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family voice norfolk
together improving services

newsletter
September 2025



Dear Parents and Carers

Welcome to our latest newsletter. We hope you will find the information and events we've listed to be helpful and don't forget, if you do go to an event or new group, please do let us know how you get on. And let the organiser know you spotted them in our newsletter!

THANK YOU!

We'd like to thank you all for sending us your feedback recently. We had asked about confidence in mainstream schools and SEND, what the start of the new academic year was like for families using provided SEND transport and, there was, of course, our monthly 'ask' about health services and issues being faced by families. You are so important and your voices reach a wide audience. Your thoughts on confidence in mainstream settings and SEND were delivered at a national level and it was great to have Norfolk families' views represented. Your feedback on transport will shortly be pulled anonymously into a report for Local Authority awareness and once we receive a response, we will update you on that. As for every month, health service issues are shared and acted upon and often, those who have shared their experiences do get a direct response from services if consented.

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Generation GO! Get on the bus and enjoy your freedom!

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Become a parent champion volunteer for Norfolk County Council

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Nina's Foundation -The Nuture Hub in Thetford SEND groups

Norfolk and Waveney talking therapies- social events

Recovery College- Autumn and Winter timetable

The Lightyear online STEM Youth Group- (Science, Technology, Engineering and Maths)

Are you aged 11-15 and have a sibling with learning disabilities? A post graduate researcher at the UEA needs your help!

Calling all young carers - Challenge Woods free event on the 29th of October in Norwich

Norfolk SENDIASS Spotlight September 2025

Mini First Aid - North Walsham 10th of October

Easy way to share our newsletter



Magic Acorns- Sensory play for ages 0-3 in Great Yarmouth

Magic Acorns offer fun, sensory sessions for families with children age 0 - 3 who find regular groups tricky.

Our artists are trained to work with young children with a range of needs and diagnosis is not necessary.

Sessions are free but families need to book so we can manage everyone's needs.

Sensory Play is open to families who live in or near Great Yarmouth.

Sessions take place on a Tuesday at 1-2:30pm at 2 Stone Cutters Way, Great Yarmouth NR30 1HF.

Click here to find out more about Magic Acorns



Family Action Norfolk & Waveney Autism/ADHD Support Service newsletter for October 2025

This month we are focussing on The October ADHD Awareness Month.

Our Online Workshop for October will also be on the topic of ADHD, please join us on the day if you want to know more about ADHD. Full information on this event and joining details can be found in the newsletter.

To read the latest newsletter click here



YoungMinds- Parents Helpline- extended opening hours

I'm reaching out to share some exciting news from YoungMinds that we believe will make a meaningful difference to families across the UK. Our Parents Helpline, a vital support service

for parents and carers concerned about a child or young person's mental health, has now extended its operating hours to better meet the needs of the parents/carers we support.

New Parents Helpline Hours:

Tuesdays and Wednesdays: Will be now open from 9.30am – 6pm
Monday, Thursdays and Fridays: Will be open as usual from 9.30am – 4pm

This change means we can be there for even more parents and carers during the times they need us most - offering free, confidential advice and guidance from our trained team of advisors and specialists.

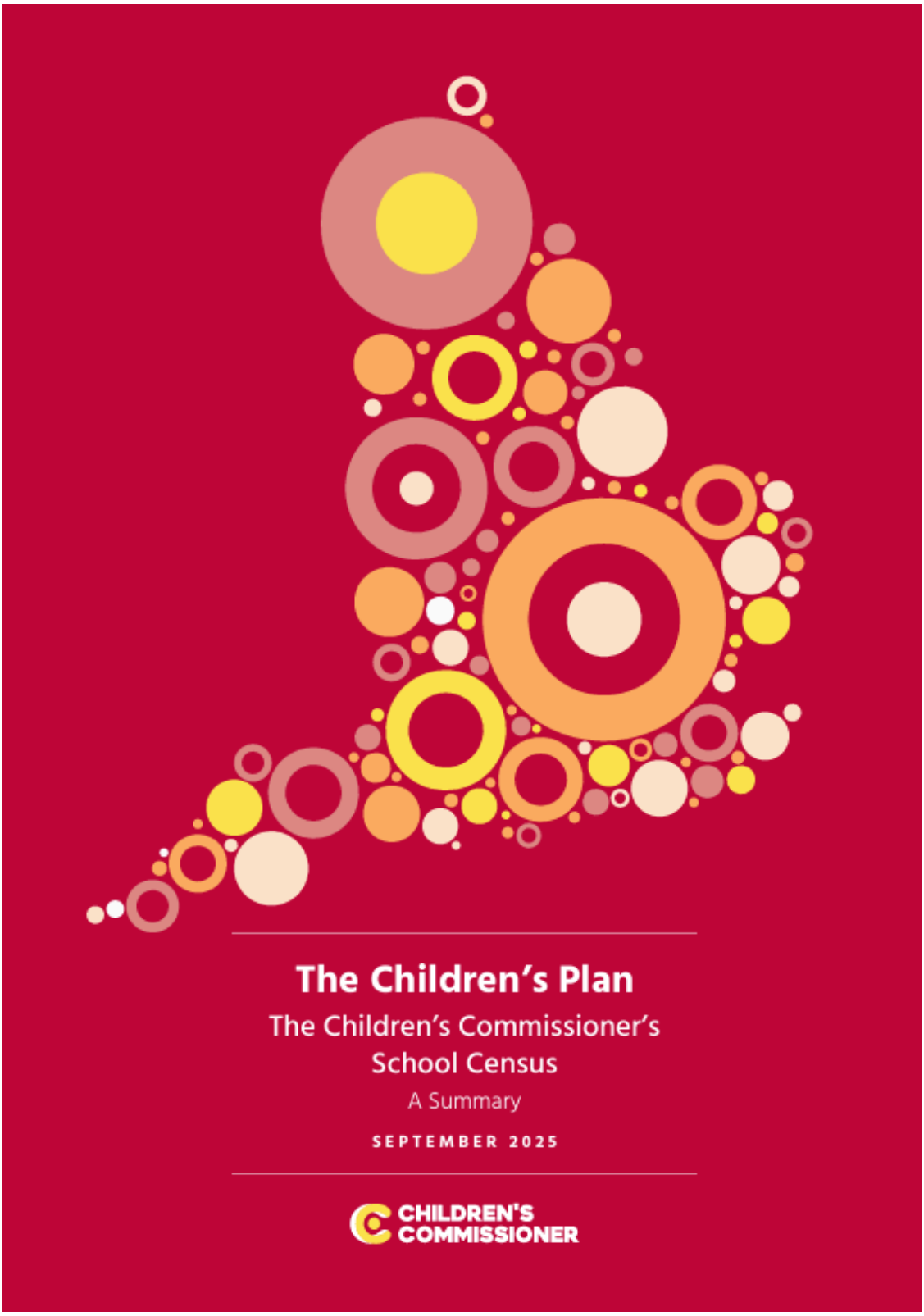
Our Trained advisors can offer tailored support if you are worried about a change in your child's behaviours or emotions.

Contact YoungMinds parent helpline on **0808 802 5544.**

* This free and confidential service is open to all parents and carers.

To find out more about YoungMinds and how they can help with young people's mental health click here





The Children's Plan- The Children's Commissioner's School Census

'For the first time as Children's Commissioner, I have used my statutory powers to ask all schools, and colleges, a set of questions. A census in response to what children told me they wanted and needed to attend, engage, attain, and excel. I want to thank every school and college leader who took the time to respond and helped provide this unique national picture of children's experience of education. Without them it would not have been possible to get, for the first time, such comprehensive proof of how much schools and colleges are doing to

support every child, how much they are trying to know and care for their children despite the challenges'. -Dame Rachel de Souza

Some of the proposals are:

4b: A broader approach to statutory support
A new system of statutory education support should be built on a more specific understanding of children's needs. All plans should be offered through the Children's Plan information management platform, digitised, standardised where possible, and built on the strongest possible evidence base. That should have a number of key elements:

- A new Education Plan for all children who need specialist support to engage in education, over and above a core school offer. This would set out the support they should get from their school, or from their local area. For instance, that would include all children who don't meet the expected standard at the end of Key Stage 2, who are suspended or excluded, or who are severely or persistently absent. In some cases, children with just an education need – and not health or care needs – may need to access a special school place. An education plan would enable that.

- Where a child has multiple needs that should be reflected in their plan. Children with health and education needs should receive and Education and Health plan (EHPs) and those with care needs an Education and Care Plan (ECPs). This should be supported by a single national threshold for Section 17 Assessment under the Children Act, rather than allowing local authorities to set their own criteria for an S17 assessment. Children's social care should always play an active role in the provision of ECPs and health in the provision of EHPs. EHCPs should be only for children whose needs span across education, health and care. They should be offered through the Children's Plan platform and should reflect the three areas of need:

- Importantly, a small number of children should now receive EHCPs automatically, for instance those with life-long and life-limiting conditions. These should go up to the age of 25. There should be a clear focus on ensuring that these plans are well-written and delivered quickly.

- EHCPs should be genuinely multi-disciplinary and should be funded from the pooled budget used to fund local area specialist support. This is described in more detail under recommendation 5. (Page 86 of the full version of the Children's Plan- see below).

• All plans should be standardised, digitised, and set out the support children and young people need to engage in education.

• As well as being evidenced based, interventions set out in Children's Plans should not be at profit making providers. No one should be making a profit from providing services for the most vulnerable children.

Click here to read the Summary document of The Children's Plan (20 pages)

Click here to read the full version of The Children's Plan (111 pages)

Pathological Demand Avoidance (PDA) Supporting Children and Young People with a PDA Profile document written by ASD Helping Hands

Pathological Demand Avoidance (PDA) is a behaviour profile that sits under the umbrella of the autism spectrum. People with PDA share many characteristics with others on the autism spectrum, such as difficulties with social interaction, communication, and sensory processing. However, the most distinctive feature of PDA is an intense avoidance of everyday demands and expectations—something that goes far beyond simple defiance or stubbornness.

ASD Helping Hands has created a useful document all about PDA.

Click here for the PDA support document

AllergyUK | Supporting people living with allergy
#itstimetotakeallergyseriously

Allergy UK- Supporting people living with allergy

Helpline
Our Helpline Advisors deal with thousands of enquiries every year. The team includes our in-house Clinical experts who can help with more complex questions.

If you are looking for help, advice or information, call our Helpline on **01322 619898**. They can advise on your nearest NHS allergy clinic or consultant.

Alternatively, you can email your enquiry to info@allergyuk.org or use the web chat service to talk directly to one of our advisors.

Allergy Alerts
Sign up to receive allergy alerts to your inbox as they happen.

Sometimes foods have to be withdrawn or recalled if there is a risk to consumers. This could be because the allergy labelling is missing or incorrect or if there is any other food allergy risk, such as cross contamination.

We are informed by the Food Standards Agency and we alert the public via our website, social media and by sending allergy alert emails to those who have requested them from us.

If you would like to receive an email detailing allergy alerts for a particular allergen(s) then please complete the form to subscribe.

The service is completely free and you will be able to unsubscribe at any time by using the link at the bottom of each alert email.

Click here for the Allergy UK website





ASDA launch range of adult adaptive clothing

Asda are proud to be launching a 28-piece collection of adult adaptive clothing which honours the legacy of breast cancer campaigner Nicky Newman.
The new range of adaptive clothing is aimed at people with additional needs that includes openings for feeding tubes, discreet pockets for stoma bags, easy on fastenings and metal-free zips. Back in March 2023, Nicky took to her Instagram to ask if she could partner with a brand to create an adaptive clothing range. She was listening to her community, who were going through intense treatment themselves and struggling to find clothing suitable and affordable for their treatment needs.
The range includes navy joggers (£16), that are metal free and have side zips at the waist, blue logo t-shirt (£11) that has easy PICC line access and a peg opening. Cream wide leg jogger (£16) that has a side zip at the waist, adjustable waist and a concealed stoma bag pocket. Palm springs cream hoody (£20) metal free, easy access to side seam and underarm zips. Blue seashell sweatshirt (£18), a grey wide leg jogger (£16) and St Tropez grey sweat (£18) with a grey wide leg Jogger (£16) – all having easy access to side seam and side zips.
All 28 items will be available **online only** from Mid September.

Click here for the full (George at Asda) new adaptive clothes range

Every Cherry publishing- accessible reading

There is a pressing need for authentic representation and accessibility in children's literature. Every Cherry is the groundbreaking solution to this.

We are here to bridge the gap and ensure that people of all abilities and backgrounds can find stories that they're not only able to read but can also enjoy with ease.

Every Cherry is be a safe space for children and adults with SEND (Special Educational Needs and Disabilities) requirements to fall in love with reading in the most accessible way possible.

Since launching in May 2024, our publishing work has received global attention, praise and acclaim, with our brand already having been awarded a People of Publishing Award (2024, The Publishers Association).

They have books for easier reading , symbolised reading and stories for your senses. All have online resources to make reading even more accessible.

Click here to go to the Every Cherry website

Click here for the exciting Every Cherry 2025 catalogue

CARE FOR CARERS
Carers Group Support Association
TOGETHER WE ARE STRONG

Care for Carers- Carers information day on October 6th at the Forum in Norwich

One of our Family Voice Norfolk Ambassadors Kirsty, will be attending this useful event. Please go and have a chat with her and tell her what's working well for you and your family at the moment and whats not working so well. Your voice really does matter to us!

Care for carers information day is back again at the Forum in Norwich, Millenium Plain, Norwich, NR2 1TF on **Monday October 6th 9am till 3pm.**

Come along and meet people who will offer

Help, information, and advice for:

Carers, Young carers, Ex carers, Older people, the lonely, and anyone with a problem.

*****

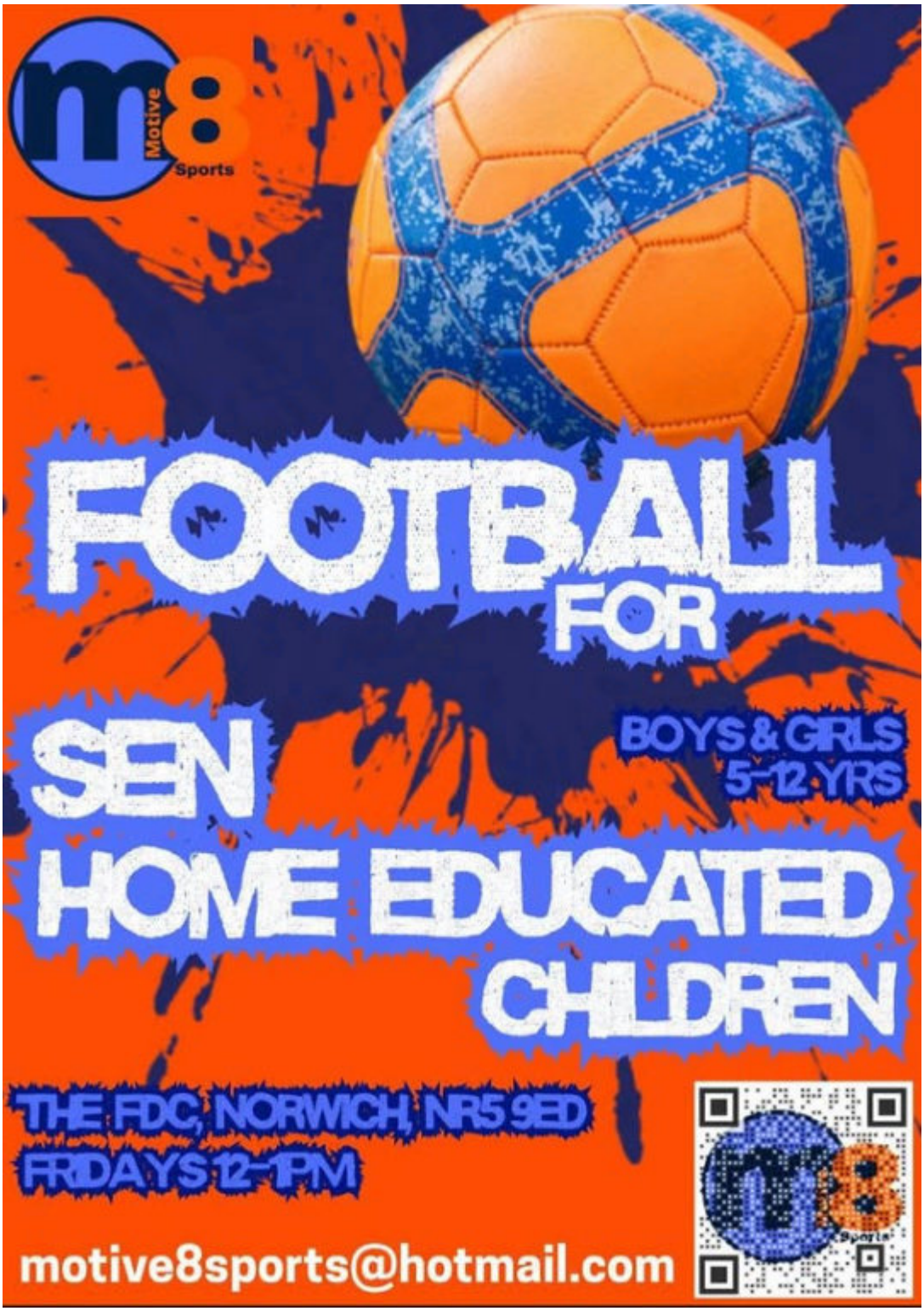
For more information call:03007778880

or email: info@careforcarers.org.uk

People requiring Norwich door to door community transport services, call 01603776735 or email bookings@norwichdoortodoor.org.uk to book transport in advance of the day.

Click here for the Care for carers website





A new football coaching group for SEN home educated children aged 5-12 years in Norwich

Calling all SEN children who are home educated and love football. A new football coaching group for children aged 5-12 is starting in September.
The sessions will give children the opportunity to make friends, stay active and enjoy football in a welcoming , supportive environment.

Led by experienced coaches from Motive8 Sports Coaching, the sessions will be fun and accessible for players of all abilities.

Place: The Football Development Centre, Bowthorpe Park, New Costessey, Norwich, NR5 9ED

Time: 12pm to 1pm

Dates: Fridays starting September 2025

£3 a session.

To find out more information please feel free to contact the team at motive8sports@hotmail.com

Click here to register





Autism Explorers - October Discovery Days

Autism Explorers Norwich Discovery days!! Afternoons of home educated workshops and learning through play... and they're available to book via our website!
October 10th is all about magic!!
October 17th we are studying Italy and cooking pizzas!!
October 24th it's time for some pumpkin carving!

To book a place at the Autism Explorers home education workshops click here



kooth

Emotionally based school non- attendance and the role of digital mental health support

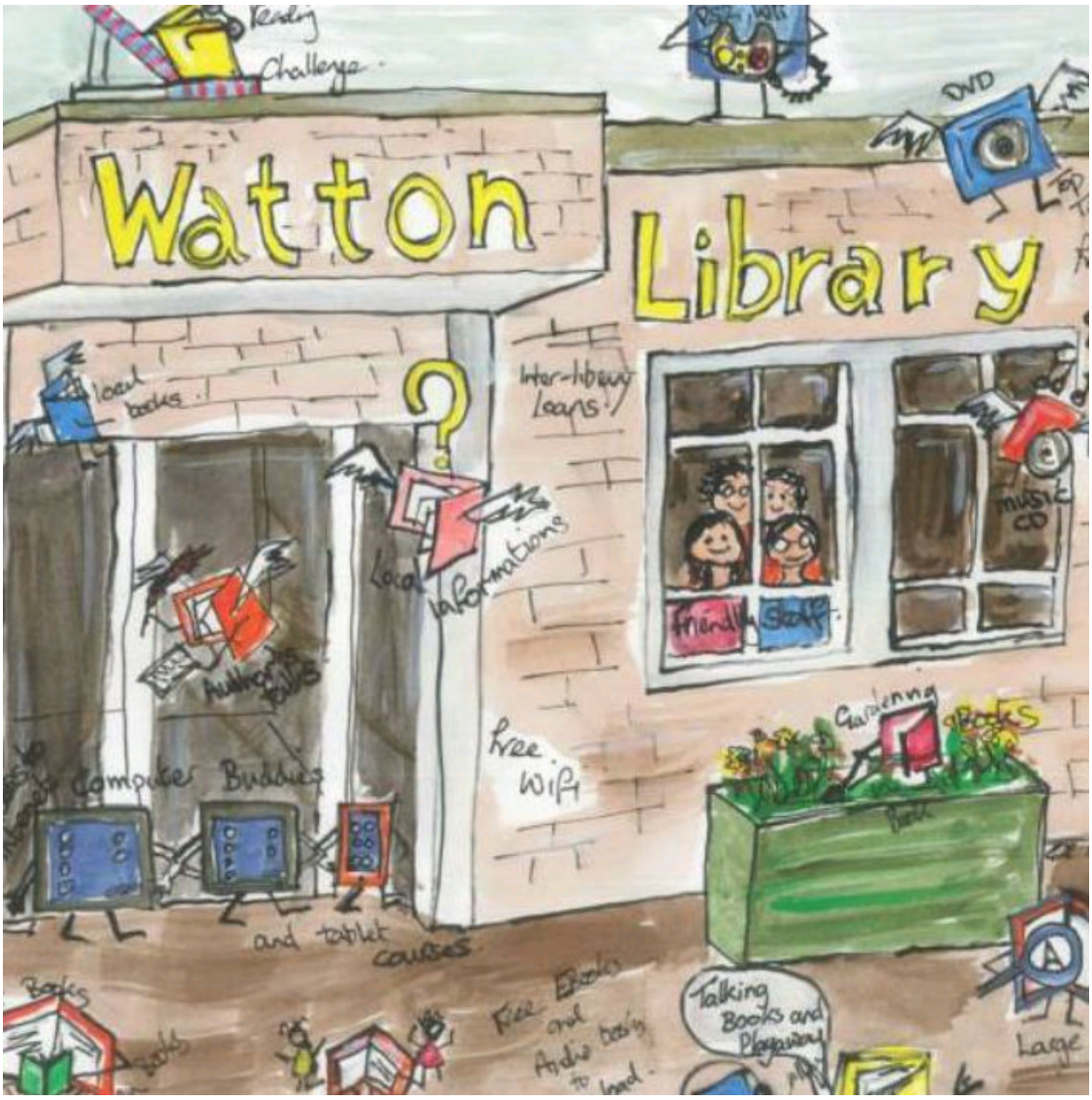
Join us on this 45 minute webinar where we'll guide you through emotionally based school non- attendance and explain how digital mental health support can help.

There are two dates to choose from:

Tuesday 14th October at 6pm or Thursday 23rd October at 6pm.

Click here to register for a Kooth webinar





Watton Library Neurodivergent Youth Group (change of day)

Our Neurodivergent Youth Group volunteer can no longer run the group on a Thursday, so we are trialling moving this event to the **2nd Wednesday of every month at 5.30pm** instead. If you are a regular attendee or know someone who is, please let others know of the day change!

At Watton Library, George Trollope Road, Watton, IP25 6AS

For more details about Watton library click here

Attendance is subject to risk assessment. This group does not offer 1:1 support, but is for those who are able to follow safety instructions to maintain a safe and fun experience for everyone.

Young person Nature Workshop!

Ages 11-16

This will be a relaxed, small gathering. It will be an opportunity to learn about and connect with nature; allowing you to meet likeminded people in a pressure-free zone, and to make new friends!

£35 one off session

Can be funded by short breaks!!

Join us at the beautiful Ketteringham Hall on Tuesday the 28th October from 12:00-14:00, for our Nature Workshop!

Activities will include:

- Learning to identify plant, fungi, and local animal species!
- Lighting campfires
- Outdoor cooking
- Den and shelter building
- Creating art in nature





Get in touch by emailing: rafail@sensitreatment.com to find out more!

sen·si



SENSI - young person nature workshops for ages 11-16 years and ages 5-10 years

senSI's half-term Nature Group offers an exciting opportunity for children to meet new friends while having fun and constructive experiences in nature.
These groups are held in a beautiful private woodland within the grounds of Ketteringham Hall NR18. They offer a great opportunity for young people to socialise and meet new friends in a serene natural setting, enjoying the many benefits that being in nature can have for children.

Our groups are roughly structured, with some activities on offer, such as:
Treasure hunt
Arts and crafts
Den building
Lighting a fire and making hot chocolate and s'mores
Slacklining
Foraging
And many more!

At the same time, we offer a flexible and safe space, were young peoples wishes and own ideas are valued and taken into consideration.

Attendance is subject to risk assessment. This group does not offer 1:1 support, but is for those who are able to follow safety instructions to maintain a safe and fun experience for everyone.

The dates for the Nature Workshops are:
28th of October (12:00-14:00), for 11-15 year-olds
29th of October (11:00-13:00), for 5-10 year-olds
If you are interested, please get in touch with Charlotte, at Charlotte@sensitreatment.com

The cost is £35 for a one off session.

Can be funded by Short Breaks.

We are looking forward to see you there!

Click here for the SENSI website



GOV·UK

Important changes to child benefit eligibility from the 1st of September

We have been asked to share to update you on important changes to Child Benefit eligibility, taking effect from 1 September 2025. Some families may be entitled to backdated payments.

Current rules

Child Benefit usually stops on 31 August after a child's 16th birthday if they leave education or training.
It continues if HMRC is told the young person is staying in approved full-time education or

training, which currently means more than 12 hours of supervised study or training each week.

What's changing from 1 September 2025

The definition of full-time education will be expanded to include:

Young people in non-advanced education who cannot meet the 12-hour weekly requirement due to illness or disability.
Young people in full-time non-advanced education outside a school or college (for example, being home-educated), whether this started before or after their 16th birthday.
Parents and guardians in these circumstances will continue to be eligible for Child Benefit and can extend their claim through the HMRC app or online at https://www.gov.uk/child-benefit-16-19

Backdated payments

An error in legislation in 2014 meant that some families in England missed out on Child Benefit and Child Tax Credit. About 7 million families received Child Benefit last year. HMRC have identified that a very small number, about 500 over 10 years, may not have been paid their correct entitlement. This affected families in England only. As HMRC do not hold records of people who have been affected by this error, they have asked for help in reaching any parents or guardians who believe they may have been one of those affected, to contact HMRC as soon as possible.

Parents and guardians may be entitled to backdated payments if, between 6 April 2014 and 31 August 2025, they had a young person who was:

Aged 16–18,
Living in England,
Receiving education outside a school or college (e.g. home-educated), and
Where the Local Authority assessed the education as suitable.

How families can check

Child Benefit enquiries: Call 0300 322 9620 or write to HMRC — Child Benefit Office, PO Box 1, Newcastle upon Tyne NE88 1AA.

Child Tax Credit enquiries: Call 0345 300 3900 or write to HMRC — Tax Credit Office, BX9 1ER.





New SEND parent/carer cafe in Thetford

Breckland Families

Join our NEW SEND Parent/ carer cafe

- Looking for a warm, welcoming space to connect and unwind?
- To meet other parent carers?
- To take part in parent led activities with children and young people?

Book your FREE session at

Thetford Family Hub IP24 3DY

Every 2nd Wednesday of the month 1:15-2:30

SPACES ARE LIMITED

*Please bring your own healthy snack if you want to join us at snack time

Keep an eye on our Facebook group for changes or updates, scan the QR code above or click the green button below.

For more details and to book your session email

fayebrowning66@gmail.com

or

marielle@upsons.com

*Please note: Children remain the responsibility of their parent/carer at all times.

Click here to join the Breckland Family Hub Facebook page



Norfolk County Council- Personalised Travel Scheme

The Personalised Travel Scheme (PTS) is a pilot scheme that offers a sum of money to parents and carers with a child or young person who has Special Educational Needs or Disabilities (SEND) to enable them to make their own arrangements to take their child or young person to and from school. This is an alternative to other Local Authority provided transport such as a taxi or a minibus.

You can join this scheme at any time and, if you find it is not working, leave at any time, as long as you give us a month's notice to make alternative travel arrangements for your child, if necessary. You are eligible for the scheme if your child attends a special school or specialist setting and would be eligible for free transport to that setting as per the County Council's home to school and college transport policy.

For more details about the NCC personalised Travel Scheme click here

Cerebral Palsy Support Week – UP the Cerebral Palsy Movement (charity)

6-10 October 2025

In recognition of World Cerebral Palsy Day, we're hosting a dedicated Support Week for adults with CP.

What is it about?

We've brought together these specialists **offering free 15-minute advice sessions** to help you navigate the challenges of living with CP as an adult. Sessions are available throughout the week via Zoom.

How can I access it?

Book one-to-one online consultations covering everything from employment support to physiotherapy, mental health, and life coaching.

– Click on the specialist's name you'd like to talk with.
– It will take you to the calendar showing the days they are available (these dates are circled).
– Press the day you want and then you can choose a time, then follow the instructions.

Important information:
Our experts are here to provide information and signposting to help you access the support you deserve.

These are NOT therapy or treatment sessions.

Miriam Creeger
Physiotherapy
Co-founder and clinical lead at UP – The Adult Cerebral Palsy Movement. Adult Neurophysiotherapist for over 25 years.

Rachel Curtis
Occupational Therapy
Senior Occupational Therapist working with adults with neurological conditions, including Cerebral Palsy.

Dr Howard Daitz
GP

A GP for over 25 years, with a particular interest in mental health problems and long term and complex conditions.

Sarah Fay
Parenting / Occupational Therapy
Founder of Enabled2Parent, dedicated to supporting disabled parents and those with additional needs.

Adam Hyland
Employment support
A pioneering advocate in the field of disability inclusion, serving as the Chief Inclusion Officer for Evenbreak.

Carrie-Ann Lightely
Travel support
An accessible travel writer, speaker and creator, with over 20 years' experience in the inclusive tourism sector.

Emma Livingstone
Life Coaching
Co-founder and CEO of UP – The Adult Cerebral Palsy Movement. Speech and language therapist and life coach.

Diane Sellers
Speech and Language / Dysphagia
A speech and language therapist for more than thirty years in a variety of settings.

Sarah Stones
Motivational Coaching
Motivation specialist, speaker and coach to help people identify long-term changes that genuinely move them forward.

Leon Taylor
Benefits Advice
Disability Direct provides vital support to individuals in completing benefit applications.

Jennie Williams
Relationships
Undressing Disability is a campaign that aims to raise standards and awareness in sexual health for disabled people.

Click here to go to the UP Adult Cerebral Palsy Movement website



Important Update on Mediation and Disagreement Resolution (MDR) Services in Norfolk.

The provider of MDR services has changed. The new provider is Anglia Care Trust (ACT) Mediation Service, which will continue offering high-quality, impartial support to families.

What you need to know

If your case was opened with the previous provider KIDS before 1 September, it will continue to be handled by them until your case is resolved. There will be no disruption.

From 1 September 2025, all new MDR cases will be supported by ACT.

The process and level of support will stay the same. Whether your case is with KIDS or ACT, you'll receive the same trusted, impartial help to navigate disagreements and find a way forward.

This change is about continuing to provide the best possible support for families. The service remains voluntary, free, and focused on your needs.

The provider of the service has changed because Norfolk County Council has recommissioned the contract. It's normal for councils to review and update service contracts regularly. If you have any questions or need support, don't hesitate to reach out.

Norfolk SEND Local Offer www.norfolk.gov.uk/send has two web pages with further information:

Mediation and tribunals - Norfolk County Council
Reaching agreement about Special Educational Needs (SEN) Support - Norfolk County Council



Little Bees stay and play at the Hamlet children's Centre

Little Bees Stay and Play is on Tuesdays (Term time only) at 10-11:30am at the Hamlet Children's Centre, Johnson Place, NR2 1SJ

Our Stay and Play sessions are designed for children under 5 with disabilities and/or additional needs and their families. Buzz in for relaxed play, gentle activities and a chance to connect with others. Come as you are, have fun and make new friends in a safe inclusive space.

Scan the QR code above or click here to book



Sensory Bees Stay and Play at the Hamlet Centre

For children under 5 with disabilities and/or additional needs, and children who are not yet walking.

A friendly and supportive group where you and your child can have fun, meet others and make new friends.

Wednesdays (Term time only) 10:00-11:30am at the Hamlet Children's Centre, Johnson Place, NR2 1SJ

Scan the QR code above or click here to book





'Why not us' - Theatre company - presents The Nativity and the stolen Christmas elves

Experience the magic and wonder of the Nativity and the Stolen Christmas Elves an original pantomime written by Jordan Winn and Will Phoenix. Both lads are autistic and have poured their heart into creating this incredibly unique show. It's Filled with vibrant characters, thrilling twists, and moments that will warm your soul, this is a story that will ignite your holiday spirit.

Join us this November at Springwood High School, King's Lynn on the 15th and 22nd with doors opening at 5pm ready for a 5.30pm show, and be part of a festive adventure you simply cannot afford to miss. Let's make this Christmas unforgettable together!

Tickets are priced at £5 for adults and £4 for children

Are you organizing a group event?

Would you like to enjoy a local Christmas outing together? We invite you to join us this November in Kings Lynn for the delightful production of "The Nativity and the Stolen Christmas Elves," an original pantomime. Group bookings of ten or more are eligible for a 10% discount on ticket prices. Please contact us directly to receive the promotional code prior to completing your purchase. whynotustheatrecompany@gmail.com

To book tickets click here



Caring Together Charity
No unpaid carer in crisis

Carer Money Matters - Caring Together Charity has some Microgrants for Norfolk carers

Financial help for Norfolk residents.
As part of Carer Money Matters, Caring Together Charity has 400 grants available for Norfolk residents.

We have microgrants available for Norfolk residents to ease their financial worries. The money could be used to buy interview clothes, an energy efficient air fryer, or gas bottles, obtain your driving licence or pay energy bills. You can request up to £100.

Click here to apply for a Microgrant



Our Place youth group for ages 14+ in Swaffham

For those with special needs/ physical disabilities.

Our place provides a place for those with special needs or physical disabilities to come and spend time together with others in a safe, loving environment. It is a great opportunity for

family members/ carers to socialise and share time together in the Barn in Swaffham with activities including music, craft and films.

There is no charge, but please let us know you are coming.

Fourth Saturday in the month 2pm-4pm at The Fountain of Life Church The Barn, Sporle Road, Swaffham, PE37 7HL Email admin@folchurch.co.uk

For more information or to book a place scan the QR code above or click here



ERIC- Is your child struggling with their wee or poo?

Don't worry, we've got you covered!

We're hosting a week of online sessions from 6th - 9th October, where you'll be able to get advice and information directly from the experts and you'll learn:

- What causes bowel and bladder issues
- What healthy bowels and bladders look like

- What treatment options are available
- How these scenarios can play out in real life, using case studies
- What you need to discuss with the healthcare and educational professionals supporting your child
- How to advocate for your child and get the support you need
- How to talk with your child about these issues

Kindly sponsored by Ferring Pharmaceuticals

Visit the ERIC website for further details and how to book



North Norfolk Carers Group

A support group for those caring for autistic people



10.30am - 12.30pm
Oddfellows Hall,
4 Lifeboat Plain,
Sheringham
NR26 8BG
on
Wed 22nd Oct 2025
and
Wed 26th Nov 2025
(no meeting in December)

To find out more contact us, Asperger East Anglia
Email info@asperger.org.uk
telephone 01603 620500
Registered Charity No. 1074699

Asperger East Anglia carers group for those caring for autistic people in North Norfolk

North Norfolk Carers Group
A support group for those caring for autistic people

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Email info@asperger.org.uk
Or telephone 01603 620500
Registered Charity No. 1074699

AEA
Asperger East Anglia
working toward and supporting independence

Asperger East Anglia adult social group in King's Lynn

At the Discovery Centre in North Lynn (PE30 2LA)

We meet every other Wednesday starting this term on 10th September 12-1.30ish.

We have board games & run nature-based / well-being crafts. We spend time both inside and out in the beautiful outdoor garden space.

Hot drinks provided.

It's a time to feel relaxed and socialise with other like-minded diagnosed adults.

We also run a monthly Activities club for our group members. These activities include bowling, lunch out and other fun meet ups in the community.

To put forward an interest in attending a group session and becoming a member, please email J.saint-laurent@aperger.org.uk

Please always email before attending due to the vulnerable nature of the group attendees.

Click here to find out more about Asperger East Anglia



Generation GO! Get on the bus and enjoy your freedom!

Generation Go is an initiative (between Konect Bus Norfolk and goeastanglia) which aims to boost the confidence of future bus users, in particular teenagers and those with enhanced needs, to provide the knowledge and know-how to seize independence and access new opportunities through bus travel.

Be part of Generation Go and enjoy your freedom and independence when you get there by bus!

Be part of Generation Go and enjoy your freedom and independence when you get there by bus!

Download your handy travel guide!

Click here for more information about Generation GO

Sense - Virtual Buddying befriending service

The only free nationwide service dedicated to helping disabled people make friends remotely.

Chat online or on the phone with your buddy once a week from the comfort of your home!

Who's it for?
Sense Virtual Buddying is open to disabled people aged 5 and over in the UK.

How Sense will support you

Arranging activities
We can arrange the activities you'd like to try and send you free activity packs in the post.

Help with IT
We can provide iPads and help you and your buddy work out the best way to chat.

Ongoing support
We'll check in with you regularly to see how you and your Buddy are getting on.

Can I access Sense Virtual Buddying if I don't access any other Sense service?
Yes you can! Sense Virtual Buddying is available for anyone with a disability – it doesn't matter if you use any of our services already.

For more details and how to apply click here





Become a parent champion volunteer for Norfolk County Council

Norfolk County Council are recruiting Parent Champion volunteers who give a few hours a week to talk to families about the local services and opportunities available to them.

You'll have the opportunity to meet new people, learn new skills, give something back to the community amongst lots of other benefits.

For more information and to register, visit the website.



Supporting fathers of early years children with SEND- webinar

ONE FOR THE DADS
Join us for our next National Seminar on supporting fathers of young children with SEND.
Date: Wednesday 15 October 2025
Time: 11:30 – 13:00 Online via Zoom.
Join this free, National conversation on how services engage with and support fathers and male carers of early years children with SEND.
With guest speakers; Paul McDaniel - Senior Programme Co-Ordinator at Future Men, Nigel Nicholls - Male parent carer and patron of Contact, Paul Meadows - SENDS 4 Dad, Adam Hindhaugh - Strategic Lead for Early Help and Family Hubs, Halton Borough Council, and Hannah Jones - Fatherhood Champion at Halton Borough Council.

For more information and to book a place click here


SEND GROUP
Do you have a child under 5 years, with additional needs or a disability? Come along and join in with activities that are designed to support your child's developmental needs, whilst meeting other families in your area. All sessions will be run by trained specialist and are on hand to offer advice and support.
Based in The Nurture Hub - Riverside Walk
Funded by
Nina's FOUNDATION
For more information please email info@ninas.foundation
Every Tuesday
30th September -
16th December
10 - 11am
The Nurture Hub
In partnership with:
Norfolk Portage Service
Listen, Plan, Play, Learn



Nina's Foundation -The Nuture Hub in Thetford SEND groups

Do you have a child under **5 years**, with additional needs or a disability? Come along and join in with activities that are designed to support your child's developmental needs, whilst meeting other families in your area. All sessions will be run by a trained specialist and are on hand to offer advice and support. In partnership with Norfolk Portage service.

Based in The Nuture Hub, 11 Riverside Walk, Thetford IP24 2BB.

Every Tuesday from 30th September - to the 16th of December 10-11am.

For more information please email info@ninas.foundation

And for the **5-12 age** range.

We would love to welcome you to our SEND group for children aged 5-12 yrs. A safe place to meet others who understand.

Suported by Family Hubs Start for life.

Click here to book on the 5 plus SEND session

For more details of Nina's Foundation click here



NHS
Norfolk and Waveney
Talking Therapies

Norfolk and Waveney talking therapies- social events

The Norfolk and Waveney Talking Therapies offers help and support to improve wellbeing and manage stress, low mood, and anxiety. We aim to reduce the onset of mental ill-health, prevent deterioration and promote recovery by offering a range of flexible services tailored to meet your specific needs. For anyone 16+.

All of the social events that we run are based upon the '5 Ways to Wellbeing'. These are a set of evidence-based recommendations that, when followed, can improve your mental health and wellbeing. They are: Connect, be active, learn, take notice, and give; and you can find out more about each of these here.

To find out more and see what social events are on offer click here



Recovery College- Autumn and Winter timetable

Our courses provide a safe, supportive, and compassionate approach to mental health recovery. We empower, educate, and offer tools to help individuals navigate their journey while learning from others with similar experiences. They are delivered with lived and learned experience of mental health and wellbeing.

Our sessions cover a range of topics, promoting:

Self-awareness and acceptance
Understanding recovery principles
Learning new skills and strategies
Leading a meaningful life, with or without symptoms
Courses are grouped to guide students through their recovery:

Begin - Understand yourself
Build - Develop a self-help toolkit
Understand - Explore challenges
Grow - Create a future plan

Our sessions are based on the **CHIME** principles:

Connection
Hope
Identity
Meaning
Empowerment

These courses are open to anyone above 16 living in Norfolk and Suffolk. We have increased our in-person courses and have added in new locations.

For more details about the Recovery College courses on offer click here



lightyear foundation

The Lightyear online STEM Youth Group- (Science, Technology, Engineering and Maths)

Is your young person interested in science, technology, engineering and maths? If they are, this group is for them!

The Lightyear STEM Youth Group is for disabled and neurodivergent young people aged 14-25 to share their stories, experiences, and ideas about STEM (science, technology, engineering and maths). It's an inclusive place to build connections, grow their confidence,

and make their voices heard.

Their first meeting will be **online on Monday October 13th, 6-7pm** and they would love to invite you and the young people in your lives to come along!

The meeting is an opportunity to get to know each other, and chat about what you each hope to get out of the Youth Group. You'll also get to try an inclusive STEM activity together, and hear from an exciting STEM speaker.

As the UK's only charity dedicated to improving access to STEM for disabled and neurodivergent young people, they are delighted to have their work led by the expertise of the young people in their Youth Group.

You can find out more about the Lightyear STEM Youth Group on their website

If you have any questions, you can contact Hannah at: hannah@lightyearfoundation.org

You can sign up for FREE here, sale ends 7th October.

Lightyear Foundation | Making STEM Inclusive for Disabled

Click here to find out more about The Lightyear Foundation



Are you aged 11-15 and have a sibling with learning disabilities? A post graduate researcher at the UEA needs your help!

Recruiting - can you help?

Do you have a sibling with learning disabilities?

We would like to **interview siblings** (aged 11-15 years old) and/or their parents.

Interviews will take place on Teams and take to 1 hour.

Interested in taking part? Contact Zoe Starkie at z.starkie@uea.ac.uk for further information

You can also take part in a **survey** about your experiences.

This survey is for anybody aged 11 - 15 years old who has a sibling with learning disabilities, and for parents of such siblings.

The survey should take 10-20 minutes to complete.

Click on the following link for further information:

Young Sibling/Parent Survey

This postgraduate research is funded and ethically approved by the University of East Anglia. Ethics application number: ETH2324-2458. For further information, please contact Zoe Starkie: z.starkie@uea.ac.uk





Calling all young carers - Challenge Woods free event on the 29th of October in Norwich

The Benjamin Foundation in partnership with Carers Matter Norfolk are calling all young carers aged 5-14 years to join them on Wednesday the 29th of October from 11:30am -1:30pm at the Challenge Woods, The Nest, Holt Road, Norwich, NR10 3AQ

Young carers can book now to join us for a fun two hours on raised walkways, play equipment, slides, ladders, ropes, cargo nets, a 35 meter zip line, swing, treehouse and a climbing wall!

Free of charge- Bring a packed lunch.

Book your place by Sunday October 12th. Spaces are limited and we will be in contact with you by October 15th to confirm when your child has a space or not.

Click here to book a place by Sunday the 12th of October



Norfolk SENDIASS Spotlight September 2025

In this issue:

SENDIASS update.

Library drop-ins.

Staff Spotlight.

Youth Forum update.

To read the latest SENDIASS Spotlight click here



Mini First Aid - North Walsham 10th of October

The Early Childhood and Family Service are partnering with Mini First Aid Norfolk to offer their multi-award winning Baby & Child First Aid classes to parents and other carers of children across the county. The two-hour sessions are delivered in a relaxed and comfortable style, helping you to feel assured that, in a medical emergency, you would know what to do.

Classes cover: CPR, Choking, Bumps, Burns, Breaks, Bleeding, Febrile Seizures, Meningitis and Sepsis Awareness, and will give everyone who attends the peace of mind that they deserve.

Fully funded first aid course for families with 0-5 year olds. Get a free mini first aid kit (worth £14) for each family completing the course and feedback form.

At North Walsham ECFS base on Friday 10th of October.

For more information and to book places click here

family voice norfolk
together improving services

Newsletter

Easy way to share our newsletter

If you would like to share our newsletter with friends, colleagues or other parents or professionals click here for a compressed PDF version.

There are so many ways you can get in touch with Family Voice Norfolk...

- You can contact our **Membership Secretary Kate** on **07950 302937** or at membership@familyvoice.org.uk
- Or message us via:
  - www.familyvoice.org.uk
  - FamilyVoiceNorfolk
- Or write to us at Family Voice Norfolk, C/O Larking Gowen, 1st Floor Prospect House, Rouen Road, Norwich NR1 1RE
- For Family members 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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