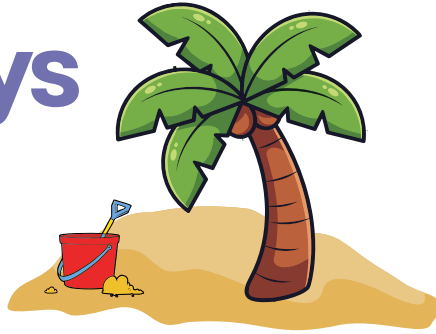


NEWSLETTER

Free Holidays Offered To Carers



The Respite Association offer Carers FREE self-catering breaks (without the person you normally care for). Applications for breaks of 7 nights are now open (no shorter breaks available), places will be allocated on a first come, first served basis. There is no charge for the breaks, although a refundable deposit of £50 is required at least 8 weeks prior to the start of the break. The deposit will be returned in full if no damage or additional cleaning is required. Regrettably, the breaks are for a week's accommodation only, there is no funding available for ancillary costs such as food and entertainment, although help may be available with transport to and from the holiday site(s) chosen on your application form in certain circumstances – please advise that assistance with transport costs is required when accepting any offer made.

You can request a break if: You care for a person who has a medical or mental health diagnosis, you are a long term Carer (one year or more although exceptional circumstances are considered) and you can confirm you are on benefits and/or can confirm you are on a limited income and could not otherwise afford a break without support. You must not have received support from The Respite Association in the previous 18 months (either through a grant or break under this scheme). The more options you give on the form, regarding location and dates, the more likely it is that you will be a successful applicant. Locations include: Penzance, Cornwall; Llandullas, near Abergele in North Wales; and North Bay in Bridlington on the Yorkshire Coast.

Click here for more information and to apply
<https://respiteassociation.org/breaks-for-carers/>

YOUNG CARERS ACTION DAY 2026

Young Carers Action Day 2026 takes place on Wednesday 11 March and focuses on the theme 'Fair Futures for Young Carers'. The day calls for action to ensure Young Carers have the same opportunities to learn, grow and thrive as their peers, with the right recognition, support and chances to reach their potential.

To mark this occasion Carers Voice, Voluntary Norfolk's Young Carers Matter service and Norfolk County Council have launched new features on back of the Carers Identity Passport to aid Young Carers in an education setting. [Click Here](#) to be taken to page 3 of this newsletter for more information.

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CARERS VOICE NEWS

Carers Identity Passport for Young Carers!

The All Age Carers Identity Passport, will now include additional icons and information to support Young Carers. Young Carers themselves have co-produced the features to help teachers and other professionals working across health and social care better understand the additional pressures some pupils face due to caring responsibilities at home. The Carers Identity Passport discreetly explains that the holder is a Young Carer and outlines some of the reasonable adjustments they may need. Young Carers can apply for a Carers Identity Passport by [Clicking Here](#).

Introducing the new.....

Carers Identity Passport for Young Carers

Including icons on the back of the passport to help you discreetly ask for support from staff at school or college.

This card has been issued by Carers Voice Norfolk & Waveney on behalf of the Norfolk & Waveney Integrated Care System



-  I need access to a phone in case of emergencies
-  I may arrive late or need to leave early
-  I need more time to complete my homework
-  I may need to leave class to take a break

Scan the QR code or visit: improvinglivesnw.org.uk/carers
If this card is found, please contact: info@carersvoice.org



SCAN ME!



To apply or for more info scan the QR Code or visit carersvoice.org/carers-identity-passport

Carers Voice
Norfolk & Waveney

Do You Look After Somebody?

Carers Wellness & Information Event

Save The Date

Friday 17th April – 10.30 to 2.30



FREE Wellness Activities



Local Health & Exercise Info



Info & Advice tailored to Unpaid Carers living in North Norfolk



FREE Refreshments

Cromer Parish Hall, 65 Church St, Cromer NR27 9HH

For more information, contact info@carersvoice.org or 07932095260



Our Carer Wellness & Information Sessions take place once a month and are Norfolk & Waveney wide. Each session will incorporate news, updates, one information based speaker and a FREE Wellness based Session.

The next meeting takes place on Monday 23rd February, 10.30am to 12.05pm. The session will include a speaker from Norfolk County Council giving information about planned respite options for older people. As well as a fun general knowledge quiz! Future dates for the monthly meetings can be found below, all meetings will run from 10.30am to 12: 16th March, 20th April, 18th May, 15th June, 13th July, 10th August, 28th September, 19th October, 16th November, 14th December.

For joining details please email info@carersvoice.org.

NORFOLK & WAVENEY - NEWS & EVENTS



Reducing loneliness in later life
EST. 1965

CALL COMPANION SERVICE

Thanks to the recent 1 Million Minutes campaign with ITV's Good Morning Britain, Reengage have trained Call Companion volunteers ready and waiting to support older people living with loneliness – but they can't start until older people are referred. Can you help? If you know a person, 75 or older, who would benefit from regular companionship over the phone, please consider referring them today.

The free Call Companion service provides contact for older people through phone befriending, offering weekly or fortnightly calls with trained volunteers. For more information please [Click Here](#).



CARERS OF PEOPLE WITH DEMENTIA

The Alzheimer's Society have a wealth of information on their website directed at Carers of people with Dementia. Supporting a person with dementia can be positive and rewarding, but it can also be challenging. Looking after yourself is important for both you and the person you are supporting. Please [Click Here](#) for more information.



Need help finding or staying in work?

We got you



You can get support from Working Well Norfolk if you want to work and you have a long-term health condition and/or other disadvantage and find it difficult to find, start, or stay in work.

Our team of Employment Specialists offer personalised, one-to-one support to help you start and stay in work. We can also support you if you are struggling in the workplace due to your health condition or other complex issues.

You can refer yourself to Working Well Norfolk or someone else can refer you (with your consent) directly on our webpage: www.norfolk.gov.uk/workingwell

Or you can email us at connecttowork@norfolk.gov.uk or call **0344 225 2057**.



Our Impact



4,646

We received a total of 4,646 requests for support over the last 12 months.



86%

86% of carers would recommend our service, with 11% being neutral, and 3% of carers not recommending us (209 responses).



10 Days

Within the last 3 months we contacted carers an average of 10 days from receiving their referral.

CARERS MATTER NORFOLK STATISTICS

If you have ever wondered what impact Carers Matter Norfolk have on Carers in Norfolk, including how they are performing or how busy they currently are, please take a look at the bottom of their homepage - <https://carersmatternorfolk.org.uk/>

This helpful section details how many Carers Carers Matter Norfolk have helped in the last 12 months and how those Carers have graded the support that they have received.

NORFOLK & WAVENEY - NEWS & EVENTS



YOUNG CARERS & HOME EDUCATION SUPPORT

If Young Carers are taken out of school to be educated elsewhere (such as at home), it is vital that they can still access support if they need it and that they do not end up taking on greater levels of caring responsibilities. Through the Children's, Wellbeing and Schools Bill, the UK Government is proposing to introduce a requirement for all local councils in England to have a register of those children being educated outside of a school setting in their area, but the original proposals did not include whether a child is a Young Carer as information which would be required to be on the register. Over the past few months Carers Trust has worked to highlight examples where a Young Carer being taken out of school has led to the child either taking on significantly more caring responsibilities, or has found themselves feeling isolated and not able to access support available to other Young Carers. Carers Trust then worked with Lord Young of Cookham, Vice-Chair of the APPG (All Party Participation Group) for Young Carers and Young Adult Carers, to table an amendment to the legislation which would add in Young Carers. This amendment received support from peers from different political parties when it was debated at the Committee Stage in Autumn 2025. Ahead of the Bill approaching Report Stage, we are therefore delighted that the UK Government has agreed to add its own amendment (Amendment 146) to the Bill which will add Young Carers to the register of children not in school. This change will help ensure that Young Carers are not a group of young people forgotten when local councils are considering children who are being educated outside of a school setting. It will also help ensure local authorities identify Young Carers and provide them with any support they need to ensure they are able to access education. For some young carers, being educated outside of a school setting will absolutely be what is best for them.



GET HELP WITH NEWLY PRESCRIBED MEDICINES

If you're prescribed a medicine for the first time, depending on the health condition being treated you may be able to get help and advice about your medicine from a local pharmacist. This is done through a free scheme called the NHS New Medicine Service (NMS). As part of the scheme, the pharmacist will support you over several weeks to use the medicine safely and correctly. They can also give you advice about healthy lifestyle changes. You can use the New Medicine Service if you live in England and have been prescribed a new medicine for specific conditions, please find out by [Clicking Here](#). When you pick up your new prescription at a pharmacy, ask the pharmacist if you can take part in the New Medicine Service. You'll have 3 appointments with the pharmacist over several weeks. The appointments can take place over the phone or in the pharmacy's private consultation area. At these appointments, you can discuss concerns or issues about your medicine with the pharmacist, and they can help you with any problems linked to your medicine.

WEST NORFOLK

Learning Disabilities West Locality Group



Come and tell us what you think
When: Thursday 5th March 2026
Time: 1:30pm to 3.00pm
Where: Forward 33 shop, 33 Broad Street, Kings Lynn, Norfolk, PE30 1DP



At this meeting we will be discussing Norfolk County Council's Supported Living Programme



And asking for **your ideas** about some workshops they would like to run



For more information email contact@norfolklpartnership.org.uk

NEED HELP WITH TRANSPORT?



FEEL ISOLATED?

Our services



- Kings Lynn Dial-a-Bus
- Rural Dial-a-Bus
- Community Car Scheme
- Mobility Scooter Hire
- Group Minibus Hire

For more information Call 01553 770310 or visit www.westnorfolkct.co.uk



Royal Association for Deaf people



Wednesday 18 February 2026, 10am - 2pm

POhWER Advocacy Norfolk - Drop in Service

Drop-in service in Norfolk with advocacy for Deaf, HOH, DeafBlind individuals. Advocacy services can support those who are deaf, deafened, deafblind and hard of hearing people living in the Norfolk area.

Event Location: West Norfolk Deaf Association, 32B Railway Road, King's Lynn, PE30 1NF

Face-to-face appointments available, or just drop in. For more information or to book an appointment, please contact us by email or send a BSL video to: advocacy@royaldeaf.org.uk

royaldeaf.org.uk



SEND PARENT/CARER CAFE - DEREHAM

The SEND Parent/Carer Café runs every first Monday of each month in Dereham Library - the next session will be on Monday 2nd March from 1:30-2:30 PM, free drop in - no booking needed. Come along for a cuppa and connect with other families. Enjoy activities for children and young people and chat with visiting services. For more information, please email communityfocusbreckland@norfolk.gov.uk

EAST NORFOLK & WAVENEY



CARING & BOUNDARIES WORKSHOP

WOULD YOU LIKE TO EXPLORE THE NATURE OF HEALTHY BOUNDARIES WITHIN YOUR CARING RELATIONSHIP?

PLEASE JOIN US AT OUR NEXT CARING AND BOUNDARIES WORKSHOP

Caring relationships can become very complicated, especially when the person being cared for is experiencing mental health or exhibiting challenging behaviour. It can be hard to keep track of where responsibilities begin and end, lives and identities can become entangled and any sense of personal identity, space and resources can be lost. If you'd like to explore ways to find some clarity about your own parameters, this workshop may be of help.

Thursday 5th March 2026, 10.30am-1pm

Kirkley Centre, Lowestoft, NR33 0AZ

Please note that places must be booked in advance

www.suffolkfamilycarers.org/upcoming-workshops/
or contact us for bookings and enquiries:
hello@suffolkfamilycarers.org or 01473 835477

Suffolk Family Carers
Living Fuller Lives

CARERS TRUST

Suffolk Family Carers Limited Registered Charity No. 1069907. A Company Limited by Guarantee in England No. 3507603
Registered Office: Unit 8, Hill View Business Park, Claydon IP6 6AZ

STAGE

SFC Boundaries Editable Apr24 V1

nansa
norfolk and norwich send association

Great Yarmouth Support Group

Shrublands Youth and Adult Centre, Magdalen Way, Gorleston on Sea, NR31 7BP

- ~~27th January~~
- ~~10th February - Benjamin Foundation~~
- 24th February - SENDIASS
- 10th March
- 24th March

www.nansa.org.uk/senfam-whats-on/

EAST SUFFOLK
WARM WELCOMES

Bungay Community Support

Warm Welcomes
At Number 28

Warm Welcomes is a warm welcoming safe space for everyone.

We invite you to come in to meet with others, have free refreshments, and join in friendly company. There are books, board games, jigsaws and other activities to enjoy.

We can provide information about other support available if needed.

Tuesday 12pm-2pm Soup & roll & Hot drinks

Wednesday 12pm-2pm Soup & roll & Hot drinks

Thursday 10am - 2pm Toasted Snacks or Soup & Roll & Hot drinks

Check out our winter programme for more activities.

Bungay Community Support
Open Tuesday-Thursday
28 Wingfield Street, NR351EZ
bungaycsinfo@bungaycs.org.uk
0300 365 2995



Charity No. 1200141



Funded by UK Government



East Suffolk Community Partnerships



bungaycommunitysupport.org.uk

Sams
WELLBEING HUB + CAFE

BASICS OF MINDFULNESS FOR WOMEN

Febuary Workshops

This February taking place:

Weds 25

6pm - 7:30pm, free & un-ticketed

Experience how you can reconnect to yourself and be more mindful in everyday life with support of easy meditation techniques.

- Breathing meditation
- Sound meditation
- Drawing meditation

Workshops by
Slawa De Brea



NORTH NORFOLK



Wells Support Group

Coastal Health and Wellbeing, Wells Community Hospital, Mill Road, NR23 1RF

- ~~11th February~~
- 11th March

Holt Support Group

The Tree House, Charles Road, Holt, NR25 6DA

- ~~28th January - Mind~~
- 25th February - SENDIASS
- 25th March

www.nansa.org.uk/senfam-whats-on/



CLICK, SAVE, SPEND

Build confidence to manage your money on line. Free one-to-one support is now available at North Walsham library. Find out about: Online banking, budgeting and saving money, spending money online and online safety & security. Speak to the library staff to book a session or call 01692 402482 or email north.walsham.lib@libraries.norfolk.gov.uk

Save the Date
Big Bash is Back

Saturday 18th April
2026



Communities
MAKE CHANGE



Learning Disabilities North Locality Group

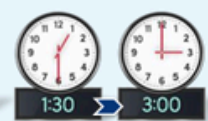
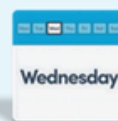


Come and tell us what you think

When: Wednesday 25th February 2026

Time: 1:30pm to 3.00pm

Where: About With Friends, 22D Holt Road, Cromer, NR27 9JW



At this meeting we will be discussing Norfolk County Council's Supported Living Programme



And asking for your ideas about some workshops they would like to run



For more information email contact@norfolkldpartnership.org.uk



ART WORKSHOP FOR 50+

The Healing Harbour is running a workshop aimed at people aged 50 and above, a hands on art-based workshop offering time to reflect on the 'Geography of Life' – Memory Making. You are invited to join in a free creative 'hands-on' afternoon exploring your memories and life stories. Taking place on 19th March from 1.30 to 3:30pm at the North Norfolk Railway Cafe, Sheringham NR26 8RA. Refreshments are provided. You don't need to have any experience of art. There is no pressure to speak or share. Booking is essential at: thehealingharbour22@gmail.com or 07585 586469 .

NORWICH & CENTRAL

LUMi A brighter way to share

DIGITAL DROP IN SESSIONS

Getting to grips with digital technology can be tricky at times. To help you get the most out of your laptop, tablet, PC or smartphone, free digital drop-in sessions are being held weekly at Catton Grove Community Centre. Come along for a one-off session or every week if you prefer. Bring your own device or use one of the devices provided. Every Wednesday, 9.15am – 11.15am, Catton Grove Community Centre, Jewson Road, Norwich NR3 3RD Free – no need to book. For more information please [Click Here](#).

Norfolk Autism Partnership presents:
Now That's What I Call Autism 2026
A celebration of autistic people, culture and creation

makers market autistic guests networking

The Forum, Norwich
23rd April 2026
11am - 3pm

NORFOLK AUTISM PARTNERSHIP



CARROW HOUSE MENTAL HEALTH HUB

Providing a safe space for adults 18 and over, including over 60s, to access positive opportunities to support their mental health in a community setting. Booking required. For more information and contact details please [Click Here](#).



Norwich Support Group

Nansa Family Centre, 33 Woodcock Road, Norwich, NR3 3TT

- ~~26th January~~
- ~~9th February - Benjamin Foundation~~
- 23rd February
- 9th March - SENDIASS
- 23rd March

www.nansa.org.uk/senfam-whats-on/



TOASTY TOES - MILLENIUM LIBRARY

Toasty Toes sessions offer Advice and information for older people about keeping warm and well this winter. You can also collect a brand new pair of slippers to help reduce trips and fall. The next session is due to take place on Tuesday 24 February 2026 at The Millenium Library, The Forum, Norwich. Booking is essential, please speak to the Library staff in person or call 01603 774740 to do so.



LIONWOOD COMMUNITY CAFE

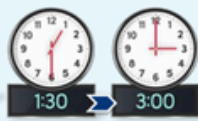
A new Community cafe has recently open in Pilling Park Community Centre. Open 3 times a week Mon, Tues and Friday's. The Cafe can be found at 23 Pilling Park Rd, Norwich NR1 4PA

SOUTH NORFOLK

Learning Disabilities South Locality Group



Come and tell us what you think
When: Wednesday 11th March 2026
Time: 1:30pm to 3.00pm
Where: Mid Norfolk Mencap, 1 Tavern Ln, Dereham, NR19 1PX



At this meeting we will be discussing Norfolk County Council's Supported Living Programme



And asking for **your ideas** about some workshops they would like to run



For more information email contact@norfolkldpartnership.org.uk

Helping Hands @ CBC

When: Last Saturday of Every Month in 2026, starting Sat 28th March
Location: CBC Well-Being Garden
Time: 10am - 12noon
Free Tea / Coffee & Light Snacks

A community and volunteer led gardening group where like minded, green fingered folk can enjoy a cuppa and chat.

OPENING TIMES

TUESDAY: 12:30 - 14:30
 WEDNESDAY: 16:30 - 18:30
 (The 1st and 3rd of the month)
 THURSDAY: 09:30 - 12:00

WATTON FOOD HUB

Watton Community Centre
 Harvey Street, Watton
 Norfolk, IP25 6EB

foodhub@wattontowncouncil.gov.uk
 01953 881007



Watton Food Hub



Watton Food Hub



Bridging the Gap



SHOP

You'll be amazed at the range that we stock. We have all the basics!

DONATE

Store cupboard items make great donations! Pop in when the Hub is open or maybe drop something into the collection point in Lidl.

VOLUNTEER

Got some spare time? Why not join our brilliant team?

FOLLOW US

On social media to hear all our news!



DISS COMMUNITY FARM

Diss Community Farm is a shared allotment where members come to work and take home a box of whatever is harvested that day. Currently the principal work day is Thursday, from about 10 am until about 1 pm. Some members simply come when they can, especially if they are in full time work. They are actively seeking a few new members (small subscription fee). For more information please contact Gary Alexander, on 07766-711999 or garyalexand@gmail.com

INVOLVEMENT OPPORTUNITIES



STOP SMOKING SUPPORT FEEDBACK

Have you received support to give up smoking? Are you a current smoker thinking about giving up? Healthwatch Norfolk are working with Norfolk County Council Public Health to gather feedback on services that support people to give up smoking and they want to hear your thoughts. They are interested in hearing from current smokers, those who have given up within the last 10 years and those who have attempted to give up and relapsed. Complete the short survey [here](#). The survey will remain open until 28 February 2026 and all responses will remain anonymous.



YOUNG CARERS & EMPLOYMENT

There is an opportunity for Young Carers and Young Adult Carers to have their say in a key UK Government review into youth employment. The UK Government has commissioned a review into rising rates of unemployment. As part of this review Young Carers have been identified as a key group who the review want to hear directly from. The Young Carers Alliance are working with the review team to organise two online focus groups over the coming month. One for Young Adult Carers aged 16 to 24, particularly those who have experiences of being not in education, employment or training, or have found it difficult to access such opportunities. One for Young Carers from Years 8 to 11 to think about their experiences in school and as they approach transition to post-16 education. Dates are to be confirmed, however any Young Carers who want to receive more information please [Click Here](#).



DEMENTIA VOICE - ALZHEIMERS SOCIETY

People with lived experience of dementia are at the heart of everything Alzheimer's Society does. Dementia Voice Partners, including people living with dementia, Carers and loved ones, help shape and influence their work. Getting involved can include sharing your story, shaping research, influencing decision-makers, joining a group and more. They meet on the third Tuesday of each month and work on projects such as the Norfolk and Suffolk Dementia conference. Why not come along and share your experience - Cavell Court, Cringleford, Norwich NR4 7SW. For more information - 01603 763556 - Norfolk@alzheimers.org.uk

**Do you enjoy nature?
Would you like to feel closer
to nature in your local area?
Visit new places?**

**Come and tell us what you enjoy
doing to connect with nature.
Everyone is welcome!**

Connecting with nature helps us with our wellbeing – it can lift our mood and make us feel happier, calmer and more contented.



To receive more details or for a friendly chat, please contact Project Coordinator, Lou Harlow, on 07955288573 or email lou.harlow@norfolkandwaveney.org.uk

PLEASE SHARE!

Please share the image below with your colleagues, freinds and family, to enable us to continue to offer the Carers Identity Passport to Carers!

6200

6200 Carers have benefited from a Carers Identity Passport! But we need your help! To continue to offer Carers FREE Carers Identity Passports, we need your donation. Please visit bit.ly/CIP-donation or scan the QR code

SCAN ME!

I am a Carer
I look after someone who depends on me

Carer Name:
Carers Identity Passport Number:
Issue Date:
10/03/2023

Carers Voice
Norfolk & Waveney

Carers Identity Passport

THANKS FOR READING!

We will be sending out the next newsletter in March 2026. Please email info@carersvoice.org by 2nd March 2026 if there is any information that you would like us to include or information you have found helpful that you would like to share. We would love any of your photos or info you think people would be interested in. Also, if you have any thoughts on the the newsletter we would love to hear them. Please [Click Here](#) to send us your feedback.