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● You can contact our **Membership Secretary Kate** on 07950 302937 or at membership@familyvoice.org.uk

● Or message us via:

 www.familyvoice.org.uk

 [FamilyVoiceNorfolk](https://www.facebook.com/FamilyVoiceNorfolk)

 [familyvoicenfk](https://twitter.com/familyvoicenfk)

● Or write to us at Family Voice Norfolk, c/o Ayton House, 11 Ayton Rd, Wymondham NR18 0QQ

● Or join our **Family Voice Members Chat Room** on Facebook at <https://www.facebook.com/groups/674209366743395/about/>

together we are stronger



Family Voice events for parent carers

Our online **Let's talk...** events are proving increasingly popular. They give you a chance to hear directly from professionals on subjects that are important to families with children and young people (CYP) with special educational needs and/or disabilities (SEND). There is also an opportunity to ask questions, or to find out where to go next if there are subjects that you are not comfortable with raising during the session.

Many parent carers also find that hearing the experiences of other families can be enormously helpful. We know ourselves as parent carers that other parents can often be our best source of information and suggestions. Even if this is not the case, it can be a comfort to find that you are not alone in your concerns for your family.



family voice
norfolk
together improving services

about benefits for your child and family

Greg and Audrey
will talk about:

- the help and advice their teams can offer
- benefits available to your family
- what to do if you need to appeal a claim

They will also be happy to answer questions.

with

Greg Lonergan

Welfare Rights Team Manager, NCC

and

Audrey Watts

Norfolk Supporting Families & Disability
Employment Adviser Leader, DWP

Tuesday 11 May
10:00am to 12:00pm

If you are the parent carer of a child or young person with additional needs, email events@familyvoice.org.uk for full joining instructions.



New specialist provision in Norfolk

As well as three new special schools opening in the next two years, new specialist resource bases (SRBs) are being developed and there is further support for SEND in mainstream schools. The SEND transformation programme involves creating 500 extra specialist school places across the county.

Join us on **19 May** to hear from Nicki Rider, Interim Head of Education High Needs SEND Service, and find out about plans, timescales and how and when placements are decided.

Information about the public consultation process for the new school near Easton & Otley College – The Bridge, Easton – is given on pages 16 and 17 of this newsletter.

You can find more about the Norfolk SEND transformation programme as a whole on the SEND Local Offer website at www.norfolk.gov.uk/send by clicking on the 'SEND Local Offer in development' button and following the **SEND transformation programme** link.



Let's talk...

about new specialist provision in Norfolk

Nicki will talk about:

- next steps for planned new schools and new provision
- how placement decisions are made
- other developments in education

She's also keen to answer your questions and hear your views.

Email events@familyvoice.org.uk for full booking and joining instructions, giving the date of the event.

with Nicki Rider

Interim Head of Education High Needs SEND Service

If you are the parent carer of a child or young person with additional needs,

please join us via Zoom on

Wednesday 19 May
10:00am to 12:00pm





family voice
norfolk

about autism

with

Tom Bassett

Partnership Boards Transformation Manager

If you are the parent carer of a child or young person with SEND, join us online to:

Monday 7 June 2021
10:00am to 12:00pm

- Gain an overview of developing action for autism in Norfolk
- Learn about the Norfolk Autism Partnership Board
- Hear about the free autism e-learning available in Norfolk

This is an opportunity to meet with other parent carers in a relaxed setting and learn about what is new for autism in Norfolk.

Tom will be happy to answer questions and will be interested in your views and experiences.

Email Sally at events@familyvoice.org.uk to receive full joining details.

Stay informed about Family Voice events and news

Our [Facebook page](#) not only has our own events and information but lots of other news about what is happening in Norfolk for children and young people with special educational needs and/or disabilities (SEND) and their parent carers. Also on Facebook, our [Family Voice Members Chat Room](#) is a closed group where you can give your views on whatever is concerning you and discuss issues with us and other parent carers.

Our [website](#) tells you more about how we work and our own events. You can find reports, news and our past newsletters there. And our Membership Secretary Kate may email you about special events and surveys.

If you have been handed this newsletter by a friend or know someone else who is not yet a member, do please direct them to our website at www.familyvoice.org.uk where it is easy to join. Membership is **free**. **Full membership** is open to parents, carers and close family members of children and young people (0–25) with special educational needs and/or disabilities (SEND). **Associate membership** is for others wishing to support our work, such as practitioners and extended family. **Affiliate membership** is for groups and organisations.





Let's talk... about sleep

- Being the parent of a child or young person with additional needs who has difficulty sleeping can affect your own wellbeing as well as theirs.
- Come along to a friendly meeting on Zoom to learn about techniques and tips that really work.

Joy Bishop

Sleep East

and

Louisa van Melsen

NANSA Sleep Practitioner

will be happy to answer your questions and have a wealth of experience in helping families like yours.

Join us on

Tuesday 15 June 2021
from 10:00am to 12:00pm

If you are a parent carer of a child or young person with SEND, simply email events@familyvoice.org.uk and we will send you details of how to join in.



Newsletter deadlines

The next newsletter will appear at the end of May 2021. To tell us about issues you'd like to see covered, or to contribute an article or idea for an article yourself, email comms@familyvoice.org.uk by **25 May 2021**. We don't often publicise commercial events but we are always happy to share the experiences of families, whether in education, health or leisure activities. You can contribute anonymously if you prefer.



April events... about mental health and wellbeing

In April, Family Voice hosted three online events for parent carers about mental health and wellbeing for children and young people.



Sheryl Allright from Kooth attended a specially extended coffee morning to enable parent carers and their young people to hear all about **the Kooth service**. Kooth is commissioned by Norfolk and Suffolk Foundation Trust (NSFT) to provide online counselling and emotional health support to young people aged 11–25 and Sheryl was able to give information about using the service when a young person has additional needs. It was an excellent session with clear information and a live 'tour' of the website. Families attending really appreciated the opportunity to ask questions. Family Voice Norfolk scheduled this session within the school holidays to enable young people to take part and we were pleased to see that some young people did come along and enjoyed learning about Kooth.

If you missed our session or would like to learn more about the Kooth service, the website is www.kooth.com.

Later in the month, Dr Georgina Turner from Ormiston Families joined Family Voice Norfolk for our **Let's talk... about mental wellbeing**. Georgina addressed parent carer concerns around the mental wellbeing of their child or young person with SEND. She was able to explain the processes in the brain that generate anxiety and unwanted behaviours and shared coping strategies and possible interventions for parent carers to try.

Dr Kelly Semper joined Family Voice Norfolk for our **Let's talk... about changes to mental health services for children and young people** (CYPMHS, previously known as CAMHS). Kelly talked us through proposed changes and addressed parent carer concerns around the current provision available for CYP with SEND.

Don't forget you are always welcome to drop in at our friendly (early!) teatime get-togethers to chat to other parent carers of children and young people with SEND.

There's no need to book. Just use this link:

<https://us02web.zoom.us/j/83006703755>



Thursday 29 April 2021 13:45pm–14:45

Thursday 27 May 2021 13:45pm–14:45

Thursday 24 June 2021 13:45pm–14:45

Thursday 15 July 2021 13:45pm–14:45



Updating the SEND Norfolk logo – call for ideas

A new SEND Communications Group, including parent carer organisations such as Family Voice, is looking at lots of ways to improve communication with young people, parent carers and professionals about special educational needs and disabilities (SEND) in Norfolk.

None of us these days has time to look at every communication that comes into our phones and other devices, not to mention anything that lands on the doormat. It would be helpful if an easily recognisable logo alerted us to communications about SEND.

At first sight, this might not seem like an important focus, but we never have to spend time wondering whether an advert or leaflet is from McDonalds or Coca-Cola, for example. Their logos are so recognisable. Instead we just get on with the important bit of understanding what is being communicated.

SEND is a key part of all our lives – we don't want anything to get in the way of understanding how to make sure our children have the support they need.



You may recognise the present SEND Norfolk logo.
So why does it need changing?

- the logo needs to be able to be used on lots of different types of communication, including leaflets, e-flyers, Facebook and Twitter, web pages, letter headings, reports and much more. The current one doesn't work for all these.
- the logo needs to be strong enough for everyone to recognise straight away.
- communications need to have a modern and professional look and feel.

NCC is keen to get your views and ideas to help create the new look. On page 8, you can see some ideas that are already being considered with the aim of refreshing the existing SEND logo.

What do you think? Do you have other ideas? Any and all feedback is welcome, but you may like to consider these questions:

- When you think about SEND, what pictures, images, shapes or colours come to mind?
- The logo needs to represent young people from birth to 25. How can this be done?
- It needs to be a logo that everybody can identify with. This means including people from all backgrounds. How can this be done?
- Do you have any ideas about how we could represent different kinds of SEND needs – for example, including hidden disabilities and physical disabilities?
- Lots of different people and organisations, such as schools, health services, families and the council, work together to help children and young people. How can the logo show this?
- Do you think everyone knows what SEND stands for? Does it always need to be spelt out?



Here are some ideas based on the existing logo.

What do you think? Would you make changes? Do you have a completely different idea?

Please send your thoughts, in writing or drawn, to kristina.fox@norfolk.gov.uk. A professional graphic designer will use as many as possible to create the artwork.

The deadline is **Friday 28 May 2021**.

Any new logo needs to work in different sizes, shapes and formats:



Landscape shape



Two-tone version



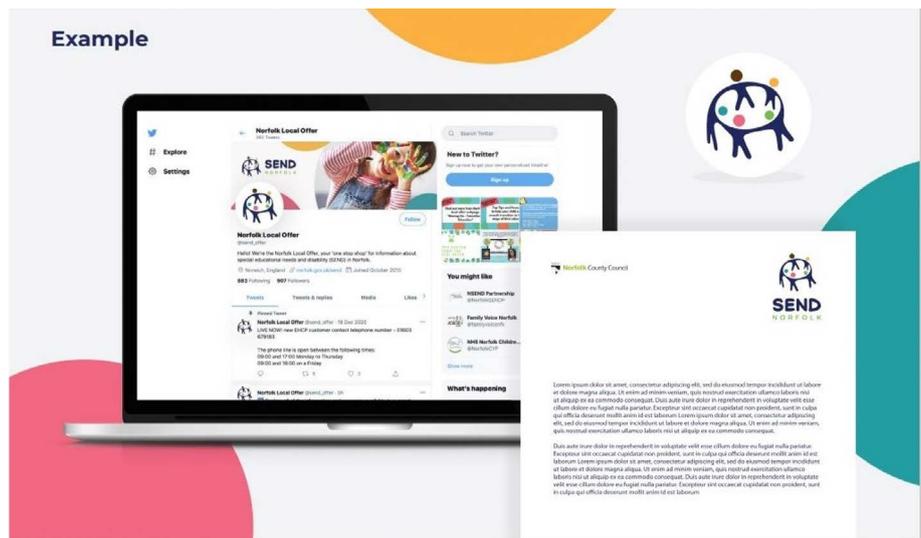
Social media icon



Portrait shape



Logo with full title



Above are examples of the branding that could go with the logo, with darker colours for older young people and brighter colours for younger children, and how it could work on different types of communication.



SEND family roadshows

The SEND family roadshows are opportunities for the SEND Local Offer team to share information and hear the views of parents and carers who have a child with special educational needs and/or disabilities (SEND).

These events are exclusively for parents and carers who have a child with SEND.

They are supported by Family Voice Norfolk, Norfolk SEND Partnership, Norfolk SEN Network and SENSational Families.

Parent carers have the opportunity to listen to presentations, ask questions and spend more time with the organisations above in separate breakout rooms to network and share experiences.

- Wednesday 14 July 2021
- Wednesday 15 September 2021
- Wednesday 17 November 2021
- Wednesday 12 January 2022



All sessions are 10:30am to 1:00pm and take place on Zoom.

You can find out more at <https://www.norfolk.gov.uk/children-and-families/send-local-offer/about-the-local-offer/news-views-and-reviews/views/get-involved/send-family-roadshows>

Online Norfolk Grants Directory

Norfolk Citizens Advice has launched a new Norfolk Grants Directory where you can search a local database covering mainly Norfolk grant-giving organisations to help individuals in need. The Directory can be found at <https://www.ncab.org.uk/grants>. Some of the grants are for those living within certain areas but there is advice on how best to search for what you need. There is also a link to a database of national grant-giving organisations.



LD Partnership Board newsletter April 2021



Welcome to our eighth newsletter!

We hope you enjoy reading the articles.

We plan to continue to send out these newsletters every month, at least until we can all meet face to face again.



Peter Moute
(Co-Chair)



Amanda Dunn
(Co-Chair)



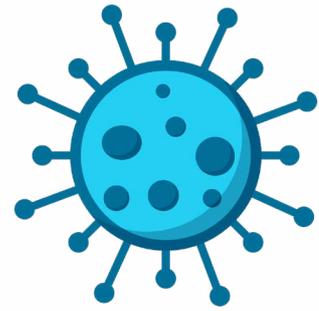
Learning Disability Partnership Board

The Learning Disability Partnership Board newsletter for April will shortly be available to view at <https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/learning-disabilities/learning-disabilities-partnership-board/our-current-work>.

If you would like to receive an emailed copy of the newsletter each month, please contact Alastair Corrigan at alastair.corrigan@norfolk.gov.uk or phone 01603 223960.



Covid-19 – testing, pregnancy advice and information about the situation in Norfolk



Symptom-free rapid **Covid-19 testing** (also known as lateral flow testing) **at home** is now available. Tests are free, fast and easy to use and you can easily report test results online.

You can pick up test kits at a range of venues including pharmacies and some libraries. Go to <https://maps.test-and-trace.nhs.uk/> to find your nearest pharmacy offering free, rapid-test kits

The 'Pharmacy Collect' service is available to people aged over 18 without symptoms who are able to visit a participating local pharmacy and collect a box of seven rapid tests to use twice a week at home. Regular testing continues to play a critical role in stopping the spread of the virus and breaking the chains of transmission.

If caring duties or your own health means that you are unable to pick them up, you can also arrange for tests to be **delivered to your home** at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or by calling 119.

Information for people of child-bearing age and their families about the Covid-19 vaccination and **pregnancy, breastfeeding and fertility** is now available on the **Just One Norfolk website** at <https://www.justonenorfolk.nhs.uk/covid-19-coronavirus-faqs/covid-19-vaccinations>. It includes films, Q&As and links to national and local resources.

A dedicated webpage for **coronavirus updates in Norfolk** and the impact on Norfolk County Council services can be found at <https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus/>. This is updated regularly.

You may have questions about the vaccine or the vaccination process in Norfolk and **official sources of information about the vaccination programme** are on the Norfolk and Waveney CCG (Clinical Commissioning Group) website at <https://www.norfolkandwaveneyccg.nhs.uk/covid-19-vaccination-programme>. This page is being regularly updated to reflect national guidance and local queries received.

Free PPE for unpaid carers not living with those they care for

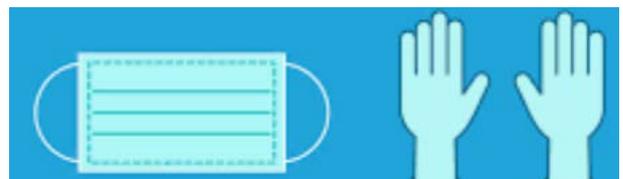
Norfolk County Council is now able to provide a free PPE pack to any unpaid carers who live separately from the person they are caring for.

This is being funded by the Department for Health and Social Care.

The pack will include Personal Protection Equipment (PPE) to support them in their role as a carer.

Gloves, masks, aprons and bottles of hand sanitiser are included.

If you know someone who would like to receive a pack, please share the link below, where they can register their details and request a pack to be delivered to their home or nearby collection point. https://www.careplace.org.uk/Information/PPE_UnpaidCarers/?LA=Norfolk.



E-learning about SEND and autism

A short, online course created in Norfolk may be just what you need to update your knowledge about special educational needs and/or disability (SEND) or autism.

SEND e-learning

Family Voice Norfolk and Norfolk SEND Partnership (SENDIASS) worked with professionals from NCC and health services to create this e-learning course.

It has been designed to support the professional development of those who work or are training in the field of SEND but it is also a useful tool for parent carers and anyone interested in developing their understanding of SEND.

The course includes assessments to demonstrate and reinforce learning, and there are links to further reading.

You can access each module of the course individually and will need to allow approximately two to three hours to complete the course. Once all modules have been completed, the menu page will display this. You can then download a completion certificate for your records

The e-learning is best viewed on a desktop computer or laptop. You can download an audio version of the course and save to your computer or laptop to use the MS Word Read Aloud function.

A copy of the course in a PDF PowerPoint presentation format is also available.

The course topics include:

1. Key legislation and statutory processes relating to SEND.
2. Different types of special educational needs and disabilities.
3. Early identification of children and young people (CYP) who may have SEND.
4. Education, Health and Care plans, the 20-week process and annual reviews.
5. The importance of preparing for adult life in good time.
6. The Local Offer and how it should be used to meet the needs of CYP with SEND.
7. The role of education, health and social care in ensuring good outcomes for CYP with SEND.
8. Different organisations who represent and/or work with CYP who have SEND and/or their families.

To access the course at any time, go to <https://www.norfolk.gov.uk/children-and-families/send-local-offer/about-the-local-offer/training-and-support-events/training-resources>.



Autism Awareness e-learning

The Norfolk Autism Partnership has co-produced, designed, and created this Autism Awareness e-learning programme with the help of Norfolk County Council, Norfolk and Suffolk NHS Foundation and the Norfolk All Age Autism Partnership Board. The e-learning was developed to be shared to spread awareness and understanding around Norfolk and beyond.



This e-learning training package is endorsed by the University of East Anglia.

The training complies with the Autism Act (2009) and the Equality Act (2010) and covers subjects such as:

- The notion of autism as a spectrum, including the fact that it is a life-long condition
- Key characteristics – understanding the main differences found in people with autism
- Common sensory differences experienced by people who have autism

You will need to complete all activities, in each chapter of the training, to gain access to the quiz.

You can access the e-learning on the Norfolk Autism Partnership Board independent website. Please go to: <https://www.norfolkautismpartnership.org.uk/autism-awareness/>

The website above is also the place to find out about the work of the Norfolk Autism Partnership Board and how you can get involved to help make Norfolk a better place for people with autism to live, learn and work.

The website also has a wealth of information and links to support those with autism, their families and friends.

Norfolk SEND Youth Forum

Norfolk SEND Youth Forum is a new opportunity for young people to share their experiences in education and training, and to work together to improve services for young people with special educational needs and disabilities.

You can join the Youth Forum and take part in regular online meetings and share thoughts and feelings on an online pinboard. If you do not want to join the meetings, you can choose to take part by using the pinboard.

The SEND Youth Forum invites young people aged 11–25 with SEND in Norfolk to register and join. If you have something to say, just fill in the form at <https://www.norfolkSENDpartnershipiass.org.uk/young-people/registration-page/>.

You will then be invited to:

- Attend regular online (virtual) meetings and/or
- Share your ideas, thoughts and feelings on the online pinboard.

Join other young people to change things for the better!



Norfolk County Council – supported living webinars

In our March newsletter, we reported on four webinars on Zoom in which NCC will talk about plans to build more than 180 new homes over the next three years. This follows a Norfolk County Council (NCC) survey asking people with special needs about homes and housing.



The webinars will be an opportunity to talk about the plans and to help shape what the homes should look and feel like. The feedback from these sessions will be used to improve and develop the draft design guide. This is the guide that will be used to describe how all the new homes should be built.

- 10 May, 2:00–3:30pm: homes for people with a learning disability
- 11 May, 3:00–4:25pm: homes for people with mental health needs
- 11 May, 4:35–6:00pm: homes for autistic people/people with autism
- 25 May, 4:00–5:30pm: homes for people with physical disabilities

The webinar on 10 May is now fully booked but there are a few places available on the other sessions and if your interest is particularly in homes for people with a learning disability, there will be opportunities to learn more about this and to give your views at the other sessions, especially that of 11 May.

To book a place, go to: <https://tockify.com/socialcareengagement/pinboard>. Once you have RSVP'd, you will be sent a link that will allow you to attend the event via Zoom.

New website for deaf young people

The National Deaf Children's Society (NDCS) has redesigned its website for deaf young people. The Buzz is the only website for deaf young people aged 8 to 18 in the UK.



The Buzz is a safe, online space created by deaf young people for deaf young people. New features mean that deaf young people now have a platform where they can read inspiring stories, connect with others like them, find the latest information and support, sign up to events, ask questions and get involved.

You can watch their animation to find out more at <https://www.youtube.com/watch?v=Prfvqvvlng>

Share this news with the families and deaf young people you know and encourage them to sign up and get involved. There are 50,000 deaf young people across the UK, and The Buzz wants them to know that they are not alone and that they can succeed at whatever they want to. Go to <https://www.ndcs.org.uk> to find out more.



Norfolk Area Special Educational Needs and/or Disability (SEND) Strategy

Updated spring 2021



This Norfolk Area SEND Strategy has been updated and developed by representatives from across the council and health services in co-production with parent/carer organisations and Norfolk's education providers.



What does co-production mean in Norfolk?
Working together and communicating as equals. Understanding and valuing one another's unique insights and expertise to create a plan to bring about positive change.



Norfolk Area SEND Strategy

For the past few months, representatives from many different groups (see above right), including Family Voice Norfolk, have been working to update the Norfolk Area SEND Strategy. Although the four priorities of the Strategy are broadly similar to the previous ones, we hope that readers will see that the way the Strategy has been simplified and focussed is a real step forward.

All those working on the Strategy did so in **co-production**. The Strategy itself states what co-production means in Norfolk:

Working together and communicating as equals. Understanding and valuing one another's unique insights and expertise to create a plan to bring about positive change.

This has always been Family Voice's preferred way of working. We hope that when you are able to read the Strategy on the SEND Local Offer website (www.norfolk.gov.uk/send) shortly, you will notice a real difference of emphasis in a plan where parent carers, children and young people are recognised as equal partners in improving support for SEND in Norfolk and their views are essential to the process.

Our priorities

- Priority 1** Working together with children and young people (CYP) with SEND
- Priority 2** Improving what is in place for families and professionals to support CYP with SEND
- Priority 3** Communicating the SEND services and support available in Norfolk
- Priority 4** Preparing young people for adult life



Free eye, ear and dental guides for families of children with a learning disability or autism

SeeAbility champions better eye care for people with learning disabilities and autism, many of whom have sight loss. Everyone with a learning disability, autism or both should be receiving regular eye care. All children can get free eye care from the NHS and, when they are needed, glasses.

SeeAbility has worked with NHS England, Contact and the National Deaf Children's Society to produce a series of three guides for families on eye checks, hearing checks and dental checks for children with a learning disability, autism or both. The guides explain why these health checks are important, how they are done, how to access them and how to prepare and support your child.

NHS England has committed in their long term plan to providing a fully funded eye care and glasses service to all special school students in the familiar environment of their special school. This new service will ensure that children in special schools are receiving eye care and glasses, which will help them to maximise their vision and independence.



You can read more about this and download the guides at <https://www.seeability.org>.

SEE ABILITY

Norfolk SEND Partnership
Information, Advice and Support Service

Helpline - 01603 704070

www.norfolksendpartnershiass.org.uk

Sign up to our monthly e-newsletter for SEND information and news in Norfolk

Norfolk County Council



New special school – The Bridge, Easton

Kim Breen, Senior Advisor for SEND Specialist Provision and Funding, Education High Needs Service, Children's Services, Norfolk County Council, writes:

The third new special school set to open as part of Norfolk LA's transformation programme is The Bridge, Easton. This school will be for those with a complexity of need including learning. The school will be similar to those such as Sidestrand Hall, Fred Nicholson and Parkside. It is currently due to open in January 2023 and will have a five-year growth plan. Eventually it will have 170 children aged between 4 and 19.

The school is at the very early stages of building work and so work on admissions has not yet started. During 2022, the LA will begin to consider any children who may be better placed at The Bridge in relation to where they are currently on roll. Consultations for all children will commence around April 2022. As work progresses, the LA will keep the community informed and, in the meantime, should there be any questions families are encouraged to speak with their EHCP Coordinator. Children and young people will require an Education, Health and Care Plan to be admitted to the school.

The six-week public consultation known as a Section 10 Consultation begins on 7 June 2021. A representative of The Bridge Trust supplied the following information:

The Bridge, Easton – public consultation

Plans are forging ahead for the new special school in Easton – The Bridge, Easton – and a public consultation is required as part of the process of opening the new school.

The school will be run by The Bridge Trust and is proposed to open in January 2023. It will provide 170 places for pupils aged 4–19 with a primary need of cognition and learning.

This will include an 18-place specialist base for learners with autism. As a special school, all places will be commissioned and funded by Norfolk County Council.

The Bridge Trust is an Ofsted 'Outstanding' provider of special and mainstream education and currently has four schools and centres for learning. The Bridge, Easton school would form part of the Trust and be the first school in its new Norfolk hub. The Trust has already established strong relationships with Norfolk schools and staff through its Teaching School provision.

Subject to planning permission, the school will be a new build on land adjacent to Easton and Otley College, Bawburgh Road, Easton. The school will be purpose-built, making sure that the school's fabric is sensitive to pupils' needs and with outdoor areas that combine nature and sport to enhance learning and development.

Dr Penny Barratt, CEO of The Bridge Trust, has spoken of her aspirations for the new school:

'As an outstanding trust, The Bridge Trust's vision is to always have as positive an impact on the lives of as many children as possible. Being the sponsor of The Bridge, Easton school will allow us to support the Norfolk SEND and Alternative Provision Transformation Programme and continue



to be true to our vision. We look forward to bringing our range of teaching research and experience to the new school and developing local partnerships with special and mainstream schools.

Pupils who attend The Bridge, Easton will receive a high quality learning experience which will allow them to have opportunities to develop interests and achieve their goals, leading to greater independence in later life. We are very fortunate that the new school will be built on open space in Easton, which has enabled bespoke building designs to underpin our curriculum and learning and provide the right mix of indoor and outdoor facilities and opportunities.'



Dr Penny Barratt, CEO of
The Bridge Trust

Admissions for all special schools are arranged through Norfolk County Council. If this school is potentially suitable for your child, your Education, Health and Care Plan (EHCP) Coordinator will talk to you about the setting as part of the local options. To find out more, go to: www.norfolk.gov.uk/children-and-families/send-local-offer/education-and-training-0-25/admissions-to-specialist-schools.

The six week public consultation, known as a Section 10 Consultation, will run from Monday 7 June 2021 to Friday 16 July 2021. The consultation includes an online survey and opportunities to comment separately to The Bridge Trust and attend local meetings, which will be held in Easton and Otley College, during the consultation period. The dates of the meetings are **Monday 14 June 2021** at 5.15pm and **Monday 5 July** at 4.45pm. Details of how to book places will appear on the above website as soon as possible.

The consultation aims to give local people, including parents, residents, community groups, school leaders, parent/carer organisations and others a chance to express their views.

For further information and details on how to respond, a consultation brochure can be found on the Trust's website at <https://www.thebridgelondon.co.uk/>. For a hard copy of the consultation brochure or survey questionnaire, please contact Denise Longmore at The Bridge Trust on denise.longmore@thebridgetrust.academy or call 0207 619 1000.

The Trust's website will be developed further over the coming weeks and will be regularly updated with new information on The Bridge, Easton project.

Non-epileptic seizures – do they affect your family?

Norfolk Community Health and Care NHS Trust and Norfolk and Suffolk NHS Foundation Trust have been asked to develop an approach to treatment, case management and awareness raising of non-epileptic seizures, with a view to the development of national best practice guidance.

In Norfolk, very small numbers of children and young people are diagnosed with non-epileptic seizures each year. Locally and nationally, there is no recommended pathway for managing and treating this condition. If your child has been diagnosed with non-epileptic seizures, would you be interested in supporting the work described above? It's important that families who have experienced the condition and understand what it means for them are able to say what they need. If you'd like to find out how you could help, contact Helen Bradley, Quality Matron for Children's Services, on helen.bradley@nchc.nhs.uk.



The Big Ask – have you answered?

Children in England have the chance to tell the government what they feel about their lives, their hopes for the future and what they would like to change.



'The Big Ask' is a survey being led by the Children's Commissioner for England Dame

Rachel de Souza, who thinks it is important to look at the impact of the coronavirus pandemic on children's lives. England and Manchester United footballer Marcus Rashford is supporting the project and will hold an online assembly about it.

The Children's Commissioner for England is independent from the government. It is her job to help improve opportunities for young people across the country and stand up for children's rights.

Dame de Souza says the survey is 'a once in a generation review of the future of childhood' and the results will provide the government with a blueprint or map for childhood, to help all kids thrive and identify any obstacles they face.

The survey can be filled in online (see below) until **19 May 2021** and will ask children across England to set out their priorities for improving childhood following the pandemic.

The covid pandemic has been a challenging time for everyone, but some children have faced bigger challenges than others. The full impact that lockdown, social distancing and home schooling has had on children is now being seen.

There are four main versions of the survey, aimed at children in the age groups 4–5, 6–8, 9–12 and 13–17.

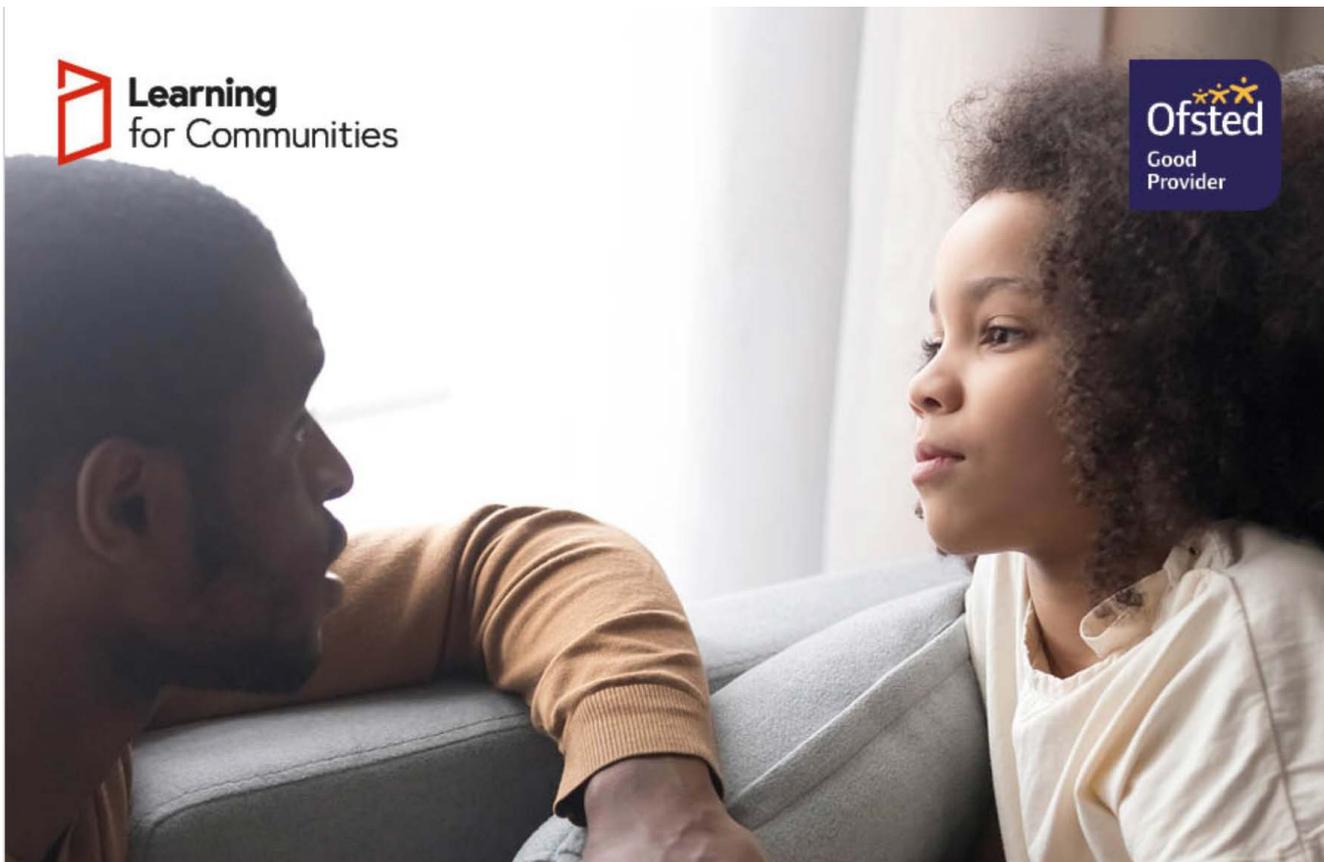


Although the survey does not focus on children and young people with SEND, it is designed to be as inclusive as possible and answers can be given easily. For the youngest children, both parents and children are encouraged to answer the questions.

The survey is completely anonymous. Responders cannot be identified or linked to their answers.

You can find the survey at <https://www.childrenscommissioner.gov.uk/thebigask/> or simply Google 'The Big Ask'.





HELPING YOUR CHILD MANAGE ANXIETY

Join Family Learning for our free online course to help understand anxiety in children and what you can do to help your child manage it.

Children can feel anxious and worried about different things and at different stages in their life. Anxiety starts to become an issue when it affects their everyday life and stops them from doing the things they would normally do.

If you are the concerned parent or carer of a child aged 4–11, join Norfolk Adult Learning for their free 'Helping your child manage anxiety' online course. Learn how to recognise the signs and strategies to help your child overcome their difficulties.

Simply go to <https://bit.ly/3bNmEqq> and click on the button for the age of your child. There are single introductory taster sessions on **9 and 12 June 2021** and then a course of four weekly sessions beginning on **16 June or 19 June**. The course is completely **free**.

While you are on the adult learning website, do check out the wealth of other courses available to you. The range is huge, including dozens of family activities from making a medieval cake to enjoying craft activities or mini-movers classes. As well as family friendly activities, there are also lots of classes to help you to improve various employment skills, develop your computer confidence or gain the English and maths qualifications you need. Help with healthy eating, personal budgeting and even using cashback apps are all covered and again, these courses are **free**.



New plan to transform speech and language therapy for Norfolk children

A joint statement from Norfolk County Council and the Norfolk and Waveney Clinical Commissioning group:

An ambitious new £3.4 million per year plan to transform speech and language therapy services for children and young people in Norfolk got the go ahead this week after a new countywide contract was agreed.

Norfolk County Council and Norfolk and Waveney Clinical Commissioning Group (CCG), which jointly fund and run speech and language therapy , have commissioned Cambridgeshire Community Services (CCS) NHS Trust to provide one single consistent and integrated service across the whole county.

A key element of the new service is CCS's commitment to work with families and children and young people with special education needs and disabilities to ensure that all children get the support they need to be effective communicators as part of a co-ordinated drive to improve language development across Norfolk. We look forward to working with them and you on that journey.

Going live in August, initially as a five-year contract, the new service will seamlessly replace the existing service, which runs via two different contracts.

Speech and Language Therapy (SaLT) services are for children and young people from birth to 18 with speech, language and communication disorders, delays or dysphagia and up to age 25 for those with an identified need stipulated in their Education Health and Care Plan.

Speech, language and communication are essential life skills and crucial to enabling children and young people to interact socially and emotionally as well as academically. Speech and language difficulties can have a significant impact on a child's life chances.

It is estimated that around ten per cent of all children have long-term speech, language and communication needs, which equates to 20,000 children in Norfolk and Waveney.

The aims of the new provision will be:



- To continue to provide expertise and training to enable the identification, assessment, investigation and support of children and young people
- To develop and implement integrated care pathways to facilitate early identification and assessment, including specialist assessment and intervention



- To work with system partners to provide centralised training and workforce development with opportunities to build the skills and capacity of parents and professionals.



- To provide safe, high quality, child-centred, timely and flexible services
- To deliver a five-day-a-week service based in the community to ensure children and young people are supported close to home, operating from a range of suitable, accessible community locations.



As far as possible, children, families and schools will be protected from any service disruption as SaLT services and staff move from the former contractual arrangements to one new single service. Schools, parents and children in receipt of SaLT services will be kept informed of how they will move from one service to another.

CCS currently provides an extensive portfolio of services for children, young people and families across Bedfordshire, Cambridgeshire, Luton, Norfolk and Suffolk. This includes speech and language therapy services and Norfolk's Healthy Child Programme, which includes health visiting and school nursing. CCS also provides a range of health and dental services for adults.

To learn more, go to <https://www.norfolk.gov.uk/news/2021/03/new-plan-to-transform-speech-and-language-therapy-for-norfolk-children>.

Blog from Minister Vicky Ford

Children and Families Minister Vicky Ford has published a blog about her visits to special schools and the impact of the pandemic on children and families. She focussed on four main themes for children with SEND:



- Face-to-face attendance
- Importance of a broad education recovery
- Mental health wellbeing and resilience as key to recovery
- Access to therapies

There is a very brief summary of each section below, but you can find out more on the Council for Disabled Children website at <https://councilfordisabledchildren.org.uk>.

Face-to-face attendance

Attendance at special schools has been good since they re-opened (88% on 22 April) but some families, children and staff are still anxious. 'There may be specific adjustments that can be put in place to ensure that children and young people can regularly attend, so **co-production with parents must continue to play an important part** of the pandemic response and recovery at every level.'

The Council for Disabled children also has some detailed resources to support families on this issue, which you can find here: <https://councilfordisabledchildren.org.uk/help-resources/resources/education-support-children-and-young-people> and at <https://councilfordisabledchildren.org.uk/news-opinion/news/return-school-marchapril-2021>.

There is an increased interest from parents in Elective Home Education (EHE) or choosing to home school. The Minister stressed the importance of careful consideration by families and those who support them about any decision to take a child out of the education system. She wanted to reassure parents and carers that re-enrolment in school-based education remains an option. A parent can apply for a place at any school, at any time, but **they cannot be guaranteed that a place will still be available at the school their child left.**



Importance of a broad education recovery

'We need to ensure that children and young people with SEND are supported during the pandemic **and that they are prioritised in the wider recovery**. It is also important that the recovery includes physical, mental and educational wellbeing.

'Early recovery support such as the National Tutoring Programme is already available to children and young people with SEND.

'We have provided **more funding** to schools for next academic year, with **additional weighting for specialist settings** in recognition that those children and young people may have more complex needs. Schools will have flexibility in how they chose to use this funding.

'We are also making £200 million available to all secondary schools, including specialist settings, to deliver **face-to-face summer schools** to target provision based on pupils' needs.

'The Holiday Activities and Food programme (HAF) (<https://councilfordisabledchildren.org.uk/news-opinion/news/holiday-activities-and-food-programme-2021>) will be available to children in every local authority in England. **There is a clear expectation HAF co-ordinators will make their provision accessible to eligible children with SEND.**'

Mental health wellbeing and resilience as key to recovery

The Minister referenced various initiatives already in place:

- the £8m Wellbeing for Education Return scheme that has funded expert advisers and training in every local authority area to support wellbeing recovery
- an agreed £79m for children and young people to increase access to mental health support, including through the mental health support teams linked to schools and colleges
- the Whole School SEND consortium providing targeted support to schools to deliver webinars (https://www.sendgateway.org.uk/resources?title=&field_category_target_id%5B697%5D=697) on themes of wellbeing for pupils and staff
- funding to the Autism Education Trust to develop guidance and tools on anxiety and wellbeing.

Access to therapies

Concerns have been raised to the Minister about children and young people not being able to access therapies during the pandemic. 'These are often **so important to their wider learning and development.**'

NHS England have been clear that **services for children and young people with SEND and an Education, Health and Care plan, should be fully restored.**

Specialists, therapists, clinicians, and other support staff for pupils and students with SEND can provide interventions as usual where this is reasonably necessary, **including where this requires them to move between settings.**

'I will continue to strongly encourage education settings to work collaboratively with local health services to ensure support can continue, even if this means some differences in delivery.'





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All children with additional needs are welcome - these might include autism, learning difficulties, Down's Syndrome, physical or mobility issues and sight or hearing impairment.



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It is our number one priority to ensure the health and safety of all our participants. All our sessions are fully compliant with the latest government and national governing body guidelines on social distancing. You can find out more about our precautions on our website.

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Supporting a young person with gaming and mental health

Young people tell us that for them gaming can be so much more than just a game. It helps them relax, connect with their friends and feel part of a community. Young Minds has partnered with Celebrity Esports to launch More Than A Game, a campaign designed to bust myths on gaming, and help young people have a more positive time when they play.

Although gaming can be a really positive thing, like many other aspects of life, it can become a problem. If you're worried that your child or a young person you know is struggling with the impact of gaming on their mental health, have a look at the information and advice at <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>. There are tips on speaking to your child about gaming, knowing when there's a problem and more.

YOUNGMINDS

Healthwatch Norfolk's Community Conversation Hub

healthwatch
Norfolk

Healthwatch Norfolk has recently released a new interactive platform aimed at improving public participation in NHS and social care services.

It was decided to test the platform in response to continued COVID-19 restrictions, since opportunities for people to have their say about local services is still limited.

Healthwatch CEO Alex said about the site:

'Surveys are an important part of what we do, but they can feel quite impersonal and we are very conscious of survey fatigue among the public.

'Unfortunately, we are still in a situation where our staff cannot be in the community speaking with people directly, but it is still so important that people have an outlet to voice their opinions, especially in such difficult times.

'Since COVID hit we have heard from thousands of people in Norfolk. We want to continue this trend by offering people a more interactive experience that they can participate in from the comfort of their own home.'

People who join 'conversations' on the new site will be offered a number of ways to share their experience, including joining virtual discussion rooms and interactive maps, where users can reply and react to other people's comments.

Alternatively, users can take part in quick polls or 'like' each other's proposals, which are pinned on virtual notice boards.

Three main conversation topics: **COVID-19 vaccinations, dentistry and mental health services**, have been opened to begin with, but the organisation promises more will be added in the coming months. The platform is part of wider trial but will be available in Norfolk until the summer. You can find the Hub at <https://healthwatchnorfolk.uk.engagementhq.com/>.



Camp in the Cloud for siblings and their families

Sibs has teamed up with Over the Wall to provide a Camp in the Cloud for young siblings who have a brother or sister with a health condition, and their families. This will be taking place on **Sunday 12 September 2021**. It will be a fun-packed event with opportunities for siblings to have fun with their brothers and sisters, as well as adult carers.

The event is **free** but on this occasion is only for families where a child has a health condition, not a learning disability or behavioural issues. Go to <https://www.sibs.org.uk> to find out more.



Free workshops for parent carers of young children

Contact is running further virtual workshops for parent carers. The 'brighter beginnings' workshops have a focus on Early Years (0–5) and are accessible online via Zoom. Full instructions for using Zoom and accessing the workshops and booking forms are available if you click on the link below. New dates are being organised all the time, so do keep an eye on the Contact website at <https://contact.org.uk/help-for-families/family-workshops-and-events/>

Brighter beginnings: educational support for young children with additional needs

It is very natural to be concerned about getting the right educational support for your young child, particularly if they have additional needs. You may be finding this even more worrying during the disruption of Covid-19.

This workshop will help you to understand:

- how an Education Health and Care plan (EHCP) could benefit your child
- when an EHCP is not appropriate and what support is available for children who do not have an EHCP
- how to challenge decisions about your child's educational support



Wednesday 19 May 2021, 10:00am–12:00pm

<https://www.eventbrite.co.uk/e/brighter-beginnings-early-years-education-for-children-with-send-tickets-148208187679>



Supporting **vision impaired children, young people and their families** in Norfolk



Vision Norfolk offers a **variety of online activities** for **preschoolers, young people, teenagers** and their **families**. The **fun, sociable** activities offers chances to **get creative, try something new, build confidence** and to **meet other families** and **make new friends**.

For more information, contact:
barbara.dunn@visionnorfolk.org.uk

01603 561242

visionnorfolk.org.uk

Registered charity no. 207060



Sleep east.

Are you and your children struggling to get a good night's sleep?

Thanks to funding from the **North Walsham Community shop** we are delighted to offer

free ZOOM Sleep Workshops for All North Walsham parents of children with sleep deprivation

from 10 am - 12.30 on Monday 21 June

The ZOOM Sleep Workshops covers:

- How sleep works
- Sleep information and strategies
- Developing a good bedtime routine
- Self settling
- Sleeping through the night
- Early waking
- Maintaining a good sleep pattern

Contact: joybishop@sleepeast.co.uk to book your free place.



Survey – training for service users and personal assistants

Equal Lives and Suffolk Independent Living previously partnered with another organisation to deliver training courses to service users and personal assistants (PAs) via Skills for Care. To help shape future training opportunities, you are invited to share your thoughts by completing a short survey. You can find it at <https://www.surveymonkey.co.uk/r/RZQ398P>.





Children & Young People Wellbeing Fund

Funding has been made available by NHS Norfolk and Waveney Clinical Commissioning Group to improve access to care and support in the community for children and young people in Norfolk and Waveney who are particularly vulnerable due to their mental health or other complex needs.

It is recognised that the voluntary, community and social enterprise sector (VCSE) can play a vital role in understanding and responding to the wellbeing needs of the children and young people they support, often providing early intervention and prevention programmes that can avoid the need for clinical care.

This funding aims to enable VCSE-led interventions that reduce hospital admissions and the 'revolving door' of mental health services, and enhance continuing care in community settings that plays an important role in sustaining wellbeing.

The Fund also recognises that children and young people can face long waits for assessment and treatment planning, and both they and their families can benefit from practical, emotional and respite support to cope day to day or avoid crisis.

The Fund can support a wide range of activity to improve the wellbeing of particularly vulnerable children and young people, where high risk has been identified. This may include:

- Positive activities that can be evidenced to improve wellbeing, such as access to sports, arts or other community activities
- Providing transport/equipment/clothing etc. to enable participation in positive activities that can be evidenced to improve wellbeing
- To put in place additional staffing/provision to enhance organisation support to particularly vulnerable children and young people and/or their families
- Respite activities, including trips/residential (as Covid-19 safety measures allow)
- Purchasing practical items that can be evidenced to benefit the wellbeing of the individual/family such as a washing machine or computer equipment for households in hardship

Please note that in Norfolk funding is only available to organisations that are members of the Sir Norman Lamb Coalition for Young People. If you wish to find out more about the benefits of membership, and how to join, you can visit <https://www.norfolkfoundation.com/giving-philanthropy/mental-health/sir-norman-lamb-coalition-for-young-people/>. Funding cannot be awarded directly to individuals or to schools.

To find out more about the Fund, go to <https://www.norfolkfoundation.com/funding-support/grants/groups/children-young-people-wellbeing-fund/>

Free workshops for parents and carers to support the emotional wellbeing of young people

Free online workshops are being held in May to help parents and carers support the mental health of the children they care for.

The workshops, provided by NSFT's Psychology in Schools team, have helped over 1,800 people since the first workshop in January.

Workshops available include:

- Understanding the adolescent brain: How to support our teenagers with their emotions
- Supporting young people with sleep
- Supporting young people with anxiety
- Supporting young people with low mood

Dr Beth Mosley, consultant clinical consultant at NSFT said:

'We welcome parents and those who support young people to attend these workshops. They're full of advice and opportunities to learn more about the way young people's brains work and the power of relationships.'

'We aim to make these sessions as interactive and practical as possible. You'll come away feeling empowered to make a difference not only in your child's life but also for yourself.'

A parent who recently attended the Supporting young people with anxiety workshop commented:

'Ideas to help children move from reassurance to self-assurance was useful as I'm often exhausted from having to constantly reassure my child.'

Visit the Psychology in Schools eventbrite page for full details, dates and to book your place.

<https://www.eventbrite.co.uk/o/psychology-in-schools-team-nsft-32627846273>

Previous sessions are available to watch on the trust's YouTube channel:

- Supporting our young people with tools for managing uncertainty <https://youtu.be/e6sSkYLIll8>
- Supporting our young people with eating difficulties <https://youtu.be/93lRgw2VnOs>
- Supporting our young people with low mood https://www.youtube.com/watch?v=FkV74l_30lw

Workshops aim to provide parents with information and guidance around mental health and emotional wellbeing using an accessible and interactive format. This format encourages the sharing of experiences of parents, enabling them to feel understood, less isolated, as well as providing opportunities to learn from one another.

The team is made up of senior mental health clinicians who have worked in specialist mental health services. They are trained to work with both children and adults.



“

I GOT MINE!

Hayley Allen, Horsham St Faith

”

Covid-19 may affect you more seriously if you have a learning disability

Reduce your risk too – have your vaccination

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