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newsletter
April 2026



Tell us about transitions to adult services

Dear parent carers,

Family Voice Norfolk feeds into discussions at both a regional and national level. We have received an urgent ask from our regional colleagues for an update on how Norfolk families are finding the transition of their young person from children's services to adult services.

Family Voice Norfolk knows that transitions post 16/post 18 are often described as a 'cliff-edge'. We know from local authority SEND Surveys, and from chatting to you, that transitions to adult services, whether these be within social care or health, can be confusing and difficult.

Would you please take a few minutes to email us on membership@familyvoice.org.uk and tell us, in terms of transitions to adult social care and adult health services:

What is working well?

What is not working for your young person and your family?

Please also tell us if there are any specific issues you are encountering or have recently encountered around Preparing for Adulthood, transition into adult social services or health transitions.

The closing date for sending us your experiences and thoughts is **Wednesday 6th May 2026** at which point we can collate them, anonymise them and ensure Norfolk families' voices are heard along with other families from the Eastern Region.

If you are not already a [member](#) of Family Voice Norfolk please consider joining so you can regularly share your families experiences of services with us and receive our monthly newsletter direct into your inbox.

As always, thank you for sharing with us.

Family Voice Norfolk



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It's easy to read an article that is of interest to you, just click on the blue writing of the title

(under 'in this issue' above) and it will take you directly to that article!



The Art of Individuality- Norfolk multi agency practice week 18th-22nd May

Welcome to this inclusive Practice Week which is all about children and young people's identity and what you can do to support it. We are the young people's steering group for Practice Week, and we want to encourage you to learn together.

We decided that the title of this week should be 'The Art of Individuality'.

This is really important to us because while we all strive for equality, we also all want to be respected as individuals and celebrated for our uniqueness. We are all different and we need you to hear our individual voices and understand our behaviours.

We will be sending out daily emails with quotes and top tips from us. We'll also share again some of the poems and resources we have chosen from the Takeover week last May, created by young people all over Norfolk.

To get the daily emails you will need to [subscribe](#). Do it now before you forget!!!

From Halaa, Charlotte and Thalia from the Young People's Practice Week Steering Group.

For any queries, please contact CSStaffDevelopment@norfolk.gov.uk

Here's another fantastic opportunity to hear what children and young people think about our shared Flourish ambition on 'Individuality and Identity'.

Following the success of Take Over Week in May 2025, we invite you again to sign up to receive a daily email with content and resources created by young people, to help us learn directly from them. (Click the subscribe link above)

If you work in Children's Services, registration is not required as these emails will be sent to you automatically each morning during Practice Week.

On Thursday 21st at 12:30 there is a session on Communication tools with children with SEND Presented by Lynn Carter, Lorna Marshall and Nicola McKinnon, from Children's Services.

On Friday the 22nd at 9:30 Norfolk Child and Adolescent to Parent Violence and Abuse: Respect young people's programme Presented by Amanda Murr, Office of the Police and Crime Commissioner for Norfolk.

[Click here for the Art of Individuality practice week brochure](#)



flourish **MAKING SENSE OF SEND**

Making Sense of SEND

In person free, friendly information and support about SEND for families and professionals.

Thursday 21st May 2026
Dereham Memorial Hall, NR19 1AD
10am-12pm and 12.30pm-3pm

Are you looking for support for your child /young person with SEND and your family?

- Listen to expert-led talks on SEND topics.
- A chance to give feedback and be heard by the EHCP team or SEND advisor. Bookable on the day.
- Speak directly with more than 20 services and get personalised, face-to-face advice all in one place.
- Children’s participation activities giving children and young people the chance to share experiences.

Find out more and book your place:

www.norfolk.gov.uk/msos

Norfolk
County Council

Making Sense of SEND 21st May in Dereham

In person free, friendly information and support about SEND for families and professionals.

Thursday 21st May at Dereham Memorial Hall, NR19 1AD

Are you looking for support for your child/ young person or family?

- Listen to expert-led talks on SEND topics.

Morning session (10am–12pm): Transition

Afternoon session (12.30pm–3pm): Support for young people aged 18–25

- A chance to give feedback and be heard by the EHCP team or SEND advisor. (Bookable on the day).
- Speak directly with more than 20 services and get personalised, face to face advice all in one place.
- Children's participation activities giving children and young people the chance to share experiences.
- Free refreshments available.

Booking is essential. You can book one session or both.

Scan the QR code above to find out more or click the green button below.

For more information and to book your place at the Making sense of SEND in Dereham [click here](#)



SEND Youth Voice Day



Friday 29 May 2026, 10am to 3pm at County Hall

Come and give it a go!

- We want to hear from children and young people with SEND about how your experiences and information can be improved.
- We are looking for young people aged 11-25 to take part.
- We value your time and you will receive a £20 thank you voucher of your choice for each workshop attended.



We need your input to make positive changes.
Your voice matters!



For any enquiries, contact the team on send@norfolk.gov.uk
Scan QR code to sign up and find out more.



SEND Youth Voice Day Friday 29th May 10am -3pm at County Hall Norwich

Come and give it a go.

SEND Norfolk;

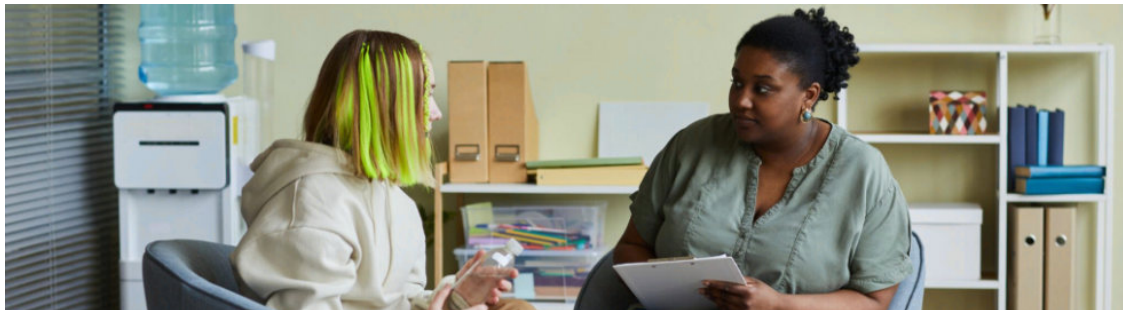
- Want to hear from Children and young people with SEND about how your experiences and information can be improved.
- Are looking for for young people aged 11-25 to take part.

- Value your time and you will receive a £20 thank you voucher of your choice for each workshop attended.

For any enquiries, contact the SEND Norfolk team on send@norfolk.gov.uk

Scan the QR code above or click the green button below to sign up and find out more.

Click here to find out more and to sign up for the SEND Youth Voice Day



Updates to the TALK Centre

We are excited to bring you news about the TALK Centre website. Due to funding changes, we are now able to offer some of our work to areas outside of Norfolk. This means that you no longer need to log in to use the TALK Hub.

You can head over to our website www.talkcentre.org. We hope this makes finding information and training easier and more convenient.

We continue to be funded by our local ICB to offer Mental Health Champion training, for free, to anyone in Norfolk and Waveney. [Our Mental Health Champions get access to additional local signposting and resources, as well as free training and networking opportunities.](#) You can become a Mental Health Champion by attending our free training.

The next year will bring new opportunities to the TALK Centre, and we are looking forward to sharing more exciting developments with you soon. Make sure you are signed up for our newsletter for all the latest updates.

Supporting you, supporting young people. Training, information and events for anyone working with children and young people.



Independence Matters

Independence Matters- new life skills room in Great Yarmouth

Learning how to carry out daily tasks, such as using a washing machine, supports independence and is also fun!

Our new life skills room at Great Yarmouth Community Hub is fully equipped for doing the laundry - an important life skill that supports personal hygiene and independence. It requires the ability to sort clothes, operate a washing machine and dryer, choose appropriate settings, and complete follow-up tasks such as folding and putting clothes away. This task develops planning, sequencing, and responsibility for personal care.

Great Yarmouth Community Hub, NR31 0LJ

Proudly supporting people with learning disabilities to live more independent lives:
01493 650504

great-yarmouth-community-hub@independencematters.org.uk

Find them on [Facebook](#).

To find out what other services Independence Matters offer in Norfolk click [here](#)



Website update: children out of school and alternative education



Visit our website for more
information

 WWW.IPSEA.ORG.UK



Children out of school and alternative education - IPSEA- website update

Independent Provider of Special Education Advice (IPSEA) Have a new page – alternative education.

We've updated our website with information on children out of school, including a dedicated page on alternative education.

These updates explain:

- When an LA must put in place alternative education for a child of compulsory school age
- Your views are important - LAs should consult with parents before arrangements are made
- Education must be suitable and full-time, and what that means
- What you can do if you are unhappy with proposed arrangements or the education in place

Find out more and what they mean for you on our website:

- [Children out of school.](#)
- [Alternative education.](#)

We also have a template letter ([template letter 22](#)) you can use to request alternative education.

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



SOS SEN

Adoption Virtual SEND Advice Centre

We are proud to introduce our new Adoption SEN Advice Centre, a dedicated service designed to support adoptive families navigating Special Educational Needs. We are committed to empowering families with the knowledge and resources they need at every stage of their journey.

Monday 11th May

11AM-12PM

 **Our Website**
www.sossen.org.uk

 **@SOSSpecialEducationalNeeds**



SOS;SEN Adoption virtual SEND advice centre

We are proud to introduce our new virtual Adoption SEN Advice Centre, a dedicated service designed to support adoptive families navigating Special Educational Needs. We are committed to empowering families with the knowledge and resources they need at every stage of their journey.

Our first session will take place on Monday 11th May from 11:00am to 12:00pm. If you'd like to book a free 30-minute appointment, please contact: admin@sossen.org.uk

To find out more about other services that SOS SEN offer click here



Kids flourish  **Norfolk**
County Council

What is Riding the Rapids?

When we describe Riding the Rapids as a “course” we sometimes hear a little groan...

We get it.

So many parent carers have been signposted to “parenting courses”

Riding the Rapids is not a parenting course

It's about teamwork and communication

It about understanding our children's behaviour in all its complexity

It's about the support and empathy that we give each other as parent carers

It's about the impact of sensory needs in a busy world

It's about allowing us to build self-care, self-compassion and managing stress

Scan here for the course outline from Encompass Psychology 

Drop an email to grace.hillard@kids.org.uk to learn more

Kids- Riding the Rapids course

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It's about allowing us to build self- care, self- compassion and managing stress

For a course outline about Riding the Rapids scan the QR code on the flyer above or click the green button below.

Drop an [email](#) to Grace Hillard at Kids to find out more.

For a course outline about Riding the Rapids [click here](#)

Kids Disabled children say we can

flourish

Norfolk County Council

Coffee and Connect Parent Carer Service Behaviour that Challenges Workshop

Friday 15th May
10:30am-12:30pm

Join us at the Family Hub in North Walsham for this free workshop that discusses behaviour that challenges and strategies that might help

Email natalie.tagg@kids.org.uk for more info

Family Hub and ECFS
Manor Road,
North Walsham,
NR28 9HG

Kids - Coffee and Connect Behaviour that challenges workshop in North Walsham

Kids are hosting a parent carer coffee and connect workshop on behaviours that challenge on Friday 15th May 10:30am- 12:30pm

Join Kids for this free workshop at the Family Hub in North Walsham to discuss behaviour that challenges and strategies that might help.

Family Hub and ECFS, Manor Road, North Walsham, NR28 9HG

[Email](#) Natalie for more information.

Kids

flourish

Norfolk
County Council

Dad's Time!

 Are you a dad, stepdad, grandad or male carer for a young person (0-18 years) with SEND?

Then this is for you!
Come and join us at Albion Games Cafe in Norwich for a drink, gaming and connection with other parent carers.



Tuesday 19th May
7:30pm-9pm

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

Email
hayley.huckle@kids.org.uk
for more info

Kids- Dads time at Albion Games café in Norwich
19th May

Kids are hosting a 'Dads time' at Albion games cafe in Norwich on Tuesday 19th May
7:30pm- 9pm. Join them for a drink, gaming and connections with other parent carers.

Are you a Dad, Stepdad, grandad or male carer for a young person (0-18years) with SEND?
Then this is for you.

21 St. Benedicts Street, Norwich NR2 4PF

Fore more information [email](#) Hayley.

Kids Disabled children
say we can

Registered Charity No. 275936

Coffee and Connect @ Thetford Family Hub

**March 18th – Behaviour that Challenges
Workshop**

April 15th – Parental Resilience Workshop

May 20th – Wellbeing

June 17th – Sleep Workshop

July 15th – Wellbeing



Join us for a cuppa at the Thetford
Family Hub, Kingsway, Thetford,
IP24 3DY.

10.30am – 12.30 pm

Email sally.macgregor@kids.org.uk for
more info

Kids- Coffee and Connect at the Thetford Family Hub May 20th - Wellbeing

Join Kids for a coffee and connect Wellbeing session on May the 20th, come and have a cuppa at the Thetford Family Hub, Kings Way, Thetford IP24 3DY. From 10:30am- 12:30pm.

Email Sally for more information.

Kids

flourish

Norfolk
County Council

How do I get a Parent Carer Needs Assessment?

The Parent Carer Needs Assessment (PCNA) is a chance for you talk to someone about how caring for your child with additional needs affects you and where you might need some extra help. It looks at things like health and wellbeing, work, free time and relationships with family and friends.

To request a PCNA contact from Norfolk County Council you can:
Call 0344 800 8020
Visit the Early help for children and families webpage and select "Request early help" to fill out the online form
Speak to your child's allocated worker, if they have one

Kids- How do i get a parent carer needs assessment?

To access some of our courses like Riding the Rapids you need a Parent Carer Needs Assessment - here's how to get one.

The Parent Carer Needs Assessment (PCNA) is a chance for you to talk to someone about how caring for your child with additional needs affects you and where you might need some extra help. It looks at things like health and wellbeing, work, free time and relationships with Family and friends.

To request a PCNA contact Norfolk County Council on 03448008020 or click [here](#) for the online form.

If you prefer, you can do the Parent Carer Needs Assessment with Kids and Norfolk County Council will arrange this for you. Please note that assessments done with us are still shared with Norfolk County Council. All parent carers can get support from us if they need it, whether their assessment is done with us or with Norfolk County Council staff.





New Musical Keys groups in Cromer

Off the back of several enquiries in North Norfolk, at end of last year we started two new groups in Cromer!

We're delighted with the response to these groups and are now in a position to offer a few spaces in each group.

The sessions are on the following Saturdays: May 9th, June 13th

The groups are for families and young people with additional needs. There is no eligibility criteria but we hope you have an interest in music.

Group 1 is 13:30 - 14:00 (for ages 5-13) and group 2 is 14:15 - 14:45 (for ages 13+).

The venue is Room 2, Merchant's Place, 16 Church St, Cromer NR27 9ES. Sessions are free to attend.

If you're interested in coming along then please send us an email to info@musicalkeys.co.uk or a message via [Facebook](#).

[Click here to find out more about Musical Keys](#)





Explorers Fest 2026-with Autism Explorers in Stalham in August

A family friendly SEND festival, celebrating inclusion and acceptance.

27th August 2026 10am- 5pm.

The Poppy Centre, Stalham, NR12 9BH

Food, stalls and music.

Entertainment, crafts.

Bouncy castle and games.

FREE ENTRY

[Click here to go to the Autism Explorers website](#)



PDA for Parents & Carers

12th & 19th May
10.00am - 12.45pm
Online

- What is PDA?
- What are demands?
- Helpful approaches
- Diagnosis
- Education
- Siblings

[PDA for parent carers online course from the PDA Society](#)

There's still time to get your ticket for our next two-day course exploring PDA for parents and carers.

On the 12th and 19th of May 10:am-12:45pm, online.

The two sessions cost £55 but if cost is a barrier, please [contact](#) our training team to discuss support options.

- What is PDA?
- What are demands?
- Helpful approaches
- Diagnosis
- Education
- Siblings

This is a safe space to learn about parenting a PDAer and to network with other parents in the chat. You don't have to join in or have your screens on if you don't want to, and you'll also be sent a recording after the event.

To find out more about the PDA Society click [here](#).

[Click here to book a place](#)





Library Nurture Group

 **Wednesday 20th May**

 **3:30pm to 4:30pm**

 **Aylsham Library NR11 6AA**

Are you a young carer? Home Educated or a young person with SEND? If so, come along to our drop in session



- For all ages 8 upwards (under 8's will need accompanying by an adult)
- Working in partnership with Norfolk Libraries, we will have a range of wellbeing literature and activities, lego and board games available
- Free hot drinks and a cookie
- Explore what your local library has to offer, and you could become a member
- Support available from Young Carers Education and Community Support Worker - Rowena Cove

No need to book but if you would like further information please contact rowena.cove@benjaminfoundation.co.uk



Registered with
FUNDRAISING
REGULATOR

borrow discover connect



Norfolk County Council

Charity Number: 1124936
Company Number: 3825425
benjaminfoundation.co.uk

Library nurture group- Aylsham Library- for young carers, home educated or a young person with SEND

Drop in library nurture group on Wednesday 20th May 3:30pm-4:30pm at Aylsham Library NR11 6AA.

Are you a young carer? Home educated or a young person with SEND? If so come along to our drop in session.

- For all ages 8 upwards (under 8's will need accompanying by an adult)

- Working in partnership with Norfolk Libraries, we will have a range of wellbeing literature and activities, lego and board games available
- Free drinks and a cookie
- Explore what your local library has to offer, and you could become a member
- Support available from Young Carers education and community support worker Rowena Cove

No need to book but if you would like further information please click [here](#) to send Rowena an email.

[Click here to find out more about the Benjamin Foundation](#)

[Click here to find out more about Carers Matter Norfolk Young Carers service](#)





ACTIVITIES
FOR YOUNG CARERS

SUMMER 2026

- 29 JULY** | 10am to 1.30pm | For ages 5-17yrs | **CARLTON MARSHES**
Including pond dipping, den building, woodland activities & children's play area.
- 12 AUG** | 10am to 1.30pm | For ages 5-17yrs | **NORWICH CASTLE**
A tour of the castle exploring the exhibitions
- 19 AUG** | 10am to 3pm | For ages 8-17yrs | **SAILING @ LUDHAM**
A day split between being out on the water sailing and exploring the boat yard at Hunter's Yard, Ludham



COMPLETING THE FORM IS NOT A GUARANTEE OF A SPACE. YOU WILL BE CONTACTED BY WEDS 8TH JULY CONFIRMING WHETHER YOU HAVE RECEIVED A SPACE OR NOT. TRANSPORT IS NOT PROVIDED.

For more information please email youngcarers@benjaminfoundation.co.uk

Activities for young carers summer 2026- The Benjamin Foundation

The Benjamin Foundation are hosting some activities over the summer for young carers.

29th July 10am-1:30pm for ages 5-17yrs **Carlton Marshes**. Including pond dipping, den building, woodland activities and children's play area.

12th August 10am- 1:30pm for ages 5-17yrs. **Norwich Castle**, A tour of the castle exploring the exhibitions.

19th August 10am- 3pm for ages 8-17yrs. Sailing at Ludham. A day split between being out on the water sailing and exploring the boat yard at Hunter's Yard, Ludham.

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

Completing the form is not a guarantee of a space. You will be contacted by Wednesday 8th of July confirming whether you have received a space or not. **Transport is not provided.**

For more information please [email](#).

[Click here to register for the young carers summer activities](#)





A place where children can
Connect, **Learn**, feel **Understood** and **Belong**.



Wellbeing Workshops



Tween & Teen Circle



Parent & Child Sessions



SEN Friendly Activities

Be the first to know about:

- Early Access To Sessions
- Opening Event Invitations
- New Classes & Clubs

Join Our Waiting List



www.calm-cats.com

Coming soon to Thorpe End The C.L.U.B a wellbeing space for children and families

The Club- a place where children can Connect, Learn, feel Understood and Belong, brought to you by Calm-Cats.

- Wellbeing workshops
- Tween and teen circle
- Parent and child sessions
- SEN friendly activities

Be the first to know about:

- Early access to sessions
- Opening event invitations
- New classes and clubs

To join the waiting list scan the QR code on the flyer above or click the green button below.

To join the C.L.U.B waiting list click here



Autism Anglia Community Connect Is Expanding: Launching in Norwich and Mid-Norfolk This May

We're excited to share some important news for autistic people and families across Norfolk.

After the success of our Community Connect service in Colchester and North-East Essex, Autism Anglia is delighted to announce that Community Connect is launching in Norwich and Mid-Norfolk from 1st May. This expansion marks a significant step forward in our commitment to making autism and ADHD-informed support more accessible, flexible, and community-based for families who need it.

"Demand for autism and ADHD support continues to rise, and too many families are left waiting without the guidance they need. By expanding Community Connect into Norwich and Mid-Norfolk, we're making sure families can access timely, informed support that is local, flexible, and designed around real life."

James McQuiggan, Chief Executive, Autism Anglia

Over the past few years, Community Connect has supported hundreds of families who were looking for clarity, guidance, and reassurance while navigating autism and ADHD. The feedback has been clear: when people can access the right support at the right time, it makes a meaningful difference.

Now, we're proud to be bringing that same support to even more communities, this time across Norfolk.

What Is Community Connect?

Community Connect is Autism Anglia's community support service designed to help autistic people and their families feel less alone while navigating complex systems, long waiting periods, and everyday challenges.

The service provides friendly, practical guidance for autistic people (aged 0–25) and their parents, carers, and guardians. It's designed to meet people where they are. Emotionally, practically, and now geographically.

Through Community Connect, families can access:

One-to-one support

Clear, jargon-free guidance

Reassurance from autism-informed professionals

Help navigating next steps

A space to ask questions without judgement

The service has been running successfully in Colchester and North-East Essex for some time, and the impact has been significant. Families have told us how valuable it is to have someone on their side and especially during periods of waiting or uncertainty.

Why We're Expanding to Norwich and Mid-Norfolk

Demand for autism and ADHD support continues to grow, and we know that many families across Norfolk are facing similar challenges to those we see elsewhere: long waits, unclear pathways, and difficulty accessing timely guidance.

By expanding Community Connect into Norwich and Mid-Norfolk, we're ensuring that more families can access support that feels:

Local

Approachable

Flexible

Understanding

Easy to access

This expansion reflects what we've learned directly from our communities – that early, accessible support can reduce stress, build confidence, and help families feel more in control of their journey.

One-to-One Support Launching From 1st May

From 1st May, families in Norwich and Mid-Norfolk will be able to access one-to-one Community Connect support through our referral service. Here, families can arrange to chat one-to-one with our team at a mutually convenient time, either in person or on a call.

Introducing Monthly Online Drop-Ins from 1st May

As part of the Norwich and Mid-Norfolk launch, Community Connect will also be offering a regular online drop-in, taking place on the first Thursday of every month.

These sessions are designed to make accessing support as simple and stress-free as possible.

How it works:

Visit the [Autism Anglia website](#)

Book a 15-minute slot that works for you

Join a simple online video call

Speak directly with a Community Connect team member

We understand that many people in our communities are working parents and carers, and

that traditional daytime drop-ins don't always work. That's why we've built flexibility into how the service is delivered.

There's no need to travel, no need to take time off work, and no pressure to prepare anything in advance. You can join from home, work, or wherever feels most comfortable.

Who the Service Is For

Community Connect in Norwich and Mid-Norfolk is open to:

Autistic children and young people aged 0-25

Parents, carers, and guardians

Families who are waiting for assessment or diagnosis

Families with or without a formal autism or ADHD diagnosis

You don't need to be at crisis point to access support. Community Connect is there to offer guidance early helping families feel clearer, calmer, and more supported.

Why Flexible Support Matters

Families have told us repeatedly that flexibility is key. Support that only runs during office hours can unintentionally exclude people who are juggling work, caring responsibilities, and busy home lives.

By offering online, bookable sessions in the evening, we're ensuring that:

Working parents can access support

Carers don't have to choose between responsibilities

Young people can attend in a familiar environment

Support fits around life and not the other way around

This approach has already made a real difference in other areas, and we're excited to see the impact it will have across Norfolk.

Looking Ahead

This launch is just the beginning. Over the coming months, we'll be sharing more updates as Community Connect becomes established in Norwich and Mid-Norfolk.

We're incredibly excited to meet families across the area and to welcome you to one of our online drop-ins soon.

If you'd like to find out more, book a session, or speak to the team, keep an eye on our website and social channels for further details.

[Click here for the Autism Anglia Facebook page](#)





Norwich Airport
Part of Regional & City Airports

**HAVE
YOUR
SAY!**



CAA ASSISTED TRAVEL SURVEY

If you've used our Assisted Travel Service
then we'd love to hear from you.

Have you used assisted travel at any UK airport?

If you have used assisted travel the Civil Aviation Authority would love to hear from you.

Got a few minutes to spare? Please share your views on our Assisted Travel Services by clicking [here](#) to complete the latest CAA passenger survey on quality of assistance provided to disabled and less mobile passengers.

You will be asked to rate the service at your UK departure airport and UK arrival airport. If your flight connected to another flight at a UK airport, you can also rate the assistance for this part of your journey.

The survey should only take a few minutes to complete. It is an anonymous survey and you will not be asked to provide any personal information which could be used to identify you.



Be Inspired. Be Heard. Be You.

Sensory & Inclusive Music Lessons
Message us to find out more or arrange a taster session.

A calm space.
A choice of instruments.
A session led by your child.

JDT
MUSIC ACADEMY

Sensory and inclusive music lessons at JDT music academy in Dereham

Our Inclusive Music Sessions offer a calm, dedicated sensory space where children can explore, create, and express themselves through music in their own way.

With a wide range of instruments and child-led exploration, sessions are carefully tailored to suit each child's individual needs. Music becomes a tool for communication, confidence, emotional regulation, social connection, and sensory discovery.

Delivered by experienced SEND music specialists with a deep understanding of sensory needs, these sessions are suitable for all ages.

Get in touch to find out more or book a taster session.

Be Inspired. Be Heard. Be You.

Tel: 01362 694817 Email: office@jdtmusic.co.uk

[Click here to go to JDT music academy website](#)




Under 5s Healthy Child Drop-in

Our under 5 healthy child drop-ins are open to all families with children under the age of 5 years.

You do not need an appointment to attend, you can just drop in and ask the health visiting team any questions about your baby or child's health, development or growth.

You can get advice about:

- Infant feeding
- Healthy lifestyles
- Child development
- Emotional health
- Behaviour and sleep
- Toileting
- Anything else you are concerned about.



Drop-ins available across Norfolk. To find your nearest venue visit:



justonenorfolk.nhs.uk/under-5-healthy-child-drop-in

No appointment needed!



Under 5s healthy child drop- ins available across Norfolk

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You can get advice about :

- Infant feeding
- Healthy life styles
- Child development
- Emotional health
- Behaviour and sleep
- Toileting
- Anything else you are concerned about.

Drop - ins are available across Norfolk scan the QR code above or click the green button below to find a drop- in closest to you.

[Click here for more details of the under 5s healthy child drop -ins](#)



SCOPE

Scope-Supporting siblings of a disabled child

If your disabled child has brothers and sisters, they may need time to talk about their feelings.

Click the green button below to learn more about:

- Talking about your child's condition
- Story books for children who have disabled brothers and sisters
- Tips for supporting a disabled child's siblings
- Days out for disabled children and their families
- Respite care ([Link to Norfolk Short Breaks service](#))
- Organisations supporting siblings

Supporting siblings of a disabled child



NORFOLK DEAF FESTIVAL

Presented by:
the **forum**

Norfolk Deaf Festival

• Belong • Connect • Celebrate

Friday 26 and
Saturday 27 June
2026

DEAF RAVE

Norfolk Deaf Festival 26th and 27th of June

Norfolk Deaf Festival is back!

Join us for a joyful two-day celebration of D/deaf culture and community.

Norfolk Deaf Festival celebrates equality, empowerment, education and inclusion. It promotes deaf awareness and accessible communication through sign language and technology, showcases inspiring deaf role models, offers skill-building and volunteering opportunities, and helps professionals better support the D/deaf community.

Most of all, it brings everyone together - deaf, hard of hearing, and hearing - to connect, learn and celebrate. Whatever your hearing loss, you are not alone.

Interested in exhibiting?

Are you part of a deaf-led or deaf-related organisation, service, charity or creative business? Join us at Norfolk Deaf Festival 2026!

Get in touch! Email Eleanor Craik, Norfolk Deaf Festival Producer for more information - eleanor.craik@theforumnorwich.co.uk

Join the newsletter!

Get the latest news, opportunities and events from the Festival by signing up to the Norfolk Deaf Festivals [e-newsletter](#).

For up to date information about the 2026 Norfolk Deaf Festival click [here](#) for their Facebook page

The banner features two women smiling. On the left, a woman with long brown hair wearing a brown jacket and a white scarf. On the right, a woman with short dark hair wearing a black jacket. In the center is a large yellow circular logo with a blue map of Norfolk and the text 'NORFOLK DEAF FESTIVAL' and a hand icon. Below the images is a dark blue information bar with a yellow date box on the left.

SUN 3 MAY

10am and 1pm : The View

Contact the organiser to book your tickets

Norfolk Deaf Festival Free

Learning

ndf@theforumnorwich.co.uk

Norfolk Deaf Festival: Sensory Creativity Day

Join us for inclusive creative workshops led by deafblind artists

We're hosting two creative workshops for adults. These are free to attend, but you must book your space. You're welcome to attend one or both.

When: Sunday 3 May, 10am until midday and 1-3pm

Where: The View, in The Forum, Norwich NR2 1TF

10am until 12 midday: Sensory art and communication confidence workshop with Lara Scott
Create sensory art using clay and learn some simple deafblind awareness skills in this friendly, relaxed workshop.

1-3pm: Floral arrangement and social haptics confidence workshop with Sarah Faulds and Rebecca Atkinson

Make a floral arrangement to take home using scented flowers and tactile foliage, plus the opportunity to build confidence and learn basic social haptic and deafblind manual communication skills in a fun, friendly group.

For more information and to book email Norfolk Deaf Festival Producer Eleanor:

ndf@theforumnorwich.co.uk



An ask from Norfolk County Council for your feedback on OAP (Ordinarily Available Provision) and the PEaSS (Provision Expected at SEN Support)

Dear Parents/ Carers,

As part of Norfolk County Council's Local First Inclusion Project 2 (Ordinarily Available Provision plus ESP Process Development), we are undertaking a review of the tools available to support settings in shaping their inclusive provision as part of their Ordinarily Available Provision. These documents are the Early Years OAP ([link to download Ordinarily Available Provision](#)) and the PEaSS (Provision Expected at SEN Support, [Provision expected at SEN support \(PEaSS\) - Norfolk Schools and Learning Providers - Norfolk County Council](#)).

To ensure we are effectively supporting all phases of education, from Early Years through to Post-16, these tools will be reshaped into one consistent resource to support professionals across all educational settings.

We are seeking feedback from settings about the tools to help inform our development work.

Alongside this, both the OAP and PEaSS are documents that parents/ carers are able to access to support them in having positive provision discussions with their child/ ren's setting/ s. Listening to our families is very important to us, so we have developed a separate survey to gather parent/ carer feedback about these tools. Please could we ask that you use the link below to complete the survey. [OAP and PEaSS Parent/ Carer Survey – Fill in form](#)

The deadline for completing the surveys is 12.06.26, and we will share the findings of the surveys with you in due course.

Many thanks in advance for your support.



SENDIASS Spotlight e-newsletter April 2026

SENDIASS UPDATE

We're delighted to share some positive updates from the SENDIAS team this month.

We're excited to welcome Frances, our new SENDIAS Advisor, who has already thrown herself into her training with great enthusiasm. As part of this, you may start to see Frances at our library drop-ins and outreach sessions, where she'll be learning alongside the team and beginning to meet families and professionals.

Congratulations are in order for Emma, one of our Engagement and Advice Team, as she has now successfully completed her training. Emma is currently out and about independently, meeting with families, children and young people, as well as professionals, across our outreach sessions and library drop-ins. This marks an important milestone, and we're delighted that Emma is now able to offer support directly within the community.

We know that family life can be busy and that plans sometimes change. If you find that you no longer need a scheduled appointment, we'd really appreciate it if you could let us know as soon as possible. At the moment, we have a high demand for our service and there are wait times for appointments. We've had several occasions where appointments have been missed

or cancelled at the last minute, which means we're not able to offer that time to another family who may be waiting for support. Wherever you can, please try to give at least 24 hours' notice if you need to cancel or rearrange. This small step helps us reuse appointments and make sure support is available to as many families as possible. We completely understand that unexpected things do happen, and we're grateful for your help and understanding in working with us to support everyone who needs our service.

We'd also like to remind you that the SEND Reform consultation is currently open and provides an important opportunity for parent/carers and professionals to have their voices heard about the future of SEND support. The consultation closes on 18 May, and we strongly encourage you to take part and share your views. [SEND reform: putting children and young people first - Department for Education - Citizen Space](#)

We're also continuing to gather testimonials from parents, carers, young people and professionals. These voices are incredibly powerful in showing the real-world difference SENDIASS makes. They help us demonstrate to decision makers - locally and nationally - the impact of our support, the gaps that still exist, and the value of investing in accessible SEND information, advice and guidance. If you'd like to share feedback, please email us at norfolksendiass@norfolk.gov.uk or add it to our pinboard here [Feedback and parent/carer pinboard | Norfolk SENDIASS](#)

Thank you, as always, for your continued engagement and support.

Niamh Keane, SENDIASS Manager

[Click here for the April edition of the SENDIASS Spotlight](#)





**Norfolk and Waveney
Talking Therapies**

Are you a Carer?

Are you living in North Norfolk or West Norfolk?

We are inviting people who have a lived experience of being a carer, to take part in a 1:1 conversation with our People Participation Lead.

What's involved?

You'll have a relaxed 1:1 chat with our People Participation Lead by telephone, online, or in-person whichever suits you best. They will ask a few questions about your experience of caring for a loved one and/or being a paid carer, and how we can improve and promote our service to reach and support carers when they need it most.

Your feedback will be anonymous

Interested? Want more information: Email:
Peopleparticipation@norfolkandwaveneymind.org.uk

OR Scan the QR Code to complete the consent form.






for anxiety and depression

Norfolk and Waveney Talking therapies would like to have a conversation with carers living in West Norfolk

Hello, We have an exciting participation opportunity, where we would like to invite carers living in North Norfolk or West Norfolk to take part in a 1:1 conversation with our People Participation Lead within the Norfolk and Waveney Talking Therapies service. Participants will be asked a few questions about their lived experience of supporting a loved one and/or working as a paid carer and we would greatly appreciate participants feedback on how we can promote our service to reach and support carers when they need it most.

What to expect:

A relaxed conversation lasting around 20 minutes

Take part in a way that suits you best: telephone, online, or in-person & at a time that suits

you best.

This is a voluntary opportunity (no payment), but your insights may help shape our service.

If you would like to get involved, simply scan the QR code on the poster above to complete the consent form, or click the green button below or email:

Peopleparticipation@norfolkandwaveneymind.org.uk for more information.

[Click here to complete the consent form and find out more](#)



Early Needs and Support Mapping Project

We want to help children and young people in Norfolk and Waveney get the right support, at the right time.

To do this we are creating a new digital tool. Children, young people, families, and professionals are helping us design it. We want it to support the real needs of the people who will use it, which is why your ideas are so important.

Why we're doing this?

Families have told us that they want:

support quickly, without long waits

- clear information about where to get the right help
- support that helps with all areas of their child's wellbeing

What will it do?

The digital tool will be on the Just One Norfolk website. It will help by:

- spotting what a child is good at, and what they need help with, before problems get worse
- matching each child with support that fits their needs
- giving quick and flexible help so families don't have to wait without support
- giving families and professionals confidence in what support is available

When is this happening?

Work has already started. A first version will be ready by April 2027. Children, young people and families will help test and improve it to make sure it's effective and easy to use.

Where it will be used?

It will be used in Norfolk & Waveney first. Then it will be used across the wider East of England Community Health & Care area.

Who is involved?

- children, young people and families
- community and hospital teams
- schools
- colleges
- early years settings
- public health
- local authority and ICB staff
- voluntary and community groups
- digital teams
- Family Hubs.

How are we making this change happen?

We are:

- learning from other areas that use similar tools
- listening to what families tell us they need
- working with clinical staff to make safe, high-quality information

How will we know it's making a difference?

- parents, young people and professionals will say they feel more confident spotting needs and giving help quickly
- all children and families will be able to get the right help without being passed between services or having to tell their story again and again.

For more information and to get involved click here to email Stephanie



Norfolk Learning Disability Partnership Board

Locality group meetings

What are the Locality groups?

There are 5 Locality Groups in Norfolk.

The Different groups are:

- Norwich - meeting on May 13th, 2026 at 1:00 pm - 2:30 pm
- North Norfolk - meeting on May 20th, 2026 at 1:30 pm - 3:00 pm
- Kings Lynn and West Norfolk meeting on - May 28th, 2026 at 1:30 pm - 3:00 pm
- South Norfolk meeting on - June 19th, 2026 at 1:30 pm - 3:00 pm
- Great Yarmouth meeting on - June 24th, 2026 at 1:30 pm - 3:00 pm

Anyone can come to the Locality groups, but they are made for people with a Learning Disability.

At the Locality groups we might ask for your ideas or have guest speakers.

At these meetings in May and June, we will be joined by Norfolk County Council staff to continue their work on **employment, learning and activities**.

Start thinking:

1. What do you like about your support people?
2. What new skills have you learned and who helped you?
3. What activities do you enjoy most and why?

In addition to this at the Norwich locality group Members from Assist Trust will also talk about their experiences of volunteering, employment and travel training support.

[Click here for more details of the Locality group meetings](#)





Help for psychology The Giantess Project

Overview: 'Giantess' is a pioneering arts-and-psychology collaboration designed to support neurodivergent young people in the Norwich area. Using the framework of Celtic mythology, participants will co-create a musical that addresses modern environmental anxieties while building self-esteem and social cohesion in a friendly, and supportive environment.

Key Partners:

- Clinical Lead: Dr. Judy Eaton and her team at Help for Psychology
- Artistic Lead: Dr. Susannah Self (Renowned composer, singer, and teacher with extensive experience in community opera and inclusive arts).
- Venue Partner: Norwich Theatre Royal (donating rehearsal space to support local community access).

The Schedule:

- Dates: Five Thursday sessions in May, June, and early July.
- Time: 4:30 PM – 6:30 PM.
- Location: Rehearsal Space, Norwich Theatre Royal.
- Final Outcome: A showcase performance of the musical developed by the group.

Project Goals:

1. Positive Neurodiversity: Focusing on the unique creative strengths of ADHD and Autistic minds rather than a 'deficit' model.
2. Eco-Agency: Giving young people a creative outlet for climate anxiety through the empowering metaphor of the Giantess.
3. Clinical Support: Artistic expression (mask-making, singing, design) combined with on-site support from Dr. Judy Eaton's team to manage social anxiety and sensory needs.

Cost: Offered entirely free of charge for up to 12 participants

[Click here to send an email to register interest in the Giantess project](#)



This Event is supported by the Department for Education.
Hosted by Dingley's Promise: Early Years SEND Specialists
DINGLEY.ORG.UK



Early Years Whitepaper Consultation Online Engagement Events

Giving families of children with SEND in the early years a chance to ensure your voice is heard.

[Dingley's Promise](#) is a charity providing specialist education to children with SEND in the early years and support to their families.

We are hosting a series of facilitated online early years events for parents of children with SEND under 8 years of age to discuss the thoughts and concerns about the proposed SEND reforms highlighted in the Schools Whitepaper for early years education. These sessions will explore the key proposals in the whitepaper, break down the consultation questions, and provide families with the opportunity to share their experiences and have their voices heard.

This is a wonderful opportunity for parents to share their thoughts and feelings about the consultation proposals in a facilitated way within a supportive environment alongside early years SEND specialists.

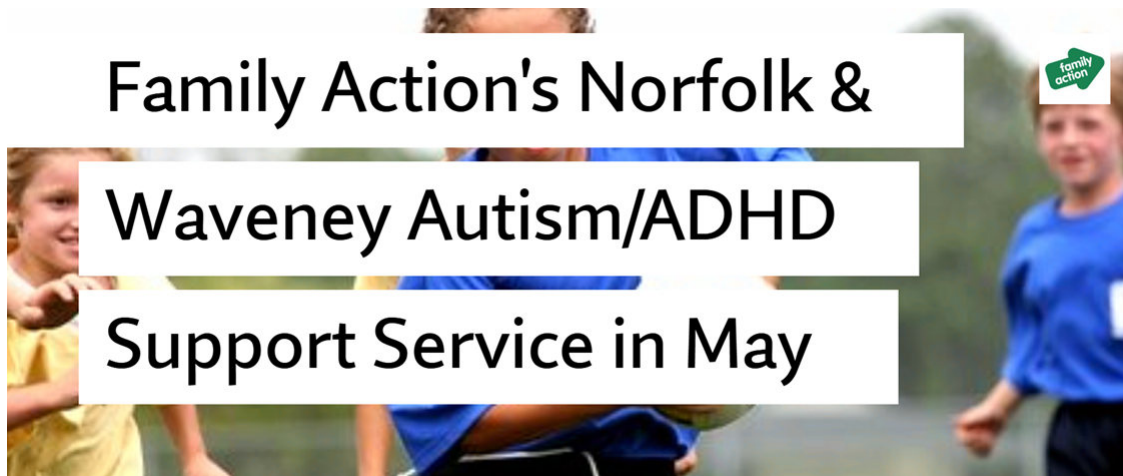
Online session dates & times:

Tuesday 12th May, 12pm-1pm

Wednesday 13th May, 6pm – 7pm

Thursday 14th May, 6pm – 7pm

To find out more and book a place [click here](#)



Family Action Norfolk and Waveney Autism / ADHD Support Service Newsletter May 2026

It appears the weather has finally taken a long-awaited turn for the better.

We can all begin to think about doing more outside on these warmer days and lighter nights.

In this newsletter we want to reinforce the benefits of exercise and activities, indoors or outside, which can support the wellbeing of all children and young people in ways that reach far beyond physical fitness.

It can be difficult sometimes to introduce a new hobby or activity to a child or young person who is neurodivergent. The thought of mixing with new people can cause some anxiety. Perfectionism might mean that competition and the idea of occasionally losing may be hard to handle. Attachment to the established routine of the week may prove to be a barrier.

But watching your child find an activity they genuinely enjoy can be transformative. For neurodivergent children, the right sport or movement-based activity can become far more than just a hobby—it can be a place where they feel confident, capable, regulated, and understood.

Read on for further discussion of the benefits of exercise for neurodivergent children.

This month's newsletter includes:

- Welcome
- Online Workshop for May
- Drop-In Groups in May
- Meet the NWAASS Team
- Exercise and Neurodivergence
- Plan Bee Courses
- Puffins Courses
- Norfolk & Waveney NHS Integrated Care Board

Family Action Website and FamilyLine
About our Service - contact details

[Click here for the Family Action May newsletter](#)



Proposal on support for pupils with medical conditions at school - open consultation deadline extended to 15th May

Consultation description

The Department for Education is consulting on proposed updates to the statutory guidance on [supporting pupils with medical conditions at school](#).

The consultation seeks views on proposals to strengthen the way children and young people with medical conditions and allergy are supported and kept safe, by:

- requiring every setting to have a published medical conditions policy
- strengthening Individual Healthcare Plans (IHPs)
- strengthening recording, reporting and learning from serious incidents and 'near misses'
- introducing a new requirement for a separate, published allergy safety policy, including training and the use of adrenaline devices

Your responses will help us finalise revised guidance for schools and inform wider work to improve safety, consistency and inclusion for children and young people with medical conditions and allergies.

[Alternative formats](#) of the consultation are available including Easy Read and British Sign Language.

[Click here to give your views on the Government consultation- support for pupils with medical needs at school](#)





Norfolk and Suffolk Integrated Care Board

Transforming Care Navigators

Transforming Care Navigators are a team of education, health and social care professionals experienced in working with children and young people with autism and/or a learning disability.

The Navigator service is available to support children and young people who meet the following criteria:

The young person must:

be aged between 0-25 years old
have a diagnosis of a learning disability, autism, or both

Either in:

Tier 4 Hospital (0-18)
Specialist MH/ASD/LD Hospital (18-25)
Secure Hospital (low, medium or high) (18-25)

Or:

On the Dynamic Support Register (DSR)
Regularly (4 or more within six months) requiring crisis interventions (For Example: Police, Ambulance, CAIST, CRHT, A&E) due to a mental health difficulty.
Living in a community residential placement/ residential educational placement, and the provider has raised concerns that they feel unable to meet the young person's needs and the placement is considered unstable.
At imminent risk of moving into a community residential placement/ residential educational placement.

Alternatively, the young person must:

be aged between 0-25 years old
have a diagnosis of a learning disability, autism, or both

AND meet both of the following criteria:

Not leaving their home/residential setting for any appointments or social interactions or to have health needs met.
Regularly (50% or more) not attending their educational placement or is in receipt of medical needs provision

The Transforming Care Navigators will join your current care team to support you and your family. Our team know that you understand your care needs better than anyone. Therefore, a Navigator will work with you to get to know your needs and identify what you might need help and support with. Your family can also be involved if you would like them to be.

How the team can support you

A Navigator might support you by:

Visiting you at home, in the community or at school/college/university/your place of work.

Talking to you, or your family on the telephone.

Helping you to understand your care and support options, so you feel confident to make decisions.

Helping you and your family to talk to professionals and to attend meetings with you.

Helping you to access services that might be able to help you.

Giving you information in a way that works for you and will help you to understand what treatment is available to you.

Helping you to understand how the health, education and social care teams work together.

Being the main contact for you and your family.

Making sure that you are as involved as you want to be.

Making sure your family is as involved as you want them to be.

Contacting the team

The Navigator team can be contacted by email: nwicb.cypnavigators@nhs.net

Team operating hours are Monday – Friday, 9am- 5pm.

Making a referral

Anyone can make a referral to the Transforming Care Navigators service, by completing the [referral form](#).

The Kooth logo is centered on a teal rectangular background. The word "kooth" is written in a bold, lowercase, sans-serif font. The letter 'o' is replaced by a stylized speech bubble icon with a white outline and a small white dot inside, representing a mouth or a sound wave.

Kooth- transitions toolkit

The summer time is always a whirlwind, especially for young people who are moving on. To help you navigate these transitions, we've put together a free transitions toolkit. These resources are designed with our clinical team to give young people the emotional tools they need to thrive over these next few months.

[Explore the full toolkit here](#)

In sessions: Ready-to-go resources

Save time on prep with these simple, high-impact tools:

"Moving on" video: A 15-minute, plug-and-play session perfect for exploring change.

Visual prompts: Use our "Change happens" and "It's a big moment" posters to help normalise the uncertainty of growth.

For young people leaving education: Practical next steps

Whether they're heading into the workforce or off to campus:

Starting work: Share our "Leaving school and starting work" article for practical advice on that first professional leap.

The next steps journal: A dedicated space for students to reflect, set goals, and plan their future with confidence.

Uni fears podcast: An honest look at "feeling like a failure" at university to help students tackle common higher-education worries.

Summer wellbeing: Staying connected

[Kooth](#) is here all year round to ensure no young person feels unsupported.

Processing change: Our "Letting go" meditation helps students find closure at the end of the term.

Summer purpose: Encourage positive habits with our article on volunteering and wellbeing.

Don't forget: Kooth is always free, safe, and confidential. Students can access live 1:1 chats with practitioners from 12pm-10pm on weekdays and 6pm-10pm on weekends. They also have 24/7 access to self-help tools and peer support.

How we can support you during Mental Health Awareness Week: 11th-17th May

This year for Mental Health Awareness Week, we're exploring what "taking action" truly means.

We're catching up with [Kit Birks](#), who is currently walking the length of Europe for suicide prevention. We're asking Kit - who has thousands of social followers - to share how she takes action for her mental health to help young people gain inspiration and tips.

Look out for our daily [social](#) clips during MHAW and upcoming podcast to support your community's wellbeing.

Kooth supports children and young people aged 10 to 18 (up to their 19th birthday).



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
- 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
 -  [FamilyVoiceNorfolk](#)
- Or if you are a family member you can 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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