

Norfolk's 1st

Rainbow

Love Your True Colours

P R O M

Friday, April 10th | 7:00pm-10:00pm

Norwich- NRI

Join us for a joyful, affirming prom night created specially for LGBTQ+ youth and allies, aged 13-17! Expect great music, drag performances and fun photo opportunities!



LGBTQ+
PROJECT

Mental health and wellbeing
support in Norfolk and Waveney

Email sophie@lgbtqproject.uk.org for tickets!



Hear for Norfolk

Supporting people with hearing loss and related conditions

We are your local charity dedicated to improving the health and wellbeing, aiding communication and enhancing the quality of life for people with hearing loss and hearing related conditions.

We provide support through the following range of services:

Aural Care - removal of earwax using microsuction



Audiology - NHS funded hearing assessments and fitting of hearing aids for people ages 50+, and privately funded hearing assessments and fitting of hearing aids for children aged 7+ and adults of all ages

Both services are delivered by trained, registered and experienced nurses and audiologists

Hearing Support - maintenance of NHS issued hearing aids

Otoscopy Clinics - screening of ears for the presence of earwax

'Cuppa Care' Project - emotional and wellbeing support, information and advice to people of all ages

Hearing Loss Awareness Training

Our services are available from our community-based and mobile clinics, and domiciliary/care home visits for people who are housebound



Please call us on 01603 404440, email us at nda@hearforfolk.org.uk or visit our website at www.hearforfolk.org.uk for more information

Scan me!





MENTAL HEALTH & WELLBEING SERVICES

'I have learnt not to be afraid of myself' – **Counselling client**

'Their expertise in the field of Education and Counselling was exceptional; making them not only an excellent lead trainer, but also they have a humanness which came across strongly' – **Staff Training delegate**

'I feel more prone to now allowing myself to take a moment to reflect on my thoughts, feelings and actions before I act.' – **Supervisee**

T 01733 373187

E mentalhealthservices@ymcatrinity.org.uk

W ymcatrinitygroup.org.uk

[in](https://www.linkedin.com/company/ymcamhs/) www.linkedin.com/company/ymcamhs/



We believe that everyone deserves access to wellbeing support and education. We are a leading evidence-based service focused on removing the barriers to mental wellbeing that prevent communities from thriving.

WHO WE WORK WITH?

Our holistic offer allows us to take a needs-led approach to support a wide variety of settings and communities including:

- ▶ Workplaces
- ▶ Charities and community groups
- ▶ Children and young people (e.g. through education or youth services)
- ▶ Families
- ▶ Professionals and mental health networks.

WHAT DO WE OFFER?

CLINICAL SUPPORT

- ▶ Counselling and therapy for ages 5+ (including children, staff and parents or carers)
- ▶ Mentoring and group work
- ▶ Reflective or clinical supervision for staff
- ▶ Mental Health hubs

MENTAL HEALTH TRAINING

- ▶ Basic awareness workshops for all ages
- ▶ Enhanced courses covering a range of specific topics
- ▶ Targeted programmes to support senior leaders
- ▶ Bespoke courses

OTHER WELLBEING SERVICES

- ▶ Room and studio hire for meetings and events
- ▶ Workplace wellbeing consultancy
- ▶ Volunteering and fundraising opportunities

North Sea School!



Come and have fun on a free Beach Scavenger Hunt!!

Search for all the treasures that you can spot here on our wonderful beach
Monday 13th April 10:00-11:30

Meeting on the Promenade, outside the Whitewater Coffee Shop, Cromer Beach.
Followed by an optional self-guided quiz in the Lifeboat Station on the pier

12 spaces available for children aged 5-12
Each young person needs an accompanying adult

[Click here to complete booking form](#)

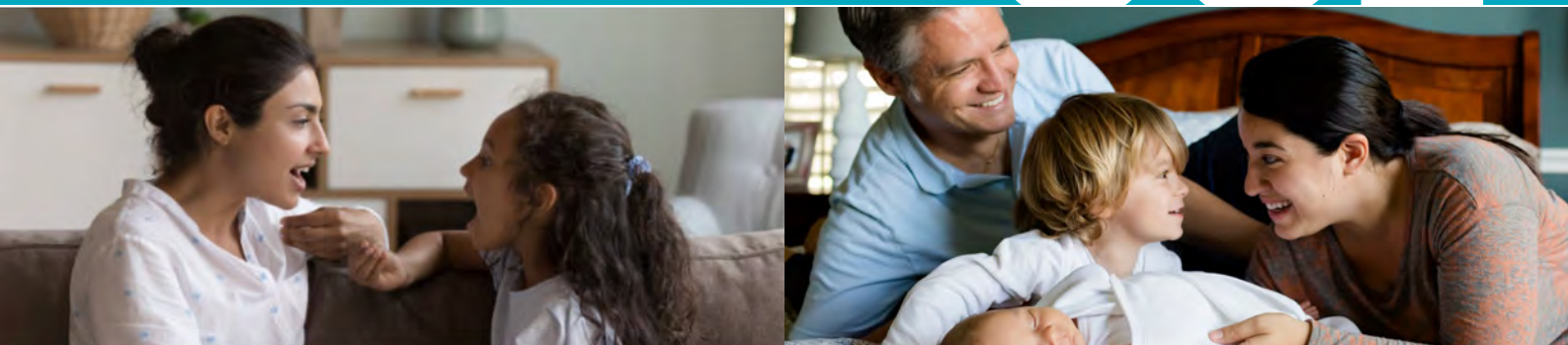
Or email cspartnercommunitynorth@norfolk.gov.uk
Further details will be sent out with your confirmation



Take part in research about communication and wellbeing in autistic children!



UCL



Parents and caregivers of verbally fluent autistic children, we need YOU!

We are investigating the relationships between communication profile, autism features and wellbeing in young autistic people.

We are seeking **parents/caregivers of autistic 4–12-year-olds who are verbally fluent** to take part in the study.

Who is involved in this project?

This study is part of a new research project funded by the Royal Society, led by Dr Jo Saul at University College London (UCL).

This study has been approved by the UCL Research Ethics Committee, Project ID 20175/002.

Who are we looking for?

- **Parents / caregivers** of a child with a diagnosis of autism who is aged 4-12 years, lives in the UK
- Your child should currently be verbally fluent and able to use **spoken multi-word phrases** on a regular basis to communicate
- Please contact us if you are unsure if your child meets this criterion

What does participation involve?

You will be asked to complete a few online questionnaires, which can be completed over multiple sessions.

How much time would it take?

We estimate that your participation in the study may involve up to 40 minutes of your time. As a thank you we will give you a **£10 shopping voucher**.

Where can I find more information?

If you would like to find out more about the study or have any questions, please contact Dr Jo Saul. E-mail: jo.saul.14@ucl.ac.uk

I am interested. Where can I sign up?

Please complete the online form here: https://qualtrics.ucl.ac.uk/jfe/form/SV_1XOQrxLJJeP4i4C

Or scan the QR code:

