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Let's talk... about caring

- You certainly care, but do you think of yourself as a carer? ●
- How does a parent carer's role change as their child grows older? ●

Andy McGowan

Head of Carer Services, Caring Together

James Stewart

Team Leader in Adult Social Services

Sasha Gilbert

Preparing for Adult Life (PfAL) team

Robert Cole

Children's Services

will join us to talk about all aspects of being a parent carer
and how you can be supported.

They will be interested, too, to hear your views and what you feel would help you.

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

Monday, 22 March 2021
from 10:00am to 12:00pm

Email events@familyvoice.org.uk for booking and joining instructions.



Newsletter deadlines

The next newsletter will appear at the end of March 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 March 2021**. We don't publicise commercial events but we are always happy to share the experiences of families, whether in education, health or leisure activities.



Time for tea?

If you'd like a chat with other parent carers
– an hour for yourself to talk about whatever's on your mind –
please do drop in at the link below.
You're always welcome at our relaxed and friendly get-togethers.

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



We want our get-togethers to be safe, friendly places for parent carers to spend time together. We know this works best when everyone knows what to expect. So it may help you to know that:

- We will aim to start and finish on time.
- The session will be recorded automatically. This recording will be kept securely and will not be viewed except in the unlikely event that a concern about the session is raised by someone present. It will be destroyed after two weeks.

Together we are stronger.





Tea or coffee? Let's get together!

Our online coffee mornings and afternoon teas are relaxed and friendly opportunities for parent carers to get together and talk with others who really understand.

There is no need to book as long as you are a parent carer of a child or young person with SEND.

Just click on the link below when you are ready to join.

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



**Tuesday 13 April 2021 from
10:00 to 11:00**

**Thursday 29 April 2021
from 15:30 to 16:30**



We want these sessions to be a safe, friendly place for parent carers to spend time together. We know this works best when everyone knows what to expect. So it may help you to know that:

- We will aim to start and finish on time.
- The session will be recorded automatically. This recording will be kept securely and will not be viewed except in the unlikely event that a concern about the session is raised by someone present. It will be destroyed after two weeks.





Coffee and Kooth with Family Voice Norfolk

- Are you concerned about your child's mental health and wellbeing?
- Have you heard about the Kooth service?

Cheryl Allbright will be joining us for a special Kooth training session for parent carers of children and young people with SEND.

Kooth is an online wellbeing community for children and young people aged 11-25 years. Cheryl will explain exactly how the service works and how to find your way around the site.

The session is in the school Easter holidays, so your young person is welcome to join in too.

Thursday 8 April from 10:00 to 11:30am

Email events@familyvoice.org.uk for booking and joining instructions.

Remote education and SEND

Ofsted has been investigating how well remote working has succeeded for children and young people with special educational needs and/or disability (SEND). Its research findings on remote learning have been made into a video that is available on the Ofsted website at <https://www.gov.uk/government/organisations/ofsted>. Family Voice representatives attending an online Virtual School SEND conference in early March were pleased to hear Ofsted speakers say that in the new Area SEND framework for inspections, a school will need to be good for SEND to stand a chance of a 'good' or 'outstanding' award.



Let's talk... about Early Years (0–5) and additional needs

On 22 February, Family Voice Norfolk held its latest **Let's Talk...** event. Sian Welby and Ian Hollis from NCC Children's Services and Mel Warren from Portage joined us to speak with parent carers whose children, aged 0–5, have additional needs. It was a valuable and sometimes emotional session, as parent carers shared their experiences and concerns for their children. We can't thank them enough for their honesty and openness. It is so important that professionals hear the voices of parents. Representing parent carers' views is our main role as Family Voice, but it is particularly powerful when we can help parents to speak directly to those involved in services. We hope that the parents who attended also gained some valuable information from our speakers and from each other. Thanks are also due to Sian, Ian and Mel for their presentations and willingness to answer all questions.



Although brought about initially by the pandemic and being unable to meet parent carers face-to-face, our online **Let's talk...** sessions have proved to be really useful events for families and professionals.

Please keep an eye out for future **Let's Talk...** sessions (such as the one on page 2). See below for where to look. We'd love to see you there.

Finding out 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 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.

And of course you can contact us:

- You can contact our **Membership Secretary Kate** on 07950 302937 or at membership@familyvoice.org.uk
- Or write to us at Family Voice Norfolk, PO Box 1290, Long Stratton, Norwich NR15 2HD



www.familyvoice.org.uk



[FamilyVoiceNorfolk](https://www.facebook.com/groups/674209366743395/)



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

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



Sunshine!

We're sad that we won't have our usual March Conference – it's such a good chance to catch up on what is available locally to support you and your family, for you to have face-to-face meetings with planners and decision-makers, and for us to meet so many more of you and hear your views – the whole reason we exist. So we asked if you would like a little sunshine in the dark days of February, and many of you signed up for our Sunshine Boxes. We were so happy to hear that you liked them and to see the wonderful pictures from your children.



Thank you for our sunshine package which arrived this morning 🌞🌞

Thank you for the sunshine
Family Voice
Lovely of you to think of us
xxx

Thank you SO much family voice for our sunshine package this morning brought smiles to our faces
🌞🌞🌞🌞

Wow what a beautiful sunshine box, absolutely love it you so much for your time love that went into them all
xxx

Thank you for my sunshine package
🌞🌞

Thank you family voice for our sunshine ☺️ box.

Oh my goodness thank you so much for our sunshine pack 🌞

Thank you so much for my sunshine box 🌞
A lovely surprise to wake up to
xx

Thank you for the lovely sunshine box - reduced me to tears. Thank you for thinking of us all xx

There's more sunshine on the way! In March, look out for news of our Easter Sunshine Boxes. If you are not already a member of our Family Voice Members Chat Room on Facebook, please join at <https://www.facebook.com/groups/674209366743395/about/>



Survey for parent carers



At Family Voice we have been speaking up for the need for more support for parent carers since we began. Now there is an opportunity for you to add your voice directly to this work – **please do! This is a real opportunity to bring about change.**

If you are a parent carer, looking after your child with any form of additional care needs (whether due to illness, disability, mental health challenges, SEND or any other need) please give your views in the survey below.

Caring Together, Family Voice Norfolk, SENSational Families and Norfolk County Council are working with other partners to look to improve the support that is available to parent carers across Norfolk. To help with this work, Caring Together are keen to hear from parent carers about the issues you are currently facing as well as what support may help.

The survey will close on **Wednesday, 31 March 2021**. After this date, Caring Together will share the results of the survey, and there will be the opportunity for parent carers to feed into the plans for what action needs to be taken as a result.

You can go to the survey at www.surveymonkey.co.uk/r/CT_Norfolk_pc_2021

Or you can access the survey or download a PDF copy at <https://www.caringtogether.org/current-consultations/parent-carers-give-your-views>.

Please, please do give your views. As we always say: Together we are stronger.

Norfolk and Norwich University Hospitals' Carers' Forum

NNUH says on its website:

Listening to carers is important to us and we want to ensure that carers are involved in the planning, design and evaluation of our services at the hospital – which is why we've set up our Carers' Forum. Its role is to:

- *Provide advice on care from a carer perspective*
- *Act as a carer representative to help ensure their views, interests and feedback are heard*
- *Ensure services are designed with carers' needs in mind*
- *Ensure services are designed in partnership with carers*

The Forum meets every two months, for 1.5 hours, but we're happy to support carers to be as involved as they wish. Whether you'd like to regularly attend Forum meetings, just contribute to discussions on a certain aspect of care, or participate less regularly, we'd love to hear from you.

If you are interested in finding out more, or joining our Carers Forum, please contact our Patient Engagement Team. If you need additional support or have access requirements, please let us know.

Email: Patient.Experience@nuh.nhs.uk Telephone: 01603 288 295



Identifying early signs of worsening health in a person with a learning disability – specific training for family carers



The NHS England and NHS Improvement Learning Disability and Autism Programme is inviting family carers to take part in a workshop. Attending the workshop will help you to be able to identify when the person you care for is becoming more unwell (deteriorating health) and how to tell a health professional about that. The workshop is free and only for parents with children over the age of 16.



RESTORE2™ mini is an award-winning tool specifically designed for carers to help you to identify soft signs that someone you care for may be unwell and what you should do next. This version of Restore2min™ has been specially adapted for people caring for those with a learning disability.

This important one-off 90-minute training session will help you to identify soft signs of deterioration and then seek the right help at the right time.

What you'll learn

- how to identify soft signs of deterioration
- how to use a simple communication tool (SBARD) to communicate effectively with health care professionals so you can get the help you need at the right time

How long is the training?

The training takes about 90 minutes.

When is the training?

The training is offered every working day **from Tuesday 23 February to Friday 31 March 2021** at different times in the day. There are over 30 sessions for you to choose from. The link below will direct you to the NHS England and NHS Improvement events page where you will be able to select your preferred day and time. There are limited places for each training slot, so please register early to make sure you get the date and time you want.

Register your place on the training by clicking on the link below:

<https://www.events.england.nhs.uk/identifying-early-signs-of-worsening-health-in-a-person-with-a-learning-disability>

Census 2021

The Census takes place every 10 years and the next one is on March 21. You will shortly be receiving information about it. For those with additional needs, there are different accessible materials available at <https://census.gov.uk/help/languages-and-accessibility/accessibility>.



HOW TO DO YOUR TEST

WHILE THIS IS A SELF-SWAB TEST, THERE WILL BE A TESTING HELPER WHO WILL OVERSEE THINGS AND PROVIDE HELP IF YOU NEED

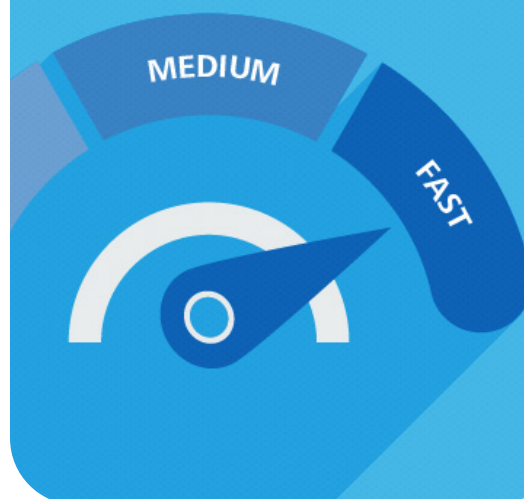
1



YOUR COVID-19 TEST WILL BE SCHEDULED. IF YOU ARE UNDER 16, YOUR PARENT / CARER WILL HAVE CONSENTED

2

YOUR TEST WILL BE FAST AND WHILE IT MIGHT FEEL A LITTLE UNCOMFORTABLE, IT WON'T HURT YOU

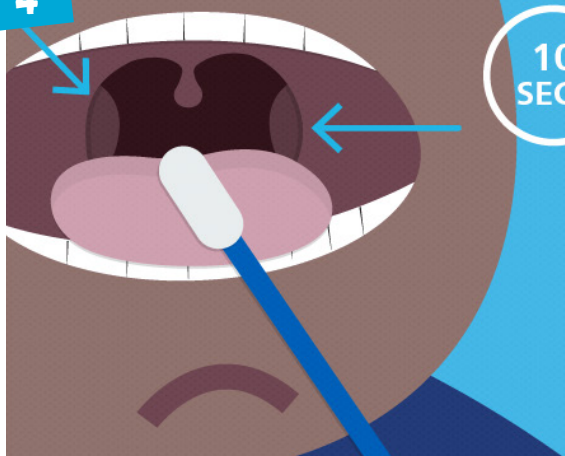


3



BLOW YOUR NOSE IF NEEDED. WASH AND DRY/SANITISE YOUR HANDS. REMOVE THE SWAB BEING CAREFUL NOT TO TOUCH THE SOFT PART

4



OPEN YOUR MOUTH WIDE AND USE A MIRROR TO LOOK AT THE BACK OF YOUR THROAT, THEN USE THE SWAB TO RUB FIRMLY 4 TIMES ON EACH SIDE

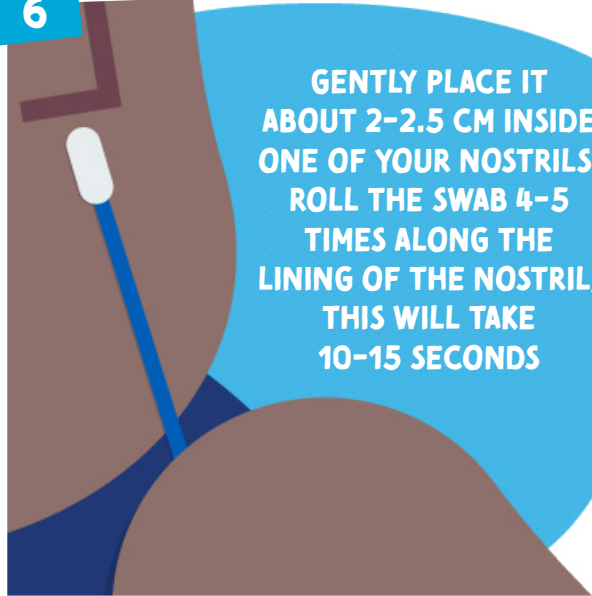
5

REMOVE THE SWAB CAREFULLY WITHOUT TOUCHING YOUR TEETH, TONGUE OR GUMS



6

GENTLY PLACE IT ABOUT 2-2.5 CM INSIDE ONE OF YOUR NOSTRILS. ROLL THE SWAB 4-5 TIMES ALONG THE LINING OF THE NOSTRIL, THIS WILL TAKE 10-15 SECONDS



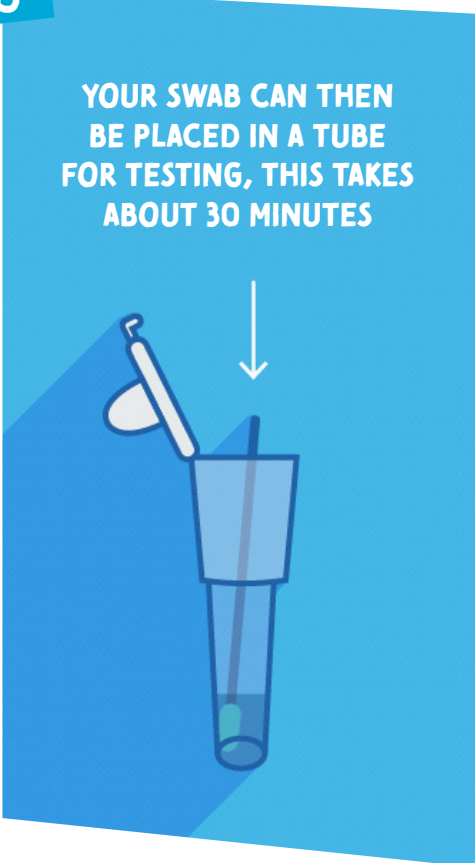
7

AFTER THIS, YOU'RE DONE, GENTLY REMOVE THE SWAB BEING CAREFUL NOT TO LET ANYTHING TOUCH THE TIP



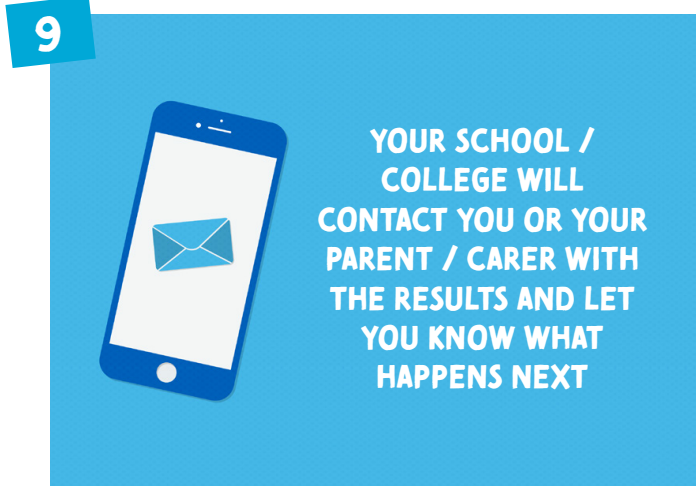
8

YOUR SWAB CAN THEN BE PLACED IN A TUBE FOR TESTING, THIS TAKES ABOUT 30 MINUTES



9

YOUR SCHOOL / COLLEGE WILL CONTACT YOU OR YOUR PARENT / CARER WITH THE RESULTS AND LET YOU KNOW WHAT HAPPENS NEXT



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.

The format is informal to encourage questions and discussion but structured enough to ensure that parent/carers have the opportunity to listen to presentations and spend more time with the organisations in separate breakout rooms to network and share their own experiences.

- Wednesday 17 March 2021, 10:30–1:00pm via Zoom
- Wednesday 5 May 2021, 10:30–1:00pm via Zoom
- Wednesday 14th July 2021, 10:30am–1:00pm via Zoom
- Wednesday 15th September 2021, 10:30am–1:00pm via Zoom
- Wednesday 17th November 2021, 10:30am–1:00pm via Zoom
- Wednesday 12th January 2022, 10:30am–1:00pm via Zoom

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>

Have your say on new dental services in East Anglia

Not all children and young people with additional needs require a specialist dentist, but it can still be difficult to find dental care where and when you need it.

NHS England is responsible for the provision of primary care dental services in East Anglia. They are currently looking to procure additional NHS dental services.

The new dental services that are being proposed would be open from 8:00am to 8:00pm, seven days a week, 365 days per year, with patients being able to access urgent appointments alongside routine dental appointments.

The proposed new dental services would also make it easier for patients to access routine dental care. It is envisaged that the service locations will be fully accessible for all members of the local community.

In order to make sure these services meet your needs, it is important that they have your views on the new dental services to be provided. If you would like to have your say, then please visit <https://forms.office.com/Pages/ResponsePage>.



EARLY YEARS
AGES 0-4

Early Years at Home

Join Family Learning this March for stories, rhymes and games to support your little one's development and communication skills. Sessions include Little Talkers, Little Movers and Making Friends, for ages 0-4.

To book your place:

Visit: www.norfolk.gov.uk/familylearning or call
0344 800 8020 option 5



Carer confirmation letter

The government has developed a template letter that identifies an individual as an informal carer (sometimes called an unpaid carer or family carer). This is to be used by individuals in the event that they are challenged or asked why they are out-and-about during lockdown. Some carers have said that they are concerned this might happen.

If this applies to you or someone who cares for a member of your family, contact Carers Matter Norfolk. You can find their contact details at <https://carersmatternorfolk.org.uk/>.

If you are not already registered as a carer with Carers Matter, do so and they will supply a personalised letter.



Carers Matter Norfolk
0800 083 1148





Carers Matter Norfolk

Are you
one of thousands of
young people in
Norfolk looking after
someone in your
family?

If so, you are a
Young Carer

They may need your
support because of
illness, disability,
mental ill health or
difficulties with drugs
or alcohol

Young Carers and Families Information, Advice & Guidance Service

Supporting Young Carers and their Families in Norfolk

If you are a Young Carer or you think your child, relative or friend might be,
we're here to help you:

- Find your way through local services
- Get support for the person you're caring for
- Get the right support at school or college
- Understand your rights
- Connect with local groups and services
- Look after your health and wellbeing



0800 083 1148



07537 417 850

Monday to Friday 8am - 8pm

Saturday 4pm - 8pm

Sunday 8am - 12 noon

www.CarersMatterNorfolk.org.uk



Help the NHS find Norfolk and Waveney's unknown carers

Tracy McLean, Head of Children Young People and Maternity for the NHS Norfolk and Waveney Clinical Commissioning Group, tells us:

Unpaid carers are one of the priority groups that we are working to vaccinate now. It is estimated that there are up to 100,000 carers in Norfolk and Waveney, but that we only know who about 10% of these people are because many don't, for example, claim carer's allowance or have it noted on their GP record that they are a carer.

*I'm really proud that today we are launching our campaign to find Norfolk and Waveney's unknown carers. We are asking for anyone who is the sole or primary carer of an older or disabled person who is clinically vulnerable to COVID-19, **parents or primary carers of children and young people who are disabled and clinically vulnerable to COVID-19, young carers (aged 16 or over) of people who are elderly or clinically vulnerable, and people caring for someone with severe mental illness** to contact us between now and 31 March 2021 to register themselves as a carer.*

People can register as a carer online here: <https://apps.norfolk.gov.uk/carervax>. Or if they are unable to register online, a 24/7 voicemail service is available for people to leave their contact details: 01603 257256.

Please share this with people you know who meet the definition of a carer above.

SEND language: when is a young person not a young person?

Family Voice representatives work hard in meetings to ensure that communications from NCC and health services use language that is clear and straightforward. But sometimes systems work against us.

For example, in education and social care the term 'young people' refers to those aged 17 to 25 years. In some NHS areas, 'young people' are those aged 17 and 18 years, with 19–25-year-olds being referred to as 'adults'.

As you know, at 18 a young person does legally become an adult. We have Children's Social Services and Adult Social Services. But the Children and Families Act 2014 established that when we are talking about special educational needs and disabilities (SEND), services and systems, including education, health and care plans (EHCPs), operate from 0 to 25.

In documents it is very common to see children and young people together – aged 0 to 25 – referred to as CYP (children and young people).

To complicate matters further, many of us informally use terms such as 'your young people' as a polite way to refer to children of secondary-school age who no longer wish to think of themselves as children.

It's a bit of a minefield – but if you are in a meeting where terminology is important, never hesitate to ask what exactly is meant by a phrase or word. Acronyms are everywhere and those who use them don't always realise that they are a secret language to some of us. As Family Voice representatives, we never hesitate to ask, no matter how big the meeting.



Top bedtime tips for WORLD BOOK DAY 2021 Create a happy bedtime routine

Community
Dental
Services



Book reading before bed



Brush teeth before bed



Avoid food and drinks after brushing

Tackle returning to school – Tackle learning programme

Norfolk Family Learning has teamed up with Norwich City Community Sports Foundation to develop a new free education programme called Tackle Learning.

The programme, which is delivered online, offers guidance and advice to parents of primary school children, with an emphasis on how they can support their child(ren)'s learning.

The first unit on Returning to School can be completed at <https://www.onlinetrainerpro.com/take> and is completely free. It takes around 25 minutes to complete.

You will discover tips and activities to help support your child(ren) with their return to primary school.





Teatime Social

A friendly and supportive place to meet others

For people with learning disabilities in Norfolk



Everyone is welcome

Let's get together to have a cuppa, a chat and relax at the end of the day .



Let us know if you want to come along so we know to let you in.

We can also help you with **zoom**

Call us on 01603 631433





LGBT+

Get together

For adults with learning disabilities / autism

February
15

March
1

March
15

March
29



4:00 pm



5:00 pm



It will be
Friendly



It will be
Supportive



It will
be fun

For more information and to get the **zoom** code ↓



01603 631433



@OpeningDoorsLD



admin@openingdoors.org.uk



Opening Doors



New special schools in Norfolk

Kim Breen, Senior Advisor for SEND Provision and Funding, has supplied some information about the new developments for educational settings for children and young people with special educational needs and/or disabilities in Norfolk:

It is an exciting time for SEND provision and placements with many new developments, building work and expansions. All of these will lead to a greater number of places available in specialist settings. The two schools that you will no doubt have read or heard about are the new school for boys with social, emotional and mental health (SEMH) needs sited in Great Yarmouth and the school for pupils with ASD and Communication and Interaction difficulties being built in Fakenham.

The SEMH school will be called Bure Park Specialist Academy and will be run by the Boudicca Trust. The model of this school is similar to that of the outstanding Eaton Hall Specialist Academy which is also part of the Boudicca Schools Trust. It will eventually have 88 students across all age ranges from 5 to 16. There will be an element of residence as part of the child's attendance between year 4 and year 9. The number of nights a child boards is agreed between the school and family but is an essential element of the provision. The local authority will begin to admit children from September.

The school in Fakenham is to be called the Duke of Lancaster and will be run as part of SENDAT (Special Educational Needs and Disabilities Academies Trust). This is a successful trust that has a number of schools in Suffolk. The school will meet the needs of those with ASD or complex communication and interaction challenges. An ASD diagnosis is not essential. The school will eventually have 100 students aged between 5 and 16 years. The local authority will begin to admit children from January 2022.

As with all new schools, there will be what is known as a 'growth plan.' This is the rate at which the number of students is admitted until the school is at capacity. The reason for this is that it takes time for a school to establish its routines, procedures and ways of working. There will be new staff as well as new pupils. If all children were admitted at once there is a risk that not all needs would be met and time required to settle everyone would not be available.

Bure Park Specialist Academy has a two-year growth plan, which means it will take two years for the school to be full. Initially, we intend to admit 35 pupils across Key Stages 2 and 3. By the end of the school year, there will be 50 students on roll. By the end of the second year, the school will have its full complement of 88.

Duke of Lancaster School has a three-year growth plan. We intend to admit 30 children in January 2022 and have 48 on roll by the end of the year. Another 24 will be admitted by the end of the second year and a final 28 by the end of the third. Again, most children will be in the primary phase with a few in KS3 in the first year of the school.

For children to be considered for the new schools, the process is as you would expect. Following the drafting of a new Education, Health and Care Plan or a review of an existing EHCP, a parent can request (or professional may suggest) that a consultation with the school takes place. The EHCP Co-ordinator will then prepare the relevant paperwork and submit it for consideration at the next admissions meeting between LA officers and the school. A decision is made based on suitability and the availability of a relevant place. These meetings will be monthly at first and take place in late spring/early summer.



Other referrals may take place for children who already attend a special school but live a considerable distance from that school. The reason for this is to allow a child to attend a school as close to home as possible and reduce the demand on transport. Children who may benefit from such a move will be identified by their suitability for the school, age of children being considered for admission by the school and postcode. Once identified, the family will be contacted by their EHCP Co-ordinator to discuss the possibility. If there are recognised benefits, a consultation with the school will be actioned. An offer of a placement may then be made. If your child is one identified as potentially benefiting from a change of school, you will be fully involved in discussions and decision making.

As I said at the start, it is an exciting time and I look forward to working to ensure more and more of our children with special educational needs are placed in a more local school where they are able to thrive and flourish.

Duke of Lancaster School – public consultation

Plans are progressing at speed for a new special school in Fakenham with the confirmation of its new name, the appointment of its new headteacher, and a public consultation.

The school will be run by the Special Educational Needs and Disabilities Academies Trust (SENDAT) and is being built on the site of the former Fakenham Sixth Form College in Wells Road by Norfolk County Council as part of its £120 million programme to transform special education.

It will be a modern, specialist learning environment for up to 100 children and young people, aged between 5 and 16, with autism and complex communication and interaction needs.

The trust was keen the name of the school had a local narrative with which students, parents and the local community could identify. The town of Fakenham has strong links to the title of Duke of Lancaster, with the official name of Fakenham Lancaster being given to the town in 1377 when John of Gaunt, the Duke of Lancaster, was given the Manor of Fakenham. John of Gaunt was the founder of the House of Lancaster, which ruled England until the War of the Roses. The Duke of Lancaster title is already used by Fakenham Town Council: the town's district wards are called Lancaster North and Lancaster South.

The new headteacher will be Robert Speck, former Vice Principal and Head of Secondary at The Wherry School in Norwich. He has spent the last four years at this special school for high-functioning autistic children and young people. Prior to this, he spent over a decade working in mainstream secondary education on the North Norfolk coast, which included leadership roles such as Vice Principal and Special Educational Needs and Disabilities Co-ordinator.

Robert will start his role in April and, with SENDAT, will work closely with Norfolk County Council, parents and carers of prospective students, local schools, and the community, and all other stakeholders, to plan for the opening of the new school in January 2022.

Robert has spoken of his aspirations for the new school: "My vision for Duke of Lancaster School is to create a calm, safe and happy environment where everyone treats each other with kindness and respect. Children and young people who attend Duke of Lancaster School



will receive a high quality holistic, ambitious and thoughtfully planned curriculum that places the individual and their voice at the centre of all choices and provides students with the social, emotional and academic skills and knowledge required to enable freedom of choice and independence in adult life.”



NPS Group's visual for Duke of Lancaster School

Lawrence Chapman, CEO of SENDAT added: “I am delighted that SENDAT can support the development of new specialist provision in Fakenham, working in partnership with Norfolk County Council. We are committed to supporting Norfolk’s transformational programme and working with parents/carers and young people to develop the specialist resources they need. SENDAT is entirely focused on specialist provision in the East of England. We will be further developing the website over the next few weeks and months to share information as it is available.

“Duke of Lancaster School will provide an offer that is consistent with our other schools, including our SENDAT 20 enrichment programme, curriculum pathways, trauma-informed practice, use of outdoor learning and much more.

“I would also like to give thanks to the work of architects and designers within the NPS Group [property design and management services] who have gone the extra mile to give Duke of Lancaster School a building that will be fit for purpose and what these children and young people deserve.”

The six-week **public consultation**, known as a Section 10 consultation, opened on **Monday, 22 February and closes on Sunday 4 April**. It includes an online survey, which you can find at www.sendat.academy. You can also find there links to recordings of the online event that was held on 25 February.

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

For further information about the consultation or to request a hard copy of the online consultation event or questionnaire, please email consultation@dukeoflancaster.sendat.academy or call 01284 717872.

Admissions for all special schools are arranged through Norfolk County Council. If this school is possibly suitable for your child, your Education, Health and Care Plan (EHCP) co-ordinator 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.

R G Carter, the appointed contractor, started laying the foundations on site in January 2021. Construction is expected to be completed in autumn 2021.

For further details about Duke of Lancaster school, and to follow progress of the new build, go to www.sendat.academy.



Bure Park Specialist Academy

Bure Park Specialist Academy, located on the old Alderman Swindell School site in Great Yarmouth, is scheduled to open in autumn this year. It will provide up to 88 places for boys who need additional support around their social, emotional and mental health (SEMH) needs.

The academy, which will also provide up to 36 week-day residential places during term-time is a key part of the £120m investment Norfolk County Council is making in its provision for children and young people with special educational needs and disabilities (SEND).

Admissions for the new academy are arranged through Norfolk County Council. If this is a suitable school, your Education, Health and Care Plan (EHCP) Co-ordinator may talk to you about it as an option for your child. To find out more log on to:

<https://www.norfolk.gov.uk/children-and-families/send-local-offer/education-and-training-0-25/admissions-to-specialist-schools>

The school will be run by the Boudicca Schools Trust, which has a strong track record of success in SEMH school provision. In fact, the first school in the Trust was Eaton Hall Specialist Academy, which has been repeatedly graded as outstanding by Ofsted for both its SEMH school and its residential provision. In addition to Eaton Hall, BST also operates a further nine schools across Norwich and the east of the county, including primary and secondary schools.

The CEO at Boudicca Schools Trust, Don Evans said:

“Our Trust has a strong track record of success in working with boys who have significant SEMH needs through our outstanding Eaton Hall Specialist Academy. Everyone connected with the Trust is delighted that we have been given the opportunity to extend the reach of that work to Bure Park

“We know that the Alderman Swindell School was a highly valued part of the local community and we intend to continue that theme by ensuring that Bure Park plays an equally important part in both the local and wider community.”

With the academy due to open in autumn, building work is already at an advanced stage. The external shells of both the new school building and the three residential blocks are in place and whilst the majority of the final building will be new-build, the front of the old school has been retained, in what Mr Evans described as “an important link to the history of the site and its place at the heart of the community”.

The current Headteacher at Eaton Hall, Keith Bates, will take on the role of Executive Headteacher across Eaton Hall and Bure Park and will be supported by a newly appointed leadership team including Head of School Hayley Ross and Deputy Head Claire Keen.

Mr Bates said:

“The COVID pandemic has shone a light on the impact that a disrupted school experience can have on children both in terms of academic achievement and emotional wellbeing. The boys we work with have all had significantly disrupted school experiences and it is vital that we do everything in our power to address that.



Keith Bates, Executive Headteacher



"Bure Park Specialist Academy will provide a lifeline to pupils and their families and crucially, it will provide it in their local area. This means that parents and carers will be able to engage more readily with their child's education and that the boys will not be faced with long journeys across the county, or even to provision outside the county."

Although the opening of the academy is still several months away, the new leadership team are already working hard on preparations.

As well as working closely with the County Council and its contractors on the internal design and fitting-out of the academy, a key area of current focus is recruitment.

Miss Ross stated:

"Our aim is for Bure Park to be an outstanding academy and to achieve that we will need outstanding people."

For anyone interested in applying for a role at Bure Park, current vacancies and the application portal can be accessed via the Trust's website www.bschoolltrust.co.uk.

In the meantime, the Trust has undertaken a consultation under Section 10 of the Academies Act, which ran for two weeks in February and is part of the formal process for opening.

Further details about the school can be found at www.bureparkacademy.co.uk, including the following statement of provision:

Bure Park Specialist Academy caters for boys with a range of emotional, behavioural and associated learning difficulties of a degree which frustrates or seriously impedes progress in mainstream education. Many of our pupils will have experienced severe disruption in their education, as well as long-term difficulties in their lives outside school.

Our vision is to improve life chances for all our pupils and we look to achieve this by addressing pupils' social and emotional wellbeing. All elements of teaching and learning at Bure Park Specialist Academy have these needs at their heart. We aim to restore equilibrium to the child and family, return the child to the home setting and, where appropriate, to mainstream education.

The school offers a broad and balanced academic diet based on the National Curriculum. Given that the aspiration is for as many pupils as possible to reintegrate into mainstream education, it is important that the curriculum offer mirrors the experience of their mainstream peers.

We work on a basis that all pupils will sit KS2 SATs and at KS4 we will plan towards providing at least 5 GCSE subjects as well as further equivalent qualifications. However, we believe it is equally important that the curriculum strikes a balance of demonstrating creativity and person-centred planning and delivery in order to meet the wider needs of the pupils and engage them in their learning. It cannot be a one-size-fits-all curriculum.

The website also gives the opportunity to enter your email address to subscribe and receive updates on launch events.



Hayley Ross, Head of School



Big Norfolk Holiday Fun

Get **moving, eat well** and have **fun**

with our **FREE** Big Norfolk Holiday Fun scheme for 5–16 year olds.

The programme is open to all children currently eligible for means tested free school meals. They can enjoy a mix of activities, cookery, physical activity and craft. All equipment will be safely delivered to your home.



Don't delay! Sign up today!

If your children are eligible for means tested free school meals then this is for you! There is something to keep everyone busy, with a mix of:

- outdoor activities
- cooking ideas
- arts and crafts
- music
- online physical activities

Apply by 12th March
to secure a free place for your child on the Easter programme.



PINK
orange

active
norfolk

 Norfolk County Council





The aim is to help you to keep your family **healthy, happy** and **active** over the school holidays by moving lots, eating well and having fun.

The activities can be mainly done at home together as a family and will be supplied in a holiday activities kit box that will be sent to your home.

There may be opportunities for face to face events for your children too.

More details will be available once you have signed up.



Sign up online

by scanning the QR code with your mobile phone



Or text the words **"Big Norfolk"** to **07553 894233** and a member of the team will call you back
Or visit www.smartsurvey.co.uk/s/bignorfolkholidayfun

Big Norfolk
Holiday
Fun



Learning Disability Partnership Board

The Learning Disability Partnership Board met in February for the first time this year. Many organisations and individuals, including Family Voice Norfolk, were represented, but it has proved more difficult for people with a learning disability themselves to take part fully while the group is meeting virtually.

You can find the January Learning Disability Partnership Board easy-read newsletter and other useful information at <https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/learning-disabilities/learning-disabilities-partnership-board/our-current-work>.

The next LDPB newsletter will appear towards the end of March. If you or anyone you know would like to write an article for it, the deadline is **Thursday, 11 March 2021**.



Online Tribunal Training

This FREE Tribunal Training is being run virtually through Zoom by Norfolk SEND Partnership for parents wishing to appeal their final Education, Health and Care Plan (EHCP). It will focus on appealing EHCP content and placement rather than other appeal types.

There are 3 dates available -

4/3/21 13:00 - 15:00
10/3/21 10:00 - 12:00
20/4/21 - 12:00 - 14:00

Visit our website to book your place and for more information.

<https://www.norfolksendpartnershiass.org.uk/training/training-sessions/>

www.norfolksendpartnershiass.org.uk

01603 704070



COVID-19 guide for carers and family supporting adults and children with learning disabilities or autistic adults and children

The Social Care Institute for Excellence (SCIE) has produced a guide to assist parent carers to carry on giving good, safe support to their family members during the pandemic. The current health crisis has increased confusion, fear and anxiety for everyone, and inevitably it will bring additional challenges when supporting autistic people and people with learning disabilities. SCIE offers advice, including what you should expect from the local authority, at <https://www.scie.org.uk/care-providers/coronavirus-covid-19/learning-disabilities-autism/carers-family>.



Mental health support for children and young people

Although most children and young people will soon be going back to school and college, more and more adults, carers and vulnerable young people are being vaccinated, and there is a 'roadmap' for the next few months, we are by no means out of lockdown and a time of uncertainty. In fact, returning to something like 'normal' life will be slow and also presents some challenges for those who have become used to more restrictive times.

The following sites have lots of resources for children and young people that may be helpful.



Norfolk feel good fun

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/norfolk-feel-good-fun>

This site is brimming with ideas, links and downloads to 'help children keep busy and smiling during lockdown'. It is aimed mainly at 6–11-year-olds and their families.

Kooth

<https://www.kooth.com>

Kooth is an online mental wellbeing community where 11–25-year-olds can access free, safe and anonymous support.



JustOneNorfolk

<https://justonenorfolk.nhs.uk/mentalhealth>

This website signposts to lots of different kinds and levels of support and suggests some key ideas to try at home.



ChatHealth Norfolk

This is a helpline for 11–19-year-olds who are struggling with their mental health. Text the ChatHealth Norfolk helpline anonymously on 07480 635060. There is someone to talk to on this number from 9am–6pm on weekdays or 9am–1pm on Saturdays.

An advertisement for ChatHealth Norfolk. It features a young person in a bright green hoodie holding a smartphone. The text 'ChatHealth Norfolk' is written in a large, white, bubbly font. Below it, there are several key messages: 'CONFIDENTIAL SUPPORT', 'For Young People 11-19', and 'Struggling to cope with anxiety and concerns about the current situation? Have some issues staying healthy and feeling good? Or just not feeling safe at the moment... We are here for you!'. At the bottom, a pink banner displays the text 'TEXT: 07480 635 060'. The NHS logo is in the top right corner.



NORFOLK SEN NETWORK AGM

DATE: 17th MARCH 2021

By zoom

TIME: 12.45pm – 2:45pm

AGM starting promptly at 1pm

*To book a place and receive the zoom ID
either phone on: 01603 300178*

or email us on: norfolksennetwork@hotmail.co.uk

We are delighted to have

Sara Tough

Executive Director of Children's Services

*as Speaker at our AGM, she will be speaking about the
improvements Norfolk Children's Services are making to
Co-Production.*

Sara will be joined by Michael Bateman

*Programme Director for Special Educational Needs &
Disabilities (SEND) & Alternative Provision*

JOIN US FOR A VIRTUAL COFFEE MORNING ON THURS 11th MARCH AT 10:00am



We are having another Zoom Workshop with ACE Education on Thursday 11th March and will combine this with our virtual coffee morning. Join us for an open clinic from 10:00am to have a chat and meet our Development Workers.



Do you have concerns about your child in school?



you concerned about your child's educational needs in this pandemic?



Is your child transferring schools next September?

Please email us via our website or Facebook if you are interested and to receive a zoom link

<https://www.norfolksennetwork.org/>

SEND e-learning

This e-learning course has been designed to support the professional development of those who work, or are training, in the field of SEND. It gives learners a foundation knowledge and understanding of SEND for children and young people aged 0–25.

It is also a useful tool for parent carers and anyone interested in developing their knowledge and understanding of SEND. You can find the course on the SEND Local Offer website at <https://www.norfolk.gov.uk/children-and-families/send-local-offer/about-the-local-offer/training-and-support-events/training-resources>

The course includes assessments to demonstrate and reinforce learning, and there are links to further reading. You will need to allow approximately two to three hours to complete the course in its entirety but you can access each module of the course individually and come back to complete the rest. Once all modules have been completed, the menu page will display this.

Once you have completed the course, you can download a completion certificate for your records.

The e-learning is not configured for mobile devices and is best viewed on a desktop computer or laptop. Download an audio version of the course and save to your computer or laptop to enable the MS Word Read Aloud function to work. Email cs.sencommissioning@norfolk.gov.uk to be sent a copy of the course in a PDF PowerPoint presentation format.

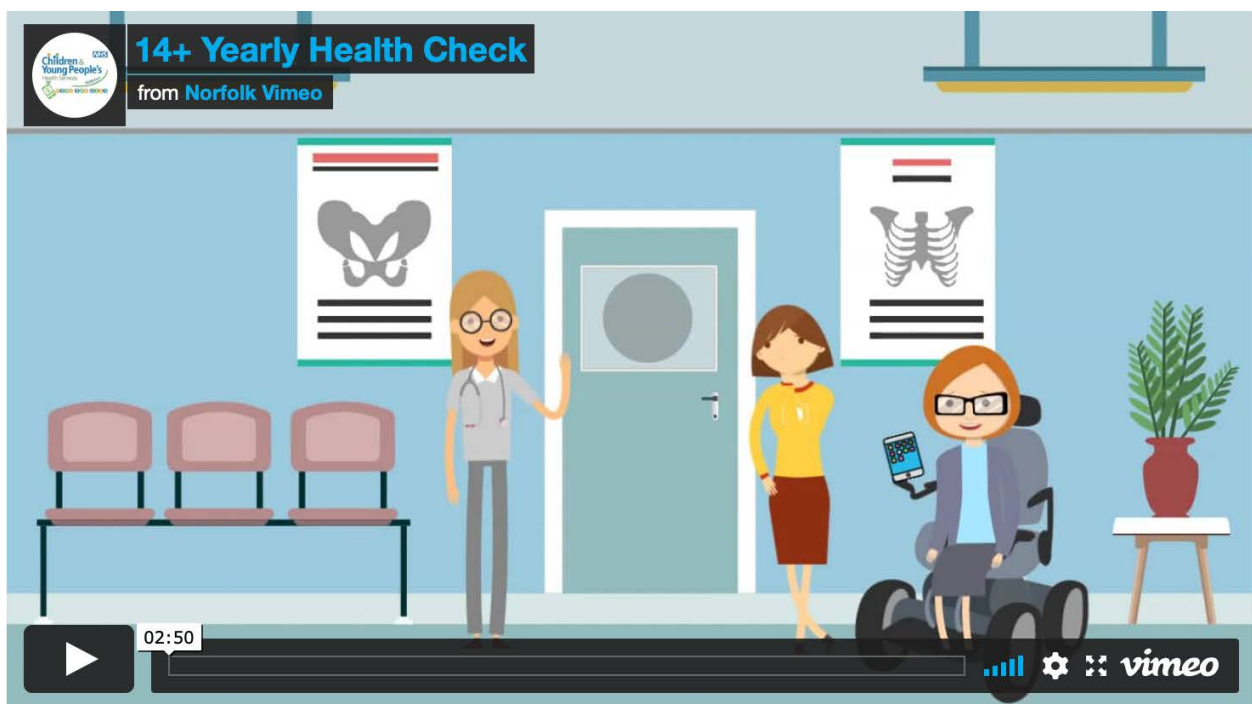


Learning disability health checks

We've mentioned many times in this newsletter that from the age of 14 young people with a learning disability are entitled to a yearly health check with their GP. You can simply ask for one – they have been carrying on through recent lockdowns, sometimes via Zoom rather than in person.

The best idea, however, is to make sure the young person is on your GP's learning disability register. That way, they are likely to be contacted once a year to make an appointment.

There is more information about the health checks on the JustOneNorfolk website at <https://www.justonenorfolk.nhs.uk/childhood-development-additional-needs/additional-needs/14plus-health-check>. You can also find there a simple animation explaining what a health check is – particularly useful for young people who may be anxious about the idea.



COVID-19 vaccinations for adults with learning disabilities

Another very good reason to make sure a young person with learning disabilities is on the learning disability register is that adults with a learning disability are now being called for their COVID-19 vaccination. Being on the register is the surest way of ensuring that a young adult is recognised as having a learning disability.

Contact, the charity for families with disabled children, has an information leaflet at https://contact.org.uk/media/1525830/annual_health_checks_parents.pdf and the website also has links to a wealth of other resources, such as YouTube videos and resources from other organisations, such as Mencap. Parents have told us that they feel this is one step towards ensuring that their children remain well after parent carers are no longer personally caring for them. Becoming used to the annual health checks now sets a pattern for the future.



Family Voice Norfolk has worked with health service colleagues to create a very simple flyer advertising learning disability health checks. It is hoped that this can be used widely, such as at the Year 9 EHCP annual review, to ensure that more young people with a learning disability take advantage of this health check.

Learning disability health check ✓

Who is it for?

If you have a learning disability and are 14 and over you can have a health check every year.



How do I get one?

Ask at your healthcare centre. They will make sure you are on their learning disability register. They will make a time for you to come.

Who can come with me?

You can choose someone or go by yourself.



What will happen before?

You will be asked to fill out a questionnaire so the healthcare centre can get to know you better.

What will happen?

The doctor or nurse will make sure that you feel comfortable and safe. They will ask you some questions about your health and wellbeing. You can ask questions too.



How do I find out more?

Visit the **14 + learning disability health check page on Just One Norfolk**

Scan the QR code or use this link:

JustOneNorfolk.nhs.uk/14plushealthcheck



Accessible vaccine clinics

NHS England has issued guidance to clinicians on making reasonable adjustments when giving COVID vaccinations to people with learning disabilities and/or autism.

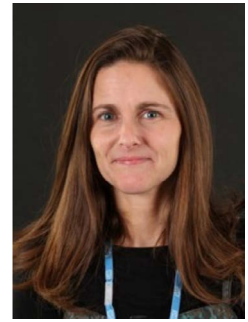
An accessible vaccination clinic has opened at the James Paget Hospital in Gorleston for people with learning difficulties and autism.

Nurse Rebecca Crossley has told Heart News East all about it.

The video is available to view on Twitter using this link:

<https://t.co/XJay6jeVAR>

Arrangements in other parts of Norfolk are being organised.



Learning Disability and Autism Liaison Nurse: Rebecca Crossley

COVID vaccines for unpaid carers

If you have not done so already, do make sure that your GP has you flagged as a carer on their records. If you do not know if this is the case, contact them to find out.*

The government has made it very clear that unpaid adult carers, including family carers, are in group 6 for the vaccine:

At the same time as adults under 65 years with long term conditions, the vaccine will also be offered to unpaid adult carers – those who are in receipt of a carer's allowance, or those who are the main carer of an elderly or disabled person whose welfare may be at risk if the carer falls ill.

A child with a disability certainly counts as a 'disabled person whose welfare may be at risk if the carer falls ill'. However, we hear that some GPs are wrongly restricting this, for example to those who are in receipt of carer's allowance.

If this is the case for you, Contact, the charity for families with disabled children, has produced a template letter to send to your GP. It can be downloaded from <https://contact.org.uk/news-and-blogs/contact-produces-template-letter-to-help-carers-struggling-to-get-the-covid-vaccine/>.

The letter quotes the government recommendations and advises copying the letter to your clinical commissioning group (CCG). For families in Norfolk, this is Norfolk and Waveney CCG, Lakeside 400, Old Chapel Way, Broadland Business Park, Norwich NR7 0WG, or email nwccg.complaintsservice@nhs.net

*Being flagged as a carer should also mean, under current recommendations, that you will be offered the flu jab in the autumn.

Information for people with a learning disability

Mencap, at <https://www.mencap.org.uk/>, has a wealth of easy-read materials about all aspects of having the COVID-19 vaccine and being on a GP's learning disability register.



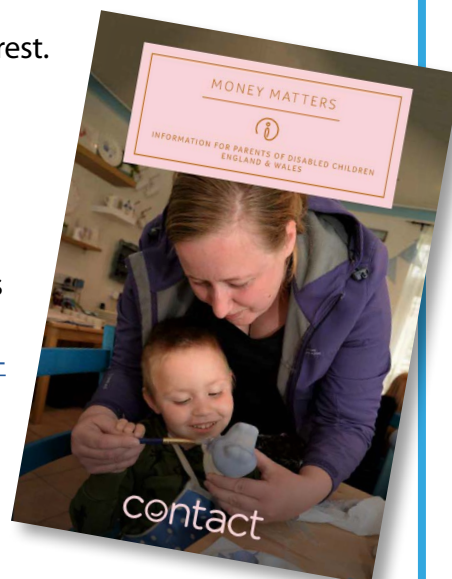
New publications from Contact

Contact, the charity for families with disabled children (and the body that administers Family Voice Norfolk's grant from the Department for Education), has some new information sources that may be of interest.

contact For families with disabled children

Money Matters: Information for parents of disabled children, England and Wales

This new guide covers a wide range of topics of interest to many parent carers, including disability and sickness benefits, carer's allowance, universal credit, working tax credit, transport, benefits if you're out of full-time work, and recent COVID-related benefits. You can download it from <https://www.contact.org.uk/news-and-blogs/latest-guides-and-information-from-contact/>.



Parent Carer Participation 2019–2020



This is the latest review of Contact's work in supporting and advising parent carer forums (PCFs) like Family Voice Norfolk. It has interesting things to say about the breadth of the work PCFs do across the country and their importance in ensuring that the voices of families with children and young people with SEND are heard. Download it at <https://www.contact.org.uk/search-results/?s=Parent+Carer+Participation+2019%E2%80%932020>.

Grants, loans and welfare assistance schemes

This is a recently updated webpage on the Contact website. Although Contact itself does not give grants or financial help, it has collated a list of charities that do and supplied links to them. Find it at <https://www.contact.org.uk/search-results/?s=Grants%2C+loans+and+>.



The helpful podcast for families with disabled children

Contact podcasts are really short but informative. The latest one is about **learning disability health checks** (see also page 29 of this newsletter).

You can subscribe wherever you usually find your podcasts.

In fact, these are just some of the many useful resources on the Contact website, where you can also join the Contact Facebook community and read about the campaigns the charity runs. The latest – for unpaid carers to receive the Covid vaccination as a priority – has been successful. See page 31 of this newsletter for advice on ensuring that you receive this.

New 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). Others are applicable to families with older children. All are accessible online via Zoom. These are stand-alone events – alternative dates are just that, not continuations of a course. Full instructions for using Zoom and accessing the workshops and booking forms are available if you click on the links below.

Handling meetings effectively – for parents/carers of young children with additional needs

It is very natural to feel overwhelmed about attending a meeting to discuss your child's specialist needs and get the right support for them. You may be finding this even more challenging during the disruption of Covid-19



This workshop will help you to:

- develop your skills for online and face-to-face meetings to help you make the right decisions for your child
- feel more confident and better able to express yourself in meetings with professionals
- understand how to prepare for and how to get the best from a virtual meeting
- recognise your strengths when communicating and remember that you are the expert!

Tuesday, 23 March 2020, 7:30pm–9:30pm

<https://www.eventbrite.co.uk/e/brighter-beginningshandling-meetingsa-contact-workshop-for-parentscarers-tickets-137347846105>

* Please note that unfortunately the following two workshops are already fully booked. However, by clicking on the links below you can register your interest in case a place becomes available. Contact have not said so, but if enough interest is registered, it is likely that further workshops will be organised.

* Brighter beginnings: helping your young child sleep

During the disruption of Covid-19, it can be extra challenging to manage young children's sleep patterns. This online workshop gives the opportunity to hear other parents' experiences, learn new strategies and share as much or as little of your story as you wish.



It is common for all young children to have sleep issues, but more common for children with additional needs. This webinar will explore some of the issues around sleep and will look at ways of supporting your child, raising awareness of the importance of sleep and the effect on the whole family. Participants will gain a better understanding of sleep processes, why sleep problems may occur and examine possible causes. Group discussions will explore what might help and where to get support.

Tuesday, 16 March 2021, 10:00am–12:00pm

<https://www.eventbrite.co.uk/e/brighter-beginnings-helping-your-young-child-sleep-a-contact-workshop-tickets-137348070777>

***Brighter beginnings: support for speech and language issues in young children**



During the disruption of Covid-19, it can be extra challenging to cope with your child's communication needs. This online course gives the opportunity to hear other parents' experiences, learn new strategies and share as much or as little of your story as you wish.

This workshop will help you to think about how you can best communicate with your child and how you can share this knowledge with those in their early years and school settings.

Written and delivered by a very experienced speech and language therapist and advisor to the children's communication charity, I CAN.

Wednesday, 24 March 2021, 19:30pm–21:30pm

<https://www.eventbrite.co.uk/e/brighter-beginnings-support-for-speech-language-issues-in-young-children-tickets-138793927373?aff=erelexpmlt>

Future Contact workshops

Contact has listed topics for future workshops but dates were not available as this newsletter was completed. Keep an eye on <https://contact.org.uk/help-for-families/family-workshops-events/> for further information. Topics in the pipeline include:

- **Siblings workshop for parent carers**
Explore any issues and concerns you face with managing the needs of all your children, when one or more has additional needs.
- **Educational support for school-aged children with additional needs**
Understand what support is available for your school-aged child in educational settings. Understand SEND provision and EHCPs.
- **Growing up – workshop for parent carers**
Explore how best to support your child as they experience puberty and adolescence. Support with managing their educational, practical and emotional needs, and helping them to develop positive relationships.
- **Money matters – for parents/carers of children aged up to 16 with additional needs**
An overview of benefits, DLA, carer's allowance, grants available, discounts on utilities, leisure, discounts for carers. Accessing services for support with financial applications. Local information and helplines. Dispelling myths around benefits. Also covers Covid 19-related financial updates.



- **Encouraging positive behaviour in young children**

Gain a better understanding of why young children with additional needs behave the way they do. Learn ways to handle difficult situations in a calm, stress-free manner. Explore ways of supporting and encouraging your child and how to get support and help.

- **Encouraging positive behaviour in children aged up to 16**

Gain a better understanding of why children with additional needs behave the way they do. Learn ways to handle difficult situations in a calm, stress-free manner. Explore ways of supporting and encouraging your child and how to get support and help.

- **Helping your child (aged up to 16) sleep**

Gain a better understanding of sleep processes, why sleep problems may occur and possible causes. The importance of sleep and the effect on the whole family. Suggestions for what might help and where to get support.

- **Wellbeing for parents/carers of children with additional needs**

Understand clearly what stress is and how it affects you. Identify new ways of coping with stress and reducing your stress levels. Find stress-busting techniques that fit with you!

Preventing Inappropriate Admissions to mental health hospitals for children and young people with Special Educational Needs and/or Disabilities (SEND)

Parents from parent carer forums across the eastern region (like Family Voice Norfolk) have produced information that they hope will be useful to all parent carers of children or young people with SEND who have a mental health condition. It is particularly aimed at parent carers of those who also have a learning disability, autism or both. Its purpose is to provide you with background information on what is happening in the NHS at the moment, the NHS Long-Term Plan and what this might mean for your family, and the services available locally to support your child or young person today. This document has information about:

- What the NHS Long-Term Plan says about support for those with a learning disability and/or autism.
- The role of dynamic support registers and how they can help parent carers and young people.
- What a Care Education and Treatment Review (CETR) is and how you can ask for one.
- The Local Offer and the information available on it.
- Additional links, resources and contacts to help you.

The Mental Health Act says children and young people should have the **least** possible separation from their family, friends and community, or breaks in education. There will always be cases where admission to a mental health inpatient facility is the optimal course of treatment for a mental health need. This information aims to prevent inappropriate admissions which occur because of a lack of understanding of the importance of having local services to meet the needs of the children and young people in local areas.

You can download the document from the Family Voice website at <https://www.familyvoice.org.uk/posts/news-events>.



Caring Together's current support for young carers and young adult carers



Caring Together continue to offer a range of support for young carers and young adult carers across Norfolk.

Workshops and trips/activities

Current restrictions due to coronavirus mean that Caring Together are unable to offer the normal face-to-face workshops or trips for young carers, but they are busy planning trips and activities for young carers and young adult carers for Easter holidays and May half term in order to provide them with a much-needed break (with ideas ranging from bowling, to theme parks, to trampolining to visiting the Harry Potter studios).

They also have a full programme of virtual workshops, which continue to run on Zoom for young carers.

Workshops have included boxing and mindfulness, staying healthy with Clubbercise and yoga, mental health and wellbeing sessions, as well as arts and crafts, and comic art skills as ways to help young carers to switch off from the stresses of home.

To see a full list of the virtual activities and workshops planned for the coming months visit <https://www.caringtogether.org/news/upcoming-activities-for-young-carers-and-young-adult-carers-5-feb>.

To find out more about any of the workshops, and to make sure you get the latest information about workshops, trips and other opportunities for young carers, contact Caring Together on 0345 241 0954, email hello@caringtogether.org or sign up to the mailing list at <https://www.caringtogether.org/maillinglist>.

Bursaries for young carers/young adult carers

Over the past year, Caring Together have been able to provide over £20,000 in grants and bursaries to young carers and young adult carers across Cambridgeshire, Peterborough and Norfolk. This has helped young carers to access home learning, have a break from their caring role, or to buy essentials in an emergency when things have gone wrong at home (e.g. the freezer has broken). Thanks to funding from BBC Children in Need and fundraising, they are in a position to support even more young carers and young adult carers in March to reduce the impact that the COVID-19 pandemic has on their health, wellbeing, and education or employment.

You can download information on how to apply [here](#).

And the application form is available by clicking [here](#).

Young adult carers – Inspiring Change project

Young adult carers aged 16–25 across Cambridgeshire and Norfolk have an opportunity to join other young adult carers as part of this project aimed at improving the mental wellbeing of young adult carers.



As well as helping to raise awareness of young adult carers and helping organisations such as hospitals, employers and colleges/universities to be carer-friendly, they will also help with planning a range of activities to help improve the mental wellbeing of young adult carers.

If you're a young adult carer who would like to meet virtually with other carers your age, and help to make a difference, email nycf@caringtogether.org.

Save the date! Young Carers Action Day – Tuesday, 16 March 2021

Young Carers Action Day (YCAD) is an annual event all about young carers, and now also young adult carers. It was formerly known as Young Carers Awareness Day. Young Carers Action Day is an opportunity to make real change for young carers and young adult carers.

This year's theme is 'Protecting young carers' futures'. It will recognise the incredible skills that they have developed through being a carer, such as resilience, time management and empathy. But it's also about making sure that young carers have the same life choices as other children and young people.

For all the latest news on Young Carers Action Day 2021 and resources you can use to help spread the message, visit www.caringtogether.org/ycad or sign up to receive inside news for carers at www.caringtogether.org/maillinglist.

Are you a young carer who wants to help make things better for young carers and help more people understand what being a young carer is like? If so, join Norfolk Young Carers Forum!

Young carers from across Norfolk meet regularly (on Zoom at the moment) to help raise awareness of young carers.

They also have the chance to get involved with opportunities including TV, radio and newspaper interviews, helping recruit staff, raising awareness of young carers nationally with people like MPs and much more. If you want to find out more, contact nycf@caringtogether.org, call 0345 241 0954 or text/WhatsApp on 07843 329 674.

Is your school, GP surgery, workplace or organisation carer-friendly?

The start of 2021 has seen Caring Together hit a new milestone with its Carer Friendly Tick Award – over 200 organisations have now signed up to work towards the award and nearly 50 schools, health organisations, employers and community organisations have successfully achieved the Carer Friendly Tick Award.

The Carer Friendly Tick was designed by young carers and is fully assessed by carers. It is available to any organisation across Cambridgeshire, Peterborough and Norfolk to sign up to and is free of charge. To find out more, visit www.caringtogether.org/professionals/carers-friendly-tick-award.

You can also see if your school or organisation has achieved the award yet by visiting www.caringtogether.org/professionals/carers-friendly-tick-award/hall-of-fame.



Support for carers to attend COVID-19 vaccinations

It is important that people looking after a family member or friend get the coronavirus vaccination. Over the coming months, carers will start being invited to book their vaccination, either for themselves or for the person they care for.

But it can be very difficult for carers and those they care for to be able to go to appointments for a range of reasons, such as transport or needing someone else to look after the person they care for.

Caring Together can provide free help with this. If you are a carer in Cambridgeshire, Peterborough or Norfolk with a coronavirus vaccination appointment, who has challenges attending your appointment, please contact 0345 241 0954 or email hello@caringtogether.org.

Please note this support is for people looking after someone and the people they look after to attend existing appointments. Caring Together are not able to arrange appointments for people to receive the vaccination.

Other support available to young carers

Finally, just a reminder that if a young carer is in need of additional support, then Carers Matter Norfolk can help. They can help with information and advice, one-to-one support, chances to meet other young carers and making sure other people in the family are supported. Visit www.youngcarersmatternorfolk.org to find out more.

Inclusive education festival

The National Development Team for Inclusion (NDTi) is planning a week-long, online Inclusive Education Festival to showcase great stories where inclusion really works to learn from each other and to try and build a more inclusive society for all children and young people.

You can register your interest at <https://www.ndti.org.uk/events/inclusive-education-festival>.



Inclusive Education Festival
15 - 19 March 2021



Easy-read information about the COVID-19 vaccine

The Norfolk and Waveney Clinical Commissioning Group (CCG) has made easy-read information about the COVID-19 vaccine available at <https://www.norfolkandwaveneyccg.nhs.uk/covid-19-vaccination-programme/2-uncategorised/219-easy-read-information-for-the-covid-19-vaccination-programme>

Information about the COVID-19 in languages other than English

The CCG has set up a page on its website with local information that has been translated by Translate Plus into the languages thought to be local priorities. The page also contains other translated/multi-language resources regarding the COVID-19 vaccination programme: <https://www.norfolkandwaveneyccg.nhs.uk/coronavirus/17-coronavirus/236-covid-related-documents-translated>.

This page is part of the first steps in meeting the needs of non-English speakers and primarily focuses on the operational details of when, where and how people will receive the vaccine. It will be added to and updated as more information becomes available.

Accessibility on the JustOneNorfolk website

ReciteME is new software that makes [JustOneNorfolk.nhs.uk](https://www.justonenorfolk.nhs.uk) incredibly accessible. It provides translation to 80+ other languages, and can also read out the text on the web page to you. You can change the colour of the background, the website font and font size by simply clicking one button. The software works on all devices.

Free wellbeing pack for carers

Norfolk County Council is delighted to be able to offer a free wellbeing pack to anyone caring for a family member or friend.

Norfolk County Council are working with Caring Together and Carers Voice to put together wellbeing packs, to show their appreciation for carers across Norfolk as they recognise how difficult it has been for many carers during the pandemic.

The packs will include some personal protective equipment (PPE) to support you in your role as a carer. They have also included some pick-me-up items that it is hoped will bring a little joy in these difficult times.

If you would like to receive a pack, please click on the link below where you can register your details and the pack will be posted directly to your home.

https://forms.norfolk.gov.uk/service/carers_wellbeing_pack



Sharing the experience of social work service users and carers

How you can help

A team from the Suffolk and Norfolk Teaching Partnership, based at the University of East Anglia, is creating a series of video interviews that will be used as a teaching tool for educating social workers. It will be used by members of the Partnership, including:

- staff and students at the School of Social Work at University of East Anglia
- staff and students at the School of Social Work at University of Suffolk
- staff in Social Services teams at Norfolk County Council
- staff in Social Services teams at Suffolk County Council

How this will work

The interviews will allow people to reflect on their experiences of using social services, both the things that went well and those that didn't. The interviews will be recorded and used in the training of trainee, newly qualified and experienced social workers.

Liz Bassett explains:

We are hoping to include a range of perspectives on different social services from those aged 18 years and over from across Norfolk and Suffolk. Taking part is completely voluntary ... If you would like to be involved we will work with you to find a suitable time that works for you.

We will be in touch with you ahead of the interview to take you through the details of the project and what you are consenting to.

The interview itself will last up to 1 hour and 30 minutes. We will talk to you about your experiences, about what has worked well for you and what you think needs improving in social services.

Questions will be asked to provide some structure and help you tell your story in a



comfortable way.

We aim for you to be in charge of the interview, which means you do not have to talk about anything which you do not wish to share.

You will receive £22.60 as a payment for your time and for any expenses incurred.

To find out more, contact: serviceusers.carers@uea.ac.uk.

The option of joining the Service User and Carer group at UEA

There is an on-going group of service users and carers who are involved with various aspects of teaching on the Social Work degree at the University of East Anglia.

The members of the group are involved with different teaching activities, from participation in interviewing students during the university admission process to joining in teaching sessions with all students across our different study programmes. Members find it valuable to be part of educating the next generation of social workers. Involvement is flexible and different members of the group support in different teaching activities as and when they are able.

If you would be interested in having an informal discussion about being part of this group, please contact Liz Bassett at: e.bassett@uea.ac.uk.



Department for Education (DfE) consultation: higher needs funding



Department
for Education

The DfE is seeking views on proposed initial changes to the high needs National Funding Formula (NFF) as part of a longer term review of the NFF.

The **SEND Review** which is the first major review of special educational needs and/or disability (SEND) since the reforms of 2014, was delayed firstly by the general election in December 2019 and then by the COVID-19 pandemic. However, the DfE has said recently 'our ambition is to publish the review's proposals for consultation in the spring of 2021'.

In the meantime, the DfE has made some proposals for changes to the way that high needs funding is allocated and is asking for views. The high needs National Funding Formula (NFF) calculates funding allocations to local authorities for children and young people in England with complex special educational needs and disabilities (SEND) or who require alternative provision (AP).

You can read the document outlining the proposals and access the survey at: <https://consult.education.gov.uk/funding-policy-unit/high-needs-nff-proposed-changes/>

The survey is not specifically for parent carers, but does include 'individuals' among those who can use it.

Independent review of children's social care

The government's manifesto committed to review the children's social care system to make sure children and young people get the support they need. An independent review was announced in January 2021.

The review will be led by Josh MacAlister, a former schoolteacher who founded the social-work charity Frontline.

The review will be supported by an Experts by Experience Group to help the lead reviewer hear the diverse experiences of children and families who are supported by social workers.

Get involved

Experts by Experience Group

People with experience of children's social care are being sought to join the Experts by Experience Group. For the terms of reference and expression of interest for further information use the link below.

Call for advice

The review has also launched a call for advice to guide the early work of the review. The call for advice is aimed at anyone with an interest in the review.

There will be many other ways to engage with the review that have yet to be announced.

You can find all current information and sign up for updates at: <https://www.gov.uk/government/groups/independent-review-of-childrens-social-care>.

