

Not displaying correctly? [View in browser](#)



newsletter
February 2026



IT'S NOT TOO LATE! BOOK NOW!

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*

To book your place and for more information, please visit:

<https://www.familyvoice.org.uk/>

Or scan the QR code attached to this leaflet:



Have you booked your place at our conference?

Have you booked your place at our conference for parent carers? It's not too late to do so. We'd love to see you there.

Family Voice Norfolk annual conference, Saturday 14th March 2026, John Innes centre, Norwich NR4 7UH.

Find out about all things SEND:

- Keynote Speaker
- Individual 1:1 slots, bookable on the day only, via 'Speed Dating' and consultations with organisations and professionals working within SEND who can help you and your family.
- Workshops and presentations covering Pathological Demand Avoidance (PDA), Transitions big and small, NCC Short Breaks service, Parent Carer Resilience, an introduction to British Sign Language.
- 30 Stands to include Norfolk SENDIASS, Norfolk SEN Network, Family Action, ASD Helping Hands, Sarah Knights Coaching, Kids, Norfolk County Council Services (Short Breaks, Direct Payments, Preparing for Adult Life and many more), Health Services... and much much more.

This is subject to change.

Important to note: this year, there is **no lunch provided and there are no food purchasing facilities on site. Please do bring your lunch with you.** There are no food re-heating or cold-storage facilities.

Hot and cold drinks will be available free of charge throughout the day.

To book your place scan the QR code above or click [here](#). If you have any questions about our event, please email conference@familyvoice.org.uk



In this issue:

[SEND reform: putting children and young people first](#)

[Norwich Games Festival 23-30th May](#)

[Cringleford Junior Football Club launch a PAN-disability football programme](#)

[Access All Areas of SEND - The Podcast](#)

[Bravely Together- A membership-based community and coaching hub for medical mums raising critically ill or life-limited children.](#)

[Adoption support that works for all- open consultation](#)

[How to request an EHCP needs assessment](#)

[Home Education Focus Group for Parents and Carers of Autistic Children](#)

[Brand new King's Lynn Library opens on Monday 16 March complete with a changing places toilet](#)

[SEND parent/carer cafe at Dereham library](#)

[Kids- parent carer service- coffee and connect with a guest speaker from the schools and communities team](#)

[Worried About Leaving You: Dealing with Separation Anxiety](#)

[NANSA- Wells support group](#)

[A Young Carers Club is launching at The Nest !](#)

[Join Our Female CP Football Sessions in Norwich – Open to New Participants!](#)

[Voucher scheme which helps Norfolk families about to end](#)

[Outside the box- a new SEN adult group for ages 18+](#)

[Sensory Sensations - sensory rich mobile parties](#)

[Autism Central - England's Peer Education Programme- online reflective sessions](#)

[The Recovery College- Spring 2026 timetable](#)

[Expansion to the Disabled Persons Railcard eligibility criteria](#)

[SENDIASS Spotlight February 2026](#)

[An easy way to share our newsletter](#)



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!





SEND reform: putting children and young people first

The Schools White Paper has officially been published.

You can find out more on what it means for your child below:

[Norfolk SEND Local Offer](#) -

[Norfolk SENDIASS - SEND Reforms - What You Need to Know](#) -

[I.P.S.E.A](#) -

[Contact](#) -

The National Network of Parent Carer Forums (NNPCF) welcomes the Publication of the Schools White Paper and the opportunity for families, Parent Carer Forums (PCFs) and stakeholders to comment directly on the Government's proposals.

There is shared acknowledgement across partners and families that system change is needed to improve outcomes for children and young people with SEND. The NNPCF recognises that some families and Parent Carer Forums (PCFs) have been understandably anxious to see the Government's published proposals for SEND Reform and what this may mean for children and young people with SEND.

The NNPCF has engaged regularly with Department for Education, NHS England and wider stakeholders through the SEND Development Group, with senior civil servants, roundtable events and the national engagement events, as well as our own dedicated engagement sessions with the Secretary of State and Ministers.

The NNPCF has represented the 'lived experience' of parent carers in our forums, alongside other stakeholders who have represented their own views. Over the coming weeks, the NNPCF will be engaging with PCFs to gather views, listen to feedback, and collate a collective response to the consultation on behalf of the NNPCF and we hope the process leads to positive change so families can feel confident in the reforms.

What is a White Paper?

A White Paper is not a law. It is a document that sets out the Government's ideas and proposals for changes they would like to make.

What happens next?

1. Consultation: The Government has asked for views.

This is where organisations like the National Network of Parent Carer Forums (NNPCF), and

PCFs families like you can share feedback over the next 12 weeks.

2. Review and changes: The Government will consider the feedback and then may revise their proposals.

3. New laws: If changes to the law are required, which we suspect their will be, the Government must introduce a Bill to Parliament.

4. Parliamentary process: The Bill is debated and examined by Members of Parliament and the House of Lords, and amendments can be made.

5. Becoming law: If both Houses agree, the Bill receives Royal Assent and becomes an Act of Parliament.

Some proposals in a White Paper do not require new legislation and may instead be introduced through changes to policy or statutory guidance.

Alongside the Schools White Paper and SEND Reform consultation, the Department for Education (DfE) has published a series of clear, [accessible summary guides](#) outlining the key proposals and reforms. These documents are designed to help parents, carers and professionals better understand what is being proposed and what it could mean for children and young people with SEND.

SEND Reform- [click here to share your views on the consultation](#)



Norwich Games Festival 23-30th May

Join our celebration of games Sat 23 – Sat 30 May 2026.

The full programme of events; workshops, shows, talks and more coming soon! Presented by The Forum with Lead Partner Norwich University of the Arts.

The Festival at a glance

Saturday 23 & Sunday 24 May – Competitive Gaming Tournament with Albion Games – New

Monday 25 May – Trader and Collector Day

Tuesday 26 May – Relaxed Day – New

Wednesday 27 – Saturday 30 May will celebrate the power of gaming!

There's something for everyone at NGF! So whether you're a beginner, expert, competitive player or absolute pro, you can all get involved. Have a go on our retro arcade, show off your

skills, discover your new favourite indie game, or explore opportunities and careers in the industry.

The Forum is home to “The Arena” during NGF (Wed 27-Sat 30 May) where there’s a huge variety of FREE interactive gaming fun for all ages. You can just drop by and play! There’ll be plenty of your favourite games there, plus lots to discover and try out!

Talks, workshops and shows are also on throughout the week, covering everything from how to make a game to entertaining and interactive game-themed fun.

LOADING >> LOADING >> NGF26

We can’t wait to be back for EIGHT fantastic days in May for the biggest, free gaming event in the region. We’ll be dropping programme news and updates in the coming months, but for now, enjoy video highlights from the 2025 Festival, and see what NGF is all about!

The Forum, Millennium Plain, Norwich, NR2 1TF

[Click here for more details](#)



Cringleford Junior Football Club launch a PAN-disability football programme

Our aim is to create an inclusive, welcoming environment where children of all abilities can enjoy football, develop skills, and build confidence.

Session details

Cringleford Junior Football Club, Oakfields Road, Cringleford, NR4 6XF
Saturday mornings
£2.50 per child – first taster session is FREE

Timings:

09:00 – 10:00: Ages 5–11
10:30 – 11:30: Ages 12–16

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



Access All Areas of SEND - The Podcast

Access All Areas of SEND - The Podcast is a free to access podcast, that is political free. The idea of the podcast came from some work I did with Olive Academies last year. Parents that I spoke to whilst doing that project, wanted access to information that was easily accessible and that they could access on their own terms.

So, Access All Areas of SEND - The podcast was born.

The first season has been recorded, with the first session going live on 4th February at 5:15 am titled 'What is a parent carer?'

This season we have some fabulous episodes:

What's EOTAS or EOTIS? - Is it not just homeschooling?

Pans and Pandas - what are these conditions and how they can affect children in the classroom!

Parental Inclusion

Reasonable Adjustments (2 parter)
Inclusion in schools.

All these episodes will be released weekly, with a break over Easter, ready for Season 2.

Season 2 is in planning, but will include Arfid, Trauma Informed and attachment, sensory informed design, and dyscalculia.

All major podcast platforms are hosting it. They can be found here:

[Amazon](#)

[Apple](#)

[Spotify](#)

[YouTube](#)

[Click here to go to Emery Knowles consulting Face book page](#)





The community for medical mums

You don't have to do this alone

For the mums who hold it all together and quietly put themselves last.





IF YOU:

- Care for a child with complex needs.
- Feel exhausted, overwhelmed, or stuck in survival mode
- Long for support from people who truly understand.

THIS IS FOR YOU

A SUPPORTIVE WELLBEING COMMUNITY FOR MUMS CARING FOR A CHILD WITH COMPLEX CARE NEEDS, A RARE DIAGNOSIS OR TERMINAL ILLNESS

No explaining.
No fixing.
Just support.

www.bravelytogether.co.uk

Bravely Together- A membership-based community and coaching hub for medical mums raising critically ill or life-limited children.

The community for medical mums.

You dont have to do this alone.

For the mums who hold it all together and quietly put themselves last.

IF YOU:

- Care for a child with complex needs.
- Feel exhausted, overwhelmed or stuck in survival mode.
- Long for support from people who truly understand.

THIS IS FOR YOU

A supportive wellbeing community for mums caring for a child with complex care needs, a rare diagnosis or terminal illness.

No explaining, no fixing, just support.

For more details scan the QR code above or click the green button below.

For more information click here



Adoption support that works for all- open consultation

Consultation description

The Department for Education wants to make the adoption and kinship system of support better, fairer, and more efficient.

We want to find out the best ways to maintain and improve the mental health and wellbeing of children who are adopted or in kinship care, as well as building their resilience.

The consultation also sets out 8 options to reform adoption and eligible kinship support, including the future operation of the Adoption and Special Guardianship Support Fund.

We would particularly like to hear from:

adopted and kinship care children (under Special Guardianship Orders or Child Arrangement Orders), carers, and their families who are eligible for the Adoption and Special Guardianship Support Fund

any past, current, or prospective applicants to the Adoption and Special Guardianship Support Fund

anyone with an interest in the adoption and kinship care support offer, including – but not limited to – the Adoption and Special Guardianship Support Fund

We have set up a separate survey specifically for [children and young people](#) to respond to this consultation.

Although this consultation only applies to kinship care children and families who are eligible for the Adoption and Special Guardianship Support Fund, the government will take into account all responses when considering how to improve the wider kinship support offer.

The consultations close on the 5th of May 2026.

To find out more about the adoption and special guardianship support fund extension click [here](#).

[Click here to complete the consultation](#)



How to request an EHCP needs assessment

Norfolk County Council (NCC) has asked Family Voice Norfolk to share some important information with you which will help ensure that any request you make for an Education, Health and Care Plan Needs Assessment is confidential and reaches the Statutory SEND Service promptly. NCC wants every family's request to be handled quickly, securely and consistently. Using the correct route helps them process requests without delay and ensures that any sensitive personal information is protected.

The best and most secure routes:

A request for a needs assessment can be made in various ways such as by using the available online forms: [EHC needs assessment requests](#) - How to submit your request - Norfolk County Council and also here EHC needs assessment requests - [EHC needs assessment forms - Norfolk County Council](#)

By email to csehcp@norfolk.gov.uk. State clearly that you are requesting an EHC needs assessment. Attach any supporting information you feel is relevant

By telephone on 0333 313 7165

In writing, to: Send and Inclusion, Lower Ground Floor, County Hall, Martineau Lane, Norwich, NR1 2DH

Using the correct routes ensure requests go directly to the statutory service so that the process can start straight away. Please do not use the SEND Local Offer general contact form but do use the methods above, they are the correct ones.



Home Education Focus Group for Parents and Carers of Autistic Children

ASD Helping Hands, the Norfolk Autism Partnership, and Norfolk County Council's Elective Home Education Team are hosting a focus group for parents and carers who home educate their autistic children (under 16).

We want to hear directly from you about the support and resources you need to help with home education. This is **not** about returning children to mainstream or traditional schools – it's about understanding how we can best support you in your role as a home educator.

[Click here to find out more and to register](#)





Brand new King's Lynn Library opens on Monday 16 March complete with a changing places toilet

The brand new King's Lynn Library opens on Monday 16 March, at 46 New Conduit Street and today we're sharing a couple of photos of the Changing Places toilet located on the ground floor of the building!

The toilet area features a toilet with grab bars, privacy screen, a height-adjustable washbasin and a changing bench with hoist. There is also ample room for a wheelchair to navigate the space. We are delighted to offer such an accessible facility in the heart of King's Lynn

If you are not already a Norfolk library member [click here to join](#)






BRECKLAND FAMILIES

Join Our Monthly SEND Parent/Carer Café
Looking for a warm, welcoming space to connect and unwind?

Come along to our FREE drop-in sessions at
Dereham Library NR19 1DZ
1st Monday of EVERY month, 1:30–2:30 PM.

Enjoy a cuppa, chat with other families, we will have fun activities for children, young people—and you!
with guest services like:
ASD Helping Hands
KIDS - Parent carer support
SENDIASS
Early Childhood and Family Service
...and many more!

Keep an eye on our Facebook group (QR code below) for who is in each month

Pop in when you can - no need to book!

For more details - email us at communityfocusbreckland@norfolk.gov.uk

*Please note: Children remain the responsibility of their parent/carers and must be supervised at all times.




borrow discover connect

Norfolk County Council

SEND parent/carers cafe at Dereham library

The SEND Parent/Carer Café runs every first Monday of each month in Dereham Library at the same time (although this may change in the future if requested by the majority).

SEND Parent/Carer Café – Monday 2nd March at Dereham Library, 1:30–2:30 PM, Free drop in – no booking needed!

We're inviting parents, carers, and professionals to pop in, say hello, and help us shape the future of this SEND Parent/Carer Café. Whether you've been before or you're brand new, your voice truly matters.

- Come along for a cuppa
- Connect with other families
- Enjoy activities for children and young people
- Chat with visiting services

But this month, we have an extra ask...

- Tell us what YOU want this café to be!

Would a different time work better for you?

A different day?

Something extra you'd love to see?

More support? More activities? More flexibility?

The only way we can make this space grow – and keep it going – is by hearing from the families it's here to support.

For more information, email: communityfocusbreckland@norfolk.gov.uk

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



Kids Disabled children say we can Registered Charity No. 275936

**Coffee and Connect
Parent Carer Service**

**Schools and
Communities Team
Guest Speaker**

Wednesday 11th March
10:30am - 12:30pm
Viking Centre, Tills Road
Sprowston, NR6 7QZ

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



Kids- parent carer service- coffee and connect with a guest speaker from the schools and communities team

Join Kids at a Coffee and Connect event on Wednesday 11th March 10:30am- 12:30pm at the Viking centre, Tills Road, Sprowston, NR6 7QZ where they will have a guest speaker from the schools and community team.

What are School and Community Teams (SCTs)?

Since September 2023, teams have started working with children and young people,

families, teachers, and services within Norfolk to ensure that support is provided for children with Special Educational Needs and/or Disabilities (SEND). By coordinating efforts with multiple stakeholders, these teams strive to support inclusive learning environments where children can thrive and reach their full potential.

The School and Community Teams offer support to education settings and families with a focus on inclusion, early help, and prevention. The teams work across Norfolk in 15 zones (geographical locations) that cover the whole of the county. Each zone has a manager and a team of Education and Family Workers.

[Click here to email Hayley for more information](#)



Worried about leaving you

Little people have very big feelings and leaving you when they go to nursery or school may make them anxious.

Our session will go through common feelings children have when separating from you and how you can help them with these.





Children & Young People's
Health Services



Early Childhood and Family Service

Worried About Leaving You: Dealing with Separation Anxiety

Friendly child experts will share helpful tips and advice on dealing with separation anxiety in children from birth to 5 years.

Separation anxiety is something many children experience, and it can feel confusing and scary.

In this session, they will explain:

- What separation anxiety is,
- How it affects children's feelings,
- They'll teach you practical ways to support your child during this challenging time.

There will be lots of opportunities to ask questions right through the session.

It will be live online using Microsoft Teams on **Wednesday 13th May at 10am** and will last for 60 minutes.

Organised by the Early Childhood and Family service in partnership with Norfolk and Waveney children's and young people's health services.

[Click here for more information and to book a place](#)



Scan for Q&A's or find on NANSAs Website.

Wells Support Group

Supporting Families affected by diagnosed/undiagnosed Special Educational Needs & Disabilities at Coastal Health and Wellbeing

Wells Community Hospital,
Mill Road NR23 1RF

ON THE FOLLOWING WEDNESDAYS:
14TH JANUARY
11TH FEBRUARY
11TH MARCH

10AM-12PM

Drop in for a chat with other parents/carers and one of our friendly Family Support Advisors

Refreshments provided
More Info : www.nansa.org.uk/senfam-whats-on/

nansa
norfolk and norwich send association

NANSA- Wells support group

A face-to-face support group for families of children with SEND at Coastal Health and Wellbeing, Wells Community Hospital, Mill Road NR23 1RF

Just drop in for a chat with other parents/carers and one of NANSA's friendly family supportt advisors, no need to book...

2026 Dates (10am - 12pm)

11th March

NANSA also run support groups in Great Yarmouth, Norwich and Holt.

Refreshments are provided.

[Click here for more information](#)



A Young Carers Club is launching at The Nest !

Norwich City Community Sports Foundation is launching a new Young Carers Club at The Nest to support young people aged 8–12 who help care for someone at home.

The programme begins on 26th February and will run on Thursdays from 5:30pm–7pm at The Nest, with two groups of 20 children attending on alternating weeks. It is being delivered in partnership with The Benjamin Foundation and supported by the Family Hubs Fund at Norfolk County Council.

Young carers are children who regularly support someone in their family who is physically or mentally unwell, disabled or living with an addiction. Their responsibilities can range from helping with washing, dressing or taking medicines, as well as tasks such as shopping, cleaning or organising finances.

The Young Carers Club will give participants a safe, welcoming space to take time for themselves, have fun and connect with others who share similar experiences. Sessions will be focused on physical activity – such as football, padel, table tennis, darts, pool and board games – as well as personal development to build teamwork, communication, leadership and resilience.

All sessions will be led by trained and experienced coaches, creating an environment where young carers can relax, make new friends and enjoy being active.

“We are delighted to be working with The Benjamin Foundation and Norfolk County Council to support young carers in Norfolk,” explained Jackie Thornton, Director of Strategy & Development at the Community Sports Foundation.

“The programme will provide respite for young carers to have fun and make new connections in a friendly setting – a service which could be vastly important given their caring responsibilities.

“We can’t wait for the programme to start, and we look forward to making a difference to young carers in the local community.”

The programme is free to attend, and families can register their interest by clicking on the green button below.

The Nest, Holt Road, Horsford, Norwich, NR10 3AQ

[Click here to register your interest](#)



COMMUNITY
SPORTS
FOUNDATION

Join Our Female CP Football Sessions in Norwich – Open to New Participants!

These sessions provide a fun, welcoming and inclusive environment for girls and women with Cerebral Palsy (or similar eligible impairments, email for information) to enjoy football, develop skills, build confidence, and be active as part of a supportive community.

Session dates at The Nest, Holt Road, Horsford, Norwich, NR10 3AQ (11am–12pm):

- 22nd March
- 26th April
- 24th May
- 14th June
- 28th June

- 12th July

Who can attend?

Girls and women with Cerebral Palsy or similar eligible impairments who would enjoy being active, trying football for the first time, or developing their existing skills.

What to expect:

A friendly, positive and safe environment

Coaching tailored to all abilities

Opportunities to build confidence, have fun and make new friends

A welcoming space for complete beginners and experienced players alike

For more details click [here](#) to contact the Community Sports Foundation



Funded by UK Government

Voucher scheme which helps Norfolk families about to end

The Household Support Fund, which provides vouchers to families struggling with basic costs for food, bills and other essentials, will cease at the end of next month.

Vouchers of about £15 per month per child have been provided to families who have children who are eligible for free school meals.

But while a new scheme will replace the Household Support Fund, leaders at County Hall say the changes mean it will no longer be able to provide cost of living vouchers.

Andrew Jamieson, the Conservative-run council's deputy leader and cabinet member for finance, said: "The government has confirmed that the Household Support Fund will end on

March 31, and it will be replaced with the new Crisis Resilience Fund." Details of the new scheme are currently being planned and will be shared on this [web page](#) once finalised.

If families have unspent vouchers, they are urged to redeem them as soon as possible and for the March vouchers to be redeemed within three months.

Norfolk County Council's own [Client Hardship Service](#) - which provides advice and support for families in crisis - will continue, but eligibility for free school meals does not bring automatic entitlement.



Outside the box- a new SEN adult group for ages 18+

Autism Explorers and Mind Matters presents, Outside of the Box, a new SEN Adult group for ages 18+. Join them on Friday 6th March 2026, to bake chocolate chip cookies - £8.50 from 10am-12pm at Jubilee Community Centre, Norwich, NR1 2EX.

To book a place click here



Sensory Sensations - sensory rich mobile parties

At Sensory Sensations, we create inclusive sensory rich mobile parties designed for individuals with Special Educational Needs and Disabilities (0-16yrs). Our bespoke experiences are set up in the comfort of each persons own home or familiar environment, helping to foster a sense of calm and security.

Each session is tailored around the individuals interests and needs - featuring sensory activities such as messy play (spaghetti, dried pasta, cornflour), bubbles and calming sensory toys. We ensure that every session is engaging, soothing and accessible, using communication systems that support choice and self expression.

Founded and run by a mother with lived experience of complex mental health and Autism, and a qualified Nurse Associate specialising in learning disabilities. Sensory Sensations is committed to creating joyful, supportive environments where everyone can participate, cope and truly enjoy the session.

Based in Norwich and surrounding areas.

For more details click here



Autism Central - England's Peer Education Programme- online reflective sessions

Online reflective sessions are peer-facilitated and explore a single theme through open discussion, gentle prompts, and shared insight.

Series: Child-parent violence, behaviours of concern and de-escalation

[After the storm: repair, reflection and reconnection - 3 March, 10:30am](#)

[After the storm: repair, reflection and reconnection - 3 March, 8pm](#)

[Preventing escalation: Identifying triggers and patterns - 10 March, 10:30am](#)

[Preventing escalation: Identifying triggers and patterns - 10 March, 5:30pm](#)

[Getting support without blame - 17 March, 10:30am](#)

[Getting support without blame - 17 March, 8pm](#)

Series: Parental wellbeing and taking care of yourself

[Nervous system regulation for parents - 4 March, 8pm](#)

[Nervous system regulation for parents - 5 March, 12pm](#)

[Asking for help and building support networks - 11 March, 10:30am](#)

[Asking for help and building support networks - 12 March, 5:30pm](#)

[Sustaining yourself for the long term - 18 March, 10:30am](#)

[Sustaining yourself for the long term - 18 March, 1:30pm](#)

Series: Healthy habits around video gaming: Joys & Boundaries

[Setting boundaries that don't create power struggles - 3 March, 5:30pm](#)

[Supporting transitions and flexibilities - 18 March, 1:30pm](#)

[Supporting transitions and flexibilities - 18 March, 8pm](#)

[Creating a balanced digital life - 25 March, 1:30pm](#)

[Creating a balanced digital life - 25 March, 8pm](#)

Series: Play in childhood: Neurodivergent-affirming play and how to support it

[Why play matters for regulation and connection - 4 March, 10:30am](#)

[Why play matters for regulation and connection - 4 March, 1:30pm](#)

[Why play matters for regulation and connection - 5 March, 1:30pm](#)

[Following your child's lead - 11 March, 12pm](#)

[Following your child's lead - 11 March, 5:30pm](#)

[Sensory play and the body - 12 March, 12pm](#)

[Sensory play and the body - 12 March, 1:30pm](#)

[Play, socialisation, and peer relationships - 18 March, 4pm](#)

[Play, socialisation, and peer relationships - 19 March, 12pm](#)

[Play, socialisation, and peer relationships - 19 March, 5:30pm](#)

All of the events are free NHS England commissioned sessions, delivered by Anna Freud, and are 55 minutes long.

[Click here to see what else Autism Central offers](#)



Recovery College
Discovery • Meaning • Purpose

- Beginning
- Building
- Understanding
- Growing

Timetable 2026

The Recovery College- Spring 2026 timetable

The Recovery College offers free educational courses to young people aged 16+ living in Norfolk and Suffolk who are looking to improve their mental health/well-being recovery. The new timetable is now available for the Spring term. They have increased their in-person courses and have added in new locations. You can view the timetable and sign up [here](#).

If you're not sure where to start, they can offer you a Learning Support call with an experienced Tutor who can help you choose the best courses that suit your needs. You can request this by contacting them by email on RecoveryOnline@nsft.nhs.uk or phone 0300 303 4419

[Click here to find out more about The Recovery College](#)



**From 1 March 2026,
Disabled Persons Railcard
eligibility is expanding.**



Expansion to the Disabled Persons Railcard eligibility criteria

Phase 1, launching 1 March 2026, will extend eligibility to those who:

- Receive a Disabled Persons Bus Pass in England, Scotland or Wales
- Receive a London Disabled Persons Freedom Pass
- Have a Blue Badge
- Are currently unable to drive on medical grounds
- Receive Armed Forces Compensation Scheme (AFCS) benefits
- Receive Industrial Injuries Benefit for 20% degree of disablement or higher
- Are without speech

The Disabled Persons Railcard offers 1/3 off rail travel across Great Britain for both the Railcard holder and one accompanying adult. The Railcard costs £20 for one year or £54 for three years and can save the holder £126 on average annually.

[Click here for more details](#)



SENDIASS Spotlight February 2026

It feels like Spring is in the air with this lovely weather, lets hope it continues!

Some great news, earlier this month we had Meriel start with us as one of our new SENDIASS Advisors, she's started her training and is shadowing at Library Drop ins and will be up and running supporting families in the coming months.

As always, the team continues to be busy supporting children, young people, parents, and carers. Remember -if you're looking for information or guidance, our online resources are available anytime. We have spent some time lately amending our online resources into more accessible formats and adding more resources than ever, please have a look at our website as the information on these pages may answer your questions or support with filling out forms: [Information zone](#) | [Norfolk SENDIASS](#)

You can also come and chat with us in person at one of our library drop-ins or outreach events. We'd love to see you! You can check out where we are by following this link [Library drop-in sessions and outreach](#) | [Norfolk SENDIASS](#)

We are continuing our push to gather testimonials from parents, carers, young people and professionals. These voices are incredibly powerful in helping us demonstrate the real-world difference SENDIASS makes. Hearing these allows us to show decision-makers – both locally and nationally - the impact of our support, the gaps that still exist, and the value of investing in accessible SEND information, advice, and guidance. If there is anything you would like to send us now, please send it to norfolksendiass@norfolk.gov.uk or add it to our pin board via this link [Feedback and parent/carers pinboard](#) | [Norfolk SENDIASS](#)

[Click here to read the February 26 SENDIASS Spotlight](#)



An easy way to share our newsletter

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



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

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

[Preferences](#) | [Unsubscribe](#)