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family voice norfolk
together improving services

January 2024 Newsletter

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Booking is open for the 2024 Family Voice Norfolk Conference

Have you booked your place yet?

On Saturday, 23rd March 2024.

John Innes Centre, Norwich, NR4 7UH.

Family Voice Norfolk will be celebrating its 12th Annual Conference **for parents and carers of children who have special educational needs and /or disabilities (SEND).**

The **free** conference will be back with the following highlights:

Keynote Speaker.
Information stands.
6 Workshops/Presentations.
Face-to-face "Speed-Dating" (individual) sessions with service professionals and voluntary organisations.
Free refreshments, lunch and on-site parking.

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

Please click here to book your place.

If you haven't been to the conference before, please visit here for more information.

Any questions or enquiries about the conference, please email.



Check In and Chat dates for 2024

Join us online! All sessions are 10-11am

- Monday 8th January 2024
- Monday 5th February
- Monday 4th March
- Tuesday 7th May

If you would like to join other parent carers for an online chat, come along to one of our Check in and Chat sessions. Bring a cuppa, click the Zoom link and tell us how your week has been!

We are all parents like you and we know how useful it is to chat with parents who understand us.

Don't worry if you haven't used Zoom before just click here to download it and then you can join in with the chat!

- Monday 3rd June
- Monday 1st of July
- Monday 9th September
- Monday 7th October
- Monday 4th November
- Monday 2nd December

No need to book – just drop in on here.
Just in case Zoom asks you, here is the passcode.
Meeting ID: 830 0670 3755
Passcode: 8wFFs5



contact For families with disabled children

New guidance on education for children too ill to attend school

The Department of Education has published new guidance on arranging education for children who cannot attend school because of health needs.
The guidance describes how local authorities and schools can best support children unable to attend school due to physical or mental health needs. It includes statutory guidance on duties to arrange suitable education and steps schools should take to reintegrate children once they are well enough to attend.

To read the guidance click here





Young People's Participation News from Norfolk and Suffolk Foundation Trust (NSFT)

1. **Join our Website Working Together Group!!**

Are you under the age of 25? Are you a parent/carer of young person under the age of 25?

Do you like designing things? We are continuing to develop a new website to improve mental health services for Children, Families and Young People and we want you to hear from you

what is important. Our Website Working Together Group meets on the Third Monday of the month. 6-7pm via Microsoft Teams.

If you can't make the date or have no internet access, please get in contact and we can make other arrangements.

Contact us at People.Participation@nsft.nhs.uk for link to join meetings.

Christmas Bake Sale

Young people from the Central Child & Adolescent Eating Disorder Service have raised £70 for the Eating Disorder Intensive Treatment Team; the Lighthouse. Every team in NSFT has a charitable fund, and the young people wanted to raise money for their fund. They've already started thinking about what to spend it on. The young people were in charge of the planning, producing, sales and accountancy for the endeavour and we were really proud of all their efforts.

Become a Discovery College Volunteer Tutor

Are you aged 18-25?
Do you want to use your lived experience of mental health recovery to inspire others?
Do you want to gain new skills and work as part of a team passionate about mental health recovery?
Skills you could gain that employers look for include: adaptability, creative thinking, IT knowledge, public speaking.
What is discovery college?
Full training and support provided. Email our Tutor Development Lead to share your interest and find more ..... lydia.hall@nsft.nhs.uk

How should our clinic rooms be decorated?

In the New Year, we will have an exciting new opportunity for young people aged 14-25 years to get involved in the redecoration of some clinic rooms in our Central Youth Team building. We'd like to hear your ideas for how to decorate spaces to make them feel less clinical and more user friendly. Look out for more details in the January edition of Young People's Participation News!!

To discover how to get involved click here



Carers Voice locality carer involvement meeting dates for 2024

You are invited to your local carer involvement meetings.

These meetings are an opportunity for Carers to come together with people and organisations working in the local area. They take place four times a year and are based on five locations in Norfolk and Waveney.

- West
- East and Waveney
- South
- North
- Norwich/central Norfolk

They are currently taking place online via Zoom.

Come along to have your voice heard, Influence change, find out about local services and support, listen to speakers on topics requested by carers, connect with other carers including carers Ambassadors, meet people and organisations working in your local area.

All meetings are from 10.30am to 12.30pm. You should receive information about the meeting in your area closer to the date of the meeting but please email info@carersvoice.org if you have any questions.

To view all the dates click here





Smile coffee mornings at Earlham library

Although the Smile Shop has closed down the Smile team are still working hard to provide a place for parent carers to go to help each other and listen. Join them at Earlham library on a Thursday morning between 10:30am and 12:30pm in term time. Smile community C.I.C. Coffee morning's

To email Smile CIC click here



Norfolk residents who hold an English national concessionary travel scheme disabled bus pass will be able to use their pass at all times from 1st February 2024

From 1 February 2024 all Norfolk residents who hold a disabled concessionary travel pass will be eligible for free bus travel 24 hours a day, seven days a week when travelling within the county.

The decision, which was published today by Norfolk County Council, means that more than 14,500 people across the county who hold a concessionary bus pass due to disability, and their eligible companions, will now be able to travel on any bus at any time free of charge across Norfolk.

Graham Plant, cabinet member for highways, infrastructure and transport said; "Allowing all holders of a disabled pass and their eligible companions to travel for free on buses before 09:30 opens-up a wealth of opportunities for them. It ensures they have access to work, education and leisure and helps to combat the risks of social isolation which can be associated with having a disability. In addition, encouraging more use of public transport leads to a greener future and helps towards our ambitious net-zero targets."

Previously concessionary pass holders with a disability were only able to travel for free on buses off-peak (all day on Saturdays and Sundays but only from 09:30 Monday to Friday) except for those registered blind or visually impaired.

Offering free travel at all times is over and above the minimum requirement set by government, and is something that a local authority can choose to do but doesn't have to do. The change was recommended following an updated equality impact assessment of the scheme which concluded that it is now unfair to offer a discretionary enhancement to just one group of disabled people (i.e. those who are blind or visually impaired).

The recommendation agreed by the individual cabinet member was to 'extend the concessionary travel discretion of free travel at all times to all eligible disabled passholders and eligible companions, from 1 February 2024.'

The cost of providing this enhancement is estimated at £50,000 which will be funded by the Council's ring-fenced public transport budget provided by the Department for Transport.

To apply for a disabled bus pass click here



Children's Mental Health Week is from 5-11 February 2024

Help give a voice to children and young people across the UK.

Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK.

Everyone can take part in Children's Mental Health Week! Download the free resources for schools and families and find out how you can take part to raise vital funds and awareness for children's mental health.

Children's Mental Health Week was launched in 2015 and each year, hundreds of schools, children, parents and carers take part. Now in its 10th year, our theme is 'My Voice Matters'

To access resources for schools

To get a resource pack for those working in schools

To access resources for families



Improving lives **together**
Norfolk and Waveney Integrated Care System

The Norfolk and Waveney ICB working to improve services for children and young people

The Norfolk and Waveney integrated care system are working together to make sure children and young people living in Norfolk and Waveney get the best possible start in life. One of the priorities is making sure there are high quality physical and mental health services in place and by working together, they can collectively make the biggest difference to the lives of children and young people living locally by:

- Reviewing child and adolescent mental health services and creating a much more integrated system. Read more here.https://improvinglivesnw.org.uk/our-work/healthier-communities/children-and-young-people/
- Investing £100m of capital funding for new special educational needs schools and units in mainstream schools in Norfolk, so that more children are taught closer to where they live and get the support they need.
- Providing greater support to more isolated children and families in need of help and advice, through increased local support, easier to access information and crucial outreach work, through Norfolk's Early Childhood and Family Service.

- Working together to improve social mobility, reduce health inequalities and tackle social exclusion.

To find out more click here



Equality Act in the Early Years online training for parents and carers

The training is free and open to any parent/carer of early years children.

Come and attend the Council for Disabled Children's free online training for parents/carers on the Equality Act in the Early Years.

The training session will;

• Summarise how the disability duties in the Equality Act apply in the early years;
• Consider how the definition of disability applies to young children;
• Help parents/carers understand what is expected of early years practitioners to make reasonable adjustments for early years children in accordance with the Equality Act.

For any enquiries, please contact eysend@ncb.org.uk

The online sessions will be on Thursday February 8th at 6pm and Wednesday 13th March at 6pm.

For more details and booking click here



Have you got your Access card yet?

One of our members recently shared with us their experience of applying for an Access card for their young person.

"The reason I applied was that I had heard that Access cards were being accepted more readily as proof of a disability for needing a carer to be with the young person to access leisure activities, and that in many cases a DLA or PIP award letter was not enough evidence on its own.

The application process was straightforward enough. There are nine identified sections (listed below), that a disabled person might need help with. These will be identified on your Access card depending on the evidence you provide.

The list of areas are:

- Standing and Queuing
- Level Access
- Distances
- The WC Symbol
- +1 Essential Companions
- Child Essential Companion Tickets and our allocation of the +1 symbol
- Assistance Dogs
- Accessing Visual Information
- Accessing Audible Information
- ! - Anything Else

As evidence my young person had a letter from a health professional explaining due to medical and physical needs that queuing for a prolonged periods of time, is very difficult, we also took photos of parts of the PIP award, diagnosis letter, health care plan, and Short Breaks award letter.
It is a straightforward process to upload the evidence for each section .

We completed the form on a Sunday. The following day a courtesy email to say the card was live on the system and the card would be printed and sent out shortly. We received it on the Friday! If you need a physical card urgently you can pay more for faster shipping.

From the email I couldn't tell if we had been award all the 'sections' we had applied for, so it was a pleasant surprise that when it arrived, we had!

The cost is £15 for three years, but if it saves having to explain over and over to people why we need certain reasonable adjustments, it's well worth it."

For more information and to apply click here





Asperger East Anglia ASD team building and activities group in Kings Lynn

The new Kings Lynn activities group will be starting on Thursday 1st February 2024. And then alternate Thursdays during term time.

We organise/ plan/ do.

For more information please contact Jade at j.saint-laurent@asperger.org.uk or by phone 07985 504835.



Celebrating Disability Employment Fair at Thetford library for employers and job seekers

This event on Thursday 15th February aims to foster an environment of awareness, understanding, and collaboration by celebrating the abilities of individuals with disabilities by hosting a platform for local employers to find out more about the benefits and support available for hiring from the disabled community, plus the opportunity to meet with jobseekers.

This will be a drop-in event for regular attendees and jobseekers, no need to book. Local employers and support organisations can book to have a free stall by either scanning the QR code above or by email: bipcnorfolk@norfolk.gov.uk

The order of the day is 10:30 introduction and presentations, and 11:15- 13:00 Disability employment fair.



NHS
Norfolk and Suffolk
NHS Foundation Trust

Do you or your young adult have experience of working with the Crisis Response Home Treatment Team (CRHTT)

Warning of sensitive content

Do you or your young adult have experience of working with the Crisis Response Home Treatment Team (CRHTT)

If you've been visited at home for treatment for emotional or mental distress (crisis) there is an online survey you can take to give your views about this service.

This survey is for anyone who has experienced treatment from the CRHTT, or contact with them for any reason. This includes carers and family members, and staff from a wide range of services including voluntary, community and faith organisations.

🔷 Norfolk and Suffolk NHS Foundation Trust advise that…

The survey is completely anonymous and all responses will be gathered together by the NHS only for the purposes of service development and improvement.

It will probably take you around 10 - 20 minutes to complete.

If you cannot, or do not want to, answer any question just move on to the next one. You can stop at any time.

Do think about if you need support to take this survey. If you get upset please do not continue and seek support according to your care or safety plan, or by calling 111.

The deadline is 2nd February 2024.

To access the survey click here



New project to support carers in Waveney and East Norfolk

Unity Carers is a project which aims to improve access to health, social and economic opportunities for unpaid carers and the people they care for within Waveney and East Norfolk.

How we can help:
This new project aims to offer the following Services to unpaid carers within Waveney and East Norfolk;

• Access to Advice and Guidance Support, Recreational, Therapeutic and Wellbeing activities at The Unity Centre and The Fort in Lowestoft, as well as via virtual sessions and online groups.

• As carers you can have your voice heard and help shape the services you rely upon, by attending meetings (virtually or physically) with Carers Voice.

• Carers can benefit from Money and Debt Advice provided by DIAL Great Yarmouth through weekly phone support and group sessions.

For more information, click on the button below to view the leaflet.

Unity Carers leaflet



Autism Central is here to help

Sometimes talking to people who share similar experiences to yours means you're more likely to feel understood and get the support you need.
The Autism Central Peer Education Programme is for parents, carers and Personal Assistants of autistic people of any age. They do not need a diagnosis to access the service. Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others.

What we can offer:

• A constantly growing range of information and resources is available on the Autism Central website www.autismcentral.org.uk

• Weekly online groups sessions – drop-ins and themed sessions
covering a range of topics

• 1:1 support via a telephone or Teams call. This can be requested via the QR code above.



NHS
Norfolk and Suffolk
NHS Foundation Trust

Do you support someone With Personality Disorder or Complex Emotional & Relational Needs?

If yes, please consider joining us on our FREE:



Workshop for Carers, Family and Friends

Personality Disorder and Complex Emotional & Relational Needs

This is a 6-part online workshop on Zoom that runs over 6 consecutive weeks. (Future dates currently being arranged.) The workshop has been designed **for family, friends, and partners** (18+), who are supporting other adults (18+) with, or awaiting assessment for, Personality Disorder / Complex Emotional & Relational Needs, in Norfolk or Suffolk.

The workshop has been developed in collaboration with carers and people with lived experience throughout. We aim to bring people together to support and learn from one another in an inclusive atmosphere, explore topics and skills of interest, and offer a space for meaningful conversations about the experience of caring for someone.

Topics we will cover include:

- Exploring personality, personality disorder and complex emotional & relational needs
- Supporting someone experiencing difficult emotions
- Validation and containment
- Recovery, discovery, and management
- Walking the middle path
- Boundaries
- Advocacy
- Sharing resources, ideas, and advice
- Looking after ourselves in the short and long term
- *And much more…*

Emotive subjects often come up in these workshops, so please bear this in mind. Although we aim to support each other, this is not a crisis or emergency service for urgent issues.

If you are interested, please email KUFtraining@nsft.nhs.uk with your name, contact details, the reason you wish to join, and confirming you and your person are over 18.

Do you support someone with personality disorder or complex emotional and relationship needs?

This is a 6-part online workshop on Zoom that runs over 6 consecutive weeks. The workshop has been designed for family, friends, and partners (18+), who are supporting other adults (18+) with, or awaiting assessment for, Personality Disorder / Complex Emotional & Relational Needs, in Norfolk or Suffolk.

The workshop has been developed in collaboration with carers and people with lived experience throughout. We aim to bring people together to support and learn from one another in an inclusive atmosphere, explore topics and skills of interest, and offer a space for meaningful conversations about the experience of caring for someone.

Topics we will cover include:

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- Looking after ourselves in the short and long term
- And much more…

Emotive subjects often come up in these workshops, so please bear this in mind. Although we aim to support each other, this is not a crisis or emergency service for urgent issues.

If you are interested, please email KUFtraining@nsft.nhs.uk with your name, contact. We would like to offer you a space on what might be our last workshop for carers, family and friends on personality disorder and complex emotional & relational needs. We do not know whether we will receive funding for the next tax year.

It would be lovely to have your join us if you are interested. I have attached the poster if you would like a reminder of the details. The dates we will meet on Zoom are as follows:
Time: 6-8pm
Part 1 - Mon 12th Feb
Part 2 – Mon 19th Feb
Part 3 – Mon 26th Feb
Part 4 – Mon 4th Mar
Part 5 – Mon 11th Mar
Part 6 – Tues 19th Mar

If you would like a place, please get in touch. We will be filling places on a first come, first served basis.





Online (MS Teams) - Norfolk Area SEND And Alternative Provision Strategy community engagement event

For those that are unable to to attend an in person meeting, Norfolk county council have organised an online meeting for parents/carers of children with special educational needs and disabilities (SEND), and the professionals who work with them, to learn more about (NASAPS) Norfolk Area SEND and Alternative Provision Strategy event.

Wed, 7 Feb 2024 17:00 - 18:00 GMT on MS Teams.

Why should I attend?

Learn about the new SEND strategy including themes, priorities, actions and how these were chosen
Hear from senior leaders at Norfolk County Council and partners
Find out how you can get more involved
Tell us your views on our SEND plans for 2024 - 2029
Secure your free place today!

If you have any questions or would like to speak to the team, please contact us: send@norfolk.gov.uk.

To book a place click here

Open consultation defining child to parent abuse

A Home office consultation.
Although we know that children can be vulnerable to harm by adults, there is also growing research into children displaying harmful behaviours towards parents/caregivers. There is no agreed definition for this type of harm or abuse, making it difficult to identify and talk about. In the absence of an agreed definition, various terms and descriptions are used.

The Tackling Domestic Abuse Plan committed to developing a sector agreed definition and updating the guidance for frontline professionals in line with it. For the purposes of this consultation document, the Home Office is using the term child to parent abuse (CPA) until terminology has been agreed.

For more information on the consultation click here

To access the consultation click here

Professionals working with children and young people - your experience matters. Help Kooth and Qwell provide more rapid and integrated care for people in your local area

At Kooth and Qwell, we are committed to ensuring that our product and service best meets the needs of the communities that we serve, and shows our value within the local mental

health ecosystem. To do this, we are keen to understand the views and perceptions of Kooth and Qwell from our system-wide partners who refer or signpost into our service, specifically healthcare and education professionals within your area. As a healthcare or education professional, we would greatly value your input to this survey - it will take only a couple of minutes. If you can, please forward this email also on to relevant stakeholders within health and education within your area.

We will use the feedback from the survey in our iterative development and improvement of our service. Understanding your expectations and need for Kooth will help us to review our current approach, support our further integration with local systems, and ensure our communication strategy reaches the right people at the right time.

Kooth and Qwell survey for professionals



GreaterAnglia

Free train travel for job seekers- Job Track scheme

We know that getting to and from interviews as a jobseeker can be tricky. That's why we've launched Job Track to help you fast-track to employment with free travel.

If you've been unemployed for at least six months or have recently left education, we can provide you with up to six free tickets for travel to job interviews.

Jobseekers are also able to take advantage of the Jobcentre Plus Travel Discount Card - a UK government initiative which allows those who are unemployed and claiming Jobseeker's Allowance or Universal Credit to receive a 50% discount on selected rail tickets. To get a Jobcentre Plus railcard, apply at your local Jobcentre Plus.

Once you've found employment, we can help with your travel for the first two months of your new job with a two-month season ticket.

To apply click here





Norfolk and Norwich University Hospital opens £8.6m children's theatre unit

The first young patients have been welcomed at an £8.6m specialist children's theatre unit.

The new Jenny Lind Paediatrics Theatre Complex at the Norfolk and Norwich University Hospital includes two theatres and a recovery unit.

The hospital said child patients will now be treated at the dedicated department instead of general theatres.

Chief executive Nick Hulme described it as a "major development for paediatrics" at the hospital.

He said the unit "supports our ambition to be a leading provider of specialist paediatric care in the east".

Work began to build the new sustainable unit in 2021.

Surgical procedures, including orthopaedic operations, will be carried out five days a week initially in the new department.

A £160,000 grant from the N&N Hospitals Charity paid for artworks by local artist Toby Rampton and storyteller Amanda Smith, as well as audio-visual equipment in the hospital for improved digital documentation, training, education and conferencing.

The hospital said the new department would also aim to use cylinders of gas and air (nitrous oxide) to avoid leaks and waste of a potent greenhouse gas, known to be associated with piped nitrous oxide.



Norfolk & Waveney Autism and ADHD Support Service January 2024 newsletter

This month's newsletter looks at:

Encouraging Language Development
Visuals
Everyday Good Practice
Upcoming courses, workshops and support groups
Family Action FamilyLine
About our Service - contact details

To read the newsletter click here



Changes to the 15 and 30 hours of childcare support - a survey to complete

From April 2024, changes are coming to the 15 and 30 hours of childcare support. All eligible working parents of 2-year-olds can access up to 15 hours a week of funded childcare from the claim period* after their child's 2nd birthday. From September 2024, all eligible working parents can access up to 15 hours a week of funded childcare from the claim period* following their child turning 9 months. The offer will be rolled out in full from September 2025, with eligible working parents of children aged 9 months and above able to access up to 30 hours a week from the claim period* following their child turning 9 months. * Claim period start dates 1 April, 1 September and 1 January. If you are an expectant parent and/or a parent with children under 3, we would be grateful if you could take a few minutes to complete our consultation survey to help us understand how we can best meet the childcare needs of families across Norfolk. If you would like to read more about the changes to the early years funding, click on the link to the Childcare Choices website or contact the Family Information team fis@norfolk.gov.uk Tel: 0344 8008020

Norfolk County Council

University of East Anglia

NORFOLK AUTISM PARTNERSHIP

Help to evaluate the new Norfolk Autism Adult Support Service

The University of East Anglia, Norfolk County Council and the Norfolk Autism Partnership Board are working together to identify how to evaluate the new Norfolk Autism Adult Support Service. This is a new short-term support service for autistic adults.

We would like autistic adults to help shape how we evaluate the service, by taking part in a short survey, which is:
• Open to all autistic adults (18+) in Norfolk.
• About your needs, wellbeing and quality of life, and how we can measure this to evaluate effectiveness of the service.
• Anonymous – we do not ask for your name or contact details.

The survey opens on Wednesday 17 January 2024 and closes on Wednesday 14 February 2024.

For more information and to take part in the survey click here

SENDIASS online training in February 2024

8th Feb 2024
Overview of an EHCP
Providing an overview and understanding of the processes related to an EHCP such as the EHC Needs Assessment, what to look for in a draft/final EHCP and what happens at the review of an EHCP.

Book Tickets

26th Feb 2024

Appealing a final EHCP

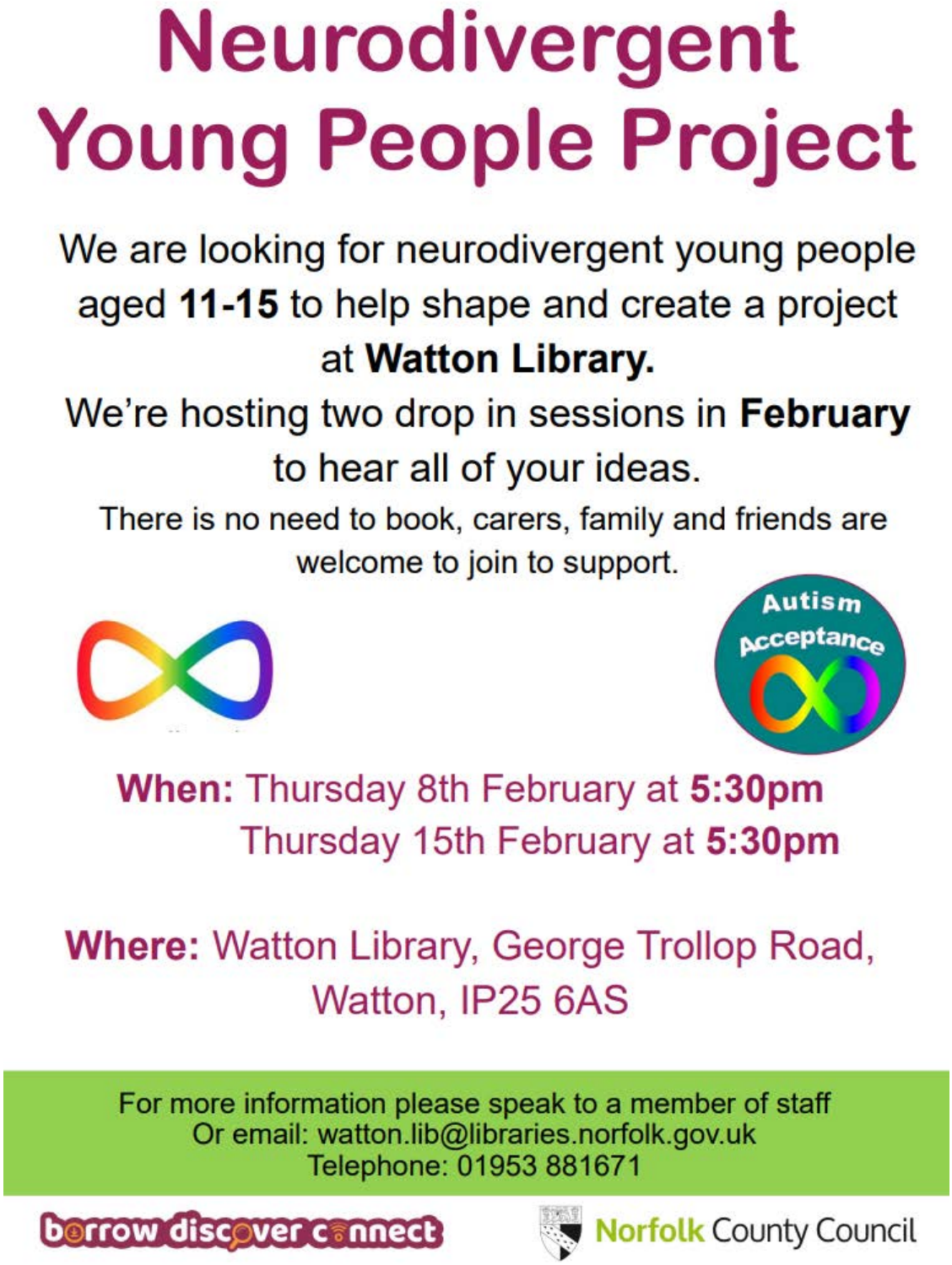
Help in understanding how to appeal a final EHCP to the SEND Tribunal including looking at what can be appealed, what forms need to be completed, timescales of the processes, what evidence needs to be submitted and what a hearing is like.

Book Tickets

To go to the SENDIASS website click here

To read the latest SENDIASS spotlight click here





Neurodivergent Young People Project at Watton library

Watton library is looking for neurodivergent young people aged 11-15 to help shape and create a project at Watton library.

There will be two drop in sessions in February to hear all of your ideas.

There is no need to book, carers, family and friends are welcome to join to support.

The sessions are on Thursday 8th of February at 5:30pm

and Thursday 15th of February at 5:30pm

At Watton Library, George Trollop Road, Watton, IP25 6AS

For more information please speak to a member of staff or email the library or call 01953 881671

Consultation on gender questioning children: draft schools and colleges guidance

The Government are seeking your views on the draft non-statutory guidance for schools and colleges about children questioning their gender.

It's really important that families of children with SEND complete the consultation if relevant, otherwise those young people may be underrepresented.

The proposed draft provides guidance and practical support for schools and colleges, including:

- supporting children who are questioning their gender
- protecting children from bullying or abuse
- maintaining child safety and wellbeing

Click here to complete the consultation


GREEN LIGHT TRUST



Green Light Trust course dates for 2024

There are still some spaces left on the adult courses running at the beautiful Blickling Hall on Thursday, 8th February 2024 and Monday, 26th February 2024. Both are 12-week courses – meeting on the same day each week with lunch and transport provided.

To refer someone / or self refer just click here: Adult Pathway Enquiry Form | Green Light Trust.

Courses are run at three places in Norfolk as well as Blickling Hall, they are hosted at Oxburgh Hall and Strumpshaw Fen.

To email for more details click here

To go to the Green Light Trust website click here

Have your say on the NHS Norfolk and Waveney ICB long-term plans for NHS dental services

We are seeking your views on the areas we plan to prioritise over the next two years, which will be the focus of our commissioning activities. We'd also like to hear from you about what you would like us to include in our longer-term five-year plan.

We know that access to NHS dental services is very challenging, and we are committed to improving local access to oral health prevention and treatment services. There's a lot of work to do and many challenges to overcome, so we need to tackle them step by step.

Click here to access the survey

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 Ayton House, 11 Ayton Rd, Wymondham NR18 0QQ

- Or message us via:
  - www.familyvoice.org.uk
  - FamilyVoiceNorfolk
  - familyvoicenfk
- Or join our Family Voice Members Chat Room on Facebook here

Family Voice Norfolk Ayton House 11 Ayton Road Wymondham Norfolk NR18 0QQ

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