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newsletter
June 2026



The summer has well and truly arrived!

Summer has well and truly arrived and we hope you are all finding ways of managing in the heat of the past week. More is on its way so if you have any top-tips for helping your children and young people to cope, please do share them with us – you can join our members [Fb chat page](#) where we'd love to see what works for you and your families.

Family Voice Norfolk will continue to work throughout the summer months/school holidays so please keep sharing your experiences with us. We have already 'saved the date' for our 2027 conference so will be letting you know when that will be once the new academic year commences.

It has been a busy few months with much work around the government's proposed SEND Reforms and Norfolk's response to that with its proposed SEND Reform Plan. Our ambassadors continue to attend events across the county to speak with parent carers and understand what is happening for families, children and young people. Ordinarily, we ask you all every month to share issues you are experiencing with health services but many of our health-related meetings have been on hold whilst the new Norfolk and Suffolk Integrated

Care Board becomes established. Once these are up and running again, rest assured we will be asking for your valuable input.

We would love to see more families signing up for our membership and therefore receiving our newsletter directly via email. If you have friends not currently receiving our newsletter, please do encourage them to [join](#) via our website – it's a great source of events and information and might help with finding activities for the coming weeks.

(Picture of a sunny Mundesley beach with thanks to <http://www.tournorfolk.co.uk/>)



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





Funded by UK Government

BEST START IN LIFE

Norfolk County Council

active norfolk

Big Norfolk Holiday Fun

Launch into action-packed activities this school holiday!

- *Fantastic sport, creative and outdoor activities with a free healthy meal*
- **FREE** for all children receiving benefits-related free school meals

We want activities to be inclusive. To ensure the right support is in place, please notify the activity provider if your child has special educational needs or a disability.

To share your memorable experiences with the scheme so far, email: bnhf@norfolk.gov.uk

Bookings now open!
Find an activity near you
Scan for booking info

[QR Code](#)

Big Norfolk Holiday Fun for the 2026 summer holidays

Bookings for the Summer Big Norfolk Holiday Fun programme are now open.

Activities will run between 20th July – 2nd September 2026, and bookings will be taken on the Eequ activity finder.

Children aged 5-16 (or 4 if in Reception) **receiving benefits-related free school meals can enjoy free activities** including a free, nutritious lunch.

The scheme is run in partnership with Norfolk County Council and is funded by the UK Government.

To ensure all young people can take part both free and paid for places are available for those receiving benefits- related free school meals.

[Click here for more details of Big Norfolk Holiday fun - Summer 2026](#)

Big Norfolk Holiday Fun

NO PLANS? SORTED.

YOUR HOLIDAY. YOUR WAY.

- SPORT**
- CREATE**
- MUSIC**
- CHILL**
- TRIPS**
- FOOD**

FREE SESSIONS FOR 13-16 YEAR OLDS*
SCAN ME



GET INVOLVED

- ✓ TRY SOMETHING NEW
- ✓ MEET NEW PEOPLE
- ✓ MAKE IT COUNT

Norfolk County Council | **active norfolk** | **BEST START IN LIFE** | **UK Government**

*To ensure all young people can take part, both free and paid places are available. Free places are only available for those receiving benefits-related free school meals.

Big Norfolk holiday fun for 13-16 year olds

No plans? Sorted. Your holiday- your way.

- Sport
- Create
- Music
- Chill
- Trips
- Food

FREE sessions for 13-16 year olds* Get involved try something new, meet new people, make it count.

Scan the QR code above or click the green button below for more information.

*To ensure all young people can take part both free and paid for places are available for those receiving benefits- related free school meals

[Click here for more information](#)

Big Norfolk
Holiday Fun

GETTING THERE SHOULDN'T STOP YOU!

Plan your trip your way, whether that's the fastest route, the greenest option, the healthiest choice, or the cheapest way to get there.

PLAN YOUR JOURNEY SCAN ME

Travel Norfolk
Travel smart

Norfolk County Council | active norfolk | BEST START IN LIFE | UK Government

BNHF- getting there shouldn't stop you- with Travel Norfolk

Plan your trip your way, whether that's the fastest route, the greenest option, the healthiest choice, or the cheapest way to get there.

Scan the QR code above or click the green button below for more details of Travel Norfolk- Travel smart.

[Click here for more details of Travel Norfolk- Travel Smart](#)



Are You Looking After Someone?

Apply for a FREE Carers Identity Passport for unpaid Carers of all ages in Norfolk & Waveney

Be recognised, valued and respected in your caring role



Unpaid Carers have told us they want to be identified in healthcare settings. We have co-produced a Carers Identity Passport to ensure Carers of all ages, including Young Carers and Parent Carers, in Norfolk & Waveney are recognised. **The Carers Identity Passport is for identification only.** It enables Carers, the people they care for and staff to work together as a team. It is available digitally and/ or as a card and lanyard



To request a Carers Identity Passport, scan the QR code or visit: carersvoice.org/carers-identity-passport
If you need support to complete the online form, please call **07932095312**.



Carers Identity Passport- Carers Voice Norfolk and Waveney

Are you looking after someone? Apply for a FREE Carers Identity Passport for unpaid Carers of all ages in Norfolk and Waveney.

Be recognised, valued and respected in your caring role.

6600 Carers Identity Passports have been issued since it's launch.

Unpaid carers have told us that they want to be identified in health care settings. We have co-produced a Carers Identity Passport to ensure carers of all ages, **including young carers** and **Parent Carers**, in Norfolk and Waveney are recognised.

The Carers Identity Passport is for identification only. It enables Carers, the people they care for and staff to work together as a team.

It is available digitally and/ or as a card and lanyard.

To request a Carers Identity Passport, scan the QR code above, or click the green button below.

If you need support to complete the online form, please call 07932095312.

Carers Identity Passport can be used within the three acute Hospitals within Norfolk & Waveney:

Norfolk & Norwich University Hospital (NNUH) - The Carers Identity Passport will initiate a conversation with the nurse in charge of the ward. They will offer you the NNUH Carer's support package which entitles you to validated parking and concessions at specific food outlets within the hospital. The Carers Identity Passport will be a catalyst for further conversations between staff and yourself, agreeing how much involvement you would like in the treatment of the person you look after.

James Paget University Hospital, Gorleston - The Carers Identity Passport will allow you to be identified at first contact or as soon as possible after admission. This will assist the medical team and nursing team to get an accurate picture of a patient's individual care needs. You will have the opportunity to be involved in discussions with staff throughout the patient's journey. Your knowledge of the patient and your expertise in caring for them will be recognised by hospital staff. With the patient's permission, you can be fully involved in all stages of their treatment, including discharge planning. When a Carer is identified, the Suffolk Family Carers representative working within the hospital will visit Carers in need of support on the ward to discuss support options.

Queen Elizabeth Hospital, Kings Lynn (QEH) - The Carers Identity Passport will aid the staff to identify you as a Carer. Once identified as a Carer, ward staff will provide you with the QEH Carers support package, including a Carer card and a Carer directory, which contains details of the support and resources available to Carers.

[Click here to apply for a FREE Carers Identity Passport](#)



Pokémon Home Education group- Thursdays in Gorleston

Do you home educate and are you looking for a new and local place to meet others?

We would love to welcome you to a FREE of charge, open and friendly, educational and relaxed event at 12pm to 3pm on Thursdays.

Suitable for all ages, come along and enjoy:

- Learning how to play the pokemon TCG
- Collecting and trading cards
- Making friends
- Supporting each other and learning new skills
- Parents can connect and chat
- Enjoy colouring and activities

Learn and grow together as a community, with Pokemon themed fun for everyone - Leanne and Team X

Address: Leanne's Anime and Collectables shop at 39 Baker Street, Gorleston-on-Sea, Great Yarmouth, NR31 6QT

Due to the popularity booking is essential, click on the green button below.

[To book a place on the Home Education group click here](#)



Child and Adolescent Mental Health Parent Workshops

Free virtual workshops:

- Understanding and Supporting Self-Harm
- Supporting your child to Manage Big Feelings
- Tools for Managing Worry and Uncertainty
- Supporting Teenagers with Emotions
- Supporting your child with Bereavement
- Supporting your child/Adolescent with Anxiety
- Managing Changes and Transitions as we enter the summer holidays

Access here: <https://nsft.uk/Workshops>

NHS
Norfolk and Suffolk
NHS Foundation Trust

Child and Adolescent mental health parent workshops from NSFT

Free virtual workshops:

- Understanding and supporting self-harm
- Supporting your child to manage big feelings
- Tools for managing worry and uncertainty
- Supporting teenagers with emotions
- Supporting your child with bereavement
- Supporting your child/ adolescent with anxiety
- Manage changes and and transitions as we enter the summer holidays

[Click here to book onto an NSFT workshop](#)



flourish **MAKING SENSE OF SEND**

Making Sense of SEND

In person, free, friendly information and support about SEND for families and professionals.

The Discovery Centre Kings Lynn, 8th July 10am-12noon

Are you looking for support for your child /young person with SEND and your family?

- Listen to expert-led talk on effectively communicating with schools
- A chance to give feedback and be heard by the Education Health Care Plan (EHCP) team or SEND advisor. Bookable on the day.
- Speak directly with more than 20 services and get personalised, face-to-face advice all in one place.

*No need to book - please just come along.
Find out more:*

www.norfolk.gov.uk/msos **Norfolk County Council**

Making Sense of SEND 8th July in King's Lynn

Making Sense of SEND.

In-person, free, friendly information and support about SEND for families and professionals.

At the discovery Centre, King's Lynn on Wednesday 8th July 10 am - 12 noon.

Are you looking for support for your child/young person with SEND and your family?

- Listen to expert - led talks on effectively communicating with schools.
- A chance to give feedback and be heard by the Education Health Care Plan (EHCP) team or SEND advisor. Bookable on the day.
- Speak directly with more than 20 services and get personalised face-to-face advice all in one place.

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

No need to book- please just come along, scan the QR code above or click the green button below to find out more.

[Click here to find out more about Making Sense of SEND](#)



**NORFOLK
AUTISM
PARTNERSHIP**

Autism Norfolk Forum- What Does Longer-Term Support Mean to You?

The next Autism Norfolk Forum will take place online on Tuesday 28 July 2026, from 6:00pm to 7:30pm.

This session will focus on what longer-term support means to autistic people. It will provide an opportunity to share experiences, discuss what effective ongoing support should look like and help inform future autism work across Norfolk.

The Autism Norfolk Forum is open to autistic people, parents, carers, professionals and organisations with an interest in autism and inclusion. The meeting will be held online using Zoom.

Click here to register for the Autism Norfolk Forum and to find out more



THRIVE AUTISM



Coffee & Cake Morning



**A relaxed, welcoming
space for parents and
carers of autistic children**

**Monday 6th July 2026, 10:00–12:00
Long Stratton Village Hall
Ipswich Road, Long Stratton, NR15 2TA**

Parking available and accessible to wheelchair users



**Come along for a friendly,
informal morning where you can:**






- Meet other parents and carers
- Share experiences and support
- Enjoy great coffee, cake and conversation
- Take time to relax in a calm, understanding environment



FREE TO ATTEND • DROP IN ANYTIME

For more information:
Email: hello@thrive-autism.org
Phone: 01603 723493
Website: www.thrive-autism.org
Follow us on – FB, Instagram



 [thrive_autism/](https://www.instagram.com/thrive_autism/)
 [company/thriveautism](https://www.linkedin.com/company/thriveautism)
 [ThriveAutismUK](https://www.facebook.com/ThriveAutismUK)

Thrive Autism- Coffee and cake morning in Long Stratton

A relaxed, welcoming space for parents and carers of autistic children.

On Monday 7th July 2026 10:00-12:00 at Long Stratton village hall, Ipswich Road, Long Stratton, NR15 2TA

Parking available and accessible to wheelchair users.

Come along for a friendly, informal morning where you can:

- Meet other parent carers
- Share experiences and support
- Enjoy great coffee, cake and conversation
- Take time to relax in a calm understanding environment

FREE to attend- drop in any time

For more information : [email](#) or phone 01603 723493

Thrive Autism provides practical, compassionate support for families right now—while working towards creating Norfolk's first dedicated Autism Centre. From guidance and respite to inclusive community events, we're here to make sure every young person feels understood, supported, and able to thrive.

[Click here to look at the Facebook page of Thrive Autism](#)



A relaxed, welcoming space for parents and carers of autistic children

**Tuesday 7th July 2026, 10:00–12:00
North Walsham Community Centre
New Road, North Walsham, NR28 9DE**

Parking available and accessible to wheelchair users

Come along for a friendly, informal morning where you can:

- Meet other parents and carers
- Share experiences and support
- Enjoy great coffee, cake and conversation
- Take time to relax in a calm, understanding environment

FREE TO ATTEND • DROP IN ANYTIME

For more information:
 Email: hello@thrive-autism.org
 Phone: 01603 723493
 Website: www.thrive-autism.org
 Follow us on – FB, Instagram

[thrive_autism/](#)
[company/thriveautism](#)
[ThriveAutismUK](#)

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[Click here to visit the Thrive Autism website](#)



The Big Future survey for children and young people

The Children's Commissioner Dame Rachel de Souza, has launched The Big Future survey.

It's your chance to have your say on what it's like to be a child or young person in England today- What you love, what worries you, how you have fun, and the changes you want for a better future.

There are questions about voting, school, your area, online safety , and a space to tell her what you think is important!

It takes less than ten minutes to complete the survey.

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

Parent/carers can complete the survey on behalf of their child, if the child is unable to.

The survey closes on Friday 23 October 2026.

To complete the Big Future survey click here



YOUNGMINDS

Youngminds- supporting young autistic people with their mental health

We collaborated with [Ambitious About Autism](#) to facilitate a workshop with young people that explored how adults can support them with their mental health. Find out more about what young people told us and their advice for how you can support them.

Autism is a developmental condition that affects how you see the world and how you interact with other people. It is not a mental health problem.

Just like anyone else, autistic people can have good mental health. However, people with autism can often experience mental health problems. According to [Autistica](#), seven out of ten autistic people have a mental health condition such as [anxiety](#), [depression](#) or [OCD](#).

Autism is a spectrum condition, which means it affects people in very different ways.

Click here for more details of supporting young autistic people with their mental health



The Norfolk Local SEND Reform Plan

The next phase in making change to the SEND system in Norfolk to improve education and support for children and young people has begun. Click [here](#) for the press release from Norfolk County Council.

A new three-year plan has been published and submitted to Government.

Families and services across Norfolk have worked together to shape it. This has included your votes and comments on our three Facebook poll questions in early May.

All areas in the country have been required to create a plan. It's the first phase of national SEND reforms and focuses on support that can be introduced now, ahead of national legislation which is likely to bring further change.

This plan, which will bring millions of pounds of new funding, focuses on:

- Getting support in place earlier
- Helping more children flourish in mainstream settings
- Strengthening how education, health and social care services work together

What is the Norfolk Local SEND Reform Plan?

- A three- year plan to improve support for children and young people with SEND
- It brings together education, health and social care into one shared approach
- Focuses on earlier help and support for stronger inclusion in mainstream settings
- Developed in response to a Government requirement for all areas in England to create a plan

Who helped create it?

Through 17 online and in person engagement sessions:

- Children and young people
- Families and parent carer groups
- Schools, early years settings and colleges

- Norfolk County Council, the NHS and voluntary organisations

It builds on work already underway through Norfolk County Council's Local First Inclusion programme to transform SEND education

What happens next?

- The plan must be submitted to Government by Friday 19th of June
- It will be discussed at Norfolk County Councils cabinet on Monday 29th June
- Government is expected to decide whether it accepts the plan in Autumn 2026

What could it mean for Norfolk Children?

- More support for children to be included thanks to £5.9m for more access to specialist support for school staff
- More support for children and young people to be included in early years settings and post -16 colleges
- More support for children at secondary schools at risk of exclusion
- Mental health support teams for all schools
- More specialist resource bases for children with higher needs in Primary and secondary schools

Click [Norfolks response](#) to the Department for Education Consultation: SEND Reform - Putting children and young people first

Click here and then click on the reports tab to see the Norfolk Local SEND Reform Plan in full



J Team – an exciting new club for SEND and neurodiverse young people has opened in King's Lynn!

J Team is open weekly on Monday evenings 6.30-8.30pm during term time as a safe and inclusive space for young people with SEND and neurodiverse conditions aged 6-16 years. The warm welcome is key to ensuring everyone feels at ease from the moment they arrive.

J Team is an energetic hub where young people and their siblings can hang out regularly to grow, play, and create while developing meaningful relationships. The focus is on having lots of fun and making friends.

For more details [email](#) or call 07841 632457.

St. Faiths Church, Gayton Road, King's Lynn, PE30 4DZ





Teenie SEND Hub

At Swaffham Community Centre

We will be meeting weekly, come see other parents, have a chat, have a cuppa.


 For children we will be having activities for them to explore independently and run by one of our volunteers.
 For dates and times, please see our Facebook page.

Teenie SEND Hub at Swaffham Community Centre

A new SEND Café for SEND families in and around Swaffham has been launched.

It will be a welcoming space to meet others, share experiences, and enjoy a friendly chat over a cuppa. Children are welcome, we will have a range of activities for them to enjoy.

Thursdays at 10:00am-11:30am.

Venue: Swaffham Community Centre, The Campingland, Swaffham, PE37 7RB

For any queries or for further information click [here](#) to email Teenie SEND Hub.

[Click here for more details on the Teenie's SEND Hub Facebook page](#)



Discounted group travel on the train

GroupSave Train Tickets – Greater Anglia

Travelling with friends or family? Get cheap tickets when you book off peak travel together with our fabulous GroupSave offer.

What is GroupSave?

GroupSave is a train ticket discount for groups of 3 to 9 adults travelling together, giving you 1/3 off Standard Off-Peak fares.

It can be easily applied when booking online, and it's valid for travel outside peak times on weekdays, as well as at any time on weekends and bank holidays.

Because it makes tickets a lot cheaper, it cannot be combined with other discounts, such as Railcards.

[Click here for more details of GroupSave train tickets](#)



Discounted group travel on the bus

High5 – Family & Group Travel (First bus)

If you're heading out by bus as a family or group, then you'll save money over buying single, return or day tickets with a High5!

Whether there's just two adults travelling together or a family or group of up to five (with a maximum of two adults aged 20+) a High5 ticket offers unlimited travel on any of our buses in your chosen area or zone for a whole day for one great value price, which is very often cheaper than just two adult returns.

That means, not only do the two of you save money, but up to three children go free!

And if you're heading out with a group of friends and you're all under 20, then why not split the cost and have more money to spend on enjoying yourselves. Remember, a High5 ticket is good for up to 5 of you, as long as you're getting the bus together throughout the day. As an example, that works out as good as £1.80 each for a whole day's travel in Norwich. Now, what better excuse do you need to skip using the taxi of Mum & Dad!

You can marvel at our amazing High5 ticket prices below...just click [here](#) to find our zone maps to see how far your ticket can take you:

buy on the app or on bus

Norwich Zone £10.20

Norwich Inner Zone £8.50

Coastal Zone £12

Explorer Zone £14

Great Yarmouth Town Zone £8.50

Lowestoft Town Zone £7.50

Excel Zone

Valid on the whole length of our excel bus service

£18

Network Zone

Valid for all First Eastern Counties buses in Norfolk & Suffolk, including excel £24

To find out more about High5 bus tickets click here





The Help Hub Van is coming to an event near you!

What is the Help Hub van?

The Help Hub van is a mobile space that will pop up at events and host sessions across our districts, providing support and advice to our residents. It will be attending community events in convenient and accessible locations, where residents can come along to talk to a member of the Help Hub team. No appointment is necessary, and any support needs can be discussed. These may include, but are not limited to:

- money and debt worries
- benefits
- parenting, relationships and domestic abuse
- health and wellbeing
- bereavement support
- employment
- housing or home improvements

How does it work?

The Help Hub Van will be visiting towns and villages, attending community events and offering support, advice and activities throughout the year. If you need advice or support, you can pop along and speak with a member of our friendly team. No appointments are required.

The van is a confidential space where you can come on board to talk one-on-one with a member of our team. Staff will listen to your needs and provide guidance and signposting if appropriate. With your consent, the team are also able to log your request for support with the Help Hub and a follow-up call can be arranged.

The van is also used by a range of departments across the council and by our partners agencies. Keep an eye out for the van to pop up in a location near you!

If you have any questions, or would like further information about the van, please get in touch via [email](#).

[Click here to see where the Help Hub van is going to be over the summer](#)



Barrington Farm open studios 2026

Barrington Farm Open Studios

Open Daily 20th July - 7th August 10am - 4pm
Free, all welcome

We will be opening our doors to the public again this summer, exhibiting work from over 25 artists who attend the Barrington Farm Art Barn. Come along to experience the vibrant work space, meet the artists and grab a bargain!

- Original artworks for sale
- Exhibitions of recent work
- Weekend openings (25th & 26th July and 1st & 2nd Aug, 10am – 4pm)
- Group bookings by appointment
- Informal and friendly atmosphere
- Free parking
- Disabled access and facilities

- Located 5 mins from Walcott beach, shop and cafe

Founded in 1987, Barrington Farm is a unique day services centre in North Norfolk. Over 30 adults with learning difficulties are supported by a team of 8 practising artists in the Art Barn studio to make art – from drawing, printmaking, ceramics, painting and textiles.

For more info or questions please contact us

Tel: 01692 650707

[Email:](#)

Address: Barrington Farm, Walcott, Norfolk NR12 0PF

what3words: ///envisage.workbook.newlywed

Directions by car / bike:

From Norwich take the A1151 towards Stalham. Just before Stalham turn left and left again towards Walcott / Happisburgh. After a few miles turn left opposite the Lighthouse Inn.

Barrington Farm car park and studio is on the right. Follow the signs!

Check our [Facebook](#) or [Instagram](#) pages for updates

Image: Sheep (embroidery) by Sam Macdonald, 2025



Making it real - co production event at the Forum on July 6th

The Making it Real Norfolk Board are working with Norfolk County Council Adult Social Care to change the way services are developed.

Come in and join our free drop-in Working Together Showcase Event to find out how people, communities and services are working together in Norfolk to support people with disabilities. We're passionate about listening to people's lived experience and make decisions with people, not for them.

- Monday 6th July 2026
- 10.30am to 3pm
- At The Forum, Norwich

Come along, explore the stands, listen to short talks and join the conversation.

Speaker Programme:

10:00am - Doors open and stands open

10:30am- Welcome: Rachael, Vice Co- Chair (Making It Real Norfolk)

10:45am- Cllr Scott Hussey- Norfolk County Council : The Brecks

11:00am- Chris Scott, Director of Strategic Commissioning

12:00pm- Matthew Talbot, CEO of Deaf Connexions

12:15pm- Fiona Flowers Think Local Act Personal and Sharon Brooks, Carers Voice

12:30pm- Lunch/ Networking/ visit the stands

1:00pm- Neil Howard, Equality, Diversity and Inclusion

1:15pm-3:00pm- Final visits to stands and networking

All are welcome and The Forum is a fully accessible venue.

[Click here for the Making it Real website](#)

[Click here for the Making it Real Facebook page](#)



Kindly supported by Norfolk Offshore Wind Farms
Community Fund, Musical Keys proudly presents

Nature Connection Sensory Music Making

**Free group music sessions for those that
prefer quieter and calmer settings.
All ages and abilities welcome.
Fridays during the summer:**

**Barrington Farm
Walcott**

**17 July, 7, 14 &
28 August.
1.30 - 3pm**

**Eve's Hill Veg Co.
Aylsham**

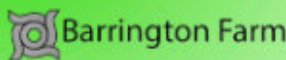
**17 July &
14 August.
10.30 - 12pm**

**Bircham Centre
Reepham**

**31 July, 7, 21 &
28 August.
10.30 - 12pm**

**31 July &
21 August.
1.30 - 3pm**

Full details and to book: musicalkeys.co.uk



Nature Connection Sensory Music Making with Musical Keys

Group music-making for those that prefer quieter, calmer spaces.

Join us on Fridays over the summer in three beautiful spaces to make music informed by and in harmony with nature.

These sessions will incorporate traditional instruments, tuned percussion and music technology to invite participants to create immersive soundscapes and new sonic spaces.

Sessions will take place at:

Barrington Farm Art (Walcott), 7th, 14th and 17th July and 28th August, 1:30pm- 3pm

The Bircham Centre, Reepham 31st July, and 7th, 21st and 28th of August -10:30am-12pm

Eves Hill Veg Co. (Aylsham) 17th July, 14th August- 10:30am-12pm and 31st July and 21st of August 1:30pm-3pm

Places are limited, more details and booking link [here](#).

Our immense thanks to Norfolk Offshore Wind Farm Community Fund (Norfolk Community Foundation) for supporting this project.

For more information about what Musical Keys do click [here](#)



Sensory Processing in the Early Years for Parents/Carers - hosted online by the Council for Disabled Children

This training will support parents and carers to understand sensory processing differences and strategies to support their child.

This training is for parents and carers.

The training session will;

- Introduce sensory processing - what it is and why it matters
- Explore sensory processing differences
- Demonstrate how to create sensory environments conducive to learning

- Provide an overview of when extra support may be needed and where to go for support

Thursday July 2nd 6pm- 9pm

[Click here to book a place on the online training for parents/carers](#)



**NORFOLK
AUTISM
PARTNERSHIP**

Is your service missing from the Norfolk Autism Partnership Directory?

We are pleased to share the Norfolk Autism Directory, a free online resource to help autistic people, families, parent carers and professionals find local services, support, organisations and groups across Norfolk.

You can visit the Directory [here](#):

If you are part of an organisation, service, charity, community group or business that supports autistic people, families, parents or carers in Norfolk, please consider adding your [details](#):

If you run a regular group, activity, drop-in, social session, parent carer group or recurring support session, you can submit this separately for the [What's On page](#):

The Directory is free to use and free to list on. It helps people find support more easily and gives local organisations a trusted place to share clear, up-to-date information about what they offer.

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





FREE Black Cat Bike Maintenance session



Are you ready to unlock your potential?

If you live in the Breckland area, are aged between 16 and 24 and not in training, education or employment - we want to hear from you!

*conditions apply

What's it all about?

- This in person course is delivered by the friendly team at Black Cat Cycles in partnership with Norfolk County Council 'BOOST' project
- The session will go through how to conduct a full safety check on a bicycle, adjust gears and brakes, check chain wear and how to clean and check wheels for truing and spoke tension.
- Each participant will receive **a free bicycle** at the end of the session to support them with a mode of transport.

The details...

- ? **When**
 - **Tuesday 21 July** (participants can attend one 90 minute session)
 - **10:30am - 12pm**
 - **1pm -2:30pm**
- ? **Where**

In person events will be held in at the **Beacon Church, Losinga Rd, King's Lynn, PE30 2DH**

Please contact the Boost team or complete our referral form using the QR code



boost@norfolk.gov.uk



Free Black Cat bike maintenance session in King's Lynn

Are you ready to unlock your potential?

If you live in the Breckland area, are aged between 16 and 24 and not in training, education or employment- we want to hear from you.

*Conditions apply.

What's it all about?

- This in person course is delivered by the friendly team at Black Cat Cycles in partnership with Norfolk County Council 'Boost' project
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The details...

When: Tuesday 21st July (participants must attend one 90 minute session)

- 10:30am-12pm
- 1pm- 2:30pm

Where:

In person events will be held at the **Beacon Church, Losinga Road, King's Lynn, PE30 2DH**

Scan the QR code above or click the green button below to complete the referral form. For more information click [here](#) to email the Boost team.

Funded by UK Government with Boost and Black Cat cycles.

[Click here to complete the referral form](#)





Free learn to ride a bike sessions in Great Yarmouth

Got a little one ready to learn to ride?

Our free Learn to Ride sessions are the perfect place to start.

At the Marina Centre, Marine Parade, Great Yarmouth, NR30 2ER

- Saturday 4 July 2026- 9am – 10am
- Saturday 1 August 2026- 9am – 10am

Bikes and helmets available, To sign up, contact Top Banana by phone or WhatsApp on 07725 531697.

Booking is required.

For more events click here to go to the Travel Norfolk website



BE SAFE HAVE FUN!

If you are in and around the water
ALWAYS REMEMBER TO:

- 1 STOP AND THINK**
- 2 STAY TOGETHER**
- 3 FLOAT**
- 4 CALL 999 OR 112**

FIND MORE FUN
AND SAFETY TIPS AT
[RNLI.org](https://www.rnli.org)

The RNLI is the charity that saves lives at sea
Royal National Lifeboat Institution, a charity registered in England and Wales (203622)
and Scotland (SC238726), Registered charity number 20003206 in the Republic of Ireland


Lifeboats

Be safe, have fun around water- RNLI

Heading to the coast or out on the water is a great way to have fun and stay active. But, if you're not careful, it's a lot easier to get into trouble in the water than you might think. Conditions can change quickly and if you're not prepared, you can easily get caught out.

We've collected all our advice here, so you can find the information you need. Whether you're going to the beach, exploring the coast, or venturing out onto the water, we have the water safety advice to help you stay safe.

Be safe, have fun.

If you are in and around the water always remember to:

- Stop and think
- Stay together
- float
- Call 999 or 112

[Click here for more fun and safety tips from the Royal National Lifeboat Institution](#)





autism
anglia

Registered Charity No. 1063717

Community Connect

FREE autism & ADHD support

For children & young people (0–25) and families in Norwich and mid-Norfolk.

Our FREE service supports children, young people, and families in Norwich and mid-Norfolk — no diagnosis needed. Whether you're a young person or a parent/carer, we're here to help by phone, email, or face-to-face.

We can help with:

- DLA & PIP forms
- School or life transitions
- Support with connecting young people to post-education resources and support.
- Accessing support in education
- Suggested strategies to support with behaviours that challenge.
- Applying for an Autism Alert Card

We're here to help

For full details please scan the QR code to visit our website:
autism-anglia.org.uk/our-services/community-connect





autism anglia
Registered Charity No. 1063717

Community Connect

How you can get support

Autism & ADHD support for young people (0–25) and families in the Norwich and mid-Norfolk area.

We offer flexible ways to access help — whatever works best for you.

Person-centred support

We offer personalised support, provided virtually or face-to-face across Norfolk. Face-to-face support is available at the Norfolk Opportunities Centre in Dereham, with virtual support offered where appropriate, including:

- Help understanding the EHCP process.
- Attending meetings with schools or other professionals (in person where possible, or virtually when needed.)
- Advice on strategies that may help at home.
- Guidance on finding the right community support, with a focus on autism and ADHD.

We're here to help

For full details please scan the QR code to visit our website:
autism-anglia.org.uk/our-services/community-connect



Autism Anglia- FREE Autism and ADHD support for children and young people (0-25) and families in Norwich and mid- Norfolk

Autism Anglia's FREE service supports children, young people, and families in Norwich and mid- Norfolk- no diagnosis needed. Whether you're a young person or a parent/ carer, we're here to help by phone, email or face-to-face.

We can help with:

- DLA and PIP forms
- School or life transitions
- Support with connecting young people to post-education resources and support.
- Accessing support in education
- Suggested strategies to support with behaviours that challenge.
- Applying for an Autism Alert card

We're here to help

For full details please scan the QR code above or click the green button below to visit the Autism Anglia website.

Autism Anglia offer flexible ways to access help- what ever works best for you.

Person centred support

We offer personalised support, provided virtually or face-to-face across Norfolk. Face-to-face support is available at the Norfolk Opportunities centre in Dereham, with virtual support offered where appropriate, including:

- Help understanding the EHCP process
- Attending meetings with schools or other professionals (In person where possible, or virtually when needed.)
- Advice on strategies that may help at home.
- Guidance on finding the right community support, with a focus on autism and ADHD.

[Click here to go to the Autism Anglia website](#)



Norfolk SENDIASS Spotlight June 26

SENDIASS update

We hope this newsletter finds you well and managing to stay cool during the current heatwave!

In May, I shared that we had released an additional 350 appointments. Since then, the team has been working incredibly hard to provide more timely support through our Helpline service. I'm pleased to say that, over the past three weeks, we have reduced our waiting times from 48 days to just 16 days. This is a significant improvement and has made a real difference for families accessing support and booking helpline appointments with us.

We know how important timely advice and support are, and we will continue to do all we can to keep waiting times as low as possible.

Now that we are coming out of this period, we will slowly be starting to increase our one-off support offer again.

We've recently spent quite a bit of time reviewing, updating and adding to the resources on our website, with the aim of making sure the information is as clear, helpful and up to date as possible. A lot of care has gone into building these pages so that they're genuinely useful for both families and professionals. If you get a chance, we'd really encourage you to have a look through - there's a wide range of guidance and information that may help answer questions you have now, or in the future.

We'd also encourage you to follow us on Facebook and Instagram. Over recent months, we've put a real focus on developing our social media pages so they're not just updates, but a genuinely helpful space for families and professionals. We regularly share practical tips, useful advice, key information and important updates that may support you and your family day to day. We hope these channels offer another easy way to stay informed, feel supported, and access helpful guidance when you need it.

As always, thank you for your support and engagement.

Niamh Keane, SENDIASS Manager

[Click here to read the June SENDIASS Spotlight E- Newsletter](#)





Norfolk Parent Carer Service

Run by Parent Carers for Parent Carers

Summer Holidays 2026

- Redwings Horse Sanctuary**
(Meet up) 30th July 11.30am - 2.30pm
- Long Stratton Family Hub Family Craft Session**
PomPom Monsters & Sensory Bottles
5th Aug 10.30am - 12.30pm
- Hunstanton Beach Hut**
(Meet Up) 6th Aug 11.30am - 2.30pm
- North Walsham Family Hub Family Craft Session**
PomPom Monsters & Sensory Bottles
7th Aug 10.30am - 12.30pm
- Drayton Family Hub Family Craft Session**
PomPom Monsters & Sensory Bottles
12th Aug 10.30am - 12.30pm
- King's Lynn Family Hub Family Craft Session**
PomPom Monsters & Sensory Bottles
17th Aug 10.30am - 12.30pm
- Albion Games Cafe Norwich Family Session**
17th Aug 11am - 12.30pm
- Thetford Family Hub Family Craft Session**
PomPom Monsters & Sensory Bottles
19th Aug 10.30am - 12.30pm

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



Scan here to book

Kids- Summer holiday meet ups

- Redwings Horse Sanctuary (meet up) 30th July 11:30am-2:30pm**
- Long Stratton Family Hub family craft session- pom-pom monsters and sensory bottles 5th August 10:30am-12:30pm**
- Hunstanton Beach Hut (Meet up) 6th August 11.30am - 2.30pm**
- North Walsham Family Hub family craft session - pom-pom monsters and sensory bottles 7th August 10.30am - 12.30pm**

Drayton Family Hub family craft session - pom-pom monsters and sensory bottles 12th August 10.30am - 12.30pm

King's Lynn Family Hub family craft session - pom-pom monsters and sensory bottles 17th August 10.30am - 12.30pm

Albion Gaming Cafe Norwich family session 17th August 11am - 12.30pm

Thetford Family Hub family Craft Session - pom-pom monsters and sensory bottles 19th August 10.30am - 12.30pm

Scan the QR code above or click the green button below to book places.

For more information [email Sally.](#)

[Click here to book places on Kids summer holiday meet ups](#)

Kids Disabled children say we can

Norfolk Parent Carer Service

What's On In July

Sprowston Coffee and Connect

Wellbeing Session

Wednesday 1st July
10:30am - 12:30pm

Autism Explorers Guest Speaker

Wednesday 15th July
10:30am - 12:30pm

Viking Centre, Tills Road
Sprowston, NR6 7QZ
hayley.huckle@kids.org.uk

Great Yarmouth Drop-In with Grace

Monday 13th July
10am - 12pm

Join us for a relaxed cuppa and chat session. Places are limited so please email grace.hillard@kids.org.uk for more info



Dad's Time!

Tuesday 14th July
7:30pm - 9:00pm

Are you a dad, stepdad, grandad or male carer for a young person (0-18 years) with SEND?

Then this is for you!

Come and join us at Albion Games Cafe in Norwich for a drink, gaming and connection with other parent carers.

Albion Games Cafe
21 St Benedicts Street
Norwich, NR2 4PF

Email: hayley.huckle@kids.org.uk

Thetford Coffee and Connect

Wednesday 15th July
10:30am - 12:30pm

Join us for cuppa and a chat about your wellbeing

Family Hub
Kingsway
Thetford
IP24 3DY

Email: sally.macgregor@kids.org.uk

Scan here to join our Facebook community!



Kids Disabled children say we can

Norfolk Parent Carer Service

What's On In July

Online Workshops
Join us online for these free workshops:

Sleep Challenges
Parental Resilience
Behaviours that Challenge



Scan here to book onto our online workshops

Long Stratton Coffee and Connect

Wednesday 1st July
10am - 12pm

Join us for a free event where we have a cuppa and discuss behaviour you may be experiencing

Family Hub
Manor Road
Long Stratton
NR15 2XR

Email: grace.hillard@kids.org.uk

North Walsham Coffee and Connect

Eating Challenges

Friday 10th July
10:30am - 12:30pm

Join us for cuppa and a catch up

Family Hub
Manor Road
North Walsham
NR28 9HG

Email: natalie.tagg@kids.org.uk

Kings Lynn Making Sense of SEND

Wednesday 8th July
10am - 12pm

Come and see us at this event at the Discovery Centre in Kings Lynn

Columbia Way, King's Lynn PE30 2LA

Email: sally.macgregor@kids.org.uk

Scan here to join our Facebook community!







Kids- What's on in July

- **Sprowston Coffee and Connect** - Wellbeing session Wednesday 1st July 10:30am-12:30pm
- **Sprowston Autism Explorers guest speaker** -Wednesday 15th July 10:30am-12:30pm at the Viking Centre, Tills Road, Sprowston, NR6 7QZ Contact [Hayley](#) for more information.

- **Great Yarmouth** drop-in with Grace- Monday 13th July 10am-12pm join us for a relaxed cuppa and chat session. Places are limited so please [email Grace](#) for more info.
- **Dad's Time**- Tuesday 14th July -7:30pm- 9:00pm. Are you a dad, step dad, grandad or male carer for a young person (0-18 years) with SEND? Then this is for you! Come and join us at Albion games cafe in Norwich for a drink, gaming and connection with other parent carers. Albion games Cafe, St Benedicts Street, Norwich NR2 4PF. Email [Hayley](#) for more information.
- **Thetford** Coffee and Connect- Wednesday 15th July 10:30am-12:30pm- Join us for a cuppa and a chat about your wellbeing. At the Family Hub, Kingsway, Thetford, IP24 3DY. For more details contact [Sally](#).
- **Online workshops**- join us online for these FREE workshops: Sleep Challenges, Parental resilience and behaviours that challenge, scan the QR Code above or click the green button below to book onto the Kids workshops.
- **Long Stratton** Coffee and connect - Wednesday 1st July 10am-12pm. Join us for a free event where we have a cuppa and discuss behaviour you may be experiencing. At the Family Hub, Manor Road, Long Stratton, NR15 2XR. For more details email [Grace](#).
- **North Walsham** - Coffee and Connect- eating Challenges, join us for a cuppa and a catch up, at the Family Hub, Manor Road, North Walsham, NR28 9HG. For more details [email Natalie](#).
- **King's Lynn** Making Sense Of SEND on Wednesday 8th July 10am-12pm. Come and see us at this event at the Discovery Centre, Columbia Way, King's Lynn PE30 2LA. For more details [email Sally](#).

Scan the QR Code above or click here to join [KIDS Facebook](#) community.

Booking form for Kids online workshops in July



AEA

Asperger East Anglia

working toward and supporting independence

Asperger East Anglia are asking for donations of small electrical equipment

DONATION REQUEST!

To assist our electronic workshop supporting autistic young people's training and employment prospects, we are urgently seeking donations of small electrical items such as computers, laptops, IT equipment (but not printers), tablets and mobile phones.

We also accept small clean electrical kitchen items.

We are happy to collect. Please contact us by [email](#); or by mobile phone: 0777 623 1485.

Thank you very much for your support.

To find out more about Asperger East Anglia click [here](#)



Norfolk County Council

flourish

Are you a young carer who needs help, advice or ideas?

Message Ask Taylor on WhatsApp

An easy-to-use chat bot - to help you find support when you need it.

What can Ask Taylor help with?

- Advice on things that matter to you
- Finding local support and services
- Discovering activities and things to do

Message anytime

Designed by young carers so it understands your world.

Who's it for?
Young carers aged 14-18 or up to 25 with SEND

Save the number
+44 7457 411651

Are you a young carer who needs help, advice or ideas?

Ask Taylor is an easy-to-use chat bot- to help young carers find support when they need it.

Are you a young person aged 14 or over? Need a listening ear, or looking for advice, support or ideas on things affecting your everyday life? There's a simple way to get help when you need it.

Ask Taylor is a free WhatsApp digital bot designed to support young carers aged 14+ (including up to 25 with SEND). You can message or voice note anytime to find trusted

information, guidance and ideas about things that matter to you.

While Ask Taylor has been co-produced with young carers, it's designed for any young person aged 14 or over who may need information, advice or support on things that matter to them.

It's quick, easy to use and works in a way that feels familiar – simply send a message on WhatsApp and get help to:

- Explore local services and support
- Find activities, events and opportunities
- Get advice on things affecting your everyday life.

Ask Taylor can be really helpful if you're not sure where to start, or if it feels difficult to ask for help face-to-face. It's there to help you take that first step in finding the right support.

Ask Taylor doesn't replace the support you might already get from friends, school or other services. It works alongside them, helping you find the right information and people when you need them.

For parents and carers, Ask Taylor offers a safe and accessible way for young people to build confidence and independence, while still being guided towards trusted services and support.

WhatsApp +447457411651 or scan the QR code above.



Electric Umbrella – Music Uniting People and Redefining What's Possible!

We create a more inclusive society, celebrating difference and inspiring community connection. Through amazing workshops and show-stopping performances, on stage and in

schools, we empower learning disabled and neurodivergent people, of all abilities, fostering confidence, skills, and leadership potential.

Our Free Activities

Sign up to Electric Umbrella and join the fun!

Get ready to:

Plug into Electric Umbrella

Plug in, switch on, and get ready for the ride of your life.

If you're thinking about trying out Electric Umbrella, our free activities are a great place to start. They're all available online so you can join us from wherever you are!

Sing Your Heart Out

Start your weekend off with a bang on Friday afternoon and join your friends for a sing, dance and lots of fun.

Anyone can join in and have a great time!

Tune In to Our Community

Join us from anywhere in the world for our weekly online show, EUTV.

These interactive sessions take place on Zoom and are hosted by one of our extremely talented musicians. You can expect plenty of amazing club nights, fantastic music and of course lots of fun. We even have celebrities on from time to time for guest interviews!

Take Your Place in the Spotlight

Online the first Thursday of every month.

Alongside our team of musicians, you can have the opportunity to take to centre stage to deliver show stopping performances filled with your favourite songs. You really will shine at our Open Mic nights!

To register and find out more click [here](#)





SENSI Coffee morning- Friday 3rd July at Ketteringham Hall

Coffee morning!

Calling all parents and carers.....

Join us on Friday 3rd July at 10am-12pm for our next coffee morning.

- Meet with others who “just get it” in a safe and supportive environment at our clinic at Ketteringham Hall Church Road, Ketteringham, Wymondham NR18 9RS
- Chat to our OT’s for advice. Find out about our groups, treatments and assessments.
- Gain advice on available funding such as DLA, Carers allowance and Short Breaks payments, from our Parent Support Worker.

[Contact](#) us to let us know you are able to attend.

[Click here to see what services SENSI offer](#)





Autism Central

England's peer education programme



Autism Central is an NHS funded, free service for families and support networks of autistic people of all ages. We offer families education, coaching, and connection through resources, one-to-one peer support, and community events.

Group learning

Join us online for group events including drop-ins, education family guide sessions and reflective sessions.

One-to-one coaching

Book confidential and personalised coaching from trained peer guides with lived or family experience. Practical guidance and signposting.

*"Connecting to someone who gets it."
"Being able to talk freely with ease."
"It was amazingly helpful."*



autismcentral.nhs.uk

Autism Central- England's peer education programme

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Group learning:

Join us online for group events including drop-ins, education family guide sessions and reflective sessions.

One-to-one coaching:

Book confidential and personalised coaching from trained peer guides with lived or family experience. Practical guidance and signposting.

"Connecting to someone who gets it."

"Being able to talk freely with ease."

"It was amazingly helpful."

What is Autism Central?

Autism Central is the national peer education programme for families and support networks of autistic people of all ages in England. The programme is delivered by Anna Freud, commissioned by the NHS, and offers families education, coaching, and connection through resources, one-to-one peer support, and group learning events. Autism Central is developed and delivered by people with lived experience of autism.

How to access services:

Autism Central is NHS funded and free to access:

- Join an [online group learning event](#) for families of autistic people to reflect and work together, sharing knowledge and skills, including meet-ups, education family guide sessions and reflective sessions.
- [Book a one-to-one coaching session](#) with a peer guide to access practical guidance and signposting.
- Sign-up to the [monthly newsletter](#).
- Find information and resources, including blogs, podcasts and animations to learn more on the [Autism Central website](#).

[Click here to email Autism Central](#)





Norfolk and Waveney
Talking Therapies

Support for people aged 16-19



Norfolk and Waveney Talking Therapies has therapists and counsellors who are specialists in working with young people.



for anxiety and depression

Norfolk and Waveney Talking Therapies- support for people aged 16-19

Being 16-19 can feel like a lot, and it is completely OK to need some extra support along the way. If things feel overwhelming or you are struggling with your mental health, you do not have to face it on your own.

Norfolk and Waveney Talking Therapies is here to help you make sense of what you are going through.

You can [refer yourself](#) or call 0300 123 1503 to talk with someone who understands.

What we offer to young people:

- Online Workshops
- Advice Sessions
- One-to One Support

For more details 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](#)
- Or if you are a family member you can join our Family Voice Members Chat Room on Facebook [here](#)

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

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