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newsletter  
December 2025



Family Voice Norfolk wishes everyone a Merry Christmas, in whatever form Christmas takes for you and your children. If you and your family don't celebrate Christmas, we hope that you will enjoy some time together over the holiday period. 2026 is only days away now and this year certainly seems to have flown. FVN has had some significant changes over the past nine months but rest assured, we're all doing the best we can, as ever, to represent the lived experiences and views you share with us in all that we do. Thank you for sharing your experiences of 2025, for responding to our surveys and to our requests for feedback on various topics. We are busy planning and preparing for our next annual conference and we'd love to see both new faces and familiar ones coming along to the John Innes Conference Centre, Norwich. We've already asked you to 'save the date' of 14th March 2026 so watch out for booking which will open in mid-January.



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



## Welcome Nicola MacKinnon – Norfolk County Council Children's services - Designated Social Care Officer (DSCO)

Family Voice Norfolk has been meeting recently with Norfolk's new Designated Social Care Officer and we are excited about the prospect of future work together:

Welcome Nicola MacKinnon – Norfolk County Council Children's services - Designated Social Care Officer (DSCO)

Just before the summer, Nicola MacKinnon joined the Children with Disabilities Team as the new Designated Social Care Officer (DSCO). Nicola brings a wealth of experience and is really looking forward to working with colleagues across the system to improve outcomes for children and young people with SEND.

The DSCO role was developed by the Council for Disabled Children (CDC) in partnership with the Department for Education (DfE), following the implementation of the Children and Families Act (2014). Since then, the CDC has championed the importance of social care within the SEND system, encouraging local authorities to shape the DSCO role to meet their unique needs.

In Norfolk, the DSCO works across the system to drive strategic developments focussing on:

## Creating new ways of working to improve outcomes for children and young people.

- Embedding SEND strategies across social care, health, and education.
- Supporting practice and training to strengthen SEND knowledge within social care teams.
- Ensuring statutory duties are met in relation to social care input in EHCPs, including audits and practical support.
- Bridging the gap between social care and SEND systems to foster mutual understanding and effective collaboration.
- Building strong relationships across services while constructively challenging where needed to bring about positive change.

One of the most recent projects which Nicola has set up is the launch of the SEND Beacon (Champion) Network - passionate social care professionals who are committed to improving outcomes for children and young people with Special Educational Needs and/or Disabilities (SEND).

SEND Beacons have volunteered to support the deeper embedding of understanding of SEND within social care practice. These champions will receive enhanced training on the role of social care in SEND reforms, statutory responsibilities, SEND processes and EHCPs. They will be equipped to advocate for children, young people, and families. As a community of practice, the goal is to build confidence across social care teams, enabling consistent, high-quality contributions to EHCPs and ensuring SEND needs are fully considered in assessments, planning, and direct work with families. The SEND Beacons will share key updates and information on SEND and support available in Norfolk and local and nationwide developments with their district teams.





## Relaxed/ adapted Pantomime performances

Click [here](#) for Norwich Theatre Royals adapted performances of Cinderella.

To see adapted performances of Jack and the Bean Stalk at The Corn Exchange in King's Lynn click [here](#).



## Norwich Theatre Royal are calling all new home educators!

We're inviting new home educating parents to share how they would be interested in engaging with us within a relaxed and friendly environment. We would like to better understand the challenges faced and how we can support families who are new home educators.

Most importantly, refreshments will be provided.

Thursday 22 January 2026, 19:00.

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



## Christmas and New Year opening hours



You can access Kooth any time you need; we're always open. If you're looking for a one-to-one chat with our team, check below to see when they're available over Christmas and New Year:

### Christmas Week

6 – 10PM

Saturday 20th December

6 – 10PM

Sunday 21st December

12 – 10PM

Monday 22nd December


12 – 10PM

Tuesday 23rd December

12 – 8PM

**Christmas Eve**  
Wednesday 24th December

4 – 8PM

 **Christmas Day**  
Thursday 25th December

12 – 8PM

**Boxing Day**  
Friday 26th December

### New Year Week

6 – 10PM

Saturday 27th December

6 – 10PM

Sunday 28th December

12 – 10PM

Monday 29th December

12 – 10PM

Tuesday 30th December

12 – 8PM

**New Years Eve**   
Wednesday 31st December

4 – 8PM

**New Years Day**  
Thursday 1st January

12 – 10PM

Friday 2nd January

From 3rd January 2026, our team will be available as usual: 12 – 10pm Monday to Friday and 6pm – 10pm at weekends.

## Kooth Christmas and New Year opening hours

The festive period can intensify mental health pressures for many young people, from grief and isolation to issues surrounding family and food. We often see an increase in demand for support.

It's why we are spreading the word of our always available support. Our digital platform offers 24/7 access, 365 days a year, to self-help tools, professional support, and moderated peer communities, with no waiting lists or referrals needed.

Kooth will remain open every day across the Christmas and New Year period, with slightly amended hours to ensure young people can still access support throughout the holidays.

### Christmas Week

- 6 - 10PM Saturday 20th December
- 6 - 10PM Sunday 21st December
- 12 - 10PM Monday 22nd December
- 12 - 10PM Tuesday 23rd December
- 12- 8PM Christmas Eve Wednesday 24th December
- 4 - 8PM Christmas Day Thursday 25th December
- 12 - 8PM Boxing Day Friday 26th December

### New Year Week

- 6-10PM Saturday 27th December
- 6-10PM Sunday 28th December
- 12-10PM Monday 29th December
- 12-10PM Tuesday 30th December
- 12-8PM New Years Eve Wednesday 31st December
- 4-8PM New Years Day Thursday 1st January 2026
- 12-10PM Friday 2nd January 2026

From 3rd January 2026, our team will be available as usual 12-10PM Monday to Friday and 6-10PM at weekends.

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

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







## Norfolk County Council is asking people with learning disabilities and autistic people to share their views in a short survey about housing and support

### Why this matters:

In 2021, we asked for feedback on our housing plans, which helped shape new Supported Living in Norfolk.

Some of these homes will be ready in 2026, and now we're reviewing our plans to make sure they still reflect what matters to people.

The feedback will help make sure our next housing plans are based on real experiences and priorities.

The survey is open for 6 weeks and **closes on 11 January 2026**.

### Ways to complete the survey:

Click The green button below to access the online survey.

Paper copy: Email [sl.prog@norfolk.gov.uk](mailto:sl.prog@norfolk.gov.uk) with your name and address and we will send you one with a return envelope.

Please note, if you are able to print the [survey](#) at your centres this might be a quicker way to get involved.

### What we will do with the answers:

The council will share what they learn with Social Care Institute for Excellence (SCIE).

SCIE will help us understand how to make housing plans fit what people want and need. Information shared will be anonymised, so no one will know who has responded.

We will also share what we learn on our website by April 2026.

Thank you for helping us gather this important information!

[Click here to complete the survey online](#)







## The Nansa Sensational Families Team is launching a brand-new peer support group in Wells starting in the New Year

Exciting News for 2026!

The Nansa Sensational Families Team is launching a brand-new peer support group in Wells starting in the New Year!

They will now be hosting support groups across Norfolk – in Norwich, Great Yarmouth, Wells, and Holt – giving families more opportunities to connect, share experiences, and find support.

Where: Coastal Health and Wellbeing, Wells Community Hospital, Mill Road NR23 1RF

A face-to-face support group for families of children with SEND...

Just pop in, no need to book...

**2026 Dates (10am – 12pm)**

14th January

11th February

11th March

For details of all the support groups Nansa host click [here](#)





**MAKING SENSE OF  
SEND.**

Free, friendly information and support  
for families & professionals

 Get advice from over 20 **information stands**

 Listen to a Talk from the **School and Community team** about how they support children, families, and schools with emerging SEND and strategies that can help.

 Speak with a member of the **EHCP team** or a **SEND advisor** to give feedback on your experience  
Spaces bookable on the day

 Wednesday **21<sup>st</sup> January 2026**  **1.30pm-3.30pm**

 **Sheringham Community Centre,**  
Holway Rd, Sheringham NR26 8NP  **Free refreshments**

**Find out more and book your place:**

[www.norfolk.gov.uk/msos](http://www.norfolk.gov.uk/msos)



 **Norfolk** County Council

## Making Sense of SEND is going to Sheringham in January 2026

A free information fair for parent carers who have a child or young person with SEND, and the professionals who work with them.

Join us for our next 'Making Sense of SEND' information fair! This time we're going to be at Sheringham Community Centre.

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.

You will also have the opportunity to listen to a talk from the **School and Communities team** about how they support children, families and schools with emerging SEND and strategies that can help.

You can also **speak with a member of the EHCP team or a SEND advisor** to give feedback on your experience, spaces bookable on the day.

Free refreshments will be available.

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!**

Sheringham Community Centre

Holway Road

Sheringham NR26 8NP

Wednesday 21st January 1:30-3:30pm

[Click here to book tickets](#)






## King's Lynn Drop-In Group JANUARY 2026

**Come and join us at our friendly support group, in partnership with Family Hubs.**

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

If you have personal experiences with a child with neurodivergence or are waiting for a diagnosis, come along to our 'drop in' session to meet other parents and carers with similar experiences. Speak to our Family Support Workers, who are always on hand to offer support and answer any questions.

**No diagnosis or booking required.**

 [norfolkandwaveney@family-action.org.uk](mailto:norfolkandwaveney@family-action.org.uk)

 01603 972589

Family Action. Registered as a Charity in England & Wales no. 264710.  
Registered as a Charity in the Isle of Man no. 1208. Registered Companies limited by Guarantee in England and Wales no. 01068706.

### New Venue:

 The Activity Room  
St. Augustine's  
Healthy Living Centre  
Columbia Way  
King's Lynn  
PE30 2LB  
-To enter: Please press  
the door buzzer  
labelled Family Hub

 **Tuesday**  
**13<sup>th</sup> January 2026**  
**9:30am – 11:00am**

 **family hubs**

**family-action.org.uk**

## Family Action King's Lynn Drop in group January 2026

Come and join us at our friendly support group, in partnerships with Family Hubs.

Family Action Norfolk & Waveney Autism/ ADHD support service supports families of children with neurodevelopmental differences.

If you have personal experiences with a child with neurodivergence or are waiting for a diagnosis, come along to our 'drop in' session to meet other parents and carers with similar experiences. Speak to our Family Support workers who are always on hand to offer support and answer any questions.

**No diagnosis or booking required.**

**New venue:**

The activity room, St Augustine's healthy living centre, Columbia Way, King's Lynn PE30 2LB

To enter: please press the door buzzer labelled Family Hub.

On Tuesday 13th of January 9:30am-11am

For more details ring 01603 972589 or click [here](https://family-action.org.uk) to email.



**family action**

Norfolk and Waveney Autism/ADHD Support Service

## Plan Bee King's Lynn January 2026

**Understanding and supporting  
your neurodivergent child or young person's needs.**

**A free course for parents & Carers**

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

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

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

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

**Monday 12<sup>th</sup> 19<sup>th</sup> & 26<sup>th</sup>  
January 2026**

**10am – 12noon**

**St Faiths Community Hub  
Gayton Road  
King's Lynn  
PE30 4DW**

**For more information contact us Monday to Friday 9am to 5pm**

 01603 972589

 [NorfolkAndWaveney@family-action.org.uk](mailto:NorfolkAndWaveney@family-action.org.uk)

 Norfolk and Waveney Autism/ADHD Support Service

  
**[www.family-action.org.uk](http://www.family-action.org.uk)**

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Registered as a Charity in the Isle of Man no. 1206. Registered Company limited by Guarantee in England and Wales no. 01068116.

## Family Action Plan Bee course in King's Lynn January 2026

Understanding and supporting your neurodivergent child or young persons needs.

A free course for parents and carers.

Plan Bee is a three week course (2 hours a week) written by two clinical psychologists working in Norfolk Community Health and Care. We have been commisiined by Norfolk and Waveney NHS Integrated Care Board to deliver this course for parents and carers of children who have suspected or diagnosed neurodevelopmental conditions.

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



On Monday 12th, 19th and 26th of January 10am-12noon.

At St. Faiths Community Hub, Gayton Road, King's Lynn, PE30 4DW

For more information contact Family Action Monday to Friday 9am to 5pm on 01603972589 or [email](#).

[Click here for the Family Action Facebook page](#)

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Norfolk and Waveney Autism/ADHD Support Service

## CONDENSED Plan Bee - Online January 2026

Understanding and supporting your neurodivergent child or young person's needs.

**A free online session for parents & carers**

If you have been interested in attending our Plan Bee course but have found it difficult to find the time, we are now offering a condensed version of our Plan Bee course. This will be one three hour session only on Zoom.

We hope this will be more suitable for working parents or for those with preschool children who find it difficult to attend a face to face course.

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

- Understand why their child or young person might become overwhelmed.
- Reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.
- Develop a support plan which they can share with other family members and schools to ensure a consistent approach.
- All behaviour is a form of communication. Our course supports parents to understand their child's individual needs and how to best support them.

**Tuesday**  
**13<sup>th</sup> January 2026**

**9:30am to 12:30pm**

**Online - ZOOM**

Joining details will be provided after booking

For more information and to book your place contact us Monday to Friday 9am to 5pm

01603 972589

[norfolkandwaveney@family-action.org.uk](mailto:norfolkandwaveney@family-action.org.uk)

Norfolk and Waveney Autism/ADHD Support Service

[www.family-action.org.uk](http://www.family-action.org.uk)

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## Family Action CONDENSED Plan Bee online session January 2026

Understanding and supporting your neurodivergent child or young persons needs.

A free **online** session for parents and carers.

If you have been interested in attending our Plan Bee course but have found it difficult to find the time, we are now offering a condensed version of our Plan Bee course. This will be one three hour session on Zoom.

We hope this will be more suitable for working parents or for those with pre-school children who find it difficult to attend a face to face course.

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

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



- Understand why their child or young person might become overwhelmed.
- Reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.
- Develop a support plan which they can share with other family members and schools to ensure a consistent approach.
- All behaviour is a form of communication. Our course supports parents to understand their child's individual needs and how best to support them.

Tuesday 13th January 2026 9:30am-12:30pm Online on Zoom. Joining details will be provided after booking.

For more information contact Family Action Monday to Friday 9am to 5pm on 01603972589 or [email](#).








## Puffins Autism Programme King's Lynn - February 2026

The Puffins Programme is a FREE, four week programme designed by Norfolk Community Health and Care's Neurodevelopmental Service for parents and carers of children and young people with a diagnosis of Autism.

Family Action are working in partnership with NCHC and EPSS and are currently commissioned to deliver the Puffins course to parents/carers in west and central Norfolk.

**Week 1 – Introducing Autism and Understanding Behaviour (Family Action)**

**Week 2 – Communication – (NCHC Speech and Language Therapy Team)**

**Week 3 – Understanding Sensory Processing (NCHC Occupational Therapy Team)**

**Week 4 – Autism in Education (NCC EP & Specialist Support: Autism Support Team)**

**King's Lynn  
February 2026**

Community Hub  
Church Dr  
Nxt Gaywood Church Rooms  
King's Lynn  
PE30 4DZ  
(Parking at Gaywood Church Rooms)

Monday 2nd, 9th & 23rd  
February & 2nd March 2026

9:30am - 12:30pm

Please note: This course is not suitable for children to attend and no childcare is provided.

To find out more or book a place,  
please contact Family Action on:

📞 01603 972589

✉ [Sue.Killick@family-action.org.uk](mailto:Sue.Killick@family-action.org.uk)



[family-action.org.uk](http://family-action.org.uk)

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## Family Action- Puffins Autism programme in Kings Lynn February 2026

The Puffins Programme is a free, four week programme designed by Norfolk Community Health and Care's Neurodevelopmental service for parents and carers of children and young people with a diagnosis of autism.

Family Action are working in partnership with NCHC and EPSS and are currently commissioned to deliver the Puffins course to parents/Carers in West and central Norfolk.

- Week 1- Introducing Autism and understanding behaviour. (Family Action).
- Week 2- Communication- (NCHC speech and language therapy team).
- Week 3- Understanding sensory processing(NCHC Occupational Therapy team).
- Week 4 -Autism in education (NCC EP and specialist support : Autism support team).

**Monday 2nd, 9th and 23rd of February and 2nd March 2026 9:30am-12:30pm.**

**Please note: this course is not suitable for children to attend and no childcare is provided.**

For more information contact Family Action Monday to Friday 9am to 5pm on 01603972589.

[Click here to email](#)



## SEND reform national conversation - how to be involved

**Tell us your views and experiences of the SEND system.**

We want to hear from everyone - from parents to those working in schools, colleges and early years - to help shape the system our children and young people deserve.

### **Why your views matter**

The Schools White Paper will be published in 2026 and will set out our proposed reforms to the SEND system.

We want to have an open conversation on points and ideas organisations have raised to help inform how we shape the policy in the White Paper. This is not a formal consultation.

A public consultation on some aspects of our SEND plans will be launched alongside publication of the Schools White Paper.

To help process and analyse responses efficiently, we may use artificial intelligence (AI) tools to identify themes, trends, and patterns in the comments received. All AI generated outputs will be reviewed and validated by experienced analysts to ensure accuracy and context. AI will not make decisions or recommendations. Its role is purely to support human-led analysis.

All questions are optional.

Please do not include any personal information in your free-text responses that could identify you.

Whilst we cannot respond to individuals, we will review all responses carefully.

**Conversation closes on January 14th 2026.**

[Click here to join the conversation and share your views](#)

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## SEND reforms - online events to help shape the reforms

Join the Department for Education for a series of online events giving parents and those in the SEND community the opportunity to shape reforms and deliver better outcomes for all children to thrive.

Each session focuses on a key principle of SEND reform with the chance to ask questions directly to the minister and panel.

**Tue 6 Jan 6–7 PM**

Conversation on 'fair' SEND reform principle with the Schools Minister

**Wed 14 Jan 6–7 PM**

Conversation on 'effective' SEND reform principle with the Schools Minister

[Sign up now to have your say](#)



# Disability Cricket



## We need your help

The Norfolk Cricket Foundation aspire to have a representative disability county cricket team as part of our talent pathway for cricketers in Norfolk. We need your assistance to help us shape this opportunity and support us in identifying cricketers who may wish to be apart of this journey. Please can you spare 5 minutes to complete the survey via the QR code.



**CONTACT:**

 **ABI SUTHERLAND**

 **07542769082**

 **abi.sutherland@norfolkcricket.co.uk**




## Disability Cricket – We need your help to shape it's future in Norfolk and help us set up a county team!

Norfolk cricket foundation need your help.

[The Norfolk Cricket Foundation](#) aspire to have a a representative disability county cricket team as part of our talent pathway for cricketers in Norfolk. We need your assistance to help us shape this opportunity and support us in identifying cricketers who may wish to be a part of this journey. Please can you spare five minutes to complete the survey via QR code or click the green button below.

Fore more information contact [Abi Sutherland](#). or telephone on 07542769082.

Everyone is equal and everyone can play. The provision of disability cricket has gone from strength to strength in Norfolk since it commenced in 2010. The NCF pride themselves in



working with many Schools, Special Schools and Community Day Centres/Hubs providing training and competitions for all.

[Click here for the Norfolk Cricket Foundation survey](#)





## Motive8 Sports Football for Home educated children with SEND - Feedback from a family

Here is the lovely Libby proudly showing off her medal she received recently after attending the Motive8 sports football session for home educated children.

Here's what Libby's Mum had to say:

'I would like to do a shout out for an amazing football club for children who are home schooled, I cannot recommend them enough, the children get medals and certificates.

Libby feels included; one of her peers, and it doesn't matter what your skill level is, they'll make it inclusive.

She gets to learn hand-eye coordination, gross motor skills and having fun with others!'

It's lovely to hear such great feedback, thank you for sharing with us!

More about the sessions:

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

At the Football Development Centre, Bowthorpe Park, New Costessey, Norwich, NR5 9ED  
12pm to 1pm on Fridays.

£3 a session.

To find out more information please feel free to contact the team at  
[motive8sports@hotmail.com](mailto:motive8sports@hotmail.com)

[Click here to register](#)



## Disability confident– Supporting Inclusive Employment

The Disability Confident scheme helps employers recruit, support and retain disabled and neurodivergent people, including autistic adults. Businesses that sign up commit to being more accessible, improving workplace inclusion and recognising the valuable skills disabled people bring to their workforce.

The scheme has three levels – Committed, Employer and Leader – allowing organisations to progress as they improve their policies and practices. Disability Confident employers actively offer fair recruitment, make reasonable adjustments and create supportive working environments.

Autistic people and those with other disabilities can look for the Disability Confident logo when applying for jobs, as it shows the employer welcomes applications and is committed to inclusive employment.

More information is available on the [UK Government's Disability Confident website](#).

[Norfolk County Council](#) Have earned the highest status in the Disability Confident scheme and are certified as a Level 3 Disability Confident Leader.

[Click here for an Easy Read version about the disability confident scheme](#)







## Adult learning- Next Steps into Independence course in King's Lynn

### **Ready to take the next step in your journey towards living more independently?**

This course is designed to help you build on the skills you already have and explore new opportunities for work, volunteering, and personal growth.

### **Who is this course for?**

This course is specifically designed for learners with mild to moderate learning difficulties who have completed an entry-level course or are continuing to build their independence. This course offers practical support in a kind and encouraging environment.

### **What we'll cover:**

- Understanding different types of jobs and volunteering roles
- Learning about workplace routines and expectations
- Practising timekeeping and personal presentation
- Exploring employment and work placements
- Applying for work and setting personal goals

You're moving forward - let us walk with you. Book your free place today and take the next step towards independence.

Starting on Thursday 08 January 2026

Start and finish time: 09:30am to 12:30

Duration: 11 lessons over 12 week(s)

Location: King's Lynn Library

[For more details and to enroll click here](#)

## Adult Learning- Next Steps into the Digital World course

Technology can open up a world of independence - but only if you feel confident using it. This course is specifically designed for learners with learning disabilities, and focusses on real-life digital tasks that support your personal goals.

Whether it's sending a message, shopping online, or using a calendar - we'll guide you step by step and help you build digital skills in a safe, supportive environment, so you can use devices to stay connected, organised, and in control of your daily life.

Digital skills can reduce isolation, improve wellbeing, and help you access vital services and opportunities. With the right support, you can feel empowered to use technology in ways that truly make a difference.

**What we'll cover:**

- Using digital devices for everyday tasks like shopping, travel, and communication
- Staying safe online and protecting your personal information
- Exploring apps and tools that support independent living
- Building confidence through hands-on practice
- Connecting with others and accessing support services

You don't need to be a tech expert - just open to learning. Book your free place today and take your next step into the digital world.

**How will I learn?**

This course will take place in a classroom setting and will involve many practical activities, independent and group work as well as guidance from your tutor in a friendly setting. A positive group dynamic is encouraged, and you will benefit from sharing your learning experiences with other members of the group.

**What will I need?**

You will need a pen and paper to take notes.

Starting on Thursday 16 April 2026

Start and finish time: 09:30am to 12:30

Duration: 13 lessons over 14 week(s)

Location: King's Lynn Library

For more details and to enroll click [here](#)





**THE GARAGE NORWICH**

**FREE MUSIC PROGRAMME**

**YOUTH MUSIC**

This programme is delivered by The Garage Trust, backed by Youth Music, thanks to the National Lottery via Arts Council England

MUSIC CLASS	DAY	TIME	AGE	
Beginners	Thursday	5.00pm-6.00pm	11-16	January 2026 - December 2026
Improvers	Thursday	6.15pm-8.15pm	13-18	April 2026 - December 2026
SEND Beginners	Friday	5.45pm-6.45pm	11-18	January 2026 - December 2026
SEND Improvers/Advance	Friday	7.00pm-8.00pm	18+	January 2026 - December 2026

TO REFER SOMEONE TO THE PROGRAMME  
VISIT [THEGARAGE.ORG.UK](https://thegarage.org.uk)  
OR CALL US  
01603 283382 FOR MORE INFORMATION!

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**ARTS COUNCIL ENGLAND**

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## Free music programme at The Garage Norwich

Free music programme- delivered by The Garage Trust, backed by Youth Music, thanks to the National Lottery via Arts Council England.

The Garage Music Programme will be delivering free, weekly, term time, group music sessions for young people who are facing challenges or difficulties and who would benefit from engaging in music. The aim of the programme is to help young people develop music skills, increase their confidence, find ways to positively express themselves, improve their communication skills, make friends and have fun.

Young people who engage in the Music Beginners Sessions can also attend weekly one-to-one or very small group Instrument lessons that aim to help them increase their music skills so that they are able to progress.

Participation is free, and we can take referrals from parents, guardians and professionals.

This programme is funded by Youth Music. It is important for parents, referral partners and the young people to be aware that we will produce reports for the funder each year on the impact of the work on the young people and the success and learning from the work. These reports may also be published inline and shared with other stakeholders.

**The Garage Trust is now taking referrals for the following activities (during term times):**

Thursdays Music Beginners 5-6pm 11-16 yrs January 2026 – December 2026

Music Improvers 6.15-8.15pm 13-18 yrs April 2026 – December 2026

Fridays Music SEND Beginners 5.45-6.45pm 11-18 yrs January 2026 – December 2026

M4Music SEND Improvers/Advanced 7-8pm 18 + January 2026 – December 2026

For more information call 01603283382 or click the green button below.

For more information and to make a referral click [here](#)



## Tell us what you think



We want to hear from you if you've had a Learning Disability Annual Health Check in the last year at your doctor's surgery.



Please fill in this easy read form

Your name

Address

Phone

Please complete this online form to tell us about your experience.



You can scan the QR code to get the form.

Or go to this website.  
<https://forms.office.com/e/qctW4rKbu3>



Thank you for taking the time to complete this form.

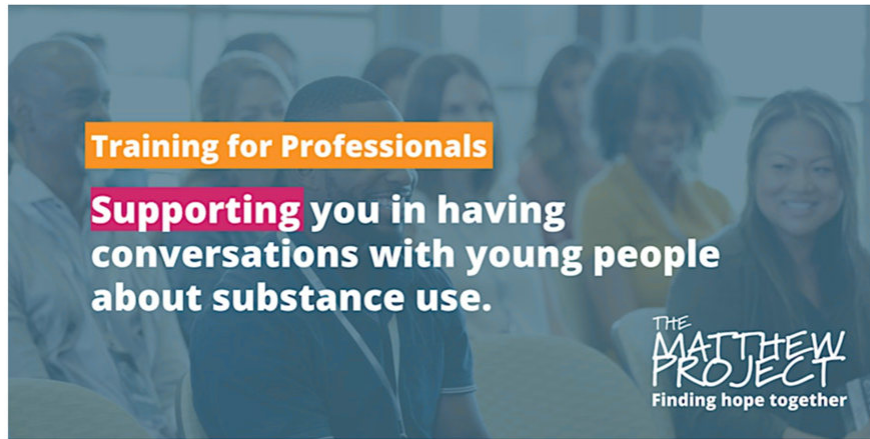
## Do you or your young person, have experience of having a Learning Disability annual health check?

If you do, the NHS Norfolk & Waveney ICB are collecting feedback from people with a Learning Disability, their parents and carers about their experiences at Learning Disability annual health checks across Norfolk and Waveney.

To complete the feedback form, scan the QR code on the flyer above or click [here](#).

**This form will be open from now until April 2026.**

For more details about the 14+ Learning Disability annual health checks by clicking [here](#).



## Conversations with young people about substance use- training session for professionals

Join us for a training session led by Luke Adcock, Service Manager for The Matthew Project's YouCan and Unity services, which support young people affected by substance use across Norfolk. With 20 years' experience working directly with children and young people affected by substance misuse, Luke brings a wealth of knowledge and practical insight.

In this session, you will:

- Explore ways to engage young people in conversations about substance use, including using screening tools
- Discuss the benefits of multi-agency working
- Understand the support available for children and young people affected by substance use
- Learn about resources, guidance, and legal responsibilities to promote positive interventions for families

This session is ideal for professionals working with young people who want to develop their knowledge and confidence in having conversations around substance use.

On Wednesday 25th Feb 2026 at 9.30am – 12.30pm

Click to [Book here](#).





## Gangs, Grooming and County Lines Explained- online sessions for parents

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

We'll touch on topics such as:

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

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

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

[Tuesday 13th of January 2026 10am-11:30am](#)

[Monday 2nd March 2026 10am-11:30am](#)







## Applications for funded training for parent carers with lived experience of CYPMH now live!

We are now taking applications for our fully funded Parent Carer Peer Support course which will start in **March 2026**. Applications close at 6pm Friday **30th January, 2026**.

Parent Carer Peer Support (PCPS) workers with lived experience of supporting a child or young person with a mental health difficulty have a lot to offer – including providing safe, non judgmental spaces for other parents and carers to support and learn from each other. They can rapidly help boost your capacity, building on partnership work with voluntary sector organisations and encouraging mutual aid. At the Charlie Waller Trust we believe that every parent or carer should be able to access support from their peers. We believe in the strength that comes from representation of the rich diversity of parent and caring experiences – diversity of family makeup, culture, ethnicity, neurodiversity, sexuality, migration history, disability or faith, and to ensuring that training of this new workforce, the service professionals and managers that support them is excellent.

### Who can apply?

We welcome applications from parents or carers with lived experience of supporting a child or young person with mental health issues in partnerships with a service that supports children, young people and or families to improve their mental and emotional wellbeing anywhere in the UK, whether in the voluntary sector, NHS, education system or in children's services - have the support of an organisation around them. The training is fully funded with a grant of up to £3305 to support the PCPSW to participate in the training and to acquire experience of supporting parents and carers. Click [here](#) for more details.

We are running online application drop-in sessions through December and January for anyone interested in applying or who may have questions.

Click [here](#) to make an appointment. You can also reach out to the team with questions at [pcps.training@charliewaller.org](mailto:pcps.training@charliewaller.org)

### What does the course cover?

Courses are delivered online over eight half days plus guided study time.

Training is co-produced and co-delivered by the **Charlie Waller Trust** in partnership with the University of Reading and Northumbria University.

Mandatory sessions for supervisors and service managers on how to support this lived experience workforce and develop parent carer peer support locally.

The training meets the requirements of the NHSE Parent Carer Peer Support Curriculum to

include group work, reflective practice, working with all forms of diversity. Learners will complete a reflective portfolio demonstrating their learning.

[Click here for more information on the Charlie Waller trust](#)



## An easy way to share our newsletter

If you would like to share our newsletter with friends, colleagues or other parent carers or professionals click [here](#) for a PDF version.



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

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