click the green button below:

[Click here to register](#)





ARTICLE 12 GAMERS
Level up your voice!

Food and drinks included!

Who can come?
Children and young people in Norfolk with special educational needs and/or disabilities.

What is it?
Article 12 is your right to be heard and your views listened to. This is a FREE opportunity to make new friends, share with us about what's important to you, and have some fun gaming.

Where?
Venue: Albion Games Cafe
21 St Benedicts St, Norwich, NR2 4PF

What can I expect?
The session is split into two parts.

Part 1 - Participation activity - have your say!
Part 2 - Food, drinks, and gaming

When?
For ages: 16-25 11am-1pm

Friday 5th September
Friday 10th October
Friday 14th November
Friday 19th December

Register with us
Email:
csparticipation@norfolk.gov.uk

Meet the team

 Henry
 Laura

Article 12 Gamers- level up your voice!

Henry and Laura from the SEND Norfolk participation team are inviting **16-25 year olds** with special educational needs and/or disabilities to join them at Article 12 Gamers.

Article 12 is your right to be heard and your views listened to. This is a free opportunity to make new friends, share with them about what's important to you, and have some fun gaming.

What can I expect?

The session is split into two parts.

Part 1- Participation activity - have your say!

Part 2- Food, drinks and gaming.

At the Albion Games Cafe, 21 St. Benedicts Street, Norwich, NR2 4PF

When 11am-1pm on

Fridays 5th September, 10th October, 14th November, 19th December.

To register and find out more click [here](#) to email the team



Voices Through Art

Do you like being creative?
Do you have special educational needs or a disability?
Do you like to express your views?
Are you aged 25 or under?
Come join us for these FREE and FUN sessions.






Where
Gaywood Library

Time
2.30pm-3.30pm

When
22/09/25
20/10/25
17/11/25
15/12/25



Meet the team


Henry


Laura

To book on please email:
csparticipation@norfolk.gov.uk
or call
01603 303378







Where
Sprowston Library

Time
2.30pm-4pm

When
17/09/25
15/10/25
12/11/25
10/12/25

Voices Through Art

Do you like being creative?
Do you have special educational needs or a disability?
Do you like to express your views?
Are you aged 25 or under?

Come join us for these FREE and FUN sessions.





Meet the team




Henry Laura

To book on please email:
csparticipation@norfolk.gov.uk
or call
01603 303378







Where
Wymondham Library

Time
2.30pm-4pm

When
09/09/25
07/10/25
04/11/25
02/12/25

Voices Through Art

Do you like being creative?
Do you have special educational needs or a disability?
Do you like to express your views?
Are you aged 25 or under?

Come join us for these FREE and FUN sessions.





Meet the team




Henry Laura

To book on please email:
csparticipation@norfolk.gov.uk
or call
01603 303378



Voices through Art- at Gaywood, Sprowston and Wymondham Libraries

Do you like being creative?

Do you have special educational needs or a disability?

Do you like to express your views?

Are you aged 25 or under?

Come join us for these FREE and FUN sessions.

At **Gaywood library** at 2.30-3.30pm

on

22/09/25

20/10/25

17/11/25

15/12/25

At Sprowston library at 2.30-4pm

on

17/09/25

15/10/25

12/11/25

10/12/25

At Wymondham library at 2.30-4pm

on

09/09/25

07/10/25

04/11/25

02/12/25

Come and join Henry and Laura from the SEND Norfolk participation team at NCC.

For more details call 01603303378 or scan the above QR codes or click the green button below to book a place stating which library you would like to attend.

To email Henry and Laura click [here](#)



Parent Blame: Where are we now?

15 September 2025

St Georges Centre
Leeds LS1 3DL
and online

10.00am	Registration
10.30am	Welcome Professor Anna Lawson
10.40am	Keynote Speaker Professor Sara Ryan
11.15am	Parent Blame in Health and Social Care Chair: Lucy Fullard Discussion & calls for action
12.30pm	Lunch break
2.00pm	Parent Blame in Education Chair: Louise Parker Engels Discussion & calls for action
3.15pm	Closing remarks
3.30pm	Close

Book launch and discussion

'Understanding Parent Blame': edited by Luke Clements & Ana Laura Aiello, Policy Press 2025

Parent Blame: a standard response by many institutions when they fail to provide appropriate education, health and social care support for children in need and their families.

An event to discuss what can be done to challenge institutional policies and practices that, in the time of austerity, foster a culture of Parent Blame.

Bringing together parents and young people who have experienced the trauma of being caught up in the process of blame, together with practitioners, activists and researchers.



To book a place (to attend in person or online)
email A.L.Aiello@Leeds.ac.uk
(by 31st August 2025)



Online book launch and discussion 'Understanding Parent Blame: Institutional Failure and Complex Trauma'

15th September online.

Parent blame: Where are we now?

Parent blame: a standard response by many institutions when they fail to provide appropriate education, health and social care support for children in need and their families.

An event to discuss what can be done to challenge institutional policies and practices that, in the time of austerity, foster a culture of Parent Blame.

Bringing together parents and young people who have experienced the trauma of being caught up in the process of blame, together with practitioners, activists and researchers.

10.00am Registration.

10.30am Welcome Professor Anna Lawson.

10.40am Keynote speaker Professor Sara Ryan.

11.15am Parent Blame in Health and Social care- Chair: Lucy Fullard. Discussion and calls for action.

12.30pm lunch Break.

2.00pm Parent blame in education - Chair: Louise Parker Engels Discussion and call to action.

3.15pm Closing remarks.

3.30pm Close.

[Click here to book a place by the 31st of August](#)



Norfolk Community Safety Survey Easy Read version- Closing date extended to 31st August 2025

The Norfolk Community Safety Partnership, made up of the Police, Health, Fire, Probation and Councils has launched a survey for Norfolk residents to share their experiences of crime and anti-social behaviour. The feedback will help us plan and measure the impact of our work.

You can access the online version of the survey here: [Norfolk Community Safety Survey 2025](#)

If you would like a paper copy of the Easy Read version please email the Norfolk Community Safety Partnership NCSP@norfolk.police.uk

Please state your Name / Address & Postcode.

The Norfolk Community safety partnership will then post a hard-copy of the survey together with a pre-paid envelope to you, and will accept completed surveys **two weeks after the closing date.**

Or if you are able to:

The survey can be printed out and filled in and sent to:

Community Safety Partnership,

Office of the Police and Crime Commissioner for Norfolk and Suffolk Constabulary,

Jubilee House, Falconers Chase, Wymondham, Norfolk, NR18 0WW

Or, you can fill the survey out as a digital copy and email it to us at: ncsp@norfolk.police.uk

The survey closes on the 31st August 2025.

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





Norwich Locality Group

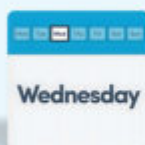


Come and tell us what you think

When: Wednesday 3rd September 2025

Time: 1:00pm to 2.30pm

Where: Lazar House, Sprowston Road,
Norwich, NR3 4HX



At this meeting we will discussing
employment



Start thinking:
What do **you think** a job is?
What does **it mean to have** a job?



For more information email
contact@norfolklpartnership.org.uk



North Locality Group

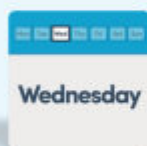


Come and tell us what you think

When: Wednesday 10th September 2025

Time: 1:30pm to 3.00pm

Where: About With Friends, 22D Holt Road,
Cromer, NR27 9JW



At this meeting we will discussing
employment



Start thinking:
What do **you think** a job is?
What does **it mean to have** a job?



For more information email
contact@norfolklpartnership.org.uk



South Locality Group

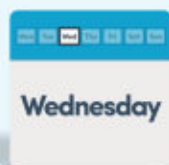


Come and tell us what you think

When: Wednesday 24th September 2025

Time: 1:30pm to 3.00pm

Where: Dereham Community Hub,
Independence Matters, 1 Rashes Green,
Dereham, NR19 1JG



At this meeting we will discussing
employment



Start thinking:

What do **you think** a job is?

What does **it mean to have** a job?



For more information email
contact@norfolklpartnership.org.uk



West Locality Group

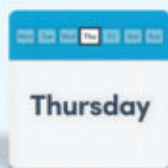


Come and tell us what you think

When: Thursday 18th September 2025

Time: 1:30pm to 3.00pm

Where: Forward 33 shop, 33 Broad Street,
Kings Lynn, Norfolk, PE30 1DP



At this meeting we will discussing
employment



Start thinking:

What do **you think** a job is?

What does **it mean to have** a job?



For more information email
contact@norfolklpartnership.org.uk



East Locality Group

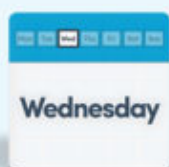


Come and tell us what you think

When: Wednesday 1st October 2025

Time: 1:30pm to 3.00pm

Where: Independence Matters, Suffolk Road, Gorleston-on-Sea, Great Yarmouth, NR31 0LJ



At this meeting we will discussing
employment



Start thinking:

What do **you think** a job is?

What does **it mean to have** a job?



For more information email
contact@norfolklpartnership.org.uk

Norfolk Learning Disability partnership locality meetings

The next Locality meetings will be discussing employment. So it would be good to start thinking about what do you think a job is? and what does it mean to have a job? Come and tell us what you think.

The Norwich locality group

When: Wednesday 3rd September 2025

Time: 1:00pm to 2.30pm

Where: Lazar House, Sprowston Road, Norwich, NR3 4HX

The North locality group

When Wednesday 10th September 2025

Time: 1:30pm to 3.00pm

Where: About With Friends, 22D Holt Road, Cromer, NR27 9JW

The South locality group

When: Wednesday 24th September 2025

Time: 1:30pm- 3.00pm

Where: Dereham Community Hub, Independence Matters, 1 Rashes Green, Dereham, NR19 1JG

The West locality group

When: Thursday 18th September 2025

Time: 1:30pm to 3.00pm

Where: Forward 33 shop, 33 Broad Street, Kings Lynn, Norfolk, PE30 1DP

The East locality group


When: Wednesday 1st October 2025

Time: 1:30pm to 3.00pm

Where: Independence Matters, Suffolk Road, Gorleston-on-Sea, Great Yarmouth, NR31 0LJ

[Click here to email for more information](#)





Little Tots
Hypnobirthing & Baby classes

Promote relaxation
Calm the nervous system

THE LIFE SKILLS MENTORING ACADEMY
TLSMA

EMOTIONAL REGULATION CLASSES

A unique early intervention program that blends **Kids Yoga, Massage & Calmer Stories**. The group is aimed at children aged **18 months to 7 years** and their families, supporting emotional regulation and connection through storytelling, movement, and mindfulness.

Supported by Norfolk County Council

family hubs | **Start for Life**

Book here:
<https://bookwhen.com/littletots>

Starting: Wednesday 10th September - 1pm-2pm
At: Toftwood Scout Hut, Dereham
Running in 5 week blocks - £42.50

Emotional Regulation classes- at Toftwood Scout hut

Little Tots

Supported by Norfolk County Council.

Emotional regulation Classes.








Starting: Wednesday 10th September - 1pm - 2pm

At: Toftwood Scout Hut, Dereham Running in 5 week blocks - £42.50

Our Emotional Regulation Classes are designed to gently support toddlers and preschoolers as they begin to recognise and understand their emotions. Aimed at children aged 18 months to 5 years, each session is packed with playful activities to help children feel calm, confident, and connected.

Through fun weekly themes, we explore important feelings like worry, excitement, frustration, and self-confidence — all in a safe and supportive space where your child can learn and grow at their own pace.

Each class includes a lovely mix of:

-  Breathing games and calm-down techniques to help manage big feelings
-  Yoga-style movements to support emotional release and body awareness
-  Mindful moments to help little ones slow down and focus
-  A themed story exploring emotions in a way children can understand
-  Soothing story-based massage for relaxation and connection
-  Sensory play activities to explore feelings, and self-expression
-  Parachute games and group play to build confidence and social skills

These classes are calm, creative, and full of joy — a lovely way for you and your child to spend time together while learning tools that can support emotional well-being both now and as they grow.

[To book a place click here](#)



Navigating Health and SEND online training sessions for professionals : Registration is now open!

As part of the RISE (Research and Improvement for SEND Excellence) Partnership, funded by the Department for Education (DfE), the Council for Disabled Children (CDC) are

organising a series of 8 online training sessions on 'Navigating Health and SEND'.

This training is designed for and aimed at **professionals** working in the SEND system who would like to increase their knowledge of Health in the context of SEND.

Please complete your details on the registration form by clicking the green button below and confirm which training date you are available to attend by selecting the relevant option.

Please only select one date for the training as each training session will follow the same agenda and format.

These training sessions will take place online on MS Teams, either in the morning (10.00-12.30) or afternoon (13.30-16.00).

If you have any questions or access needs, please email Joe Fautley on RISE@ncb.org.uk

[Click here to register for the online training for professionals](#)





Katrina Zawawi
MA Autism

Ryan Tebbit - An
Autistic Therapist



Autism Wellbeing Workshop

Understanding & Wellbeing: An Autism Workshop

Join Katrina Zawawi and Ryan Tebbit for an insightful workshop focusing on autism understanding and wellbeing. We'll discuss Theory of Mind (ToM) to explore how individuals on the spectrum communicate in the world. You'll also learn practical strategies, including Kundalini yoga principles, to support wellbeing for those with autism.

This workshop is for everyone: parents, caregivers, educators fellow employers/employees wishing to add to their CPD, or anyone curious. Let's build a more inclusive community.

Scan the QR code to sign up!



At Waterloo Park -
Sandys-Winsch Room
(Pavillion)
11.00am-4.00pm - Please
arrive 10mins before the
workshop
Sunday 14th September
2025

Your
Investment:
£32.22

To secure your
space, please email
Katrina or Ryan

ryan.tebbit@gmail.com
katrinazawawi@kundalini-with-katrina.com



Autism wellbeing workshop at Waterloo Park in Norwich on the 14th of September

Join Katrina Zawawi and Ryan Tebbit for an insightful workshop focusing on autism understanding and wellbeing.

We'll discuss Theory of Mind (ToM) to explore how individuals on the spectrum communicate in the world. You'll also learn practical strategies, including Kundalini yoga principles, to support wellbeing for those with autism.

This workshop is for everyone: parents, caregivers, educators fellow employers/employees wishing to add to their CPD, or anyone curious. Let's build a more inclusive community. Scan the QR code above to sign up, or click the green button below.

At Waterloo Park Pavilion Cafe - The Feed Angel Road Norwich NR3 3HX.

On Sunday, 14th Sep 2025 11:00 - 16:00. Please arrive 10 minutes before the workshop.

Cost £32.22

For more information email Ryan or Katrina.

ryan.tebbit@gmail.com or

katrinazawawi@kundalini-with-katrina.com

[Click here for more details and to sign up](#)



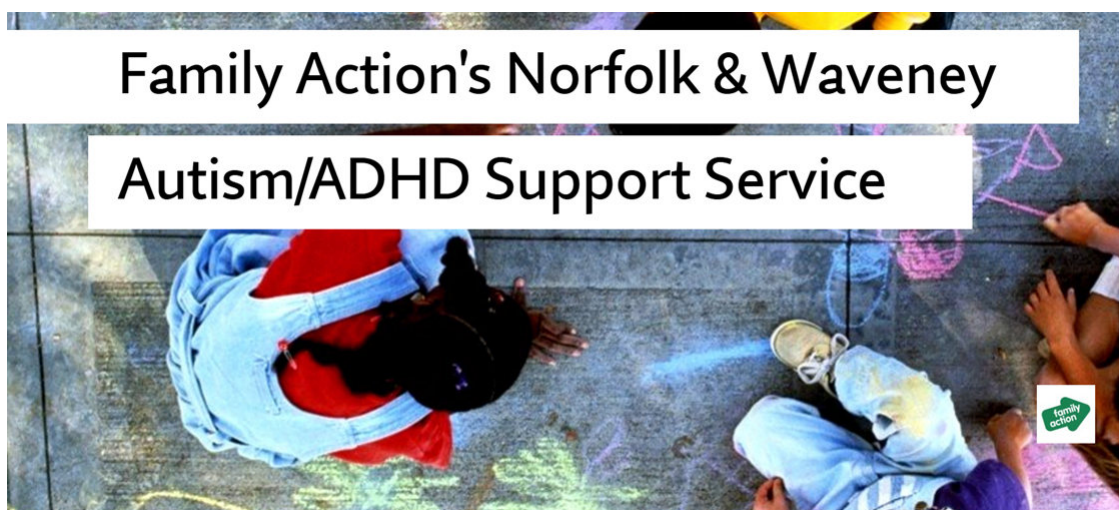
Fit for the future- 10 year health plan for England

The **10 Year Health Plan for England** seizes the opportunities provided by new technologies, medicines, and innovations to deliver better care for all patients – wherever they live and whatever they earn – and better value for taxpayers.

It is making 3 big shifts to how the NHS works:

- from hospital to community: more care will be available on people's doorsteps and in their homes
- from analogue to digital: new technology will liberate staff from admin and allow people to manage their care as easily as they bank or shop online
- from sickness to prevention: we'll reach patients earlier and make the healthy choice the easy choice

To find out what the next decade of health and care looks like, read [Fit for the Future: 10 Year Health Plan for England](#).



Family Action Norfolk and Waveney Autism/ADHD Support Service September 2025 newsletter

As we begin a new term, we know many parents and carers will be worried about different challenges that school and growing up can bring.

We focus on friendships and bullying in this month's newsletter as we receive many questions on these topics.

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



Introduction to the Low Demand Approach Workshop

Free Online Workshop

Tuesday 23rd September
10:00am - 11:30am

This workshop aims to help families to reduce the demands placed on the child and provide an environment that may minimise stress and anxiety.

No need to book.

Just join on the day via Zoom using the following details:

Meeting ID: 966 4447 9930

Passcode: 400275

For more information you can contact us Monday to Friday 9-5pm on:



01603 972589



NorfolkandWaveney@family-action.org.uk



Family Action Norfolk & Waveney
Autism/ADHD Support Service.

www.family-action.org.uk

Family Action. Registered as a Charity in England & Wales no: 264713.
Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068186.

Introduction to the Low Demand Approach workshop

Family Action are hosting a free online workshop on Tuesday 23rd of September at 10:00am- 11:30am.

This workshop aims to help families to reduce the demands placed on the child and provide an environment that may minimise stress and anxiety.

No need to book.

Just join on the day via Zoom using the following details:

Meeting ID: 966 4447 9930

Passcode: 400275

For more information you can contact us Monday to Friday 9-5pm on:

01603 972589

NorfolkandWaveney@family-action.org.uk

Or via [Facebook](#).



Cycling sessions for all to enjoy

Featuring Adapted Bicycles!

Come along to our first session
Friday 5th September 2pm - 6pm
Followed by weekly sessions every Friday at the same time

Alive Lynnsport Athletics Track,
Greenpark Avenue, King's Lynn,
PE30 2NB

£5 donation for track time sessions



For more information,
email rideunited@ash-west-norfolk.co.uk,
or visit ash-west-norfolk.co.uk

Supported by
ALIVE

Cycling sessions for all to enjoy in King's Lynn- featuring adaptive bicycles!

Ride United adaptive cycling club supported by Alive and the adaptive sports hub trust are starting a new cycling session for all to enjoy!

Come along to our first session on Friday 5th of September 2pm-6pm. Followed by weekly sessions every Friday at the same time.

Alive Lynnsport Athletics Track, Greenpark Avenue, King's Lynn, PE30 2NB.

All ages and abilities welcome- drop in no booking required.

£5 donation for track time sessions.

For more information [email](#).

Click here for more information about other activities the Adaptive Sports Hub West Norfolk have on offer



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 message us via:

 www.familyvoice.org.uk

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

● Or write to us at Family Voice Norfolk, C/O Larking Gowen, 1st Floor Prospect House, Rouen Road, Norwich NR1 1RE

● Or join our Family Voice Members Chat Room on Facebook [here](#)

Family Voice Norfolk, C/O Larking Gowen, 1st Floor Prospect House, Rouen Road, Norwich NR1 1RE

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