



newsletter
January 2026



ONLINE BOOKING NOW OPEN FOR PARENT CARERS

Annual Conference
Saturday, 14th March 2026
John Innes Centre, Norfolk, NR4 7UH

Find out about all things SEND from

 **Information Stands**

 **Presentations / Workshops**

 **The chance to chat with professionals**

2026 FVN Conference booking information

Saturday, 14th March 2026

John Innes Centre, Norwich, NR4 7UH

Family Voice Norfolk is excited to invite you to its Annual Conference for parents and carers of children and young people aged 0-25 who have special educational needs and /or disabilities (SEND).

The free-to-attend conference will offer :

- Information stands
- Workshops and presentations
- The chance to chat with professionals both on stands and through individual 1:1 sessions bookable on the day (subject to availability)

The Family Voice Norfolk team is busy booking and planning to bring you the best day we can so bring your questions, your concerns and your experiences along to get the most from the day. Whilst we would love to see you there for the whole event, we know that it can be difficult to be away from family for this amount of time so no matter whether you can manage only an hour or the entire day, we would love to see you.

The John Innes Conference Centre is a great venue, offering free on-site parking and plentiful disabled parking spaces. There are disabled toilets within the building but please note that there is no 'changing places' facility.

Throughout the day, we are able to offer free teas, coffees, squash and water. On arrival there will also be pastries and fruit, however **this year we are NOT able to provide lunch**. You should consider bringing your own lunch from home as there are **NO** food-purchasing facilities on site.

The conference is designed to give parents and carers access to information and workshops around subjects relating to SEND. We are unable to offer activities for children and suggest that you bring any fidget toys, books, simple activities, iPads etc. that your child or young person might need. The conference centre is likely to be very busy and can become noisy, but we will have a quiet room available for use. Your children and young people will need to stay with you at all times.

Please click [here](#) to book up to five places.

Any questions or enquiries about the conference, please email conference@familyvoice.org.uk

If you are not already a member of Family Voice Norfolk and would like be the first to know about our conference, other events, important news and to receive our newsletter directly, go to our [website](#) to sign up for free membership. On our website there is a [2026 Conference tab](#) where you will find more information about what the day will look like if you have not been before.



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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!



SENDIASS Spotlight for January 2026

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, phase transfer article, Norfolk SEND Youth Forum update, book recommendations and question and answers.

[To read the January SENDIASS Spotlight click here](#)



Hate crime against Disabled People – 3rd February – Online and in person event in Norwich hosted by the Office of the Police and Crime Commissioner and Norfolk Constabulary

On Tuesday 3rd February 2026, from 1pm-5pm at The Space, Roundtree Way, Norwich, NR7 8SQ.

The theme of the event is disability hate crime.

We welcome people with disabilities, those who care for people with disabilities, and professionals working alongside people with disabilities to attend.

The event will include presentations from the police and local victim support services, and the opportunity for people with disabilities and their carers to talk about their experiences and tell us how we can improve the services we offer.

The event can be attended in person, or online via Microsoft Teams.

Details on how to get to The Space can be found on their website: [Attending an Event](#).

To register interest in attending the event, please email Fay.Crangle@norfolk.police.uk, and state whether you would like to attend in person or via Teams.

[Click here for more information](#)



SEND Café



Join Danii from SEN Socials and Early Help Community Worker Georgie, each month for a cuppa and an informal chat about all things SEND parenting. No diagnosis needed!



Children welcome, and there will be an activity each session provided by Voices Through Art!

Please contact sensocialsdownham@gmail.com for further information or to request a social story and venue walk through.

12th January
9th February
9th March
13th April
11th May
8th June
13th July

10:30AM-12:30PM

📍 Family Hub, St Augustines
Healthy Living Centre
Columbia Way, King's Lynn PE30 2LB



Monthly SEND Café in King's Lynn

The Family Hub is introducing an exciting new support initiative for parent/carers in the King's Lynn and West Norfolk area.

In partnership with Danielle from SEN Socials (Downham Market) and the SEN Participation Team, who host Voices Through Art, we are creating opportunities for parent/carers and young people with SEND (no diagnosis required) to:

- Access tailored support
- Engage in positive, creative activities

- Connect with individuals who have lived experience and professionals who can offer guidance through the challenges of SEND

The next session will take place on 9th February 2026, 10:30 am to 12:30pm, and will continue monthly thereafter.

At Family Hub, St. Augustines Healthy living centre, Columbia Way, King's Lynn PE30 2LB

[Click here for contact details of all the Family Hubs in Norfolk](#)



The Norfolk Autism directory of what's on events

Here you will find a selection of events across Norfolk for those with Autism and their Parents and Carers. From regular support and social groups to one-day events!

[Click here to view the events directory](#)



Kids Disabled children say we can Registered Charity No. 275936

Norfolk Parent Carer Service

Spring Term Online Workshops

Friday 13th February @ 11am - Introduction to Neurodiversity
Monday 2nd March @ 12pm - Resilience for Parents
Wednesday 4th March @ 10am - Behaviour that Challenges
Sunday 8th March @ 2pm - Behaviour that Challenges
Wednesday 18th March @ 11.30am - Neurodivergent Teen
Sunday 22nd March @ 2pm - Introduction to Neurodiversity
Sunday 12th April @ 2pm - Resilience for Parents
Sunday 19th April @ 2pm - Neurodivergent Teen

Each workshop is 2 hours long

Scan here for Eventbrite tickets:



Join us online - just scan the code and choose your dates!

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



Kids- Norfolk parent carer service spring term online workshops

Friday 13th February @ 11a m - introduction to Neurodiversity

Monday 2nd March @ 12 p m - Resilience for Parents

Wednesday 4th March @ 10 am - Behaviour that Challenges

Sunday 8 th March @ 2 p m -Behaviour that Challenges

Wednesday 18 th March @ 11. 30a m - Neurodivergent Teen

Sunday 22 nd March @ 2p m - Introduction to Neurodiversity

Sunday 12 th April @ 2 p m - Resilience for Parents

Sunday 19th April @ 2 p m - Neurodivergent Teen

Each workshop is 2 hours long

Click the link below or scan the QR code above to book a place. Or for more information click [here](#) to email Sally.

[Click here to book your place](#)



Kids- Coffee and Connect Parent Carer Service Sleep Workshop In Sprowston

Join Kids for a sleep workshop on Wednesday 11th February 10:30am- 12:30pm at The Viking Centre, Tills Road, Sprowston, NR6 7QZ

For more information click [here](#) to email Hayley



Kids Disabled children say we can Registered Charity No. 275936

Coffee and Connect Parent Carer Service Wellbeing Session

Wednesday 25th February
10:30am - 12:30pm
Viking Centre, Tills Road, Sprowston,
NR6 7QZ

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

Kids Coffee and Connect Parent Carer service Wellbeing session in Sprowston

Join Kids for a Wellbeing Session on Wednesday 25th February 10:30am- 12:30pm at The Viking Centre, Tills Road, Sprowston, NR6 7QZ

For more information [click here to email Hayley](#)



Improving supported internship provision in England.



Internships Work Conference 2026

The Internships Work Conference 2026, is taking place online on Tuesday 24th February 2026.

This national event celebrates four years of progress in supported internships which has been backed by a £33 million Department for Education investment in the Internships Work programme. This investment means more young people accessing high-quality supported internships – opening doors to employment, independence, and greater choice and control over their futures.

The conference will feature a series of short, engaging sessions will spotlight the voices of young people, families, job coaches, employers, and local authorities. Sessions include:

- Internships Work because young people do
10:00am – 12:30pm
- Insights from the pilot
2:00pm – 3:00pm
- **Helping families navigate supported internships**
6:00pm – 7:30pm

Register now to secure your place, celebrate the progress made and look to the future of Supported Internships.

If you have any questions about your booking, please email internshipwork@ndti.org.uk.

If you would like to stay in touch about the Internships Work programme, please join their mailing [list](#):

To find out more about supported Internships click [here](#). And from a Norfolk perspective click [here](#) for the Help you choose website.

To book your place click here



Little Miracles- DLA: Our guide to help families

Applying for Disability Living Allowance (DLA) can be one of the most overwhelming parts of caring for a child with additional needs. The form is long, detailed and often emotional to complete. At Little Miracles, we understand exactly how you feel because our team has supported hundreds of families through the process. This guide explains what DLA is, who can apply, how to fill in the form and how we can help you succeed.

Little Miracles have two branches in West Norfolk - one in King's Lynn and one in Downham Market For more information click [here](#).

They also have a West Norfolk [Facebook](#) group.

To read the little Miracles guide to DLA click here




St Giles EAST OF ENGLAND
Turning a past into a future

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


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

Monday 2nd March
11.00-12.30
Online



Register Here

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



<https://tinyurl.com/SGEducationMarch>

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

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

We'll touch on topics such as:

- Gangs, Grooming and County Lines explained

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

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

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

Monday March 2nd 11am-12:30 pm.

To book a place click [here](#)



Elective Home Education (EHE) drop in sessions for parents

Joint Norfolk and Suffolk EHE Drop in [session](#)

Date: Tuesday 10 February 2026

Location: Diss Library, 1 Church St, Diss, IP22 4DD

Time: 10am-2pm

Meet with other home educating parents, discover support available to you and speak with both the Suffolk County Council and Norfolk County Council EHE teams.

For more information about what the NCC Elective Home Education team can offer click [here](#)



Reclaim your **Child Trust Fund**

You could have £100s or even £1,000s in hidden savings

Reclaim your Child Trust Fund guide from the Money saving expert

If your child was born between 1 September 2002 and 2 January 2011 you could be one of 670,000 missing out on an average £2,200 lying dormant in a Child Trust Fund (CTF). It's quick and simple to check and claim the account if so – we've step-by-step help below.

Check you're in the right place...

Not sure if you have a Child Trust Fund? This [guide](#) helps you find lost CTFs.

[Top Child Trust Funds](#): How they work and how to get the best rates.

[Turning 18?](#) What to do with your Child Trust Fund. Save, spend or invest – what's best?

Also discussed is accessing a CTF for a child who lacks the mental capacity to do so

If your child lacks the mental capacity to make financial decisions as a result of disability, injury or disease, then there'll unfortunately be some [legal hoops to jump through](#) to access a CTF set up in their name once they turn 18.

If they have capacity to make some decisions, they may be able to make a Lasting Power of Attorney (LPA) to allow you to make financial decisions on their behalf.

If they lack the mental capacity to do this, you'll need to apply to make financial decisions on their behalf via the Court of Protection, which can grant both one-off orders as well as appointing deputies to make ongoing decisions for someone lacking mental capacity.

[Click here to find out more](#)



Online Contribution Calculator for adult social care costs

Norfolk County Council realise it's important to know how much you might have to pay towards care services.

The contribution calculator helps you to work that out.

It's a free service that's confidential and easy to use. All you need to do is enter details of your benefits, pensions, earnings, savings, assets and essential costs.

The [Calculator](#) will then tell you what you might need to contribute towards the cost of any services.

The details you enter won't be seen by us unless you share it with us.

Please note it's only an estimate and we'd only check your details if you were going through a formal care assessment.

Will I have to pay for my care? Click [here](#) for more information.



Now that's what I call Autism 2026- save the date

Norfolk Autism Partnership are planning this years 'Now that's what I call Autism event'. A celebration of autistic people, culture and creation. It will take place at the Forum, Norwich

on the 23rd of April 11am- 3pm. There will be a makers market, autistic guests, and a chance for networking.

Any questions or queries please email contact@norfolkautismpartnership.org.uk

[Click here to find out more about the Norfolk Autism Partnership](#)



Norfolk and Norwich University Hospitals **NHS**
NHS Foundation Trust

Complex Health Transition Information Event

**22 April 2026 10:30 - 1:30pm,
Ben Gooch Theatre, East atrium
NNUH**

**FOR YOUNG PEOPLE AGED
13 - 19 WITH COMPLEX
HEALTH NEEDS**

PARENTS AND CARERS WELCOME

**Worried about
moving to
adult services
in the future?**

TALKS ON...

TRANSITION PLANNING

LEARNING DISABILITY AND AUTISM TEAM

DEPUTYSHIPS/POWER OF ATTORNEY

ADULT EMERGENCY DEPARTMENT

PATIENT EXPERIENCE - MOVING TO ADULT CARE

**Stands from adult health
and social care providers**

Free car parking (surface car park)

Any questions contact:
Sarah Cassels
Lead transition Practitioner
Transition@nnuh.nhs.uk

Refreshments available

No need to book just turn up

Complex health transition information event at the NNUH

Following the success of last years event we will be holding another Complex Health Transition event at NNUH. The event aims to support families with a young person with complex health needs who will be moving to adult services in the future. Transition from paediatric to adult service can be a stressful and worrying time for young people and their parents and carers. Supporting young people during transition in both paediatric and adult service can reduce stress, improve engagement with services and potentially reduce admissions. The event will include talks on subjects such as mental capacity act and

deputyships, how consent for treatment changes, adult urgent care myth busting, health care transition and how we can support and a patient/family experience of transition to adult care, from in patient to emergency care. There will be also stalls from adult health and social care to give support and advice. Feedback from last years event from parent and carers found that the event was 'really helpful on understanding how things change when our child turns 16' and 'liked the opportunity to talk to people from adult social care'.

The event for young people aged 13-19 with complex health needs and their parent carers on the 22nd April 2026 10:30-1:30pm at the Ben Gooch theatre, East atrium at the Norfolk and Norwich University Hospital.

There will be talks on:

- Transition planning
- Learning disability and autism team
- Deputyships/ Power of attorney
- Adult emergency department
- Patient experience- moving to adult care

There will be stands from adult health and social care providers.

Free car parking (Surface car park).

Refreshments available.

No need to book just turn up.

If you have any questions click the green button below to send an email to Sarah Cassels - lead transition practitioner at the NNUH.

[Click here to send Sarah an email](#)



ASD Helping Hands are Launching Families Together – Whole-Family Autism Support

We're delighted to open our interest form for Families Together — a free, in-person 6-week programme in Dereham for Norfolk families with an autistic child/young person (or a child/young person on the waiting list for an autism assessment).

This is a whole-family approach: parents/carers and young people attend at the same time, in the same venue, so families can take part together.

- Parents/Carers: practical guidance and strategies (including up to two free places on our Just Diagnosed? course)
- Young People: a structured, autism-informed group programme focusing on confidence, emotional wellbeing, coping tools and friendships
- Small groups (up to 6 young people), with 6–11 and 12–16 cohorts running across the year
- First cohort starts April 2026 — register your interest now using the link at the bottom of this post, and we'll be in touch to confirm eligibility and cohort dates.

Funded by Norfolk Community Foundation's A Better Childhood Fund – Supporting Families with SEND programme.

[Click here for more information and to register your interest](#)



Paloma Health

Free Webinar on NHS Right to Choose and Autism Assessments


Are you considering an NHS autism assessment for your child? We know the process can feel daunting, so we're sharing a free, 45-minute webinar hosted by Paloma Health to help you find the right path.

Led by a Senior Autism Assessor, this session covers:

How to prepare for a GP appointment to request Right to Choose.

What the assessment journey looks like from start to finish.

A live Q&A to get your questions answered by an expert.

Event Details: **Date:** Thursday, 19th February **Time:** 12:30 - 13:15

[Click here to register for the webinar hosted by Paloma Health](#)



The Recovery College timetable for 2026

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

Not sure where to start?

We can offer you a Learning Support call with an experienced Tutor. They can help you choose the best courses that suit your needs. Many of our students start with our 'Beginning' and 'Building' courses before attending 'Understanding' and 'Growing' courses. However, this is not mandatory, and you can attend courses in any order of preference.

We offer a wide range of courses to suit a variety of our students needs. Within our courses you will gain a better understanding of the challenges you face, discover how to improve your wellbeing, connect and learn from other people's experiences.

How can I book on?

If you already have a self-booking account, please login [here](#) - if you do not receive an email following booking onto a course, please contact us.

Email us on RecoveryOnline@nsft.nhs.uk or phone 0300 303 4419

If you need more support:

[Self-booking portal guide](#)

[Zoom joining instructions](#)

Ask us for a Learning Support call with a tutor

[Click here for the winter timetable](#)



Norfolk Learning disability partnership- Locality group meetings

At this meeting we will be discussing Norfolk County Council's Supported Living Programme and asking for your ideas about some workshops they would like to run.

There are 5 Locality groups. Each in a different area of Norfolk.

Norwich
North Norfolk
Kings Lynn and West Norfolk
South Norfolk
Great Yarmouth and East Norfolk

Anyone can come along to these groups, but they are designed for people with a learning disability.

At the Locality Groups, we work on the priorities of the Norfolk Learning Disability Plan and might have guest speakers.

For Easy Read posters for all five locality groups [click here](#)



An easy way to share our newsletter

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



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

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