



newsletter
October 2025



SAVE THE DATE

Annual Conference

For parent carers

Saturday 14th March 2026

John Innes Centre, Norwich NR4 7UH

Find out about all things SEND from

- Information stands
- Presentations/workshops
- The chance to chat with professionals

Save the Date for our Annual Conference 2026

Save the Date for the Family Voice Norfolk Annual Conference for parent carers on Saturday the 14th of March 2026 at the John Innes Centre in Norwich. Find out about all things SEND from information stands, presentations/ workshops and the chance to chat with professionals.

We'd love to see you there so please make a note of the date in your diary.

We'll be asking our family members very soon, in a short survey, what you would like to see at the conference. This will help us hugely in our planning as we would like to bring you what you need as far as is possible.

For parent carers, we will let you know when booking opens in the new year as our plans for the conference progress.

For organisations looking to enquire about a stand, please contact conference@familyvoice.org.uk with your details. Please note, however, that the enquiry does not guarantee a stand and that Family Voice Norfolk will be in touch in due course as our plans progress.

If you are not already a member of Family Voice Norfolk and would like to join and be emailed directly when booking for parent carers opens please click [here](#).



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



Resilience makes Brilliance! Norfolk Multi-agency Practice Week 24th-28th November 2025

Norfolk County Council is excited to share with you the brochure for the upcoming Practice Week - Resilience makes Brilliance! There is a powerful series of multiagency events focused on the themes of Resilience from Monday 24th to Friday 28th November and have dedicated Tuesday 25th to [White Ribbon Day](#).

As usual, the week offers a range of inspiring sessions, practical workshops, and thought-provoking discussions designed to strengthen resilience and promote children's ability to adapt, recover, and thrive. The brochure outlines all the activities planned, links to resources young people have created and some future learning opportunities.

Don't forget to book to attend the [Wednesday afternoon conference](#) where we will be hearing from Caleb Jackson from the Youth Endowment Fund, Antony Little, Principal of Hewett Academy and young people from the NR Thirty Programme. You will not want to miss it!

If you have any queries, please reach out by emailing csstaffdevelopment@norfolk.gov.uk

Click here for the brochure and further information about the Practice week



**be prepared
for winter**

Is your child
aged 2 or over?

Protect them with the
free flu vaccine at school
or from their GP

NHS

SCAN ME

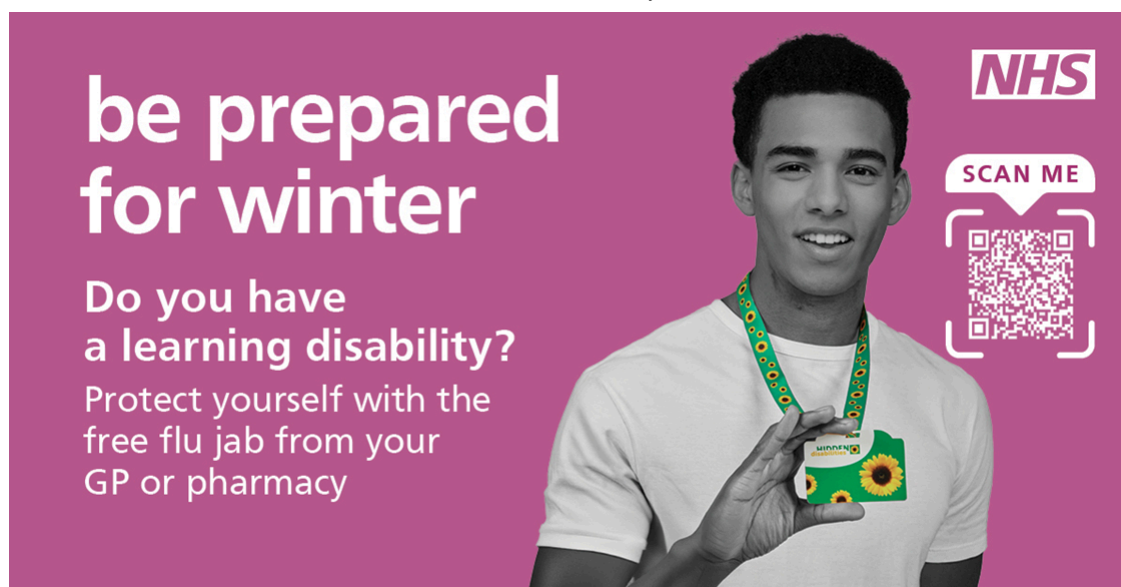
**be prepared
for winter**

Does your child have
a long-term health
condition?

Protect them with the
free flu vaccine at school
or from their GP

NHS

SCAN ME



Be prepared for winter - children and young people's accessibility to flu jabs

2-3-year-olds can now get their nasal spray vaccine in community pharmacies ([see Children's flu vaccine - NHS](#)).

Over 65s, adults with chronic health conditions and carers who are the main carer for an older or disabled person, or receive a carer's allowance can get a free flu vaccine from their GP or local pharmacy.

NHS information on winter vaccinations: [Winter vaccinations and winter health - NHS](#)

Find a pharmacy offering free flu vaccines by clicking [here](#):





The importance of participation and an opportunity with Norfolk Community Health and Care NHS Trust

Beth Dawson, Co-production Coordinator, Norfolk Community Health and Care NHS Trust (NCH&C) has recently written a piece for Primary Times on why participation and co-production are vital in children's healthcare. We are pleased to share it here, together with the flyer for becoming involved.

Children's healthcare is evolving. Listening to children, young people, and families is now recognised as essential. They use the services, so they should help shape them.

Across the UK, families are increasingly involved in planning and delivering care. This is called participation: being part of decisions about your care. Co-production goes further, children, parents, and professionals work together to improve services. Children are experts in their own lives and know what works best.

When young voices are heard, care becomes more respectful, effective, and tailored to real needs. It also boosts confidence, pride, and trust between families and healthcare teams.

There are many ways to get involved: through youth groups, parent panels, surveys, interviews, or creative projects. Even encouraging your child to ask questions can make a difference.

Children and young people aren't just patients - they're partners. Their voices matter. And when they're heard, healthcare improves for everyone.

NCH&C has a youth forum where young people help improve care.

Your voice matters - scan the QR code above or [click here to find out more](#)



Government to delay to the publication of the Schools White Paper

The National Network of Parent Carer Forums, of which we belong to, have shared details on the plans to delay the publication of the Schools White Paper.

The NNPCF met with the DfE last week and are aware of the plans to delay the publication of the Schools White Paper. The NNPCF hopes that this additional time will allow for a

greater focus on the support and provision for children and young people with SEND aged 0-25, their families and further engagement with families.

[Click here to read more](#)



Carers' Charter: Our commitment to you

Who is a carer?
If you regularly support someone who couldn't manage without your help because of their health, disability, or wellbeing you might be a carer.

Consistency and Accountability

We will provide carers with a reliable and transparent service.

Recognising and Valuing Carers

We will listen to, acknowledge, respect and support all carers of any age or situation as key partners.

Clear and Useful Communication

We will communicate with carers clearly and effectively.

Training and Cultural Change

We will improve staff awareness and understanding of carers.

Involving Carers in Care Planning

We will involve carers in care decisions unless clearly contra-indicated.

Supporting Carers

We will provide carers with advice, practical information and other support.

Crisis Support and Longer-Term Planning

We will give carers clear guidance on what to do in a crisis.

Scan the QR code to find out more about our Carers Charter or go to www.nsft.nhs.uk/carers-charter

We can often share information carers need to support the person they care for, and will explain what we share and why. If concerns arise, staff follow the Caldicott Principles. More information on this is on our website. Scan the QR code above or email carersqservice@nsft.nhs.uk

Developed in consultation with the Caldicott Guardians. ©NSFT April 2025 GFK:7703

NSFT Carer's Charter: Our commitment to you

The Carers Charter is a new guide that explains how Norfolk and Suffolk NHS Foundation Trust (NSFT) will better support and work with carers of people using our services.

It explains how we aim to support carers and work together in a way that's helpful for everyone involved.

It makes clear promises to carers - to listen, to involve, to support, and to recognise the important role carers have.

Carers Charter - highlights

- Consistency and accountability - We will provide carers with a reliable and transparent service.
- Recognising and valuing carers - We will listen to, acknowledge, respect and support all carers of any age or situation as key partners.

- Clear and useful communication - We will communicate with carers clearly and effectively.
- Training and cultural change - We will improve staff awareness and understanding of carers.
- Involving carers in care planning - We will involve carers in care decisions unless clearly contra-indicated.
- Supporting carers - We will provide carers with advice, practical information and other support.
- Crisis support and longer-term planning - We will give carers clear guidance on what to do in a crisis.

Why is it important for carers?

- Carers will be more involved in the care of the cared for person
- Carers will be better supported emotionally and practically
- Carers will be recognised for the vital role they play
- Carers will know their rights and what to expect from services

Click here for more details of the NSFT Carer's Charter or scan the QR code above





Voices Through Art






Where
Gaywood Library

Time
2.30pm-3.30pm

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

Do you like being creative?

Do you have special educational needs or a disability?

Do you like to express your views?

Are you aged 25 or under?

Come join us for these FREE and FUN sessions.



Meet the team




Henry Laura

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



Voices Through Art at Gaywood library

Do you like being creative?

Do you have special educational needs or a disability?

Do you like to express your views?

Are you aged 25 or under?

Come join us for these FREE and FUN sessions.

At Gaywood library at 2.30-3.30pm

on

17/11/25

15/12/25

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

For more details call 01603303378 or scan the above QR codes or click the green button below to book a place.

To email Henry and Laura click here



Childrens Cookery Lessons aged 7-17

with Fiona & Julie

At Silver Road Community Centre, Silver Road
For more information text Julie on 07786694325

Family Cookery Class dates are :

Thursday 6th November 4.30-6.30pm

Thursday 13th November 4.30-6.30pm

Thursday 27th November 4.30-6.30pm

Thursday 11th December 4.30-6.30pm





Cooking classes at Silver Road community centre Norwich

Cooking classes for **adults age 17+**

with Fiona & Julie

November 29th 2 – 4pm

Childrens cookery lessons aged 7 – 17

with Fiona & Julie

Family cookery class dates are:

4:30 – 6:30 on

6th November
13th November
27th November
11th December

At Silver road Community Centre, 36 Silver Rd, Norwich NR3 4TB. For more information or to book a space text Julie on 07786694325.



Free, friendly information and support for families & professionals

Do you care for a child with special educational needs and disabilities (SEND)? Or work with families who do?

Join us for a relaxed and welcoming event filled with helpful info, expert advice, and friendly faces.

 **Tuesday 25th November 2025**

 **Town Hall, Hall Plain, Great Yarmouth NR30 2QF**

 **10am-12pm**

 **Free refreshments**

Find out more and book your place:

www.norfolk.gov.uk/msos



 **Norfolk County Council**



What's on

 **Over 20 SEND information stands with local services and support**

 **Talks to support you:**

10:30am – Schools and Community Team
Learn how they support children, families, and schools with emerging SEND

11:15am – Dispute Resolution with Anglia Care Trust (ACT)
Get practical ideas and strategies for resolving disputes with services, schools, or others—and find out how ACT can support you.

 **Have your say**

This is your chance to share your thoughts about SEND services and support in Norfolk. A senior manager or adviser will listen and take notes. Your feedback helps show what's working—and what could be better—so services can improve for everyone.

Book your place:

www.norfolk.gov.uk/msos



"It was brilliant! Thank you ever so much, everyone there was so kind and helpful, and I came away with so much advice to take the next steps forward for my son."

Feedback from a parent

Making Sense of SEND information fair in Great Yarmouth on the 25th of November

Join us for our next 'Making Sense of SEND' information fair! This time we're going to be at the Town Hall, Great Yarmouth.

These events are for parent carers who have a child or young person with special educational needs and/or disabilities (SEND), and the professionals who work with them. The aim is to share information with you and enable you to meet the people behind the services.

Over **20 SEND information stands** with local services and support

Talks to support you:

10:30am – Schools and Community Team

Learn how they support children, families, and schools with emerging SEND

11:15am – Dispute Resolution with Anglia Care Trust (ACT)

Get practical ideas and strategies for resolving disputes with services, schools, or others—and find out how ACT can support you.

Have your say

This is your chance to share your thoughts about SEND services and support in Norfolk. A senior manager or adviser will listen and take notes. Your feedback helps show what's working—and what could be better—so services can improve for everyone.

Free refreshments will be available.

If you haven't been to a Making Sense of SEND event before please watch this short [video](#) of a recent event to get a flavour of the day!

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

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

On Tue, 25 Nov 2025 10:00 - 12:00 GMT at the Town Hall Great Yarmouth, Hall Plain, Great Yarmouth NR30 2QF.

Scan the QR code above or [click here](#) to book tickets for Making Sense of SEND in Great Yarmouth





THE GARAGE
NORWICH

Creative Fathers Project

For new and expectant **fathers**
looking to **connect**, build **confidence** and
improve **well-being** through the **arts**.

Weekly creative workshops for
Dads that include **writing**, **acting**,
and **crafts** that will be shared at
the end of the project in a
combined celebratory event.

Starts: November 2025

**Duration: Weekly sessions and
occasional weekend workshops**

Location: The Garage, Norwich



This project is funded by Norfolk's Start for Life and Family Hub approach, which is funded through the national Government Family Hubs and Start for Life Programme.

Creative fathers project at the Garage in Norwich

For new and expectant fathers looking to connect, build confidence and improve well-being through the arts.

Weekly creative workshops that include writing, acting and crafts that will be shared at the end of the project in a combined celebratory event.

Starts in November 2025, weekly sessions, occasional weekend workshops.

This project is funded by Norfolk's Start for life and Family Hub approach, which is funded through the national Government Family Hubs and Start for Life programme.

[Click here for the session dates and more information](#)

[Click here to sign up or scan the QR code above](#)



The Matthew Project- for young people

Do you know or are you working with a young person who is not in education, employment or training (NEET).

On Track is a free service from The Matthew Project that supports 13-24 year-olds to move closer to or to get into education, training, employment, or volunteering.

They offer four projects across Norfolk.

- ◆ **King's Lynn and West Norfolk SPACE** - A project to support young people aged 16-24 who are NEET, to access regular positive activities and community engagement.
- ◆ **King's Lynn & West Norfolk Coaching** - A project for young people aged 16-24 living in King's Lynn and West Norfolk. They offer 1-2-1 outreach coaching and follow on employability based activities and groups.
- ◆ **Central Gt Yarmouth Engagement Coaching** - Providing support to 14-19 year olds living in Nelson Ward, Great Yarmouth, who are either NEET, or at higher risk of becoming so. Offering 1-2-1 coaching in school/college or outreach complimented by follow-on confidence and aspiration building activities, groups and community engagement.
- ◆ **Norwich SafeSPACE** - A project to support young people aged 13-18 who are NEET (or at risk of) to access regular positive activities and community engagement.

[Click here for an application form and more information about The Matthew Project](#)



Kids Disabled children say we can

Registered Charity No. 275936

Workshops for Parents in Drayton

Join us for a series of workshops about neurodiversity, behaviour, communication, resilience with information, strategies and support, held in a safe and welcoming space.

Wednesday 12th November – Behaviour that Challenges, 10am–12pm

Wednesday 19th November – Neurodiversity, 10am–12pm

Wednesday 26th November – Resilience for Parents, 10am–12pm

Where?
ECFS Drayton,
School Road
Drayton,
Norwich
NR8 6EP



Scan QR code for Eventbrite tickets

Kids- In person parent workshops in Drayton

Join Kids for a series of workshops about neurodiversity, behaviour, communication, resilience with information, strategies and support, held in a safe and welcoming space.

Wednesday 12th November- Behaviour that challenges, 10am-12pm

Wednesday 19th November- Neurodiversity, 10am-12pm

Wednesday 26th November- Resilience for parents, 10am- 12pm

At ECFS Drayton, School Road, Drayton, Norwich NR8 6EP

Scan the QR code on the poster or click here to book

Kids Disabled children say we can Registered Charity No. 275936

Workshops for Parents in Great Yarmouth

Join us for a series of workshops about neurodiversity, behaviour, communication, resilience with information, strategies and support, held in a safe and welcoming space.

Thursday 6th November – Behaviour that Challenges, 10:30am–12:30pm

Thursday 20th November – Neurodiversity, 10:30am–12:30pm

Friday 28th November – Resilience for Parents, 10:30am–12:30pm

Where?
ECFS Seagulls
Magdalen Way
Gorleston – on – Sea
Great Yarmouth,
NR31 7BP



Scan QR code for Eventbrite tickets

Kids - In person parent workshops in Great Yarmouth

Join Kids for a series of workshops about neurodiversity, behaviour, communication, resilience, with information, strategies and support, held in a safe and welcoming space.

Thursday 6th November- Behaviour that challenges, 10:30am-12:30pm

Thursday 20th November- Neurodiversity, 10:30am-12:30pm

Friday 28th November- Resilience for parents, 10:30am- 12:30pm

At ECFS Seagulls, Magdalen Way, Gorleston - on - Sea, Great Yarmouth NR31 7BP

Scan the QR code on the poster above or [click here to book](#)

Kids Disabled children say we can

Registered Charity No. 275936

Workshops for Parents in Thetford

Join us for a series of workshops about neurodiversity, behaviour, communication, resilience with information, strategies and support, held in a safe and welcoming space.

Tuesday 4th November – Behaviour that Challenges, 12:30pm–2:30pm

Tuesday 18th November – Neurodiversity, 12:30pm–2:30pm

Tuesday 25th November – Resilience for Parents, 12:30pm–2:30pm

Where?

**Charles Burrell Centre,
Staniforth Road,
Thetford, IP24 3LH**

Tickets available on Eventbrite

Kids- In person parent workshops in Thetford

Join Kids for a series of workshops about neurodiversity, behaviour, communication, resilience, with information, strategies and support, held in a safe and welcoming space.

Tuesday 4th November- Behaviour that challenges, 12:30pm- 2:30pm

Tuesday 18th November- Neurodiversity, 12:30pm - 2:30pm

Tuesday 25th November- Resilience for parents, 12:30pm- 2:30pm

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

[Click here to book tickets](#)

The poster has a dark purple background with a pink and orange geometric design on the right side. At the top left, the 'Kids' logo is in a pink box, followed by the text 'Disabled children say we can'. The main title 'Coffee and Connect Parent Carer Service' is in white, and 'Guest Speaker from Young Carers' is in large teal letters. The date and time are in white, and the location is in white. The bottom half of the poster shows a top-down view of several hands holding different colored coffee cups (white, orange, blue, green) around a wooden table. A tablet is visible on the table.

Kids Disabled children say we can

**Coffee and Connect
Parent Carer Service**

**Guest Speaker
from Young Carers**

Wednesday 5th November
10:30am – 12:30pm
Viking Centre, Tills Road
Sprowston, NR6 7BP

Kids- In person Coffee and Connect - guest speaker
from young carers in Sprowston

Join Kids for a Coffee and connect with a guest speaker from young carers.

On Wednesday 5th November at 10:30am-12:30pm at the Viking Centre, Tills Road, Sprowston, NR6 7BP

[To book a place click here](#)



Kids Disabled children say we can

Coffee and Connect Parent Carer Service

Preparing for Adult Life Guest Speaker

Wednesday 19th November
10:30am - 12:30pm
Viking Centre, Tills Road
Sprowston, NR6 7BP

The poster features a bright yellow background with a diagonal orange and red geometric pattern on the right side. At the bottom, there is a photograph of several hands holding different colored coffee cups (white, orange, blue) around a dark wooden table. A tablet is also visible on the table.

Kids- In person coffee and connect Preparing for Adult Life guest speaker in Sprowston

Preparing for Adult Life guest speaker are joining Kids on Wednesday 19th November
10:30am-12:30pm at Viking Centre, Tills Road, Sprowston NR6 7BP

To book a place [click here](#)

Kids Disabled children
say we can

Registered Charity No. 275936

Coffee and Connect Parent Carer Service

Family Action Guest Speaker

Wednesday 3rd December

10:30am – 12:30pm

Viking Centre, Tills Road
Sprowston, NR6 7BP



Kids- In person Coffee and Connect with Family Action guest speaker in Sprowston

A guest speaker from Family Action are joining Kids on Wednesday 3rd of December
10:30am-12:30pm at Viking Centre, Tills Road, Sprowston NR6 7BP

To book a place [click here](#)



The Queen Elizabeth Hospital- Youth Council needs you!

Are you:

Aged 16 to 25

And

Live within the catchment of the Queen Elizabeth Hospital

A current or former patient of the hospital AND/OR

Staff or a volunteer at the hospital AND/OR

A member of the community served by the Queen Elizabeth Hospital

You can be a student, carer, or live and work within the area served by the hospital

The QEH Youth council will be a bridge between the hospital and the 16-25 community in West and North Norfolk, North Cambridgeshire, and South Lincolnshire.

You can share what you hear with the people who shape the hospital so it can have a real impact on the services and care they offer, and make it an even better place for teenage and young adult patients.

You can make sure the people who make decisions about this hospital and the new one scheduled to be built in 2030 will know what you and other people aged 25 and under feel about health services, the hospital and how it could be even better for you, your friends, and the people you spend time with.

It will also give you the chance to find out more about careers in health and care, equip you with skills which will help you when you are working, and the experience will look great on a CV for work or application for college or university.

[Click here to find out more](#)



Upcoming Mental Capacity Act & Deprivation of Liberty Safeguards Training – Book Now for Carers Services and Family Carers

These sessions are designed to support both professionals in Carers Services and family carers, following the commitment made at the joint Adult and Children's Services event in July to improve transitions between services.

Both sessions aim to build confidence and understanding around (MCA) Mental Capacity Act and (DoLS) Deprivation of Liberty Safeguards, supporting better transitions and decision-making.

Closing Date to book on for both events – Tuesday 18th November 2025.

Training for Carers Services and the PVI Sector:

Date: **Tuesday 25 November 2025**

Time: 10:00 – 12:30

Online via Microsoft Teams

Audience: Carers Services and professionals in the Private, Voluntary and Independent sector supporting transitions and preparing for adulthood

Overview:

- Duties and responsibilities under the MCA 2005 for people aged 16+
- Applying MCA principles in practice
- Mental capacity and best interests assessments
- Understanding restraint, restriction, and deprivation of liberty (DoLS and Community DoL)
- Time built in for questions and how to explain MCA to families

LINK TO BOOK:

<https://www.tickettailor.com/events/improvementeast/1908364>

Training for Family Carers:

Date: Friday 28 November 2025

Time: 10:00 – 12:30

Online via Microsoft Teams

Audience: Family carers who want to understand MCA and DoLS

Overview:

- MCA 2005 and its relevance to health/social care decisions
- Rights of loved ones, professionals, and families
- Mental capacity and best interests assessments
- Restraint, restriction, and deprivation of liberty
- Role of families in the authorisation process
- Time for questions and queries

LINK TO BOOK:

<https://www.tickettailor.com/events/improvementeast/1908383>



For family or friends who
step up to raise a child.

Kinship – for family or friends who step up to raise a child - training and events

Kinship carers tell us their journey can be overwhelming and confusing. To help you navigate this complex system, we run workshops and events both online and in-person. Explore our events below and to stay up to date with new events, join our community.

Financial support for kinship families workshops

4 November 2025 – 11:00am – 12:30pm
Online

20 November 2025 – 11:00am – 12:30pm
Online

8 December 2025 – 10:00am – 11:30am
Online

This workshop will give you helpful information about financial support you may be able to get as a kinship carer.

You might find this workshop helpful if you're about to start, or are already, caring for a family member or friend's child, and you want to know:

- more about getting financial help as a kinship carer
- what support you may be entitled to, depending on your kinship arrangement or your own or your child's needs
- your next steps for applying for financial support.

For more information and to book a place [click here](#)



**Evaluation of Care
(Education) &
Treatment Reviews for
people with learning
disabilities and autistic
people**

The CECiLiA study



UEA University of
East Anglia
Norwich


**UNIVERSITY OF
BIRMINGHAM**
Intellectual
Disabilities
Research Institute

**University of
Kent**


NHS
Coventry and
Warwickshire Partnership
NHS Trust

 **LDE**
Learning Disability England

 **National
Autistic
Society**

 **Challenging
Behaviour
Foundation**

**The CECiLiA Study An Evaluation of Care (Education)
and treatment reviews for people with learning
disabilities and autistic people**

The CECiLiA study team are having difficulties recruiting children and adults with a learning disability and autistic children and adults to take part in their study. Can you help? For more information click [here](#) for an Easy Read version and video.

Tell us about taking part in a Care (Education) Treatment Review.

You are invited to take part in a study to find out if Care Education and Treatment Reviews (C(E)TR's) are helpful for people with learning disabilities and autistic people, and if they result in positive changes. The study is called 'An evaluation of Care (EduCation) and treatment reviews for people with Learning disabilities and Autistic people' or CECiLiA for short. It is funded by the National Institute for Health and Care Research and being run by the Universities of Birmingham, East Anglia and Kent. Coventry and Warwickshire Partnership NHS Trust is sponsoring the project. People from the National Autistic Society, Learning Disability England and The Challenging Behaviour Foundation are also helping.

We want to hear about your experiences and opinions of C(E)TRs and would like you to complete a survey. It should take about 25 to 30 minutes to complete. We can provide help to complete it.

Taking part will give you the chance to contribute to the good practice guidance for C(E)TRs which we will be developing. We will also be asking autistic people and children and people and children with learning disabilities, families and carers, and C(E)TR panel members.

You will be offered the option of receiving £20.00 in high-street vouchers for completing the survey or offering the voucher to support an autistic person or child or person or child with learning disabilities to take part in the survey.

To read more about the study and to find out how to take part please click this link: [Expression of Interest Form](#) - C(E)TR Workforce or see further information here:

Please note that once you have expressed an interest, it may take up to 24 hours to receive the link to the survey.

You can take part if you have been part of a Care, Education and treatment Review (C(E)TR) in the last year in England, and if you are in one of the following groups:

- Autistic adults or adults with a learning disability or autistic adults with a learning disability
- Autistic children or children with a learning disability or autistic children with a learning disability
- Family members and carers of people with autism or who have a learning disability or autistic people with a learning disability
- Members of the C(E)TR workforce
- Health, education and social care staff.

What will taking part involve?

You can take part in either:

- An online survey, or
- A Talking Mats interview.

You will answer questions about your experience of taking part In a Care, Education and Treatment Review (C(E)TR.

If you have questions or would like to find out more, please email:

Cecilia@contacts.bham.ac.uk

or phone: 0121 414 3086

Thank you!



Rare Voices Together

Our annual online Rare Conditions Network event!

Guest speakers and networking opportunities.

11th November 2025

10:00 - 14:00 GMT

This online conference is an opportunity to be part of a growing network, to share experiences with other parent carers, charities, and rare condition support group members.



Rare Voices Together - Online rare conditions network event hosted by Contact

This online conference is an opportunity to be part of a growing network of small charities bought together in one place and to share experiences with other parent carers and rare condition support group members and at the same time help shape and develop Contact's growing network of rare conditions groups across the UK. You do not need to be a member of our Rare Condition Network in order to attend.

Online on 11th November 10:am-4pm.

A detailed agenda will be sent in advance of the conference with timings and speakers.

Contact's support for the Rare Network is made possible thanks to a generous unrestricted grant from Pears Foundation.

Please direct any enquiries relating to your booking to rareconditions@contact.org.uk

For further info and support from Contact, please email info@contact.org.uk or see www.contact.org.uk

We are committed to offering workshops that are accessible to the widest audience possible. If you have any accessibility needs regarding this workshop, please contact training.admin@contact.org.uk as early as possible.

To book tickets for this free online event click [here](#)



ACT- Autism Communication Tool for Primary Care Consultations

The A.C.T. can be completed and used by any patient with a clinical diagnosis of autism or who self-identifies as autistic.

This form does NOT have to contain all the information, but it is a basis to help guide the consultation and enable you to convey key information points to healthcare staff.

It is important to note that the information listed in this tool is meant to be a summary of the reason for attending the appointment.

The form is:

To alert healthcare professionals to your autism so that they know they may need to make reasonable adjustments.

To help you think about the reason for booking an appointment with the healthcare professional ahead of time which will help you to describe the symptoms within the consultation.

To provide key information that will alert the healthcare professional of the need to make reasonable adjustments within the consultation.

To help the healthcare professional ask appropriate questions and ensure that your concerns are discussed.

The tool does not need to contain all the information you think the healthcare professional needs to know, just enough to guide the interaction.

Please note: Each section has a character limit, shown in the corner of the form. This keeps the text short and easy to read. It's important for busy clinicians to have all the information on one page, especially in time-limited consultations. This helps make the A.C.T. more useful and acceptable.

The communication tool is split up into several sections. You do not need to complete all the sections, just those relevant to you today. Below is a guide that provides information that might be useful to add to each section.

Guidance is provided in each section in audio or written format to guide you in what to write in each section.

[Click here for more information and to fill out the ACT communication tool form](#)





contact

For families
with disabled children

DO YOU CARE FOR A CHILD WITH ADDITIONAL NEEDS?

We are offering FREE workshops for families in East Anglia,
together with Slater and Gordon Lawyers

Our Brighter Futures workshops support families to tackle some of the
unique challenges you face, for example:

**Anxiety in children | Behaviour | Clinical Negligence
Education law | Share experiences**

Find out your rights, meet other parents to connect, share and get support

Spaces are limited – sign up at bit.ly/brighter-futures-workshops

Supported by:

See overleaf for details or scan the QR code



contact For families
with disabled children



Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

Brighter Futures: workshops for parent carers in East Anglia delivered by Contact

Join Contact for a 5-week series of workshops for parent carers of children (0-25) with disabilities/additional needs.

Funded by Slater and Gordon Lawyers, Brighter Futures offers a series of five workshops for parent carers in East Anglia (including a final session in person). These sessions provide a chance to connect with other families, share experiences, and explore a range of useful topics.

Workshops

1. Understanding and managing **anxiety in children** (delivered by Contact) Wednesday 5th November 2025, 12-2pm
2. Understanding and managing **behaviour** in children with additional needs (delivered by Contact) Wednesday 12th November 2025, 12-2pm
3. **Education Law** (delivered by Slater and Gordon Lawyers) Wednesday 19th November 2025, 12-2pm
4. **Clinical/Medical Negligence** (delivered by Slater and Gordon Lawyers) Wednesday 26th November 2025, 12-2pm
5. **In-person get together** for parent carers in Cambridge (delivered by Contact) Wednesday 3rd December 2025, 12-2pm

These workshops are for parent carers of children (aged 0-25) with additional needs or disabilities (with or without a diagnosis).

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



New Apprenticeships Norfolk website

Apprenticeships Norfolk is a brokerage service - offering practical support and guidance about apprenticeships.

Our free and impartial service focuses on giving support to individuals (of any age), employers (of any size) and training providers who deliver training in Norfolk. There is no obligation, so if you are unsure about where to start or would just like a bit more information get in touch - we would love to help!

We aim to increase opportunities to inspire, promote and champion apprenticeships.

To see what they offer, click [here](#) for their Face Book page.

[Click here for the new Norfolk Apprenticeships website](#)



Family Hubs Community Fund

The Family Hubs Community Fund is designed to support local communities in Norfolk by providing grants to organisations, individuals and community groups who support families with children from conception to 19 years old (25 with SEND).

By enhancing community provision and improving access to services, the fund aims to encourage the development and expansion of community groups and activities that promote wellbeing, social networks, and developmental milestones for children, teens and young adults.

Applications for up to £10,00 are now open.

For guidance on applying to the Family Hubs Community Fund click [here](#)

[Click here to apply for a Family Hub Community Fund grant](#)



Dovelets



Especially for children with **special needs** and a cognitive age of 0-5 years and their parents/carers

- **Free** messy play and sensory play sessions every Tuesday (**Term time only**)
- With **free** music therapy sessions on the second Tuesday of every month (**Term time only**)
- 10-11am at Diss United Reformed Church (Next to the new Post Office)
- Fully accessible building - ramps at front and rear
- Small car park at rear of building
- Able bodied siblings welcome too!

Come along for fun, friendship and support!

A Diss United Reformed Church Community Initiative

For more information email Ruth Bridges, our Community Worker at dovelets.diss@gmail.com or find us on Facebook at Dovelets Diss



Diss Dovelets- Free messy play for young children with SEND

Diss Dovelets is a free group for children with additional or complex needs who have a cognitive age of 0-5, as well as for their parents/carers.

We meet every term-time Tuesday from 10-11am.

Most of our sessions are for messy and sensory play, but on the second Tuesday of each month we have music therapy.

Diss Dovelets is a time for fun and friendship, but we also aim to help with socialisation, creativity, self-expression, communication and motor development. It's also a time for parents/carers to meet with friends and access support.

At the United Reformed Church, Mere Street, Diss, IP22 4AD

Fully accessible building- ramps at the front and the rear

Small carpark at the rear of the building

Able bodied siblings welcome too!

Come along for fun, friendship and support!

A Diss United Reformed Church Community Initiative.

For more information [email](#) Ruth Bridges our community worker.

[Click here to find Dovelets Diss on Facebook](#)





The Benjamin Foundation

Attleborough Youth Project

Featuring games, crafts, sensory activities and opportunities to learn new skills, Attleborough Youth Project supports those aged 8-17 with separate youth groups for SEN children.

Monday	Wednesday
3:45-5:45pm: Junior Youth (8-11 years) 6-8pm: Senior Youth (12-17 years)	1:45-3:15pm: Parent of SEN young people support group 3:45pm-5:15pm: SEND Junior Youth (8-11 years) - <u>NEED TO BOOK</u> 5:45-7:15pm: SEND Senior Youth (12-17 years) - <u>NEED TO BOOK</u>

Thursday

3:45-5:45pm: Junior Youth (8-11 years)
6-8pm: Senior Youth (12-17 years)



contact us at: AYP@benjaminfoundation.co.uk to learn more

 Registered with FUNDRAISING REGULATOR

Registered Charity Number 1124936
 Company Number 3825425

Attleborough Youth Project

Featuring games, crafts, sensory activities and opportunities to learn new skills, Attleborough Youth Project supports those aged 8-17 with separate youth groups for SEN children.

Our current weekly programme

Monday:

3:45pm-5:45pm: Junior Youth (8-11 years)

6-8pm: Senior Youth (12-17 years)

Wednesday:

1:45-3:15pm: Parent of SEN young people support group

3:45pm-5:15pm: SEND Junior Youth (8-11 years) **(book via email below)**

5:45-7:15pm: SEND Senior Youth (12-17 years) **(book via email below)**

Thursday:

3:45-5:45pm: Junior Youth (8-11 years)

6-8pm: Senior Youth (12-17 years)

To find out more click [here](#).

[Click here to contact Attleborough Youth Project via email](#)



Moving into adult social care services in England

What changes for disabled children	What changes for parent carers
A disabled child has their needs assessed under the Children Act 1989. When they become adults, they are covered by the Care Act 2014. Services must continue until adult care takes over.	Parent carers and siblings of disabled children are covered by the Children and Families Act 2014. When their children turn 18, parent carers' needs are assessed under the Care Act 2014.
Children who are likely to have needs when they turn 18 must be offered a Child's Needs Assessment. This should take place when it's easier to know what their post-18 needs will be.	The local authority must carry out a Child's Carer's Assessment if there is "likely need" for support when their child turns 18, and when the assessment is of "significant benefit".

contact for families with disabled children

Moving into adult social care services in England

A disabled child receiving social care support in England will move into adult services when they turn 18.

But what **should** happen during the transition period?

Here are the basics — Contact (For families with disabled children) has more information and advice on your family's rights, legal changes, pay structures and responsibility over decisions:

What Changes for disabled children?

A disabled child has their needs assessed under the Children Act 1989. When they become adults, they are covered by the Care Act 2014. Services must continue until adult care takes over.

Children who are likely to have needs when they turn 18 must be offered a child's needs assessment. This should take place when it's easier to know what their post 18 needs will be.

What changes for parent carers?

Parent carers and the siblings of disabled children are covered by the Children and Families Act 2014. When their children turn 18, parent carers needs are assessed under the Care Act 2014.

The local authority must carry out a Child Carer's assessment if there is "likely need" for support when their child turns 18, and when the assessment is of "significant benefit."

Click [here](#) for Contact's information on moving in to adult services.

Click [here](#) for Contact's guide to services and support from your local authority.

Contact has written an introduction to The Care Act 2014 click [here](#) to read it.

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



Willow Foundation

Willow provides uplifting, unforgettable and unique Special Days Out for young adults aged 16 to 40 across the UK who are living with a life-threatening or life-limiting illness.

Every year we aim to support more than 1,400 people, helping them share magical moments with their loved ones and create more precious memories.

Eligibility

Willow accepts referrals for adults between the ages of 16-40 living with a life threatening condition.

To be eligible for support from Willow, applicants must be:-

Aged between 16 and 40 years old (inclusive)

Receiving active treatment for a life threatening illness, or within 6 weeks of final treatment

Receiving treatment/care for a degenerative or palliative illness

A resident in the UK

Have not received a Special Day from Willow previously.

[For more information click here](#)



Sandcastle Trust- for families living with a rare genetic condition

Our Vision is a future where every family in the UK impacted by a rare genetic condition will have access to high-quality services to support their emotional wellbeing and resilience.

Our Mission is to reduce inequalities in emotional wellbeing outcomes for families living with a rare genetic condition. We walk alongside families helping to strengthen and nurture emotional wellbeing through a range of services that build positive family memories, strengthen family relationships, reduce isolation and improve resilience.

We also increase public awareness of the inequalities and barriers to emotional wellbeing that families living with rare genetic conditions face and advocate for positive change.

Register as a Sandcastle Family

The Sandcastle Trust provides families impacted by a rare genetic condition with opportunities to access a range of services that support emotional wellbeing and resilience. Our five Sandcastle Support Services are:

Sandcastle Memories – family respite service

Sandcastle Smiles – home based family respite activities

Sandcastle Connections – reducing isolation and building a supportive rare genetic condition community

Sandcastle Support Hub

Sandcastle Counselling Service

You are eligible to register as a Sandcastle Family to access The Sandcastle Trust's support if an individual (or individuals) in your family have been diagnosed with a rare genetic condition that affects less than 5 in 10,000 of the general population, and that condition has had an enduring impact on family life.

We ask that you register with us as a Sandcastle Family so that we can try to better understand the needs of families in our rare genetic condition community, identify gaps in provision, shape our support and keep you up to date with what we are up to. Please note, this form is not an application form. Once a member of our team has processed your registration, we'll be in touch to share more information about the different services we offer and how to apply for each of them.

[Click here to find out more and register as a Sandcastle family](#)



Family Action's Swaffham area WellFamily Service is now reopen for referrals

[WellFamily](#) offers support and advice concerning emotional stresses, mental health and wellbeing, parenting, child behaviour, school and education, relationship difficulties, financial problems, housing and social isolation. Here to support family members of all ages, we offer a wide range of structured support, advice and information that is flexible and tailored to meet your needs. Working together to create plans that look to change the problems that face your family and to support you as parents, and as individuals, as well as your children, **families must be registered at GP surgeries within the Swaffham and Downham Market Primary Care Network, including Litcham.**

[To make a referral or to self refer click here](#)



Welcome to October's edition of the SENDIASS Spotlight!

In this edition get updates on Norfolk SENDIASS, and where you can find us out and about offering face to face drop-in sessions at libraries, naming a setting article, Norfolk SEND Youth Forum update, book recommendations and question and answers.

[Click here to read the latest SENDIASS Spotlight](#)





NOVA TRAINING
stand out from the CROWD
Dereham

GRAND Opening

THURSDAY, 6TH NOV 2025
10:00 AM - 3:00 PM
NOVA TRAINING, 1 TAVERN LN, DEREHAM, NR19 1PX

WE ARE EXCITED TO OFFICIALLY INVITE YOU TO THE OPENING OF OUR BRAND-NEW TRAINING CENTRE IN DEREHAM!

IF YOU'RE 16-18, OR IF YOU WORK WITH YEAR 11 LEARNERS WHO MAY NEED EXTRA SUPPORT OR ARE AT RISK OF BECOMING NEET, THIS IS THE PERFECT OPPORTUNITY TO FIND OUT HOW WE CAN HELP.

YOU'LL ALSO HAVE THE CHANCE TO MEET OTHER SUPPORTING ORGANISATIONS AND MEMBERS OF THE ROYAL AIR FORCE.

Plus, we'll be hosting a Macmillan Bake Sale on the day - so don't forget to bring along some spare change (or notes!) to support this fantastic cause.

ROYAL AIR FORCE
MACMILLAN CANCER SUPPORT

TO ATTEND, PLEASE CONTACT
Deborah Parnell
Learner Recruitment Consultant and Placement Officer

01362 698840 / 07415 212 690
deborah.parnell@novatraining.co.uk

📍 Nova Training, 1 Tavern Ln, Dereham, NR19 1PX
🌐 www.novatraining.co.uk
☎ 01362 698840

Nova training Dereham- Grand opening 6th November

We are excited to officially invite you to the opening of our brand-new Training Centre in Dereham.

If you're 16-18, or if you work with Year 11 learners who may need extra support or are at risk of becoming NEET, this is the perfect opportunity to find out how we can help.

Explore our fully funded courses

Meet our friendly team

Connect with other supporting organisations

Chat with members of the Royal Air Force

Plus, we'll be hosting a Macmillan Cancer Support Bake Sale on the day, so don't forget to bring along some spare change (or notes!) to support this fantastic cause.

On Thursday, 6th November 2025 at 10:00 AM – 3:00 PM

At Nova Training, 1 Tavern Lane, Dereham, NR19 1PX

To attend, please contact: Deborah Parnell, Learner Recruitment Consultant & Placement Officer via the phone on 01362 698840 / 07415 212 690 or [email](#).

To find out more about Nova Training and how they support learners with SEND click [here](#)



The Boparan Charitable trust

Set up in 2009 to aid children and young people across the UK, who are disadvantaged through disabilities, life limiting conditions or live in extreme poverty.

As a charity we take great pride in taking the time to listen, understand and help families who are often forgotten about, or whose needs are overlooked.

Offer an efficient and accessible applications process to help create a Brighter Future.

As a charity we listen, understand and help families who are often forgotten about or whose needs are not met by the health and social systems. We work directly with families providing financial grants for key items that assist the children. In addition to providing grants for specialist equipment, we donate money towards therapies. We work in the community.

We are one of the country's most efficient charities with a turnaround time of 2 – 4 weeks for funding under £5,000. Our streamlined application process means that once fully completed applications are received, they are individually reviewed within a 14-day period by our specialist board and Trustees.

Eligibility criteria

The child must be under 19 years old.

The child should have a disability, life-limiting condition, or be living in extreme poverty.

Grants are usually for specific needs, such as equipment, therapies, or essential household items.

Click here for more details of The Boparan Charitable Trust and how to apply for a grant



An 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 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](https://www.facebook.com/FamilyVoiceNorfolk)
- Or join our Family Voice Members Chat Room on Facebook [here](#)

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

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