



May 2024
Newsletter

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2024 Family Voice Norfolk Conference report

The Family Voice Norfolk (FVN) team was once again delighted and honoured to welcome parents and carers of babies, children and young people (BCYP) with special educational needs and/or disabilities (SEND) to our twelfth Annual Conference at the John Innes Conference Centre in Norwich on Saturday, 23rd March 2024.

[To read the Conference report click here](#)



Laura Godfrey



Jamie Tyson

Meet the newest board directors of Family Voice Norfolk

Family Voice Norfolk is pleased to advise that, on 1st April 2024, Laura Godfrey and Jamie Tyson joined its board of directors.

check in and chat



Check In and Chat dates for 2024

Join us online! All sessions are 10am-11am

If you would like to join other parent carers for an online chat, come along to one of our Check in and Chat sessions. Bring a cuppa, click the Zoom link and tell us how your week has been!

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

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

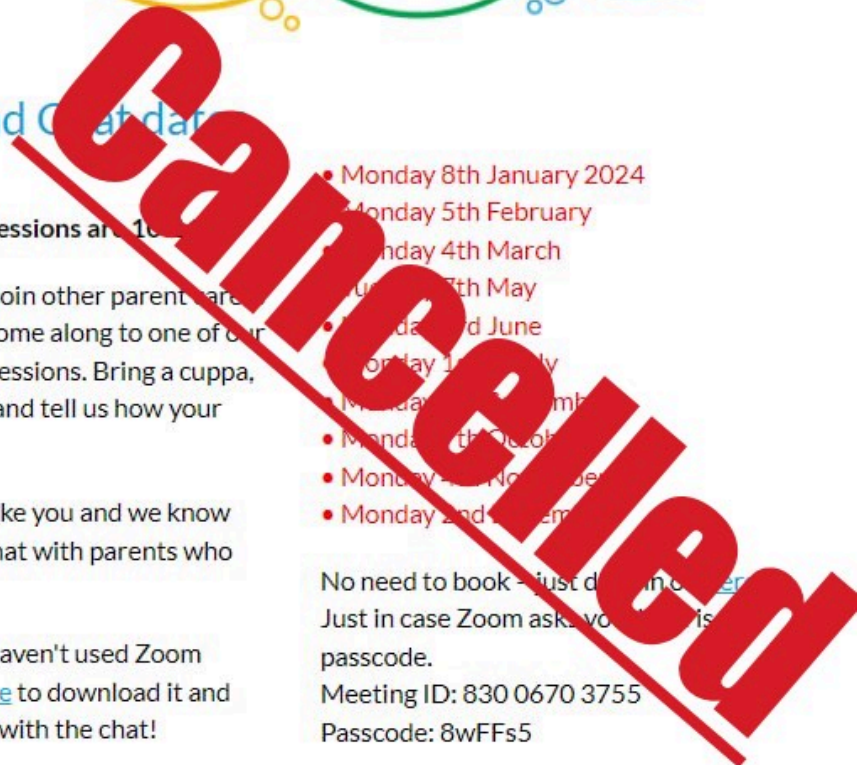
- Monday 8th January 2024
- Monday 5th February
- Monday 4th March
- Monday 5th May
- Monday 3rd June
- Monday 1st July
- Monday 2nd September
- Monday 1st October
- Monday 2nd November
- Monday 2nd December

No need to book - just drop in on the day

Just in case Zoom asks you for a passcode.

Meeting ID: 830 0670 3755

Passcode: 8wFFs5



Important information regarding our online Check in and Chat sessions

Family Voice Norfolk introduced Check In and Chat during the period of Covid 19 as a way of being able to have regular online and informal communication with families whilst being 'safe'. Now, much further on from those days, we understand that there are other face to face groups and that availability of parent carers to join a Monday morning online group has diminished. We have therefore taken the decision to cancel the remaining dates. Over the summer, as an organisation we will be thinking about what we can put on for you in terms of engagement and participation opportunities. If you have any ideas of what you would like to see, hear about and discover, please do drop us an email on membership@familyvoice.org.uk

Thank you to everyone who has come along to Check In and Chat over the past few years, it has been lovely to get to know you and hear your stories of life as parents and carers.



A pre appointment

Phone Call

**This film highlights an
experience of an appointment
without reasonable
adjustments**

Reasonable adjustments with appointments

A collaborative team from Family Voice Norfolk, Norfolk and Waveney Integrated Care system and the TALK Centre have been developing training and resources to support the workforce to incorporate reasonable adjustments into their appointments and other front facing work.

Reasonable adjustments are made so that everyone can easily access health services in the UK. Offering reasonable adjustments was made law in the Equality Act 2010. The Norfolk and Waveney Integrated Care system has funded a series of videos to explore reasonable adjustments with the Norfolk and Waveney setting, as seen by people with lived experience.

We would like to take this opportunity to thank Jacob Furniss for his work in filming these videos.

[Click here to watch the pre appointment phone call video](#)

[Click here to watch the video showing the experience of an appointment without reasonable adjustments](#)



School travel for children and young people with Special Educational Needs and/or Disabilities (SEND)

School travel for children and young people with SEND

When your child is offered a place at specialist provision, the transport team will start making the arrangements for home to school transport for those eligible who would like to take up the offer

What you need to do

You will receive a Travel Needs Assessment form for your child either by email or through the post. Please complete it with as much information as you can as soon as possible and return it to us. You may want to involve your child in filling it in. Please remember to keep a copy of the form.

[Click here to read more about school travel for children and young people with SEND](#)



Travelling to College or Sixth Form

Travelling to college or sixth form

Transport and travel information for parents and carers of young people with special educational needs and/or disabilities (SEND)

Starting at college or sixth form is an exciting next step in your young person's education. It may also feel like an anxious time, and you might have lots of questions.

[Click here for the travelling to college or sixth form document](#)



Contact- Views on school transport in England needed

School transport is consistently in the top 10 issues on Contact's education helpline.

When the Department for Education updated the school age guidance on home to school transport, on the back of a Contact campaign, we welcomed many positive changes including clearer wording and sections on benefits and allowance, behaviour and independent travel training.

However, some concerns remained, including the section on accompaniment, which leaves parents largely responsible for accompanying their teenage disabled children to and from school.

Contact has been working with Cerebra, IPSEA, SOS!SEN to raise concerns about this section. We need to gather the experiences of families to inform our work to push for change.

Today we are asking affected families to complete a short survey. **Do you have a disabled child aged 11-16 who's been refused school transport because you live within 3 miles of their school and you're expected to accompany them? If so, please do take the survey - it should only take a few minutes.**

What is the issue

The guidance says that the daily pressures of fitting work and family commitments around the school run apply to all parents in the same way and it's up to parents to "fulfil their various responsibilities".

But the guidance doesn't acknowledge that the pressures on parents with disabled children are different because their children will need to be accompanied to a much higher age than their non-disabled peers.

The consortium believes the guidance on accompaniment requires urgent review in order to uphold school transport and equalities law and to protect the rights of disabled children and their parents.

If you are affected please do take a few minutes to complete the survey. It will help us challenge the guidance and push for change.

[Click here for the survey](#)



Upcoming Training and Workshops

Training for Parents/Carers



A 4-week course for the parents and carers whose children are suspected of having Autism Spectrum Disorders or have just been diagnosed with ASD.

Course Dates

June 11:00-12:30

Friday 14th June 2024
Friday 21st June 2024
Friday 28th June 2024
Friday 5th July 2024

November 9:30-11:00

Friday 8th November 2024
Friday 15th November 2024
Friday 22nd November 2024
Friday 29th November 2024

Cost- £20.00 per person

A 4 week course aimed at parents/carers of children who have just been diagnosed/going through the diagnosis process/ or suspect their children of having Autism Spectrum Disorders and experiencing difficulties with managing behaviour.

Course Dates

September 11:00-12:30

Friday 6th September 2024
Friday 13th September 2024
Friday 20th September 2024
Friday 27th September 2024

Cost- £25.00 per person



Upcoming Workshops

Disability Living Allowance - Tuesday 16th July 2024 11:00-13:00 Cost: £5.00

Personal Independence Payment- Wednesday 11th September 2024 11:00-13:00 Cost:£5.00

Short Breaks - Tuesday 22nd October 2024 11:00-13:00 Cost:5.00

Education, Health and Care Plans- Wednesday 4th December 2024 11:00-13:00 Cost:£5.00

All our training is delivered in person at our venue in Dereham, Norfolk

For more information and to book any of our training visit:

www.asdhelpinghands.org.uk/events-2/



ASD Helping Hands upcoming training and workshops for parents/carers

Just Diagnosed?

A 4-week course for the parents and carers whose children are suspected of having Autism Spectrum Disorders or have just been diagnosed with ASD.

This course is held in person at our venue in Dereham.

Course dates in June 11:12:30. Friday 14th, 21st, 28th and Friday 5th July.

November 9:30-11:00 Friday 8th, 15th, 22nd, 29th .

Cost £20:00 per person.

[Just behaviour?](#)

A course aimed at parents/carers of children who have just been diagnosed/going through the diagnosis process/ or suspect their children of having Autism Spectrum Disorders and experiencing difficulties with managing behaviour.

This is a 4-week course delivered in person at our offices in Dereham, Norfolk.

Course dates in September 11:12:30. Friday 6th, 13th, 20th, 27th.

Cost £25.00 per person.

Upcoming workshops.

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For more information and to book click here





Natural Alternative

"Equipping Children and Young People with the skills to navigate their way through an increasingly complex, confused, and ever-changing world."



Green Light Trust's holistic approach to intervention uses nature to support the development of social and emotional intelligence. At Green Light Trust we take children and young people from their 'normal' environment, with their usual environmental cues, and introduce them to a woodland space where they can start to develop positive change patterns of behaviour and start to identify with their personality.

We plan sessions to meet the needs of each young person, working successfully with learners of primary, secondary and post 16 age groups. We are currently working alongside an array of Children and Young people who are non-attenders, on limited timetables, struggling with anxieties, have additional needs/ neurodiverse, home schooled or have EHCP's.

1:1

This will be available but is very limited.
However, a CYP can bring their own one to ones as they transition into a group

Rebuild

(Approx 4 CYP)
Intensive support from a participant engagement co-ordinator

Support

(Approx 6 CYP)
Support form a participant engagement co-ordinator

Enablement

(Approx 8 CYP)
Support form a participant engagement co-ordinator

How does it work?

Our Natural Alternative programme runs throughout the year from one of our woodlands in Ipswich, Bury St Edmunds and other satellite sites. Each child/young person is placed in one of the above groups based on their individual needs which is reviewed termly.

The days are run by a minimum of two trained and experienced Green Light Trust facilitators.

What is a normal day?

The woodland environment is rich with inspiration and the resources to build, create, experiment, explore and develop, which, in turn, develops physical, social and emotional skills.

Together we get involved in appropriate woodland management tasks, green woodworking, campfire cooking, natural crafts and nature connection activities. The days are planned on a weekly basis, to follow the participants' interests and needs. We may start with a short walk, lighting a campfire and something to eat. Depending on the season and the needs of the group the rest of the day could include learning safe tool use, whittling spoons, learning to identify insects, fauna and flora, foraging for wild plants or building tree houses.



To refer a child or young person please complete an enquiry form at

www.greenlighttrust.org

Alternatively, please email

pecsupport@greenlighttrust.org

and one of our participant engagement co-ordinators will be in touch



Building Health, Hope and Happiness through the Power of Nature™



Benefits of attending a programme with the Green Light Trust

All our programmes are based around the individual. Each person is faced with their own unique challenges and barriers.

The benefits for our participants include:

- Improving wellbeing
- Growing self esteem
- Practical work-based skills such as woodworking
- Environmental management and conservation of our planet
- Importance of nutrition and cooking skills

"I have been a GP over 35 years and cannot bear the thought of spending almost all my career prescribing drugs and walking away without making any enduring impact. If I really felt that they cured people then it would not be so bad but the major issues of the day relate to mental health and not physical disease. This is why I am ploughing my own furrow and working with Green Light Trust. Anxiety, depression, self-harming, alcohol and drugs are all symptomatic of society and are peaking nowadays. Green Light Trust introduces distressed people to the calm and non-threatening ways of nature. It allows people to stop, think and look around and see what really matters." Suffolk GP

"Now that I have had these positive experiences, I feel amazed at how good life can actually be – having thought that all those negative feelings and lack of self-worth were entirely normal for so long. Being out in Frilthy Woods is amazing it has absolutely changed my life. Instead of hiding away from people, I am curious about them, I want to engage with them instead of tailoring my behaviour to fit with what I thought would make them happy." Participant on an Earth Wellbeing course.

"We didn't know our son any more but we really feel that we have got him back since he has been going to the woods." Parent of a Young Person attending a course on our Natural Alternative programme

"I enjoy being outside in the woodland and learning new skills. It is good being part of a group where I can be myself amongst lovely people who accept me as I am." Participant



Interested?

If you would like more information about our courses or would like some information about how you refer individuals onto our programmes, then please get in touch: pecsupport@greenlighttrust.org

We are always looking for volunteers to support our conservation work in the woods and of course donations to support our work. Send us an email: info@greenlighttrust.org

If you are working in a hybrid environment or are just getting back into the office full time, and think a team building day in the woods might be what you and your colleagues need to improve your wellbeing and teamwork. Get in touch: info@greenlighttrust.org



www.greenlighttrust.org

Green Light Trust- Natural Alternative sessions

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[Click here for the Green Light Trust website](#)



Adolescent survey on social coping strategies and experiences

Can you share with us your experience of coping in social situations?



We are looking for **secondary school pupils** to take part in an online survey, who are:

- Aged between 12 and 18 years
- Currently living in the UK
- Able to complete a survey which involves reading and typing responses in English

*You can take part whether or not you have been diagnosed or identify yourself as autistic or neurodivergent.

Are you a student aged 12-15, or a parent with a child aged 12-15?

Parent will complete a brief online survey (and a parental consent form)

AND

The adolescent will complete an online survey (upon parental consent)

Are you a student aged 16-18?

You will complete an online survey yourself (requiring self-consent only)



VOLUNTEER AND GET A CHANCE TO WIN A GIFT VOUCHER!

If you are interested in taking part:

- Please click [this link](#) (or scan the QR code) to take part or know more about the study.
- Please contact me if you have any questions about this study: Queenie Siu (queenie.siu@kcl.ac.uk)



Ethical review reference number: HR/DP-23/24-34583

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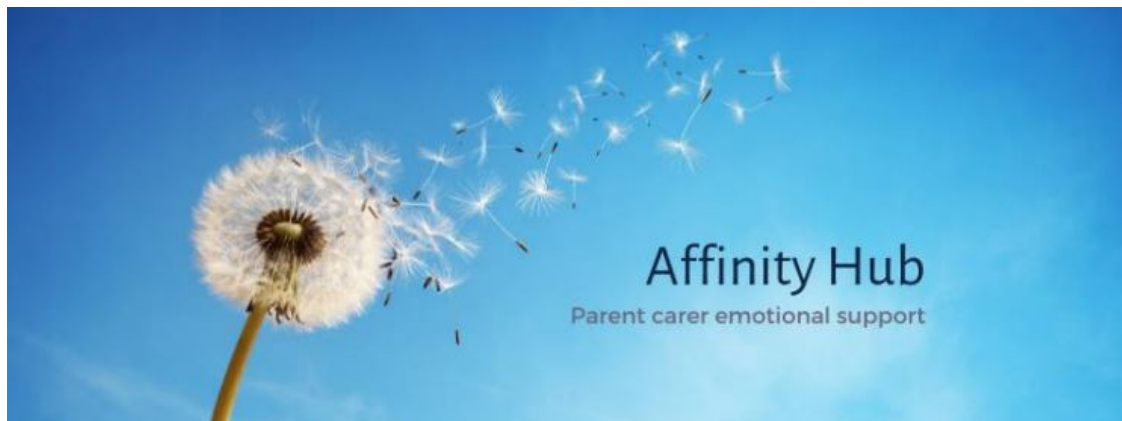
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Please contact me if you have any questions about this study: Queenie Siu

[\(queenie.siu@kcl.ac.uk\)](mailto:queenie.siu@kcl.ac.uk)

The survey will close on the 17th July.



Parent carer trauma - a discussion paper

A discussion paper on trauma and parents of children with Special Educational Needs and Disabilities (Parent Carers).

For professionals and parent carers.

Parent Carer Trauma Working Group

This is a working document capturing key points discussed at the Parent Carer* Trauma Working Group during 2022-24. The working group was established by a network of people

who believed that parent carer trauma was often unrecognised, by both parents and professionals, and that it may be more nuanced in its presentation than previously realised. The group brought together professionals (many of whom are also parent carers with lived experience of trauma) with considerable experience to discuss i) what parent carer trauma looks like and ii) how we can best support those experiencing it.

To read the paper click here

To learn more about parent carer trauma click here to go to the Affinity hub website



Supporting Your Neurodivergent Child

Written by parents, for parents

Originally created by:



Supported by:



Supporting your neurodivergent child- written by parents for parents

When you first realise that your child experiences the world in a different way it can feel overwhelming. Once you begin to understand their particular way of processing their thoughts, senses and feelings, you will find it easier to support your child.

We are a group of parents at various stages on this same journey. We were desperate for guidance and didn't know where to look to find what we needed. A few years on, our knowledge has grown.

We now see that much information is available, but finding the factually correct and relevant bits to your situation can be hard.

We wanted to share not only our experiences and tips, but also those of other families, who have been where you are now.

We have provided an overview of what we have found to be the most relevant information from sources such as the NHS website, national charities and IPSEA but we aren't trying to recreate textbooks that are already available.

There are links included that you could follow to find out more on specific topics. We have also recommended some books, videos and blogs, which are all resources that we have used ourselves.

We don't intend for you to read this whole pack in one go, but dip in and out when each section becomes relevant to your family's situation.

Just as every child is unique, every family's experience will be different, but we hope there will be some information here that will help you.

Books and websites can provide very useful guidance but we believe it is equally important to find your own 'tribe' of other SEND parents, who will understand how you are feeling and provide emotional, as well as practical, support.

Thanks to all of the young people, parents and professionals who have provided input.

[Click here for the supporting your neurodiverse child pack](#)



Young carers and families service 2024-27

Norfolk County Council has awarded a three-year contract for our young carers and families service to Voluntary Norfolk, who will work in partnership with the Benjamin Foundation under the name of young carers Matter Norfolk. Together they will continue to make sure young carers get the support they need so that they are able to flourish, including when inappropriate or excessive caring is identified.

What will the service deliver?

Direct support to young carers and their families

- One to one support for young carers and their families; discussing with young carers their worries, their caring role, supporting families to access practical solutions and building networks of support.
- Groups/information sessions, both online and in person, for young carers and their families - particularly for those who are unable to access sessions within school such as those young people who are home schooled or not in education, training or employment.
- Access to activities and trips during the holidays, linked to other initiatives such as the holiday activities and food programme.
- Additional family support on strengthening relationships through structured groupwork.

Work in schools / education establishments

World of work and employability

Young Carers Voice

Young Carer information on a page

To make a referral click [here](#).

[For more information on the service click here](#)



Family transitions Triple P positive parenting programme

The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what suits you and your family best.

Is this you?

You're divorced or separated. Your child is caught in the middle. You may have problems with your extended family, your new partner or your ex. Holidays and birthday cause arguments. You may be concerned about your finances. And you're worried about the impact this is all having on your child's behavior and emotions. If this sounds familiar, Family Transitions Triple P can help.

What is Family Transitions Triple P?

Family Transitions is a group parenting program for divorced or separated parents. It gives you new ways to help protect your child – and yourself – from the fallout from a family split.

What happens at Family Transitions Triple P?

At Family Transitions sessions, you meet other parents going through many of the problems that come with divorce or separation. Your Family Transitions Triple P provider will give you new ideas, techniques and strategies to help you through the day-to-day dramas and ongoing trauma of your situation. These ideas can help you cope with stress, anger and change, resolve conflict, and communicate better with your ex.

Throughout the sessions, you'll also watch the Family Transitions DVD, which shows how other parents have used the ideas to help their families. And you'll also receive the Family Transitions Workbook to support you as you put your new ideas into practice.

How long does it take?


There are five weekly sessions of two hours each. After the five sessions, it's recommended you also do a Group or Standard Triple P program. This will give you a broader range of positive parenting ideas that can help you calmly manage other behavior and parenting issues in the home. When you're finished, you'll feel confident you're doing everything you can for your child.

Does my ex-partner need to attend with me?

No. Family Transitions is not a mediation program so you should attend on your own or, if you want support, with your new partner. If your ex-partner wants to do Family Transitions, you should attend separate groups.

The courses are completely free! They are a five week online course. One session per week. Available in the morning or in the afternoon or in the evening. Courses start in early June, to book your place contact roxanne.mcdowell@norfolk.gov.uk






**SWAFFHAM
YOUTH GROUP
DAY**

Bringing the youth community
together!

Saturday 15 June
10am-2pm
Recreation Ground



To book your group in email
deputyclerk@swaffhamtowncouncil.gov.uk

Swaffham youth group day Saturday June 15th

Youth Group Day
Saturday 15 June

10am-2pm

Recreation Ground Swaffham

If you are interested in finding more about the local youth group offering in the town then please pop along to this free event.

Attendees to date:

Police Cadets
Army Cadets
Youth Advisory Board
Family Hub Community Workers
Apprenticeships Norfolk
Action For Children
Mark Farnham School of Tai-Kwon-Do
Swaffham Cricket Club
Kuk Sool Won
Hammond Educational Trust
Happidojo Judo
Swaffham Football Club
Scouts
Cubs
Beavers
Norfolk and Norwich Festival
Cup-O-T
Central Stage Dance School
St Johns Ambulance
Swaffham Rugby Union Football Club

Please contact deputyclerk@swaffhamtowncouncil.gov.uk for more information.





Emotions and Relationships Skills Group for Adolescents on the Autism Spectrum

A therapy group for adolescents aged 14-17 with a formal diagnosis of Autism designed to help develop skills to regulate their emotions, manage distress, and improve their relationships.

Duration: 10 weeks, 1 hour per week

Location: The Grange, Spixworth Road

Enquire at: therapy@help4psychology.co.uk



Emotions and Relationships Skills Group for Adolescents on the Autism Spectrum

[Help for psychology](http://help4psychology.co.uk) are running a therapy group for adolescents aged 14-17 with a formal diagnosis of Autism designed to help develop skills to regulate their emotions, manage distress and improve their relationships.

Duration: 10 weeks, 1 hour per week

Location: The Grange Spixworth Road



Resources from the National Autistic Society

Did you know autistic individuals are often more vulnerable as victims and witnesses rather than offenders? Professionals in the criminal justice sector play a crucial role in ensuring that the system is accessible and supportive for everyone, including those with autism.

Key Points to Consider:

Increased Vulnerability: Autistic individuals may face challenges in communication and understanding the legal process, making them more susceptible to victimisation.

Potential Misdiagnosis: Many autistic individuals might be undiagnosed or misdiagnosed, leading to misunderstandings during interactions with law enforcement and legal proceedings.

Supportive Approaches: Simple adjustments, like clear communication, visual aids, and sensory considerations, can greatly enhance an autistic person's experience within the Criminal Justice System.

Training & Awareness: Equip yourself with knowledge about autism to better serve this community. Understanding their unique needs can lead to more effective and empathetic interactions.

Empowerment Through Education

By taking the time to understand and accommodate the needs of autistic individuals, you can significantly improve their experience within the Criminal Justice System. Let's work together to create a more inclusive and supportive environment for all.

Newsletter

We publish a newsletter every quarter. This publication features spotlight articles, highlights of recent developments, upcoming events, and other relevant information. [Sign up here.](#)

Resources

We have a number of free resources, suitable for different parts of the criminal justice system.

A guide for police officers and staff. [Access here.](#)

A guide for criminal justice professionals(Northern Ireland). [Access here.](#)

Planning to question someone with an autism spectrum disorder, from the advocates gateway. [Access here.](#)

If you support or are autistic, you could carry an 'I am autistic' card. [Available here](#)

Training

Recognising and understanding the key areas of difference experienced by autistic people is vital for providing effective support.

This course is suitable for professionals working in the criminal justice system, including police officers, prison workers, secure unit and court staff who want to develop a general awareness and understanding of autism. Delegates will also have the opportunity to discuss their practices and how these can be adapted to meet the needs of autistic people. [Find out more.](#)

Accreditation

As the UK's only autism-specific quality assurance programme, the Autism Accreditation Programme sets the benchmark for excellence in support and development for all service providers catering to autistic individuals.

Why the Autism Inclusion Award for the Criminal Justice System?

Enhanced Understanding: Equip professionals with the knowledge and tools to interact effectively with autistic individuals.

Inclusive Practices: Implement strategies to create a more inclusive and supportive environment within the Criminal Justice System.

Quality Assurance: Demonstrate commitment to providing top-tier support by achieving a recognized accreditation.

[Find out more.](#)



Advice on seeking Neurodevelopmental Independent Assessments

It is recognised that the current waiting times for Autism and Attention Deficit Hyperactivity Disorder (ADHD) assessments are long. The number of requests for assessment received each month is much higher than our NHS neurodevelopmental teams can manage. For this reason, parents, carers and concerned adults are exploring other ways to ensure their child can be seen quickly, which includes paying for private (independent) assessments or asking their GP for their [Right To Choose](#) a provider.

To read the document click here



New special schools to open in sixteen areas across the U.K

New schools providing dedicated support for over 2,000 children with special educational needs and disabilities (SEND) are to open in 16 areas across England.

From Bury to Surrey to Solihull, the schools will provide vital specialist spaces for pupils whose needs cannot be met in mainstream education. A competition for academy trusts to run the schools will be launched in the coming days.

The announcement follows investment of £105 million confirmed by the chancellor at this year's spring budget, and is part of the government's plan that is delivering 60,000 more special school places – the largest ever expansion in capacity. This is helping to increase capacity, following a decrease in pupils in special schools from 1997 to 2010.

It comes as a further 7 special free schools are one step closer to opening in Merton, Cambridgeshire, Kent, and Norfolk to create over 1,000 places as the trusts have now been selected to run them.

For more details click here

Seeking views on the introduction of new national standards and a quality assurance framework for unregistered alternative provision

A [consultation](#) has been launched setting out proposals to use unregistered alternative provision as an intervention, not a destination, to complement the education provided in school. It also proposes measures for providers to be subject to new, proportionate quality assurance frameworks, underpinned by national standards. The proposals build on the findings of the government's previous [call for evidence](#).

Consultation closes on July 5th.



CARERS

WELLNESS & INFORMATION DAY

**St George's Theatre, King Street,
Great Yarmouth, NR30 2PG
Wednesday 5th June, 10.30am to 2pm.**



- **Wellness activities**
- **Information stands**
- **Sign up for a Carers Identity Passport**
- **Refreshments**



We look forward to welcoming Carers and the people you care for to this FREE event in Great Yarmouth. Focusing on Carers Wellness and the support available to Carers within the Great Yarmouth and East Norfolk area. For travel/parking info please visit stgeorgestheatre.com/parking/

Carers Voice
Norfolk & Waveney



**Carers
Identity
Passport**

**Carers' Community
Network**

Carers wellness & information day in Great Yarmouth on June 5th

St George's Theatre, King street, Great Yarmouth, NR30 2PG on Wednesday 5th June,
10.30am to 2pm.

- Wellness activities
- Information stands
- Sign up for a carers identity passport
- Refreshments

We look forward to welcoming carers and the people you care for to this FREE event in Great Yarmouth. Focusing on carers wellness and the support available to carers within the Great Yarmouth and East Norfolk area. For travel parking info please visit <https://www.stgeorgestheatre.com/parking/>

To visit the Carers Voice website 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 10th - 9.00am till 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 10th at the Forum

Care for carers information day is back again at the Forum in Norwich, Millenium Plain,
Norwich, NR2 1TF on Monday June 10th 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.

To go to the Care for Carers website click here



Do you have a deaf child who will be 4 and starting Reception this September?

If so the University College London would like you to become involved with a longitudinal project which completes in 2027-2028.

Visual Communication and Reading in Deaf Children – UCL Research Project.

A team of researchers at University College London (UCL) have been in contact with us about their project which focusses on the role of visual communication in reading development in deaf children. This looks like a very interesting research project, which will answer some important questions about reading development in deaf children – such as:

- How does lipreading contribute to reading development in deaf children?
- Does phonological awareness of English contribute to reading in deaf children in the same way as has been shown in hearing children?
- In deaf children who use BSL, how does BSL and fingerspelling proficiency contribute to reading development?

We are contacting you to ask if you would like your child to take part in this project in Autumn 2024?

Your child would be visited by the team twice in Reception, Yr1 and Yr2. Six times in total. At each visit your child would be tested on a range of language 'games'. You can find out more

about the project at this website: <https://www.ucl.ac.uk/icn/research/research-groups/visual-communication/visual-communication-reading-development-project>

This page has brief information and a video showing what is involved. At the bottom of the page there is a link to the Information Sheet and Consent Form. This information is also available in BSL. The Information Sheet gives you all the details about the project. Please do read it very carefully. If you are happy for your child to be involved – then please do complete the online consent form [here](#). All data is automatically stored directly onto a secure server at UCL.

When you've completed the consent form, you will then be asked to complete a quick online background survey. If you prefer, a teacher at the school can complete this on your behalf. The research team will then work with you and our school to plan a date to visit school in September - December 2024. So please do sign up as soon as possible, and before October half-term at the latest. If you have any questions about the research – please contact the team on- visualCR@ucl.ac.uk. They are happy to meet with you online to answer any questions you may have.

We do hope you're interested in being involved in this exciting project.



Mental health and money advice

What is Mental Health & Money Advice UK: Mental Health & Money Advice

Mental Health & Money Advice is the first UK-wide online advice service designed to help you understand, manage and improve your financial and mental health.

What is Mental Health & Money Advice?

Mental Health & Money Advice is the first UK-wide service to combine support for both mental health and financial problems.

We're here for anyone with a mental illness who is struggling with their money, as well as anyone whose financial problems are affecting their mental health.

Four million people in the UK have both mental health and money problems, and a further four million are at risk because they're having financial difficulties.

Together these issues can create a worrying cycle that can lead to problems with relationships, work and housing.

While there are many excellent debt advice services available, this service is able to offer mental health support alongside advice.

What does Mental Health and Money Advice do?

Our website provides free and impartial information, support and advice for anyone affected by mental health and money issues. That includes support for friends, families, carers and professionals working in the area.

What help is available on the Mental Health & Money Advice website?

Expert advice: Managing your mental health and money can be confusing. Our advice sections break down the most commonly requested information and resources surrounding mental health and money into plain English.

Free financial tools and calculators: To help you better manage your money, we provide a range of free online budgeting tools and calculators to help you plan ahead and stay on track.

Sample letters and templates: When dealing with money issues, may have to write and send letters to legal, medical, or other professional organisations. Our bank of template letters give you an example of what to write, so all you have to do is fill in the blanks.

Real life stories: When it comes to understanding money and mental health issues, it helps to hear from other people who might have been in a similar situation to you. Our real life stories give first-person accounts of how people just like you have overcome their mental health and money issues to get back on track.

Useful contacts: Sometimes you'll need more information than what's covered on our website. For each area of advice we offer, we provide a list of useful contacts for when you need to speak to someone directly or over the phone, or need more detailed information.

Who is behind Mental Health & Money Advice?

Mental Health & Money Advice has been developed by Mental Health UK.

What if I need to speak to someone?

We are currently only available to all online, access to our advice line is by referral only via the organisations listed below.

If you are currently receiving support from the founding charities below, please contact your support worker to establish if you can be referred to our advice service.

Rethink Mental Illness (England): 0808 801 0525

Additionally, there are 3 referral partners who you can contact for support and they can also refer you to our advice service should you meet the eligibility criteria.

National Debtline: 0808 808 4000

StepChange: 0800 138 1111

Money Helper: 0800 011 3797

[Click here to go to the Mental health and money advice website](#)



Groups at the Hamlet centre in Norwich

At the Hamlet, they provide support for children, young people and adults with disabilities and complex health needs in Norwich and across Norfolk. There is so much going on there and with an age range of 0-29 there is something for everyone!

From a [NICU](#) nature group, to [Little Bees](#) stay and play groups on two different days of the week., to [Sensory Bees](#) there is so much fun to be had.

For the 5 to 18 year olds The Hamlet offers two [Short Breaks](#) play schemes. And for the 16+ youngsters there is an [Out of hours club](#).

They offer a [day service](#) for 18-29 year olds. They also offer [family support](#) and host coffee mornings.

For more information [email](#) The Hamlet centre.

To find out more about The Hamlet centre click here



family
action

Join our friendly 'Drop In'

At Family Action Central Norfolk & Waveney Autism/ADHD Support Service. Supporting families of children with neurodevelopmental differences.

If you have personal experiences with a child with neurodiversity or are waiting for a diagnosis, come along to our 'drop In' session to meet our Family Support Workers, who can offer support and answer any questions.



Thursday
13th June 2024
10.00 -12.00 noon



Charles Burrell
Centre
Staniforth Road
Thetford
IP24 3LH

For more information, get in touch



01603 972589



swaffham@family-action.org.uk

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.

Family Action friendly 'drop in' June 13th in Thetford

Family Action, join our friendly 'drop in'.

At Family Action central Norfolk and Waveney Autism/Adhd support service. Supporting families of children with neurodevelopmental differences.

If you have personal experience with a child with neurodiversity or are waiting for a diagnosis, come along to our 'drop in' session to meet our family support workers, who can offer support and answer any questions.

Thursday 13th June 2024 10:00- 12:00 noon.

At The Charles Burrell Centre, Staniforth Road, Thetford IP24 3LH

For more information get in touch via phone 01603972589 or [email](#)

[Click here for the Family Action website](#)



Norfolk and Waveney Autism/ADHD Support Service

Plan Bee Course

Understanding and Supporting Your Neurodivergent Child or Young Person's Needs.

Free Course for Parents/Carers

Plan Bee is a 3 week course (2 hours per week) written by two Clinical Psychologists working in Norfolk Community Health and Care. We have been commissioned by Norfolk ICB to deliver this course for parents and carers of children who have suspected or diagnosed neurodevelopmental conditions.

All behaviour is a form of communication. Our course supports parents to understand their child's individual needs and how to best support them.

The aim of this course is to help parents and carers to:

- Understand why their child or young person might become overwhelmed.
- Reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.
- Develop a support plan which they can share with other family members and schools to ensure a consistent approach.
- Meet with other parents/carers for peer support.

When?

Thursdays, 4th, 11th and 18th July 2024

10.00-12.00 noon

Where?

Charles Burrell Centre
Staniforth Road
Thetford
IP24 3LH

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



01603 972589



swaffham@family-action.org.uk



Norfolk and Waveney Autism/ADHD Support Service



www.family-action.org.uk

Family Action. Registered as a Charity in England & Wales no: 264713.



Plan Bee course in Thetford- a free course for parents/carers

Norfolk and Waveney Autism and ADHD support service are running a 'Plan Bee' course- understanding and supporting your neurodivergent child or young persons needs.

It is a free course for parents/carers.

Plan Bee is a three week course (2 hours per week) written by two Clinical Psychologists working in Norfolk Community Health and Care. We have been commissioned by Norfolk ICB to deliver this course for parents and carers of children who have suspected or diagnosed neurodevelopmental conditions.

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- Develop a support plan which they can share with other family members and schools to ensure a consistent approach.
- Meet with other parent carers for peer support.

When: Thursdays 4th , 11th, and 18th of July 2024. 10:00-12:00 nonn.

Where: The Charles Burrell Centre, Staniforth Road, Thetford IP24 3LH.

Click [here](#) to go to their Facebook page. Other contact details as above.





The Young Diamonds Tribute awards - who are you going to nominate?

We wish to say thank you to all those young people who do so much for our communities and good causes and to acknowledge their example in a high-profile setting. The theme for this year's Royal Norfolk Show is Young Achievers. The Royal Norfolk Agricultural Association encourages as many young people as possible to take part in the Show – through school visits and by joining the many young people's organisations already planning to take part. As part of the Young Achievers theme a tribute to young people will take place at the Show on Thursday 27 June 2024. The Young Diamonds tribute, organised in partnership between the Norfolk Lieutenancy and the Royal Norfolk Agricultural Association, seeks to gather nominated young people, between the ages of 8-23, from across the county to take part.

The tribute will involve the assembled nominated individuals taking part in a massed gathering in the Show's Grand Ring where they will be addressed by HM Lord Lieutenant of Norfolk, The Lady Dannatt MBE. The aim of the tribute is to highlight the many individual and collective achievements of young people, whether they be a young carer, have achieved something at the highest level or have added value to their community.

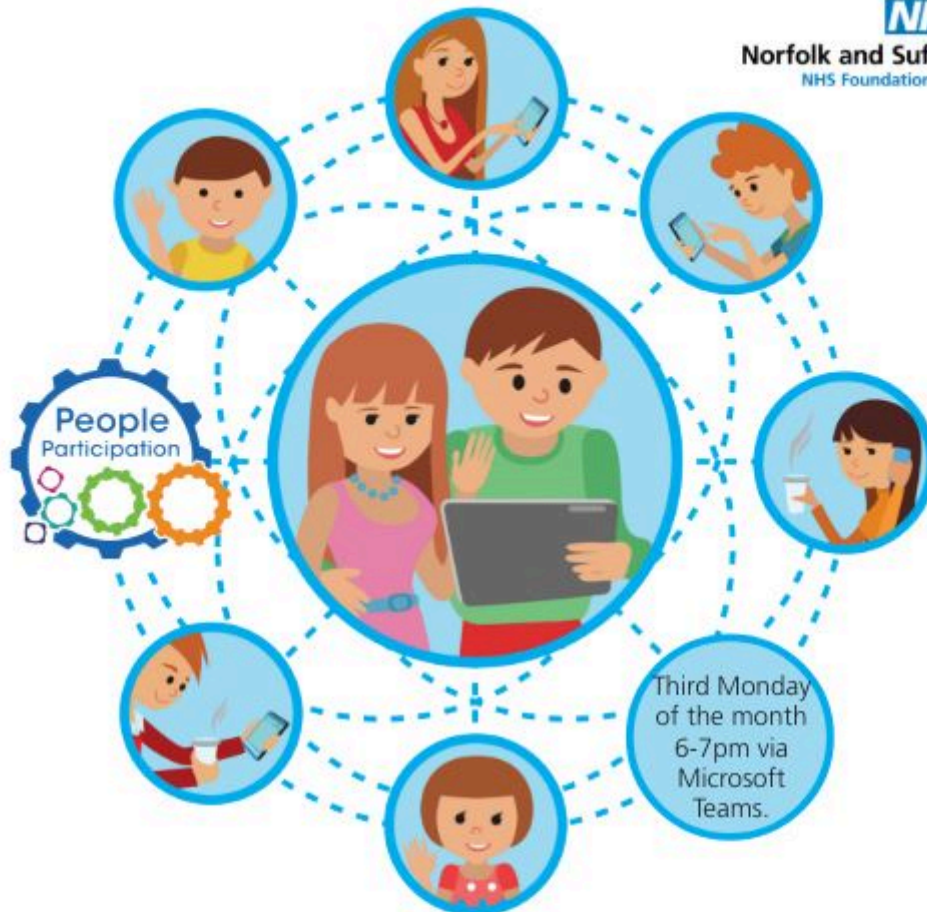
Organisations may nominate multiple people. If your organisation has more than one division/branch, please do make further nominations as appropriate. Nominees will receive a complimentary ticket (including free car parking, if required) for Thursday June 27 2024. For each young person nominated a Show admission ticket will also be made available for one

parent/carer. Nominations must be submitted by Monday 17 June 2024. Accepted nominees will be notified by Friday 21 June, tickets to the Royal Norfolk Show will then be sent out.

If you have any queries, please email Jacob Stirling on jacob.stirling@rnaa.org.uk

To nominate someone click here





Are you under the age of 25?
Are you a parent/carer of a young person under the age of 25?
Do you like designing things?
We are developing a new website to improve mental health services for Children, Families and Young People and we want to hear from you what is important.

NEXT MEETING:

17th June 2024

To join the meeting each month go to nsft.uk/WTG

or scan the QR code



For more information or to make other arrangements to contribute, email Andrea Bland, People Participation Co-ordinator

People.Participation@nsft.nhs.uk

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People participation- with NSFT (Norfolk and Suffolk Foundation Trust)

Are you under the age of 25?
Are you a parent/carer of a young person under the age of 25?
Do you like designing things?
We are developing a new website to improve mental health services for Children, Families and Young People and we want to hear from you what is important.

For more information or to make other arrangements to contribute,
email Andrea Bland, People Participation Co-ordinator
People.Participation@nsft.nhs.uk

Meet online on the third Monday of the month, the next meeting is on June 17th. Between
6-7pm.

To join the meeting click here



contact *For families
with disabled children*

Safety Valve Agreements -how they impact disabled children and their families

What are Safety Valve agreements?

Some local authorities (**Norfolk included**) in England with large budget deficits have been signing up to Safety Valve agreements over the last three years. They get extra funding from government by agreeing to reduce their debts and manage their high needs funding in specific ways that the Department for Education requires. There are currently 38 local authorities with safety valve agreements.

Why we are concerned

Contact raised concerns about safety valve agreements with the Department for Education in 2023. We believe the agreements risk pushing local authorities to cut Special Educational Needs (SEN) funding. The agreements include a review system to ensure that financial targets are met, with little to no obligation to review how the cuts are made and if the Special Educational provision which remains is adequate to meet needs.

[A report published by IPSEA](#) at the weekend highlights the worrying consequence of the agreements. IPSEA's report shows that the conditions attached to individual safety valve agreements are about cost cutting. As such there is a concern that they could lead to local authorities breaching their legal duties to children and young people with SEND.

The council documents from the safety valve areas that were examined by IPSEA all had references to:

[A reduction in Education, Health and Care Plans \(EHCPs\)](#)

A need to reduce "inappropriate referrals" for seeking EHCP assessments.

A target to reduce the number of pupils with EHCPs who attend a specialist setting by 29%, transferring them to a mainstream schools.

To read more click [here](#).

Click here to read the IPSEA report in full



SKILL BUILDING AT HOME

4 X 1 HOUR
HOME VISITS

FOCUSSING ON
BUILDING A
CHOSEN SKILL

£400 - PLANNING
MEETING, 4 VISITS
& A REPORT



Pyramid Educational Consultants launch a new service in Norfolk- skill building at home

Pyramid Educational Consultants are very happy to launch a new service in Norfolk. This service is for families to use when trying to teach a certain skill which could be hair cutting, tolerance to supports like noise cancelling headphones, teeth brushing, toileting, communication, sibling play etc. This service was designed to be flexible and supportive of what families in the local area have told us they are needing to increase the whole family's quality of life. If you are interested in the service email gpayne@pecs.com for a free online meeting to discuss values, challenges, and goals.

This service is not listed on our website yet, but you can find our website at <https://pecs-unitedkingdom.com/>

Skill building at home includes, 4 x 1 hour home visits where they will focus on building a chosen skill, the cost is £400, which includes a planning meeting 4 visits and a report.



PositiviTea

for Carers

Come along, chat & connect

Friday 14th June from 2-5pm

Cromer Community Centre, NR27 9HL

Have a cuppa, chat with people, join in with activities & find out about support services and community groups in your area!

Stands include Family Voice Norfolk, Integrated Care Coordinators, Alzheimer's society and more...

Everyone is welcome!



PositiviTea for carers In Cromer

PositiviTea for carers come along, chat and connect

Friday 14th June from 2-5pm

Cromer Community Centre NR279HL

Have a cuppa, chat with people join in with activities & find out about support services and community groups in your area!

Stands include Family Voice Norfolk, Integrated Care Coordinators, Alzheimer's society and more....

Everyone is welcome!

Hosted by North Norfolk district council, Community connectors and North Norfolk Health and wellbeing partnership.

[To contact the community connectors team click here](#)



Caudwell children- grants for specialist equipment

Caudwell Children grants.

Eligibility Criteria

Charity funding for equipment is currently limited to families that meet the following criteria:

The child is under the age of 19

Or under the age of 25 for sports equipment only

They have a chronic illness or disability

They live in the UK

Their household income is below £45,000

Equipment

Specialist Equipment

A piece of specialist equipment can help families overcome practical and physical challenges but also offer invaluable independence, confidence and improved self-esteem.

Caudwell Children provides a wide range of specialist mobility and sensory equipment for disabled and autistic children/young people. For more information please read our Frequently Asked Questions below or contact us for more information, call 0345 300 1348 or email applications@caudwellchildren.com

Powered Wheelchairs

For children and young people who depend on a wheelchair for mobility, the freedom to move independently can be the key that opens up the world and their future.

A powered wheelchair enables children to move independently, including raising up to eye-level or lying down for increased comfort and range of motion*.

- wheelchair functions may vary depending on user needs and make/model

[Read the Frequently Asked Questions](#)

Specialised Sports Equipment

The participation in sports activities provides lots of physical and emotional benefits for children and young people. We provide funding for specialist disability sports equipment, including wheelchairs, which enable the continued participation, development and success in sport.

Therapy Tricycles

The sense of freedom, social participation and physical wellbeing that cycling can provide is a special moment in lots of children's lives. Therapy tricycles ensure children who can't ride a normal bicycle still get to feel the same exhilaration, while also benefiting from physical therapy.

Sensory Equipment

Specialist sensory equipment can provide a wealth of occupational therapy, sensory and emotional regulation for children with a wide range of disabilities and neurodivergent conditions.

Designed by our dedicated Occupational Therapy team, our 'Get Sensory Packs 0-3', 'Get Sensory Packs 3+', and 'Autism Sensory Packs' packs provide the essential equipment required to use in the comfort of your own home.

Car Seats and Harnesses

For children who cannot use generic car seats (due to weight/height or safety), specialist car seats and harnesses can enable families to travel in the car in comfort and without the fear of injury.

Buggies

For lots of families caring for disabled or autistic children/young people a standard buggy is not suitable and can be uncomfortable or dangerous.

We provide funding for specialist buggies to enable disabled and autistic children the same access to outdoors as other children.

[To find out more click here](#)



Housing – Mencap's easy read guide

See our easy read guide about housing for people with a learning disability.

Living in a safe and secure home is as important for people with a learning disability as it is for everyone else.

Finding a place to live is an important part of living independently, but there are often challenges to this happening.

We have produced an easy read guide, which explain the main issues that you might face.

If you have a learning disability, you can download and read the guide below to help you make decisions on the issues that matter to you.

If you are a family member or carer of someone with a learning disability you can also use the guide by downloading or printing it off and going through it together with the person you support.

[Click here for Mencap's easy read guide to housing](#)



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](#)
 - [familyvoicenfk](#)
- Or 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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