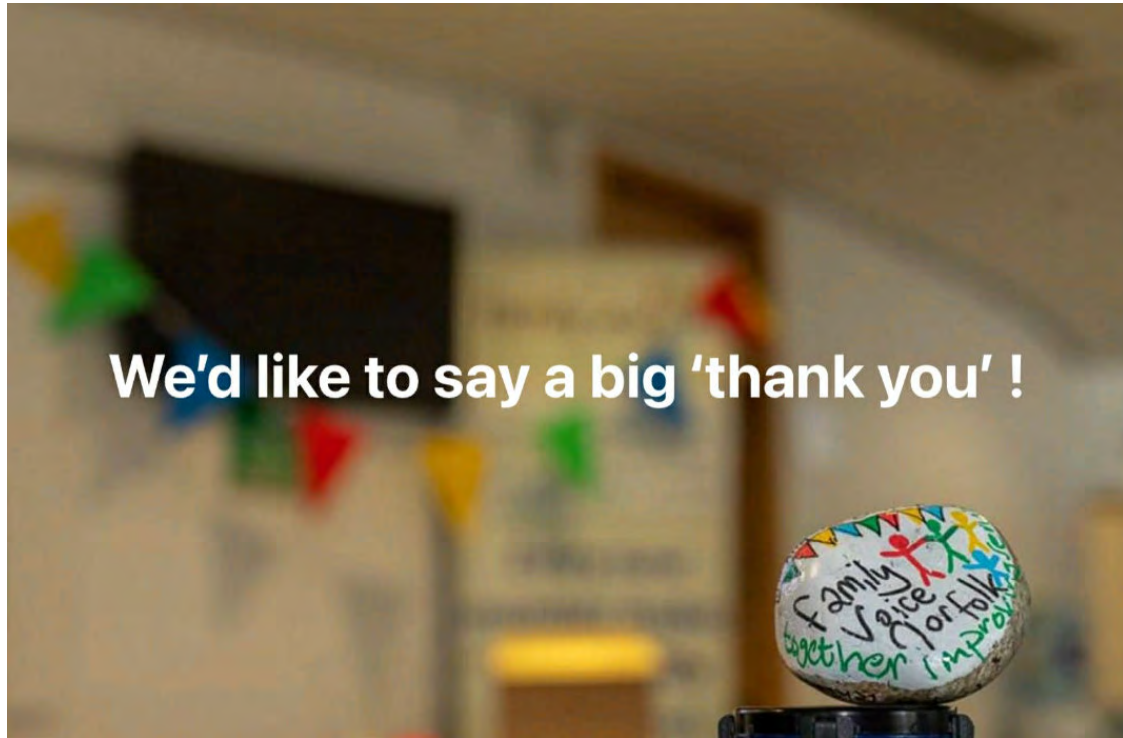


Not displaying correctly? [View in browser](#)



newsletter  
November 2025



We'd like to say a big 'thank you' !

We'd like to say a big 'thank you' to those parent carers who completed our short survey about the next FVN conference. We have looked at every response. It has been very helpful to hear what kinds of topics you would like to know more about. Don't forget to 'save the date' in your diaries – Saturday 14th March 2026 at the John Innes Conference Centre, Norwich. Booking will open in the new year.



## In this issue:

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[Things to do for children and young people with SEND](#)

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[Virtual work experience for a young person with SEND aged 16-25](#)

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[Carers Handbook](#)

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[Barrington Farm Christmas Fair - 3rd December 11-3pm](#)

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[Norwich Mumbler Making Family life easier - Free and Low Cost Family Christmas Events and Activities in Norfolk](#)

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[Systems generated trauma- report brief - How disabled children and their families are traumatised by dysfunctional public services when they ask for support](#)

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[Parent input needed for planning a new all age eating disorder community service in Norfolk](#)

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Contact - For families with disabled children, outline what this weeks Budget means for families with disabled children

An easy way to share our newsletter



*To read an article that is of interest to you, click on the blue writing of the title (under 'in this issue' above) and it will take you directly to that article!*



## What does SEND transport mean to you? We'd love to hear the positives of SEND transport.

In September 2025 , Family Voice Norfolk asked you to share your experiences of SEND transport at the beginning of the new academic year. We know that this is often a time of anxiety around the arrangements, not knowing which transport company will be coming or when, until the last minute. We wanted to highlight the issues that families often face at this time. All the experiences you shared with us have been presented anonymously to the Local Authority and we hope that they will be kept in mind as we head towards future starts of academic years.

There has been much talk recently about the costs of transport for children and young people who have SEND and we'd really like to understand the value of SEND transport to families in Norfolk.

**What we would like to ask you now is what does SEND transport mean to you? We'd love to hear the positives of SEND transport.**

For example:

- What has it brought to your child or young person?
- What does it mean to you as a family?
- Has your child or young person enjoyed friendships on the journeys or felt a sense of greater independence travelling without mum, dad or carer?
- What has SEND transport enabled you, as a parent carer or as a family, to do? Maybe it has made the working days easier without school runs or enabled you to focus on getting other children to their place of learning?

Please take a few minutes to send us an email on [membership@familyvoice.org.uk](mailto:membership@familyvoice.org.uk) by 9am on 15th December 2025 and tell us about the value to you of Norfolk's SEND home to school/college transport.



## Mencap webinar on 'Planning for the Future' 9th December

Many of you who completed our survey about what you would like to see at our 2026 conference raised the issue of planning for the future.

It can be daunting to think about how your loved one with a learning disability will be supported after you're gone.

Join Mencap for a free Planning for the Future Webinar on 9th December 10:30am-12pm.

The free webinars are run alongside a specialist legal professional and cover:

- The importance of writing a Will
- Protecting means tested benefits and support packages through trusts
- The different types of trusts
- Mencap Trust Company and their offering
- A Q&A session at the end

This webinar is designed to help you take the next steps to protect your loved one, because the best way to predict the future is to create it.

To find out more about Mencap's Planning For The Future webinars please click [here](#).

To book a place on the 'Planning for the Future' webinar click [here](#)



## Roots and Wings community group based in Lowestoft and Waveney

Roots & Wings is a community group based in the Lowestoft and Waveney area, created to support parents and carers of neurodivergent children – both before and after diagnosis. Created by neurodivergents, for neurodivergents.

We know how confusing and lonely the journey can feel when you're trying to understand your child's needs, waiting for assessments, or navigating the system. That's why we started Roots & Wings: to offer a calm, understanding space where families can connect, share experiences, and find the right support together.

Our name reflects what we believe every child and parent deserves – roots, to feel grounded and supported in who they are, and wings, to grow confidently and thrive. We're not professionals – we're parents, carers, and community members with lived experience of neurodivergence. Together, we share what's helped us, offer guidance through the practical bits (like DLA forms or referrals), and build genuine friendships along the way.

At Roots & Wings, you'll find:

- Friendly drop-in sessions and parent coffee mornings
- Sensory-friendly craft and play groups for children
- Peer-led support for families at any stage of assessment or diagnosis
- Guidance with paperwork and signposting to trusted services
- A safe, inclusive space where neurodiversity is understood and celebrated

No pressure. No judgment. Just people who get it.

If you're a parent, carer, or family member wanting to connect with others who understand – you're always welcome here.

For more information click [here](#) for the Roots and Wings Facebook group.

To find out more click here to go to The Roots and Wings website





## Kids- Meet the Norfolk Parent Carer Service Team

Join Kids for an online introduction to the Kids Team in Norfolk!

On Wednesday 3rd December at 1:30pm online on Teams.

To request an invite email [grace.hillard@kids.org.uk](mailto:grace.hillard@kids.org.uk)

[Click here to visit Kids Norfolk Facebook page](#)

**Kids** Disabled children  
say we can

Registered Charity No. 275936

**Coffee and Connect  
Parent Carer Service**

# Christmas Wellbeing Session

Wednesday 17<sup>th</sup> December

10:30am - 12:30pm

Viking Centre, Tills Road

Sprowston, NR6 7BP



## Christmas Wellbeing session hosted by Kids

Kids- Coffee and connect Christmas wellbeing session on Wednesday 17th December 10:30am- 12:30pm at the Viking Centre, Tills Road, Sprowston NR6 7BP. For more information email [Hayley](mailto:Hayley@kids.org.uk).



## Norfolk's budget consultation - Have your say

The County Council's annual budget consultation is open until Monday 15th December, and people are being urged to take a look at the proposals and have their say.

The county council is working to set a balanced budget, despite the need to save £41.6m in 2026-27.

Cllr Andrew Jamieson, deputy leader and cabinet member for finance at Norfolk County Council, said: "All councils are facing higher costs and greater demand for services. Once again we're facing an unenviable financial situation with a budget gap, the continued cost increases from inflation, spending pressures across wider public finances, and uncertainty about government funding for 2026-27 onwards.

"Despite this, the Council's budget plans still provide for £298m budget growth over the next 5 years to deal with demand and cost pressures. This will enable us to continue to protect vulnerable residents while still delivering the key services which are relied upon every day by Norfolk's residents, businesses and visitors.

"I'd urge people to take a look at our proposals and let us have your views. We also want to hear your ideas for making savings, as we believe that the people who use our services are the best people to comment on how to get more out of our services, while tackling the budget deficit."

This year there are 50 budget saving proposals, and proposals to increase council tax, which provides a large part of the funding the county council needs.

These proposed savings add up to £35.7m - which would make a big contribution to the overall amount that needs to be saved.

**To help deal with cost pressures and invest in vital services, the current budget planning for 2026-27 is based on an assumption to increase council tax.**

Three options are being considered:

- An increase of 3%
- An increase of up to 5%
- An increase of more than 5%

**The consultation closes on Monday 15 December 2025.**

To find out more and have your say click here



## East Suffolk and Norfolk Stammer Support Group

### Meetings in Norwich for people who stammer.

Organiser John says, "We're primarily a social group and at meetings we discuss experiences and learn from each other. We welcome anyone who stammers, is affected by it (family members, spouses, partners, friends), or anyone with a professional interest in stammering – we get quite a lot of student speech and language therapists attending."

"We have a broad age range and a balanced male/female mix, and you will find us friendly and welcoming. Our only stipulation is that under 18s are accompanied by an adult".

### When & where?

John says, "We aim to meet every three months, currently in Norwich as that is the most central location overall, considering where current participants live. However, that can be flexible to take into account where any newcomers live."

"We currently favour meeting at the Bella Italia restaurant in Riverside, Norwich, but we are open to suggestions for alternatives".

If you would like to be part of it, [email](#) John or phone him on 01502 581481 (best option) or 07485 243896.

For more information click here to go to the Stamma website



## Autism Central online sessions for families

Join an online event for families of autistic people to reflect and work together, sharing knowledge and skills, including drop-ins, education family guide sessions and reflective sessions.

All sessions are free NHS England commissioned sessions delivered by Anna Freud and are peer-led and co-produced, grounded in lived experience and research.

### Why join an event?

95% of attendees would recommend to others.\*

“A really skilled facilitator and made sure everyone's views were heard and reflected without judgement and it was easy to understand”.

Parent attending a family guide session.

### What's on offer?

- Drop-ins: Ask questions, get tailored guidance, and practical signposting.
- Education Family Guide Sessions: Small, peer-led groups covering key topics.
- Reflective Sessions: Explore themes together in a safe, supportive space.
- In Conversation Webinars: Hear from researchers and clinicians on autism and mental health.

All sessions are free, commissioned by NHS England and led by Anna Freud, a leading mental health charity working in partnership with UCL.

[Click here to find out more about the online sessions offered by Autism Central](#)



**St Giles** EAST OF ENGLAND  
Turning a past into a future

## Gangs, Grooming and County Lines Explained. For parents and carers in Norfolk

Inviting parents and carers in Norfolk to join us for an awareness-raising session to help recognise the signs and indicators that young people are at risk of becoming involved in gangs, exploitation and violence; as well as advice on how to have conversations about these issues and where to seek support.

Monday 1<sup>st</sup> December  
3.00-4.30PM  
Online

[Register Here](#)

Or scan the QR code to visit our event page for more info or to register

<https://tinyurl.com/SGEducationDecemb>

## Understanding gangs, grooming and county lines for parents and carers in Norfolk

On Monday 1st December 3-4:30pm online.

Inviting parents and carers in Norfolk to join us for an awareness-raising session to help recognise the signs and indicators that young people are at risk of becoming involved in gangs, exploitation and violence; as well as advice on how to have conversations about these issues and where to seek support.

We'll touch on topics such as:

- Gangs, Grooming and County Lines explained
- Knife Crime and Weapons Awareness
- Understanding Gang Activity, Behaviour and Recruitment
- Girls, Gangs and Empowerment (female-focused)
- Social Media and online networks – keeping safe

Our award-winning approach puts trained staff with lived experience at the heart of the solution. Having once been involved in gangs, exploitation and violence themselves, they are imbued with a passion and collective desire to ensure the young people they work with do not make the same mistakes they once did.

The event will be hosted online. Register below today and we'll send you a link to join the session closer to the time.

If you can't attend the December session there are other sessions available in [January 2026](#) and [March 2026](#).

Register for a place by clicking here



## Letters from Santa in alternative formats

If you know a child with vision impairment who would love to receive a letter from Santa, you can request one through the RNIB who will then send the request to Santa's helpers at the North Pole.

You can complete the request [here](#), please make sure to include the child's name age, postal address, contact number and which format they need. **Send in by 30th November.**

The Royal Mail can also get your letter to Santa and arrange a braille reply letter. Please click to [email](#).

If you have a child who would like a BSL letter from Santa, the Royal Mail can send your request to Santa's Helpers at the North Pole if you [email](#) them.

**Letters sent to Santa by Royal Mail have to reach the North Pole by Wednesday 10th December!**

For more information about Royal Mail Santa letters [click here](#)



## Your Choices, Your Life – Let's Talk! Young people needed!

Kate, Jacqui and Mark from local health services are creating information for young people about making decisions and knowing your rights.

When you turn 16, the law changes – it's called the Mental Capacity Act – and it affects how you make choices about your life.

We've worked with young people and the [FYI](#) (For Your Information) website team to make this information clear and useful. Now we want to know: Does it help?

We'd also love to hear from anyone happy to be filmed talking about decisions you've made – what worked, what didn't – so other young people can learn from real experiences.

### Interested?

[Email](#) to arrange a chat or filming. Together, we'll make sure every young person knows: You're in control of your life.

Please get in touch with the team by mid December.



## Taking Charge- free energy and money saving advice

Taking Charge is a free programme that helps people who draw on care and support, and family carers, to save up to £800 on energy bills. It has been developed by Community Integrated Care and blends co-produced insights with expert energy advice. The program is supported by organisations across social care including National Care Forum.

### [FREE 15-minute e-learning course](#)

- Learn simple, powerful ways to reduce energy costs without compromising comfort or quality of life.
- Earn your personalised Taking Charge certificate to recognise your new skills.
- Start the online course now.
- Build your energy-saving skills online.


### [Download your energy-saving toolkits](#)

We offer brilliant, practical guides:

- Easy-Read Toolkit and Worksheets: Accessible energy-saving tips specifically designed for people with learning disabilities.
- Our Core Toolkit: A practical, visual guide to spot and reduce energy waste at home and work.
- Download your free toolkits
- Spread The Word – Share Taking Charge
- Energy bills have a significant impact on disabled people and those who support them in social care.

[Click here for more details](#)






## Join Norfolk's Area SEND & AP Strategy (NASAPS) Community of Practice

### Working together to help every child and young person with SEND flourish

A collaborative network of professionals and stakeholders who share responsibility for improving the SEND system.


**Frequency:** Bi-monthly  
**Format:** MS Teams. Next meeting 28<sup>th</sup> January 2026 1-3pm  
**Interested?** Contact us on [samantha.chisnall@norfolk.gov.uk](mailto:samantha.chisnall@norfolk.gov.uk) to join the Community of Practice




**Our vision:**  
To create a supportive community that works together as *'equal partners sharing a passion and responsibility for improving outcomes for children and young people with SEND.'*





By joining the **NASAPS Community of Practice**, you'll help us:

- Strengthen relationships and collaboration between partners
- Shape SEND improvement work
- Promote inclusion, wellbeing, and healthy lives



**Who Can Join?**  
 Health  
 Education  
 Local Authority  
 Voluntary sector  
 Parent carers and young people with lived experience



### Meeting Schedule for 2025-26

Each meeting features work happening across Norfolk relating to a particular theme, to encourage collaboration.

		26th November 2025 1-3pm	28th Jan 2026 1-3pm	18th March 2026 1-3pm	13th May 2026 1-3pm	6th July 2026 1-3pm
		My Changes & New Beginnings	My Adult Life	My Family is Supported	My Friends & Activities	My Learning & Development
15 mins	Spotlight 1	SEND Improvement Spotlight	SEND Improvement Spotlight	SEND Improvement Spotlight	SEND Improvement Spotlight	SEND Improvement Spotlight
15 mins	Spotlight 2	SEND Improvement Spotlight	SEND Improvement Spotlight	SEND Improvement Spotlight	SEND Improvement Spotlight	SEND Improvement Spotlight
15 mins	Spotlight 3	Other SEND Update	Other SEND Update	Other SEND Update	Other SEND Update	Other SEND Update
5 mins	Break					
15 mins	Spotlight 4	Participation Spotlight	Participation Spotlight	Participation Spotlight	Participation Spotlight	Participation Spotlight
15 mins	Spotlight 5	SEND Improvement Spotlight	SEND Improvement Spotlight	SEND Improvement Spotlight	SEND Improvement Spotlight	SEND Improvement Spotlight
15 mins	Spotlight 6	SEND Improvement Spotlight	SEND Improvement Spotlight	SEND Improvement Spotlight	SEND Improvement Spotlight	SEND Improvement Spotlight
10 mins	AOB					
1hr 50 mins total						

**Interested?** Contact us on [samantha.chisnall@norfolk.gov.uk](mailto:samantha.chisnall@norfolk.gov.uk) to join the NASAPS Community of Practice.

# SEND Norfolk- join Norfolk's Area SEND and AP Strategy (NASAPS) Community of Practice

Working together to help every child and young person with SEND Flourish.

A collaborative network of professionals and stakeholders who share responsibility for improving the SEND system.

Frequency: Bi- monthly

Format: MS Teams. Next meeting is 28th January 2026 1-3pm

Interested contact [Samantha Chisnall](mailto:samantha.chisnall@norfolk.gov.uk) to join the Community of Practice.

Our vision: To create a supportive community that works together as *'equal partners sharing a passion and responsibility for improving outcomes for children and young people with SEND'*

**By joining the NASAPS Community of Practice, you'll help us:**

Strengthen relationships and collaboration between partners

Shape SEND improvement work

Promote inclusion, wellbeing and healthy lives

**Who can join?**

Health

Education

Local Authority

Voluntary sector

Parent carers and young people with lived experience

**Future meeting dates are:**

28th Jan 2026 1-3pm My Adult Life

18th March 2026 1-3pm My Family is Supported

13th May 2026 1-3pm My Friends & Activities

6th July 2026 1-3pm My Learning & Development

For more information about the Norfolk Area Send Strategy and Alternative Provision (NASAPS) please see the article below, which has updated information on these pages of the Local Offer.



## Improving SEND In Norfolk - updates on the Local Offer

**Introduction to our improvement work:**

'You Said, We Did' - find out what we've done in response to the SEND survey 2025 feedback.

We are taking action to improve SEND services and support in Norfolk. This is in response to the feedback in the [SEND survey 2025](#).

We have a programme of improvement work including:

- Our [Local First Inclusion transformation programme](#) for education aims to ensure children and young people with SEND can flourish in their education wherever they are learning. This is by strengthening support in mainstream schools and expanding specialist provision.
- Our co-produced [Norfolk Area SEND and Alternative Provision Strategy \(NASAPS\) 2024-29](#) set our priorities for improvement under five themes.

We have brought these two programmes together to ensure every action is aligned in our Local Area Inclusion Plan (LAIP). The LAIP is the action plan which delivers the priorities set by the NASAPS.

A summary of the LAIP, it's completed actions and next steps to improve SEND services and support in Norfolk is set out under the five NASAPS themes:

- [Learning and development](#)
- [Changes and new beginnings](#)
- [Adult life](#)
- [Family support](#)
- [Friends and activities](#)

[Click here to visit the Norfolk Local Offer webpages](#)



The poster features logos for the UK Government, Best Start in Life, Norfolk County Council, and active norfolk. The main title 'Big Norfolk Holiday Fun' is in large, colorful letters. Below it, the text 'Big Norfolk Holiday Fun is back for the holidays' is written in pink, followed by 'Everyone can join in with the fun!' in blue. A list of three bullet points provides booking advice. A QR code is positioned to the right of the list. The bottom section, titled 'Short Breaks and BNHF', explains that children with certain benefits can access free activities. It includes another QR code and a circular image of children playing.

Funded by UK Government

BEST START IN LIFE

Norfolk County Council

active norfolk

# Big Norfolk Holiday Fun

**Big Norfolk Holiday Fun is back for the holidays**

**Everyone can join in with the fun!**

- 121 options and special SEND sessions are available.
- Always contact the activity provider to discuss your child's needs before you book to see if their activity is suitable.
- When booking, always provide detailed information to ensure the provider can plan the session to best suit your child's needs.



## Short Breaks and BNHF

If your child receives benefit-related free school meals and has a Personal Assistant through Short Breaks, you can access BNHF provision for your PA to support your child at no cost to you.

**Scan to find out more**



Short Breaks activity funding can be utilised to cover the costs of providers offering paid places too.



## Big Norfolk Holiday Fun is back for the holidays!

The Big Norfolk Holiday Fun (BNHF) activity programme provides holiday activities for children and young people aged 5-16 (or 4 if your child is in reception) in Norfolk.

Children who receive **benefits-related free school meals** can claim free spaces on the activities, whilst paid spots are available on many activities for those who don't.

If you feel your child/dren could benefit from a free place but are NOT entitled to Free School Meals, please contact the [BNHF team](#) to discuss applying for an [Awarded Place](#).

The upcoming Big Norfolk Holiday Fun programme will be taking place during the winter school holidays and will run from the **22 December – 5 January** (excluding weekends and bank holidays).

**Everyone can join in with the fun!**

**1-2-1 options and special SEND sessions are available.**

- Always contact the activity provider to discuss your child's needs before you book to see if their activity is suitable.
- When booking, always provide detailed information to ensure the provider can plan the session to best suit your child's needs.

**Short Breaks and BNHF**

- If your child receives benefit-related free school meals and has a Personal Assistant through Short Breaks, you can access BNHF provision for your PA to support your child at no cost to you.
- Scan the QR codes above or click the green buttons below to find out more.
- Short Breaks activity funding can be utilised to cover the costs of providers offering paid places too.

[Click here for more details about 1-2-1 options](#)

[Click here for more details on Short Breaks activity funding](#)

[Click here for more information about the Big Norfolk Holiday Fun activity programme](#)

[Click here to find BNHF activities](#)





# Swept Under the Carpet

## Swept Under the Carpet: Choices about sex, relationships and having babies

We're doing a research study to learn more about what people with learning disabilities think about:



- Choosing to have sex or be in a relationship.



- Choosing to have a baby or not have a baby.

We will be holding a group meeting called a **focus group**, where people can share their thoughts on **Tuesday 2nd December 11.30 - 2pm** at Opening Doors in Norwich. You can also talk to us one-to-one if you'd prefer.



You will get a £25 gift voucher as a thank you for taking part. Lunch will be provided on the day.

**To book your place you can sign up using the QR code below or:**



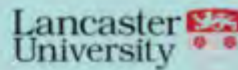
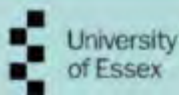
**Get in touch with Alex:**

**By email: [a.kaley@uea.ac.uk](mailto:a.kaley@uea.ac.uk)**

**By phone: 07387520982**



This study has been looked at and approved by a group of people at the University of East Anglia, to make sure it's safe for people to take part.



## Swept under the carpet: Choices about sex, relationships and having babies

UEA and Ace Anglia are doing a reasearch study to learn more about what people with learning disabilities think about:

- Choosing to have sex or be in a relationship
- Choosing to have a baby or not have a baby

We will be holding a group meeting for **women** called a focus group, where people can share their thoughts on Tuesday 2nd December 11.30 – 2pm at Opening doors in Norwich (38A

Bull Close, Norwich NR3 1SX) 11:30am to 2pm.

You can talk to them one-to-one if you prefer.

You will get a £25 gift voucher for taking part. Lunch will be provided on the day.

If you would like more information [email](#) Alex or call on 07387520982

To book a place please [click here](#)



## New sessions starting in January 2026 at Sunbeams Community Hub in Great Yarmouth

New sessions starting from Monday 12th January 2026.

Mondays and Fridays 9:30am-11:30am during term times.

We welcome all preschool children but as a centre for autism the group has been set up to support those with additional needs and those on or thought to be on the autistic spectrum.

Children attending the group must be preschool and a parent or carer must stay with them. Parents and carers are asked to join in with the activities with the children in their care and staff will be on hand to support with any difficulties.

The group is free to attend, however as we are a charity that relies on grants and donations we would welcome a small contribution towards running costs and snacks if you are able.

For further information, register your interest in attending the group or to complete a simple registration form please [email](#). Or call on 01493 442181

Sunbeams Community Hub,

Keyword House, Viking Rd, Great Yarmouth, Norfolk NR31 0NU

For more details about Sunbeams [click here](#)



## Equal Lives Advice Service

### Who are Equal Lives?

**Are you over 18 and identify as disabled?** Do you need support navigating life's challenges?

**The Equal Lives Advice Service** is here for you.

We offer free, confidential, and person-centred support to disabled people living in Norfolk, helping you take control of your life and access the services and support you deserve.

### The Equal Lives Advice Service?

Whether you're facing barriers in your daily life, struggling with a benefits claim, need help understanding your rights, our advisors are ready to listen and support you every step of the way.



### Who We Support?

Adults aged 18 and over  
Living in Norfolk  
Who Identify as disabled  
Including Physical,  
Sensory, Learning or Mental  
Health conditions

## Support an Adviser can provide

Advice & Guidance on Disability Rights, Benefits, Housing,  
Social Care

Information to help you understand your entitlements and make  
informed decisions

Support on the process of complaints, appeals, and accessing  
services

Empowerment to help you live independently and with dignity

## Ways our Advice Service can Help You

Welfare Rights  
and  
Disability Benefits  
(Please note we do  
not form fill.)

Health and  
Social Care Needs  
Assessments

Personal Budgets  
and  
Direct Payments

Rights  
and  
Entitlements

Employment /  
Housing  
and  
Accessibility

Grants  
Food Support  
Income Maximisation



### Contact us

Email: [advice@equallives.org.uk](mailto:advice@equallives.org.uk)

Phone: 01508 491210

[www.equallives.org.uk](http://www.equallives.org.uk)

## Equal Lives Advice Service

Who are Equal Lives?

**Are you over 18 and identify as disabled?** Do you need support navigating life's challenges?

**The Equal Lives Advice Service is here for you.**

We offer free, confidential and person - centred support to disabled people living in Norfolk, helping you take control of your life and access the services and support you deserve.

Whether you're facing barriers in your daily life, struggling with a benefits claim, need help understanding your rights, our advisors are ready to listen and support every step of the

way.

### **Who we support?**

Adults aged 18 and over living in Norfolk who identify as disabled. Including physical, sensory, learning or mental health conditions.

### **The support an Advisor can provide.**

Advice and guidance on disability rights, benefits, housing and social care.

Information to help you understand your entitlements and make informed decisions.

Support on the process of complaints, appeals and accessing services.

Empowerment to help you live independently with dignity.

### **Ways our Advice service can help you:**

- Welfare rights and disability benefits (please note we do not form fill.)
- Health and social care needs assessments.
- Personal Budgets and Direct Payments.
- Rights and entitlements.
- Employment/ housing and accessibility.
- Grants, food support, income maximisation.

For more information contact equal lives via [email](#) or phone 01508 491210

[Click here for The Equal Lives website](#)



## Digital Youth Hub

- Aged 16-24
- Looking for employment?
- Live in West Norfolk or Breckland?

The Digital Youth Hub in Partnership with Boost are here to help improve your employability skills



- What we offer**
- Regular one to one support
  - Help to write/update your CV
  - Mock interview practice
  - Help with job searches
  - Support overcoming any barriers you're facing

Please contact us @ [boost@norfolk.gov.uk](mailto:boost@norfolk.gov.uk) or complete our referral form using the QR code



## Digital Youth Hub

- Aged 16-24?
- Looking for employment?
- Live in West Norfolk or Breckland?

The digital hub in partnership with Boost are here to help your employability skills.

What we offer:

- Regular one to one support

- Help to write/update your CV
- Mock interview practice
- Help with job searches
- Support overcoming any barriers you're facing

Please contact us at [boost@norfolk.gov.uk](mailto:boost@norfolk.gov.uk)

To complete the referral form scan the QR code above or click here



# Epilepsy Action

## **EPILEPSY** **ACTION**

### Epilepsy Action- Norwich Talk and Support group

Epilepsy Action's support groups welcome anybody living with epilepsy to talk, listen and share experiences. We look forward to welcoming you to the Norwich Talk and Support group!

Next date

Norwich Epilepsy Action Talk and Support group  
**Mon, Dec 15 • 2:00- 3:30 PM**

Cafe Marzano, The Forum, Bethel Street, Norwich.

Click [here](#) to book a place.

For more information about Epilepsy Action click here





## Where will the Help Hub Van be in December?

Need help or advice? Our friendly team is here to support you with:

- Money worries, debt advice, and benefits support
- Parenting, relationships, and domestic abuse guidance
- Health, wellbeing, and bereavement support
- Employment advice and housing or home improvement help
- And much more

The [Help Hub](#) outreach will be with [Caring Together](#) at the Market Place, **Reepham**, Norwich NR10 4JJ on the 01/12/2025 from 9am - 3pm.

And the [Family Hub](#) (10am - 12noon) and [Help Hub Outreach](#) (10am - 3:30pm) will be at Costessey Library, Breckland Rd, **New Costessey**, Costessey, Norwich NR5 0RW on the 17/12/2025 from 10am - 3:30pm.

[Click here for more information](#)



## SENDIASS Engagement and Advice Library drop in sessions and outreach in December

We will be at Library's to answer any questions you may have, advice and signposting to further support.

All sessions are subject to change, and any changes will be advertised on our Facebook page. Please be aware these sessions do not offer a private room to talk, we will be based in main areas of the library. As we are not taking bookings, we will do our best to speak to you on a first come, first served basis.

These sessions are informal and friendly, our Engagement and Advice Workers can give you next steps advice about your child's education, SEN Support, EHCP and other SEND processes. We will be in the main areas of the library, just look out for our banner!

Don't forget to follow our [Facebook](#) page so that you can keep up to date with where we will be.

The Engagement and Advice Team also attend a variety of local outreach events. You can email the team on [nsendiassengagement@norfolk.gov.uk](mailto:nsendiassengagement@norfolk.gov.uk) for more information.

To find out where SENDIASS will be in December click [here](#)



## Welcome to November's edition of the SENDIASS Spotlight

In this edition:

- SENDIASS update
- Frequently Asked Questions
- Phased transfer with an EHCP
- Library drop-ins
- Staff update
- Norfolk SEND Youth Forum update
- Engagement and Outreach update

- Book recommendations
- Questions and Answers
- Feedback

[Click here for the Norfolk SENDIASS Spotlights page](#)



# Events and activities for children and young people with SEND

## Things to do for children and young people with SEND

The Norfolk Area Special Educational Needs and Disability (SEND) and Alternative Provision Strategy 2024-2029 has a focus on 'my friends and activities'. It sets out Norfolk County Council's commitment to increasing the choice of things to do for children and young people with SEND.

They will:

Publish things to do on their [calendar of SEND events](#) in Norfolk.

Promote options through the [Norfolk SEND Facebook](#) and the [Norfolk SEND bulletin](#) (scroll down the page the link takes you to and there you will find the sign up box!)



## Virtual work experience for a young person with SEND aged 16-25

### 🇬🇧 Want to Try Something New?

Join the Help You Choose Team for a Virtual Work Experience!

Hey! 🙌 Are you a SEND young person aged 16–25, and fancy trying something different?

We've got a cool opportunity where you can help shape a website that supports young people across Norfolk – and learn some great skills along the way!

📄 Role: Help You Choose Assistant

📍 Work from home

🕒 Flexible hours – Starting January – September 2026

💡 Laptop provided (and any extra kit you need)

### 🚀 What's It All About?

Help You Choose is a website that helps young people explore education, training, and careers. We're updating our SEND pages – and we want your ideas to make them better! You'll be part of a small friendly team, working online, and supported every step of the way.

### 👁️ You Might Be Just Who We're Looking For, If:

- You're good with computers
- You spot little details others might miss
- You're open to new ideas
- You listen well and follow instructions
- You like solving problems
- You're happy to work on your own (with support!)

### 🔧 What You'll Get Up To:

- Checking and updating website info
- Organising digital files and doing simple data entry
- Sharing ideas to make the site easier to use
- Testing new features and giving feedback
- Helping with video creation (if you fancy it!)

### ☀️ What You'll Learn:

- How to work in a virtual team
- Communication and creative thinking

- Careers and education pathways
- How to give and receive feedback
- Confidence in your ideas!

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👉 Support You'll Get:

- 1:1 support from Mark (he's lovely and super helpful!)
- Regular breaks and time out if you need it
- We'll adjust tasks to suit you and make sure you feel comfortable

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🎯 Ready to Give It a Go?

If you're enthusiastic, curious, and up for learning something new – we'd love to hear from you!

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📩 How to Apply:

Just drop us an email at [cs.hycinformation@norfolk.gov.uk](mailto:cs.hycinformation@norfolk.gov.uk) with your name, age, and a few lines about why you're interested by **Tuesday December 9th**

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💬 Got questions?

No worries – just get in touch and we'll talk it through! Contact us at [cs.hycinformation@norfolk.gov.uk](mailto:cs.hycinformation@norfolk.gov.uk)

[Click here to go to the Help YOU Choose website](#)



## New young carers support App

Young carers need proper support around them to make sure they're able to care for their loved ones whilst taking care of their own physical and mental health, and working towards a bright and healthy future.

The Young Carers Support app enables young and young adult carers in the UK to find information and advice, self-help resources, wellbeing tips and activities, plus a catalogue of support services – all in one place.

A number of young carer organisations worked with Expert Self Care Ltd, to launch the Young Carers Support app which is free and available for any young carer, or professional working with young carers to download on both Android and iOS.

There is also a range of local information about support available for young carers in Cambridgeshire, Peterborough and Norfolk.

The app offers clear and easily accessible advice and is a comprehensive resource for young carers and professionals working with young carers and young people.

The app carries the Patient Information Forum 'PIF Tick', the only UK quality mark for trustworthy health information.

It's free and available for any young carer, or professional working with young carers to download on Android and iOS.

[To download the free young carers App onto an Apple device click here](#)

[To download the free young carers App on an Android device click here](#)



## Carers Handbook

The All Age Carers Handbook provides unpaid Carers, looking after someone in Norfolk, the information you need to help in your caring role. Understanding your rights, practical help, your health and wellbeing, planning ahead and much more.

The handbook also includes specific sections for **Parent Carers** and **Young Carers**. The Carers Handbook will be available in physical print (details will be sent to members of [Carers Voice](#) in due course).

[Click here for the digital version of the All age Carers Handbook](#)



## Barrington Farm Christmas Fair - 3rd December 11-3pm

You are invited to the Barrington Farm Christmas Fair! Expect festive art, crafts, handmade gifts and cards, stalls, food and cakes, music, carol singing, fashion parade and Father Christmas! Free entry and free tea and coffee. Cards are accepted but cash would be appreciated. All welcome.

11am - 3pm Stalls & Cafe open  
 11.30 - 12pm Fashion Parade  
 12 - 1.30pm Santa's Grotto  
 1.45pm Sign Along Choir  
 2pm Norfolk Camerata carol singing

Address: Barrington Farm, Rookery Road, Walcott, Norfolk NR12 0PF

Access: Free parking, ground floor with level access, accessible toilets.

[Barrington Farm](#) is a unique independent day services centre for adults with learning difficulties who may also have other complex physical, mental health or age - related needs. We are based at Walcott on the North Norfolk coast. Most activities are housed in a large

converted Georgian red brick barn, set in well – kept grounds next to a small working farm.

[For more information click here to visit Barrington Farm day service Facebook page](#)



## Norwich Mumbler Making Family life easier - Free and Low Cost Family Christmas Events and Activities in Norfolk

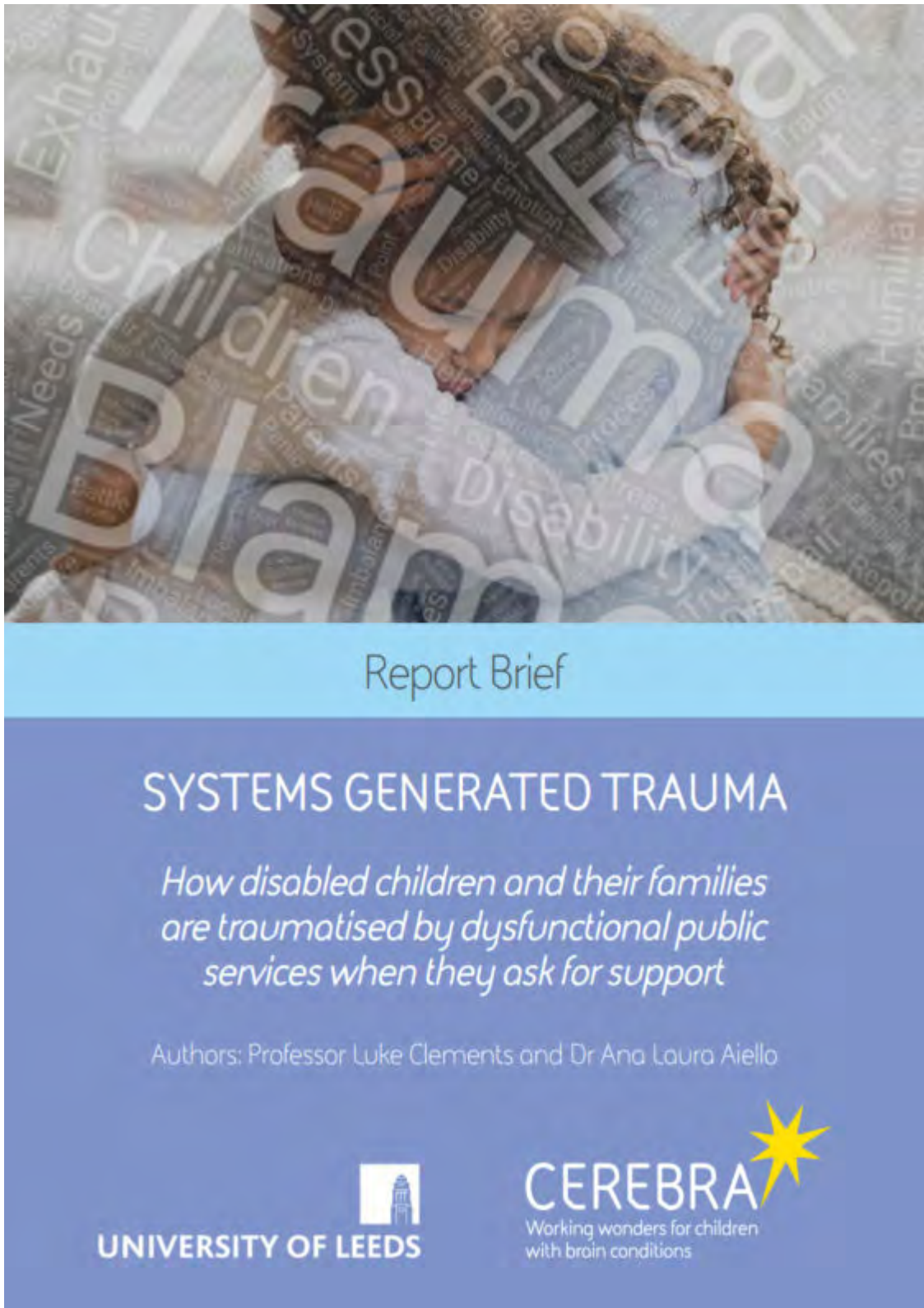
Every school holiday we put together ideas on free and low cost activities, but we do it a bit earlier than the Christmas holidays as we know people enjoy getting festive in advance!

You can see the full Christmas list of events [here](#).

(Please check with event organisers in advance in case of any changes.)

To see the Norwich Mumbler full list of Christmas ideas click [here](#)





## Systems generated trauma- report brief - How disabled children and their families are traumatised by dysfunctional public services when they ask for support

Foreword from the CEO of Cerebra.

There are moments in our work at Cerebra that stop us in our tracks. This report is one of them.

It is a painful truth that many disabled children and their families are being traumatised—not by illness, not by accident, but by the very public services that are meant to help them. This is not a fringe issue. It is not rare. It is not acceptable. It is happening every day, in every corner of our society, and it is breaking people.

We call it Systems Generated Trauma. And once you see it, you cannot unsee it.

This report lays bare the reality of what families face when they ask for help. It is a reality shaped by suspicion, blame, bureaucracy, and indifference. Families are forced to navigate systems that are fragmented, opaque, and often hostile. They are made to feel like liars, failures, or criminals. They are punished for their child's disability. They are left exhausted, isolated, and afraid.

We have spoken to parents who are terrified to ask for help again. Who have lost faith in the institutions that should be their lifeline. Who carry the scars of false accusations, intrusive investigations, and relentless battles for basic support.

This is not just a failure of policy. It is a failure of compassion.

At Cerebra, we believe that every child deserves to be seen, heard, and supported—and that every parent deserves to be treated with dignity and respect. We believe that asking for help should never cause harm.

This report is a call to action. It demands accountability. It demands change. It demands that public services recognise the trauma they are causing and work with families to rebuild trust and redesign systems that heal rather than hurt.

We know that change is possible. We know that solutions exist. But we must be brave enough to confront the truth, and bold enough to act.

To every family who shared their story: thank you. Your courage is the foundation of this work. We see you. We believe you. We stand with you.

To policymakers, practitioners, and leaders: this is your moment. Read this report. Let it move you. Let it challenge you. And then—let it change you.

Because our children deserve better. And so do their families.

Jess Camburn-Rahmani  
Chief Executive Officer, Cerebra

[Click here to read the report brief](#)

[Click here to read the report in full](#)





## Parent input needed for planning a new all age eating disorder community service in Norfolk

The Norfolk and Waveney ICB is in the process of procuring an all age eating disorder community service in Norfolk.

They are keen to have parent carer representation and feel input from a parent carer is vital in planning the service. If you have experience of eating disorders with your child or young person and would like to get involved with the planning of this service please click the green button below to email the ICB.

[Click here to email the ICB and find out how to get involved with shaping the new all age eating disorder community service in Norfolk](#)



**contact** *For families  
with disabled children*

## Contact - For families with disabled children, outline what this weeks Budget means for families with disabled children

The Budget statement included a number of announcements involving changes in the rules for working age benefits.

**In our summary we cover:**

- Two-child limit scrapped
- Universal Credit childcare help
- Motability tax relief reform
- Benefits uprating and National Minimum Wage increase
- Health and disability assessments
- Other changes

[Click here to read more about the Budget - from Contact](#)



## An easy way to share our newsletter

If you would like to share our newsletter with friends, colleagues or other parent carers or professionals click [here](#) for a 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](mailto:membership@familyvoice.org.uk)
- Or write to us at Family Voice Norfolk, C/O Larking Gowen, 1st Floor Prospect House, Rouen Road, Norwich NR1 1RE
- Or message us via:
  - [www.familyvoice.org.uk](http://www.familyvoice.org.uk)
  - [FamilyVoiceNorfolk](https://www.facebook.com/FamilyVoiceNorfolk)
- 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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