

# Wellbeing Service Directory

Autumn 2021



**Norfolk** County Council

# Contents

This directory is intended to help schools and settings to support and promote children and young people's mental health, through a whole-school approach. It remains the responsibility of a school to quality assure that prior to use, the services and resources shared within the directory, ensuring that they meet the bespoke needs of their school and the community they serve.

Please tap/click the section headings to navigate this document easily.

## Leadership and Management

## Policy and Procedures

## Ethos and Environment

## Pupil Support

## Staff CPD

## Staff Wellbeing

## Curriculum

## Family Engagement

# Leadership and Management

## Active Norfolk

Primary	Secondary	Post-16	£
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Support schools to understand how the benefits of physical activity can improve health outcomes.

[www.activenorfolk.org/organisations/youth-education/advice-guidance-training-for-schools/](http://www.activenorfolk.org/organisations/youth-education/advice-guidance-training-for-schools/)

[joanne.thompson@activenorfolk.org](mailto:joanne.thompson@activenorfolk.org)

## Attendance Service

Primary	Secondary	£
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Guidance and resources to support whole school management of attendance in setting.

[s4s.norfolk.gov.uk/Services/4429](https://s4s.norfolk.gov.uk/Services/4429)

[katie.griffiths@norfolk.gov.uk](mailto:katie.griffiths@norfolk.gov.uk)

## Caring Together

Primary	Secondary	£
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Guidance to improve identification and support of young carers within school.

[www.caringtogether.org/professionals/carers-friendly-tick-award](http://www.caringtogether.org/professionals/carers-friendly-tick-award)

[andy.barber@caringtogether.org](mailto:andy.barber@caringtogether.org)

## EAL (English as an Additional Language) Advisory Service

Primary	Secondary	Post-16	£ £
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Support for families and children with English as an Additional Language (EAL) including free use of telephone interpretation to support communication with any vulnerable or marginalised families.

[www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language](http://www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language)

[tanya.ingram@norfolk.gov.uk](mailto:tanya.ingram@norfolk.gov.uk)

## Early Intervention and Prevention Norfolk County Council Well-being in Education

Primary	Secondary	£
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Wellbeing in education resources and guidance for a whole school approach to emotional health and wellbeing.

[www.schools.norfolk.gov.uk/teaching-and-learning/wellbeing-in-education](http://www.schools.norfolk.gov.uk/teaching-and-learning/wellbeing-in-education)

[anna.sims@norfolk.gov.uk](mailto:anna.sims@norfolk.gov.uk)

[alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Educational Psychology and Specialist Support including Critical incident Service, SEMH team and ASD team

Primary	Secondary	Post-16	£ £
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Support and advice on mental health and emotional wellbeing.

[www.norfolkepss.org.uk](http://www.norfolkepss.org.uk)

[bianca.finger-berry@norfolk.gov.uk](mailto:bianca.finger-berry@norfolk.gov.uk)

## Inclusion and SEND Team (Inclusion Advisers)

Primary	Secondary	£
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Work with school leadership teams to support their inclusion needs at an individual pupil and whole school level considering effective policy and practice.

[Inclusion Helpline: 01603 307736](tel:01603307736)

[inclusionteam@norfolk.gov.uk](mailto:inclusionteam@norfolk.gov.uk)

## Norfolk LGBT+ Project

Primary	Secondary	Post-16
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Support to achieve a high standard of care supporting LGBT+ young people, staff, parents and the wider community.

<https://norfolklgbtproject.org.uk/training-awards/educating-with-pride/>

[fiona@norfolklgbtproject.org.uk](mailto:fiona@norfolklgbtproject.org.uk)

## Norfolk Steps

Primary	Secondary	£
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The Step On programme is a whole school positive behaviour support programme supporting children and young people's mental health and wellbeing.

[s4s.norfolk.gov.uk/Services/2068](https://s4s.norfolk.gov.uk/Services/2068)

[hilary.anderson@norfolk.gov.uk](mailto:hilary.anderson@norfolk.gov.uk)

## Norwich Opportunity Area

Primary	Secondary	£ (Norwich)
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The Norwich Opportunity Area offers grants to schools in Norwich for programmes supporting mental health and well being.

[norwichopportunityarea.co.uk/](https://norwichopportunityarea.co.uk/)

[emma.vandeventer@norfolk.gov.uk](mailto:emma.vandeventer@norfolk.gov.uk)

## Promoting Alternative Thinking Strategies (PATHS)

Primary	Secondary	£ £
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Work with school leadership teams to support their inclusion needs at an individual pupil and whole school level considering effective policy and practice.

[PATHS@norfolk.gov.uk](mailto:PATHS@norfolk.gov.uk)

## Relationships, Sex and Health Education (RSHE) Advice for Norfolk Schools

Primary	Secondary	£ £
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RSHE Compliance calculator RSHE Whole school action plan. RSHE Training for governors is available via GovernorHub; they will need to log in to view the course.

[app.governorhub.com/s/norfolkgovernorservices/training](https://app.governorhub.com/s/norfolkgovernorservices/training)

[alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Restorative Approaches in Norfolk

Primary	Secondary	£
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Restorative practice provides a strategic framework to support targets where relationships are central.

[www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools](http://www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools)

[restorativeapproaches@norfolk.gov.uk](mailto:restorativeapproaches@norfolk.gov.uk)

## SEND Local Offer

Primary	Secondary	Post-16	£
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Guidance about the SEN Support provision all schools and settings are expected to offer for children and young people with social, emotional and mental health support needs.

[www.norfolk.gov.uk/children-and-families/send-local-offer/](http://www.norfolk.gov.uk/children-and-families/send-local-offer/)

[www.schools.norfolk.gov.uk/pupil-needs/special-educational-needs-and-disabilities](http://www.schools.norfolk.gov.uk/pupil-needs/special-educational-needs-and-disabilities)

[claire.jones2@norfolk.gov.uk](mailto:claire.jones2@norfolk.gov.uk)

## The LINK Project - Ormiston Families

Primary	Secondary	Post-16	£
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SLT Mental Health Champion training for senior leaders looks at a Whole School Approach to supporting emotional wellbeing.

[www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/](http://www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/)

[holly.dowsing@ormistonfamilies.org.uk](mailto:holly.dowsing@ormistonfamilies.org.uk)

[eve.cox@ormistonfamilies.org.uk](mailto:eve.cox@ormistonfamilies.org.uk)

## Virtual School for Looked After Children and Previously Looked After Children, GRT and EAL for Norfolk Schools

Primary	Secondary	Post-16	£
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The Virtual School has a responsibility to ensure that school leadership and governors are aware of the statutory responsibilities to the vulnerable cohorts supported through training, advisory partnerships with schools and information.

[www.schools.norfolk.gov.uk/teaching-and-learning/virtual-school-for-looked-after-children](http://www.schools.norfolk.gov.uk/teaching-and-learning/virtual-school-for-looked-after-children)

[anna.hogg@norfolk.gov.uk](mailto:anna.hogg@norfolk.gov.uk)

# Policy and Procedures

## Active Norfolk

Primary	Secondary	Post-16	£
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Support to develop policy to embed an improved physical activity offer.

[www.activenorfolk.org/organisations/youth-education/advice-guidance-training-for-schools/](http://www.activenorfolk.org/organisations/youth-education/advice-guidance-training-for-schools/)

[joanne.thompson@activenorfolk.org](mailto:joanne.thompson@activenorfolk.org)

## Attendance Service

Primary	Secondary	£
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Guidance and resources to support whole school management of attendance in setting.

[s4s.norfolk.gov.uk/Services/4429](https://s4s.norfolk.gov.uk/Services/4429)

[katie.griffiths@norfolk.gov.uk](mailto:katie.griffiths@norfolk.gov.uk)

## EAL (English as an Additional Language) Advisory Service

Primary	Secondary	Post-16	£ £
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EAL policy advice including commitment to anti-racism and signposting to training and resources.

[www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language](http://www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language)

[tanya.ingram@norfolk.gov.uk](mailto:tanya.ingram@norfolk.gov.uk)

## Early Intervention and Prevention Norfolk County Council Well-being in Education

Primary	Secondary	£
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Anna Freud 5 Steps policy guidance.

<https://www.annafreud.org/schools-and-colleges/5-steps-to-mental-health-and-wellbeing/leading-change/ensure-there-is-a-robust-mental-health-and-wellbeing-policy/>

[anna.sims@norfolk.gov.uk](mailto:anna.sims@norfolk.gov.uk)

[alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Educational Psychology and Specialist Support including Critical incident Service, SEMH team and ASD team

Primary	Secondary	Post-16	£ £
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Guidance with bereavement and self-harm policies.

[www.norfolkepss.org.uk](http://www.norfolkepss.org.uk)

[bianca.finger-berry@norfolk.gov.uk](mailto:bianca.finger-berry@norfolk.gov.uk)

## Harmful Sexual Behaviour Project

Primary	Secondary	Post-16	£
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Support around managing harmful sexual behaviours in education settings.

[www.norfolk.gov.uk/safety/harmful-sexual-behaviour-in-children-and-young-people](http://www.norfolk.gov.uk/safety/harmful-sexual-behaviour-in-children-and-young-people)

[hsbproject@norfolk.gov.uk](mailto:hsbproject@norfolk.gov.uk)

## Nelson's Journey

Primary	Secondary	£
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Support with bereavement policy development.

[www.nelsonsjourney.org.uk](http://www.nelsonsjourney.org.uk)

[debbie@nelsonsjourney.org.uk](mailto:debbie@nelsonsjourney.org.uk)

## Norfolk LGBT+ Project

Primary	Secondary	Post-16
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Support to achieve a high standard of care supporting LGBT+ young people, staff, parents and the wider community.

<https://norfolklgbtproject.org.uk/training-awards/educating-with-pride/>

[fiona@norfolklgbtproject.org.uk](mailto:fiona@norfolklgbtproject.org.uk)

## Relationships, Sex and Health Education (RSHE) Advice for Norfolk Schools

Primary	Secondary	£ £
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Customisable RSHE model policy that you can adapt to meet your bespoke school needs.

✉ [alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Restorative Approaches in Norfolk

Primary	Secondary	£
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Restorative Approaches offers schools an alternative way of addressing discipline and behavioural issues.

🔗 [www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools](http://www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools)

✉ [restorativeapproaches@norfolk.gov.uk](mailto:restorativeapproaches@norfolk.gov.uk)

## SEND Local Offer

Primary	Secondary	Post-16	£
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Support with SEND Policy development.

🔗 [www.norfolk.gov.uk/children-and-families/send-local-offer/](http://www.norfolk.gov.uk/children-and-families/send-local-offer/)

✉ [claire.jones2@norfolk.gov.uk](mailto:claire.jones2@norfolk.gov.uk)

## The LINK Project - Ormiston Families

Primary	Secondary	Post-16	£
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Support to develop a Mental Health policy and a school charter around emotional wellbeing as part of MH Champion training.

🔗 [www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/](http://www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/)

✉ [holly.dowsing@ormistonfamilies.org.uk](mailto:holly.dowsing@ormistonfamilies.org.uk)

✉ [eve.cox@ormistonfamilies.org.uk](mailto:eve.cox@ormistonfamilies.org.uk)



# Ethos and Environment

## Active Norfolk

Primary	Secondary	Post-16	£
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Support to improve environments that will aid health and wellbeing.

[www.activenorfolk.org/organisations/youth-education/advice-guidance-training-for-schools/](http://www.activenorfolk.org/organisations/youth-education/advice-guidance-training-for-schools/)

[joanne.thompson@activenorfolk.org](mailto:joanne.thompson@activenorfolk.org)

## Caring Together

Primary	Secondary	£
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The Carer Friendly Tick Award scheme supports schools to ensure they are carer-friendly - identifying and supporting young carers.

[www.caringtogether.org/professionals/carers-friendly-tick-award](http://www.caringtogether.org/professionals/carers-friendly-tick-award)

[andy.barber@caringtogether.org](mailto:andy.barber@caringtogether.org)

## EAL (English as an Additional Language) Advisory Service

Primary	Secondary	Post-16	£ £
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Support for settings to be more inclusive and reflective of diversity.

[www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language](http://www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language)

[tanya.ingram@norfolk.gov.uk](mailto:tanya.ingram@norfolk.gov.uk)

## Early Intervention and Prevention Norfolk County Council Well-being in Education

Primary	Secondary	£
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Resources and guidance for a whole school approach to emotional health and wellbeing.

<https://www.annafreud.org/schools-and-colleges/5-steps-to-mental-health-and-wellbeing/leading-change/ensure-there-is-a-robust-mental-health-and-wellbeing-policy/>

[anna.sims@norfolk.gov.uk](mailto:anna.sims@norfolk.gov.uk)

[alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Educational Psychology and Specialist Support including Critical incident Service, SEMH team and ASD team

Primary	Secondary	Post-16	£ £
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Support and advice on mental health and emotional wellbeing.

[www.norfolkepss.org.uk](http://www.norfolkepss.org.uk)

[bianca.finger-berry@norfolk.gov.uk](mailto:bianca.finger-berry@norfolk.gov.uk)

## Inclusion and SEND Team (Inclusion Advisers)

Primary	Secondary	£
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Provide schools with targeted packages of support based on the individual needs of the staff, children and setting.

[Inclusion Helpline: 01603 307736](tel:01603307736)

[victoria.setters@norfolk.gov.uk](mailto:victoria.setters@norfolk.gov.uk)

## Nelson's Journey

Primary	Secondary	£
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Encourage a whole school awareness and positive approach to supporting bereaved children.

[www.nelsonsjourney.org.uk](http://www.nelsonsjourney.org.uk)

[debbie@nelsonsjourney.org.uk](mailto:debbie@nelsonsjourney.org.uk)

## Norfolk LGBT+ Project

Primary	Secondary	Post-16	£
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Support to achieve a high standard of care supporting LGBT+ young people, staff, parents and the wider community.

<https://norfolklgbtproject.org.uk/training-awards/educating-with-pride/>

[fiona@norfolklgbtproject.org.uk](mailto:fiona@norfolklgbtproject.org.uk)

## Norfolk Steps

Primary	Secondary	£
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The Step On training promotes the importance of a culture which allows all members of the school to flourish, both children and adults.

[s4s.norfolk.gov.uk/Services/2068](https://s4s.norfolk.gov.uk/Services/2068)

[hilary.anderson@norfolk.gov.uk](mailto:hilary.anderson@norfolk.gov.uk)

## Promoting Alternative Thinking Strategies (PATHS)

Primary	Secondary	£ £
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PATHS supports a whole school approach to emotional health and well being for all pupils.

[PATHS@norfolk.gov.uk](mailto:PATHS@norfolk.gov.uk)

## Relationships, Sex and Health Education (RSHE) Advice for Norfolk Schools

Primary	Secondary	£ £
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A customisable RSHE toolkit that will support effective parental engagement.

[alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Restorative Approaches in Norfolk

Primary	Secondary	£
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Restorative approaches (restorative practice) is a mindset, providing the foundation to build, maintain and repair relationships.

[www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools](https://www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools)

[restorativeapproaches@norfolk.gov.uk](mailto:restorativeapproaches@norfolk.gov.uk)



## SEND Local Offer

Primary	Secondary	Post-16	£
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Tool to audit your current school/setting provision. (Provision Expected at SEN Support (PEaSS)).

[www.norfolk.gov.uk/children-and-families/send-local-offer/](http://www.norfolk.gov.uk/children-and-families/send-local-offer/)

✉ [claire.jones2@norfolk.gov.uk](mailto:claire.jones2@norfolk.gov.uk)

## The LINK Project - Ormiston Families

Primary	Secondary	Post-16	£
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Mental Health Champion training looks at building relationships in a protective environment, using values such as empathy, compassion and validation.

[www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/](http://www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/)

✉ [holly.dowsing@ormistonfamilies.org.uk](mailto:holly.dowsing@ormistonfamilies.org.uk)

✉ [eve.cox@ormistonfamilies.org.uk](mailto:eve.cox@ormistonfamilies.org.uk)

## YMCA Wellbeing Matters

Primary	Secondary	Post-16	£
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Support for schools to look at their well being needs.

<https://www.ymcanorfolk.org>

✉ [Stephanie.hillier@ymcanorfolk.org](mailto:Stephanie.hillier@ymcanorfolk.org)

✉ [Claire.thacker@ymcanorfolk.org](mailto:Claire.thacker@ymcanorfolk.org)



*A Hewett Academy KS3 collaborative artwork of post-lockdown self-portraits and reflections. It has been exhibited at the Royal Academy of Art Young Artist Summer Show.*

# Pupil Support

## Active Norfolk

Primary	Secondary	Post-16	£
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Support schools to use the physical activity programmes available to best meet the needs of pupils who can benefit the most.

<https://www.activenorfolk.org/public/get-active/activity-finder/>

[joanne.thompson@activenorfolk.org](mailto:joanne.thompson@activenorfolk.org)

## Carers Matter Norfolk, Young Carers and Families

Primary	Secondary	£
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Provide support for young carers and their families including positive activity groups, 1:1 support for young carers and whole family support for the family including the cared for person.

<https://www.youngcarersmatternorfolk.org/advice-for-professionals/>

[maria.plumb@carersmatternorfolk.org](mailto:maria.plumb@carersmatternorfolk.org)

## Caring Together

Primary	Secondary	£
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The Carer Friendly Tick Award scheme supports schools to ensure they are carer-friendly - identifying and supporting young carers.

[caringtogether.org/support-for-carers/young-carers](http://caringtogether.org/support-for-carers/young-carers)

[andy.barber@caringtogether.org](mailto:andy.barber@caringtogether.org)

[hello@caringtogether.org](mailto:hello@caringtogether.org)

## Child and Adolescent Mental Health Services (CAMHS) - Norfolk

Primary	Secondary	Post-16	£
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Support for young people with a range of mental health problems.

[www.nsfh.nhs.uk/children-and-young-people/service/child-and-adolescent-mental-health-services-camhs-norfolk-121](http://www.nsfh.nhs.uk/children-and-young-people/service/child-and-adolescent-mental-health-services-camhs-norfolk-121)

[Central and West Norfolk – Telephone 0300 790 0371](tel:03007900371)  
[East Norfolk, Great Yarmouth and Waveney – Telephone 0300 123 1882](tel:03001231882)



## E P Youth Ltd.

Primary	Secondary	Post-16	£
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Individual and group work supporting young people's development and transition to adulthood; helping them cope with the various challenges of adolescent life.

[epyouth.org.uk/](https://epyouth.org.uk/)

[nulacooper@epyouth.org.uk](mailto:nulacooper@epyouth.org.uk)

## EAL (English as an Additional Language) Advisory Service

Primary	Secondary	Post-16	£ £
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Support effective induction, admission, teaching and the ongoing care of pupils with EAL including advising on racism and supporting schools to develop their cultural competence.

[www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language](https://www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language)

[tanya.ingram@norfolk.gov.uk](mailto:tanya.ingram@norfolk.gov.uk)

## Early Intervention and Prevention Norfolk County Council Well-being in Education

Primary	Secondary	£
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Guidance and tools to promote pupil voice advice and guidance when identifying and planning emotional health and wellbeing support.

[www.schools.norfolk.gov.uk/teaching-and-learning/wellbeing-in-education/nurturing-wellbeing-support-for-pupils-and-families](https://www.schools.norfolk.gov.uk/teaching-and-learning/wellbeing-in-education/nurturing-wellbeing-support-for-pupils-and-families)

[anna.sims@norfolk.gov.uk](mailto:anna.sims@norfolk.gov.uk)

[alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Educational Psychology and Specialist Support including Critical incident Service, SEMH team and ASD team

Primary	Secondary	Post-16	£ £
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Individual and group support provided by the SEMH team. Therapeutic interventions such as CBT and EMDR by trained practitioners.

[www.norfolkepss.org.uk](https://www.norfolkepss.org.uk)

[bianca.finger-berry@norfolk.gov.uk](mailto:bianca.finger-berry@norfolk.gov.uk)



## Harmful Sexual Behaviour Project

Primary	Secondary	Post-16	£
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Intensive and specialist intervention on a one to one basis to children displaying HSB.

[www.norfolk.gov.uk/safety/harmful-sexual-behaviour-in-children-and-young-people](http://www.norfolk.gov.uk/safety/harmful-sexual-behaviour-in-children-and-young-people)

[hsbproject@norfolk.gov.uk](mailto:hsbproject@norfolk.gov.uk)

## Home-Start Norfolk

Reception	£
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Home-Start Norfolk provides school readiness support for children starting nursery or school.

<https://www.homestartnorfolk.org>

[helen.brown@homestartnorfolk.org](mailto:helen.brown@homestartnorfolk.org)

## Homework Club

Primary	Secondary	£
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Extracurricular help to children who have been struggling with schooling over the past lockdowns.

[www.communityactionnorwich.co.uk/homework-club](http://www.communityactionnorwich.co.uk/homework-club)

[gwilym@communityactionnorwich.co.uk](mailto:gwilym@communityactionnorwich.co.uk)

## Inclusion and SEND Team (Inclusion Advisers)

Primary	Secondary	£
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Advice and signposting around packages of support to promote inclusion and to support mental health and wellbeing e.g. through provision, Alternative Provision (AP) packages, interventions and positive behaviour management.

[Inclusion Helpline: 01603 307736](tel:01603307736)

[victoria.setters@norfolk.gov.uk](mailto:victoria.setters@norfolk.gov.uk)

## Just One Norfolk - Norfolk Healthy Child Programme

Primary	Secondary	Post-16	£
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Health advice and emotional health support via the 0-19 healthy child pathway teams.

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

[sara.scott14@nhs.net](mailto:sara.scott14@nhs.net)



## Kooth

Aged 11+	Secondary	Post-16	£
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Workshops for pupils to help them access support with mental wellbeing.

✉ [Callright@kooth.com](mailto:Callright@kooth.com)

✉ [ltredwell@kooth.com](mailto:ltredwell@kooth.com)

## Managing my Moments

Primary	Secondary	£
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Managing my moments is a resource to equip children and young people of all ages with strategies to support emotional health and wellbeing behaviours.

✉ [alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Mancroft Advice Project (MAP)

Aged 11+	Secondary	Post-16	£
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Health advice and emotional health support via the 0-19 healthy child pathway teams.

🔗 [www.map.uk.net/for-young-people/](http://www.map.uk.net/for-young-people/)

📞 [01603 766994](tel:01603766994)

## MTM Youth Services CIC

Secondary	Post-16	£
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Positive youthwork activities, support and guidance including mental health, well being and stress busting activities.

🔗 [www.snyab.org/](http://www.snyab.org/)

✉ [sam@mtmyouthservices.org.uk](mailto:sam@mtmyouthservices.org.uk)

## Nelson's Journey

Primary	Secondary	£
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A range of bereavement support for pupils, individual and group activities.

🔗 [www.nelsonsjourney.org.uk](http://www.nelsonsjourney.org.uk)

✉ [debbie@nelsonsjourney.org.uk](mailto:debbie@nelsonsjourney.org.uk)



## NHS Wellbeing Service

	Post-16	£
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A range of bereavement support for pupils, individual and group activities.

[www.wellbeingnands.co.uk/norfolk/get-support/](http://www.wellbeingnands.co.uk/norfolk/get-support/)

[ben.ryan@nsft.nhs.uk](mailto:ben.ryan@nsft.nhs.uk)

## Norfolk LGBT+ Project

Primary	Secondary	Post-16	£
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Individual and group support sessions for LGBT+ children and young people, including support to set up and LGBT+ group in your school.

<https://norfolklgbtproject.org.uk/training-awards/educating-with-pride/>

[fiona@norfolklgbtproject.org.uk](mailto:fiona@norfolklgbtproject.org.uk)

## Point One

Primary	Secondary	Post-16	£
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Point 1 is a service for children and young people between the ages of 0-18 years who are experiencing the early signs of mental health difficulties.

[point1@ormistonfamilies.org.uk](mailto:point1@ormistonfamilies.org.uk)

## Promoting Alternative Thinking Strategies (PATHS)

Primary	Secondary	£ £
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PATHS Curriculum - Social and emotional learning programme for all pupils from Reception to Year 6.

[PATHS@norfolk.gov.uk](mailto:PATHS@norfolk.gov.uk)

## Restorative Approaches in Norfolk

Primary	Secondary	£
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Pupils are encouraged and supported to take responsibility for their actions and are empowered to make their own decisions.

[www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools](http://www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools)

[restorativeapproaches@norfolk.gov.uk](mailto:restorativeapproaches@norfolk.gov.uk)



## SEND Local Offer

Primary	Secondary	Post-16	£
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Resource bank to support emotional health and wellbeing.

[www.norfolk.gov.uk/children-and-families/send-local-offer/health/health-services-in-norfolk/mental-health-services](http://www.norfolk.gov.uk/children-and-families/send-local-offer/health/health-services-in-norfolk/mental-health-services)

[claire.jones2@norfolk.gov.uk](mailto:claire.jones2@norfolk.gov.uk)

## Shine (East Norfolk)

Primary	Secondary	Post-16	£
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For nursery age and short breaks children accessing our provision the Thrive Approach has been adopted. This supports children's wellbeing both at the provision and home.

[shine-gy.org.uk](http://shine-gy.org.uk)

[info@shine-gy.org.uk](mailto:info@shine-gy.org.uk)

## SMILE Project

	Secondary	Post-16	£
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Free careers and resilience coaching in Broadland and North Norfolk

[www.lolastaffordconsulting.co.uk/smile/](http://www.lolastaffordconsulting.co.uk/smile/)

[jacqui@lolastaffordconsulting.co.uk](mailto:jacqui@lolastaffordconsulting.co.uk)

## St Eds Outreach Support Service

Primary	Secondary	Post-16	£ £
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Complete wrap around package of emotional and welfare support for young people, to enable them to achieve their potential and aspiration by improving confidence in their ability, with consequential benefits in personal participation and attendance.

[st-eds.org/courses/outreach-student-support-programme/](http://st-eds.org/courses/outreach-student-support-programme/)

[rio.bygrave@st-eds.org.uk](mailto:rio.bygrave@st-eds.org.uk)

## Swan Youth Project

Primary	Secondary	Post-16	£
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A range of group sessions that promote mental health and wellbeing through fun activities, and 1:1 support for young people with mild/emerging mental health and wellbeing concerns.

[www.swanyouthproject.org/11-support/](http://www.swanyouthproject.org/11-support/)

[www.swanyouthproject.org/open-access/](http://www.swanyouthproject.org/open-access/)

[anna@swanyouthproject.org](mailto:anna@swanyouthproject.org)



## Take Our Hand

	Post-16	£
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Bereavement care packages for young people to help them work through their own grief and fund bereavement therapies.

[takeourhand.org.uk/](https://takeourhand.org.uk/)

[alexandra.gough@takeourhand.org.uk](mailto:alexandra.gough@takeourhand.org.uk)

## The Benjamin Foundation - Butterflies emotional wellbeing support service

Primary	Secondary	£	£
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Butterflies Emotional Well-being Service provides emotional well-being sessions in local communities for young people aged 5 to 18, which are paid for by the parent or carer, school or other agency.

[benjaminfoundation.co.uk/service/butterflies-emotional-wellbeing/](https://benjaminfoundation.co.uk/service/butterflies-emotional-wellbeing/)

[michael.rooke@benjaminfoundation.co.uk](mailto:michael.rooke@benjaminfoundation.co.uk)

## The Benjamin Foundation - 'Time for You'

Primary	Secondary	£	£
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1 to 1 emotional wellbeing support for pupils in school

<https://benjaminfoundation.co.uk/service/time-for-you/>

[michael.rooke@benjaminfoundation.co.uk](mailto:michael.rooke@benjaminfoundation.co.uk)

## The Garage Foundation courses

Primary	Secondary	£	£
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Classes in Drama, Dance and Music for students of all ages.

<https://thegarage.org.uk/classes/>

[adam.yaxley@thegarage.org.uk](mailto:adam.yaxley@thegarage.org.uk)

## The LINK Project - Ormiston Families

Primary	Secondary	Post-16	£
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Consultation service for Mental Health Champions to receive personalised advice, signposting and guidance around supporting pupils in their settings.

[www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/](https://www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/)

[holly.dowsing@ormistonfamilies.org.uk](mailto:holly.dowsing@ormistonfamilies.org.uk)

[eve.cox@ormistonfamilies.org.uk](mailto:eve.cox@ormistonfamilies.org.uk)



## The Matthew Project

Primary	Secondary	Post-16	£ £
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Support with wellbeing for groups and one to one sessions.

<https://www.matthewproject.org/education>

[gina.summerskill@matthewproject.org](mailto:gina.summerskill@matthewproject.org)

## Virtual School Sensory Support

Primary	Secondary	Post-16	£
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A trained psychotherapeutic counsellor works with sensory impaired children and young people who would benefit from support around the SEMH implications of their sensory loss.

[Referral is via Teachers of the Deaf or Teachers of the Vision Impaired](#)

[kate.stocks@norfolk.gov.uk](mailto:kate.stocks@norfolk.gov.uk)

## YMCA Norfolk E-Learning Service

Secondary	Post-16	£
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The E-Learning Service offers individually tailored provision for students based on their learning needs, ability levels and school course.

<https://www.ymcanorfolk.org/e-learning-service/>

[Stephanie.hillier@ymcanorfolk.org](mailto:Stephanie.hillier@ymcanorfolk.org)

## YMCA Wellbeing Matters

Primary	Secondary	Post-16	£
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Support offered includes 121 work, play therapy, counselling, family therapy, group work and mindfulness sessions, peer support training and other related MHWB resources.

<https://www.ymcanorfolk.org>

[Stephanie.hillier@ymcanorfolk.org](mailto:Stephanie.hillier@ymcanorfolk.org)

[Claire.thacker@ymcanorfolk.org](mailto:Claire.thacker@ymcanorfolk.org)



## Young People in Mind, Norfolk and Waveney Mind

Primary	Secondary	Post-16	£
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1-1 emotional and practical mental health support and signposting for 14-25 yr olds in Great Yarmouth and Waveney, experiencing emerging or mild to moderate mental health issues.

<https://www.norfolkandwaveneymind.org.uk> - Young People In Mind

[bill.belton@norfolkandwaveneymind.org.uk](mailto:bill.belton@norfolkandwaveneymind.org.uk)

## Your Own Place

Secondary	Post-16	£
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Employability workshops, focussing on confidence and soft skills followed by weekly positive mentoring in Sewell Park and Sprowston Academy.

<https://www.yourownplace.org.uk/our-services/schools-work/>

[jess.luce-rackham@yourownplace.org.uk](mailto:jess.luce-rackham@yourownplace.org.uk)



# Staff CPD

## Active Norfolk

Primary	Secondary	Post-16	£
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Whole school staff development to improve their knowledge of the benefits of increased physical activity.

<https://www.activenorfolk.org/organisations/youth-education/advice-guidance-training-for-schools/>

[joanne.thompson@activenorfolk.org](mailto:joanne.thompson@activenorfolk.org)

## Attendance Service

Primary	Secondary	£
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Managing school attendance training modules designed for those tasked with monitoring and managing school attendance and fulfilling the school's duty of care setting.

[s4s.norfolk.gov.uk/Services/4429](https://s4s.norfolk.gov.uk/Services/4429)

[katie.griffiths@norfolk.gov.uk](mailto:katie.griffiths@norfolk.gov.uk)

## Carers Matter Norfolk, Young Carers and Families

Primary	Secondary	£ £
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Provide support for young carers and their families including positive activity groups, 1:1 support for young carers and whole family support for the family including the cared for person.

[www.youngcarersmatternorfolk.org/advice-for-professionals/](http://www.youngcarersmatternorfolk.org/advice-for-professionals/)

[maria.plumb@carersmatternorfolk.org](mailto:maria.plumb@carersmatternorfolk.org)

## Caring Together

Primary	Secondary	£
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The Carer Friendly Tick Award scheme supports schools to ensure they are carer-friendly - identifying and supporting young carers.

[caringtogether.org/support-for-carers/young-carers](http://caringtogether.org/support-for-carers/young-carers)

[andy.barber@caringtogether.org](mailto:andy.barber@caringtogether.org)

[hello@caringtogether.org](mailto:hello@caringtogether.org)



## EAL (English as an Additional Language) Advisory Service

Primary	Secondary	Post-16	£ £
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Staff CPD includes effective induction, admission, teaching and the ongoing care of pupils with EAL.

[www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language](http://www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language)

[tanya.ingram@norfolk.gov.uk](mailto:tanya.ingram@norfolk.gov.uk)

## Early Intervention and Prevention Norfolk County Council Well-being in Education

Primary	Secondary	£
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Staff CPD webinars on nurturing wellbeing; emotionally based school avoidance (EBSA) and trauma/bereavement etc.

[www.schools.norfolk.gov.uk/teaching-and-learning/wellbeing-in-education/](http://www.schools.norfolk.gov.uk/teaching-and-learning/wellbeing-in-education/)

[anna.sims@norfolk.gov.uk](mailto:anna.sims@norfolk.gov.uk)

[alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Educational Psychology and Specialist Support including Critical incident Service, SEMH team and ASD team

Primary	Secondary	Post-16	£ £
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CPD provided on a variety of topics, e.g. bereavement, emotional well-being, anxiety, trauma, self-harm and suicide prevention, emotion coaching, emotionally based school avoidance, peer group supervision, ASD.

[www.norfolkepss.org.uk](http://www.norfolkepss.org.uk)

[bianca.finger-berry@norfolk.gov.uk](mailto:bianca.finger-berry@norfolk.gov.uk)

## Harmful Sexual Behaviour Project

Primary	Secondary	Post-16	£
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Training for school staff around all aspects of harmful sexual behaviours in children and young people.

[www.norfolk.gov.uk/safety/harmful-sexual-behaviour-in-children-and-young-people](http://www.norfolk.gov.uk/safety/harmful-sexual-behaviour-in-children-and-young-people)

[hsbproject@norfolk.gov.uk](mailto:hsbproject@norfolk.gov.uk)



## Kooth

Aged 11+	Secondary	Post-16	£
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Regular training opportunities provided to learn about Kooth, how it supports and how to use.

✉ [Callright@kooth.com](mailto:Callright@kooth.com)

✉ [ltredwell@kooth.com](mailto:ltredwell@kooth.com)

## Nelson's Journey

Primary	Secondary	£
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Nelson's Journey provides free childhood bereavement awareness training for school staff.

🔗 [www.nelsonsjourney.org.uk](http://www.nelsonsjourney.org.uk)

✉ [debbie@nelsonsjourney.org.uk](mailto:debbie@nelsonsjourney.org.uk)

## NHS Wellbeing Service Norfolk and Waveney

Post-16	£
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Wellbeing Champion training.

🔗 [www.wellbeingnands.co.uk/norfolk/wellbeing-champion-training/](http://www.wellbeingnands.co.uk/norfolk/wellbeing-champion-training/)

✉ [ben.ryan@nsft.nhs.uk](mailto:ben.ryan@nsft.nhs.uk)

✉ [kate.jones@nsft.nhs.uk](mailto:kate.jones@nsft.nhs.uk)

## Norfolk LGBT+ Project

Primary	Secondary	Post-16	£ £
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Training to support settings to achieve a high standard of care supporting LGBT+ young people, staff, parents and the wider community.

🔗 [norfolklgbtproject.org.uk/training-awards/educating-with-pride/](http://norfolklgbtproject.org.uk/training-awards/educating-with-pride/)

✉ [fiona@norfolklgbtproject.org.uk](mailto:fiona@norfolklgbtproject.org.uk)

## Norfolk Steps

Primary	Secondary	£
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The Step On programme CPD model for schools for all staff.

🔗 [s4s.norfolk.gov.uk/Services/2068](http://s4s.norfolk.gov.uk/Services/2068)

✉ [hilary.anderson@norfolk.gov.uk](mailto:hilary.anderson@norfolk.gov.uk)



## Promoting Alternative Thinking Strategies (PATHS)

Primary	£ £
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PATHS training for all staff.

✉ [PATHS@norfolk.gov.uk](mailto:PATHS@norfolk.gov.uk)

## Relationships, Sex and Health Education (RSHE) Advice for Norfolk Schools

Primary	Secondary	£ £
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A range of CPD, online briefings and resources to ensure staff can teach RSHE, including mental health and wellbeing effectively.

✉ [alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Restorative Approaches in Norfolk

Primary	Secondary	£ £
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Training for staff to work restoratively to build relationships, resolve conflict and manage challenging behaviour.

✉ [www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools](http://www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools)

✉ [restorativeapproaches@norfolk.gov.uk](mailto:restorativeapproaches@norfolk.gov.uk)

## SEND Local Offer

Primary	Secondary	Post-16	£
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Events and training to support staff to effectively meet SEND needs and promote wellbeing.

✉ <https://www.norfolk.gov.uk/children-and-families/send-local-offer/about-the-local-offer/training-and-support-events/events-and-training>

✉ [claire.jones2@norfolk.gov.uk](mailto:claire.jones2@norfolk.gov.uk)

## The LINK Project - Ormiston Families

Primary	Secondary	Post-16	£
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Mental Health Champion training and further specialist training sessions.

✉ [www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/](http://www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/)

✉ [holly.dowsing@ormistonfamilies.org.uk](mailto:holly.dowsing@ormistonfamilies.org.uk)

✉ [eve.cox@ormistonfamilies.org.uk](mailto:eve.cox@ormistonfamilies.org.uk)



## The Matthew Project

Primary	Secondary	Post-16	£	£
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Training for professionals on a range of health and wellbeing themes.

[www.matthewproject.org/education](http://www.matthewproject.org/education)

[gina.summerskill@matthewproject.org](mailto:gina.summerskill@matthewproject.org)

## Virtual School for Looked After Children and Previously Looked After Children, GRT and EAL for Norfolk Schools

Primary	Secondary	Post-16	£	£
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The mental health and wellbeing of children and young people is discussed as part of the Mental Health Champion training. In addition specialist training covers a range of subjects including attachment, trauma, resilience and post-lockdown survival.

[www.schools.norfolk.gov.uk/teaching-and-learning/virtual-school-for-looked-after-children](http://www.schools.norfolk.gov.uk/teaching-and-learning/virtual-school-for-looked-after-children)

[anna.hogg@norfolk.gov.uk](mailto:anna.hogg@norfolk.gov.uk)

## YMCA Wellbeing Matters

Primary	Secondary	Post-16	£	£
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Staff supervision, Mental Health First Aid training, improving professional resilience and improving resilience and mindfulness in children.

<https://www.ymcanorfolk.org>

[Stephanie.hillier@ymcanorfolk.org](mailto:Stephanie.hillier@ymcanorfolk.org)

[Claire.thacker@ymcanorfolk.org](mailto:Claire.thacker@ymcanorfolk.org)



# Staff Wellbeing

## Active Norfolk

Primary	Secondary	Post-16	£
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Support to workplaces to use physical activity to improve staff well being.

<https://www.activenorfolk.org/organisations/active-workplaces/>

[joanne.thompson@activenorfolk.org](mailto:joanne.thompson@activenorfolk.org)

## Carers Matter Norfolk, Young Carers and Families

Primary	Secondary	£	£
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The Carers Matter Norfolk service provides information and advice to staff who have caring responsibilities.

[www.youngcarersmatternorfolk.org/advice-for-professionals/](http://www.youngcarersmatternorfolk.org/advice-for-professionals/)

[maria.plumb@carersmatternorfolk.org](mailto:maria.plumb@carersmatternorfolk.org)

## Caring Together

Primary	Secondary	£
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The Carer Friendly Tick Award scheme supports schools to ensure they are carer-friendly - identifying and supporting young carers.

[caringtogether.org/support-for-carers/young-carers](http://caringtogether.org/support-for-carers/young-carers)

[andy.barber@caringtogether.org](mailto:andy.barber@caringtogether.org)

## Early Intervention and Prevention Norfolk County Council Well-being in Education

Primary	Secondary	£
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Webinars offer guidance and resources to support staff wellbeing.

[www.schools.norfolk.gov.uk/teaching-and-learning/wellbeing-in-education/](http://www.schools.norfolk.gov.uk/teaching-and-learning/wellbeing-in-education/)

[anna.sims@norfolk.gov.uk](mailto:anna.sims@norfolk.gov.uk)

[alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Educational Psychology and Specialist Support including Critical incident Service, SEMH team and ASD team

Primary	Secondary	Post-16	£ £
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Peer group supervision

[www.norfolkepss.org.uk](http://www.norfolkepss.org.uk)

[bianca.finger-berry@norfolk.gov.uk](mailto:bianca.finger-berry@norfolk.gov.uk)

## Harmful Sexual Behaviour Project

Primary	Secondary	Post-16	£
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Provides supervision to school staff managing CYP with Harmful Sexual Behaviour (HSB) in schools or delivering interventions in HSB to vulnerable young people under guidance of the HSB team.

[www.norfolk.gov.uk/safety/harmful-sexual-behaviour-in-children-and-young-people](http://www.norfolk.gov.uk/safety/harmful-sexual-behaviour-in-children-and-young-people)

[hsbproject@norfolk.gov.uk](mailto:hsbproject@norfolk.gov.uk)

## NHS Wellbeing Service Norfolk and Waveney

Post-16	£
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Wellbeing in the Workplace webinar.

[www.wellbeingnands.co.uk/norfolk/course/wellbeing-in-the-workplace-2/](http://www.wellbeingnands.co.uk/norfolk/course/wellbeing-in-the-workplace-2/)

[www.wellbeingnands.co.uk/norfolk/get-support/](http://www.wellbeingnands.co.uk/norfolk/get-support/)

[ben.ryan@nsft.nhs.uk](mailto:ben.ryan@nsft.nhs.uk)

[kate.jones@nsft.nhs.uk](mailto:kate.jones@nsft.nhs.uk)

## Norfolk Safeguarding Children Partnership

Primary	Secondary	£
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Reflective practice sessions to support staff wellbeing

[www.norfolkscb.org/people-working-with-children/nsfb-training/](http://www.norfolkscb.org/people-working-with-children/nsfb-training/)

## Restorative Approaches in Norfolk

Primary	Secondary	£
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Restorative practice provides a strategic framework to support targets where relationships are central.

[www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools](http://www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools)

[restorativeapproaches@norfolk.gov.uk](mailto:restorativeapproaches@norfolk.gov.uk)

## SEND Local Offer

Primary	Secondary	Post-16	£
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Resources to support staff wellbeing.

<https://www.norfolk.gov.uk/children-and-families/send-local-offer/health/health-services-in-norfolk/mental-health-services/mental-health-resources>

[claire.jones2@norfolk.gov.uk](mailto:claire.jones2@norfolk.gov.uk)

## The LINK Project - Ormiston Families

Primary	Secondary	Post-16	£
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Staff wellbeing is included in Mental Health Champion training. Specialist training sessions around staff wellbeing.

[www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/](http://www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/)

[holly.dowsing@ormistonfamilies.org.uk](mailto:holly.dowsing@ormistonfamilies.org.uk)

[eve.cox@ormistonfamilies.org.uk](mailto:eve.cox@ormistonfamilies.org.uk)

## YMCA Wellbeing Matters

Primary	Secondary	Post-16	£
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Staff supervision sessions, mindfulness, staff counselling, workshops to help staff set up peer supervision groups and improve resilience. Therapeutic professional supervision for teaching staff. Mental Health First Aid Training.

<https://www.ymcanorfolk.org>

[Stephanie.hillier@ymcanorfolk.org](mailto:Stephanie.hillier@ymcanorfolk.org)

[Claire.thacker@ymcanorfolk.org](mailto:Claire.thacker@ymcanorfolk.org)

# Curriculum

## Active Norfolk

Primary	Secondary	Post-16	£
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Support to develop the curriculum that can reduce sedentary behaviour across all areas.

[www.activenorfolk.org/organisations/youth-education/advice-guidance-training-for-schools/](http://www.activenorfolk.org/organisations/youth-education/advice-guidance-training-for-schools/)

[joanne.thompson@activenorfolk.org](mailto:joanne.thompson@activenorfolk.org)

## Carers Matter Norfolk, Young Carers and Families

Primary	Secondary	£
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Targeted Young Carers assemblies for children.

[www.youngcarersmatternorfolk.org/advice-for-professionals/](http://www.youngcarersmatternorfolk.org/advice-for-professionals/)

[maria.plumb@carersmatternorfolk.org](mailto:maria.plumb@carersmatternorfolk.org)

## Caring Together

Primary	Secondary	Post-16	£
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The Carer Friendly Tick Award scheme supports schools to ensure they are carer-friendly - identifying and supporting young carers.

[www.caringtogether.org/professionals/carer-friendly-tick-award](http://www.caringtogether.org/professionals/carer-friendly-tick-award)

[www.caringtogether.org/professionals/schools-colleges-universities/yc-awareness-raising-resource-pack-eyfs-ks11](http://www.caringtogether.org/professionals/schools-colleges-universities/yc-awareness-raising-resource-pack-eyfs-ks11)

[andy.barber@caringtogether.org](mailto:andy.barber@caringtogether.org)

## EAL (English as an Additional Language) Advisory Service

Primary	Secondary	Post-16	£ £
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Advice re. de-colonising the curriculum to make it more reflective of BAME children including recommended resources.

[www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language](http://www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language)

[tanya.ingram@norfolk.gov.uk](mailto:tanya.ingram@norfolk.gov.uk)



## Early Intervention and Prevention Norfolk County Council Well-being in Education

Primary	Secondary	£
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Activities to promote and support wellbeing.

[www.schools.norfolk.gov.uk/teaching-and-learning/wellbeing-in-education/nurturing-wellbeing-support-for-pupils-and-families](http://www.schools.norfolk.gov.uk/teaching-and-learning/wellbeing-in-education/nurturing-wellbeing-support-for-pupils-and-families)

[anna.sims@norfolk.gov.uk](mailto:anna.sims@norfolk.gov.uk)

[alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Educational Psychology and Specialist Support including Critical incident Service, SEMH team and ASD team

Primary	Secondary	Post-16	£ £
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Support settings to teach about death and bereavement.

[www.norfolkepss.org.uk](http://www.norfolkepss.org.uk)

[bianca.finger-berry@norfolk.gov.uk](mailto:bianca.finger-berry@norfolk.gov.uk)

## Inclusion and SEND Team (Inclusion Advisers)

Primary	Secondary	Post-16	£
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Support schools to adapt their classroom practice and provision to most effectively meet the social, emotional and mental health needs of individual children / cohorts who may require a more bespoke approach to education.

[Inclusion Helpline: 01603 307736](tel:01603307736)

[inclusionteam@norfolk.gov.uk](mailto:inclusionteam@norfolk.gov.uk)

## Mancroft Advice Project (MAP)

Aged 11+	Secondary	Post-16	£
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Individual programmes for each setting to support young people to be happy, resilient and develop life skills to learn and thrive.

[www.map.uk.net/for-young-people/](http://www.map.uk.net/for-young-people/)

[01603 766994](tel:01603766994)

## Norfolk Constabulary - Youth Engagement Team

Primary	Secondary	Post-16	£
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The Youth Engagement Team deliver assemblies and classroom sessions including internet safety , county lines and knife crime, grooming, relationship abuse.

[www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/](http://www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/)

[SSPteam@norfolk.pnn.police.uk](mailto:SSPteam@norfolk.pnn.police.uk)

[caroline.ball@norfolk.police.uk](mailto:caroline.ball@norfolk.police.uk)

## Nelson's Journey

Primary	Secondary	£
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Nelson's Journey provides a resource to support the curriculum.

[www.nelsonsjourney.org.uk](http://www.nelsonsjourney.org.uk)

[debbie@nelsonsjourney.org.uk](mailto:debbie@nelsonsjourney.org.uk)

## Norfolk LGBT+ Project

Primary	Secondary	Post-16	£ £
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Support to achieve a high standard of care supporting LGBT+ young people, staff, parents and the wider community.

[norfolklgbtproject.org.uk/training-awards/educating-with-pride/](http://norfolklgbtproject.org.uk/training-awards/educating-with-pride/)

[fiona@norfolklgbtproject.org.uk](mailto:fiona@norfolklgbtproject.org.uk)

## Norwich Opportunity Area

Primary	Secondary	£ (Norwich)
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Transition resources to use with Y6 and Y7 students.

[norwichopportunityarea.co.uk/](http://norwichopportunityarea.co.uk/)

[emma.vandeventer@norfolk.gov.uk](mailto:emma.vandeventer@norfolk.gov.uk)

## Promoting Alternative Thinking Strategies (PATHS)

Primary	£ £
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PATHS Curriculum for Reception to Year 6 can be purchased from the link below:

[www.pathseducation.co.uk/how-can-i-learn-more/](http://www.pathseducation.co.uk/how-can-i-learn-more/)

[PATHS@norfolk.gov.uk](mailto:PATHS@norfolk.gov.uk)



## Relationships, Sex and Health Education (RSHE) Advice for Norfolk Schools

Primary	Secondary	£ £
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RSHE curriculum maps and schemes of work, RSE Solution resource (purchaseable), RSHE Assessment Toolkits.

✉ [alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Restorative Approaches in Norfolk

Primary	Secondary	Post-16	£
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Adopting restorative approaches into daily practice supports emotional and social development and literacy and equips children and young people with problem solving skills as well as the ability to manage conflict when it occurs.

🔗 [www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools](http://www.schools.norfolk.gov.uk/pupil-safety-and-behaviour/restorative-approaches/restorative-approaches-in-schools)

✉ [restorativeapproaches@norfolk.gov.uk](mailto:restorativeapproaches@norfolk.gov.uk)

## SEND Local Offer

Primary	Secondary	Post-16	£
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Use this tool to help audit current provision Provision Expected at SEN Support (PEaSS), and identify curriculum needs to promote and support emotional health and wellbeing.

🔗 <https://www.norfolk.gov.uk/children-and-families/send-local-offer/about-the-local-offer/training-and-support-events/events-and-training>

✉ [claire.jones2@norfolk.gov.uk](mailto:claire.jones2@norfolk.gov.uk)

## The Garage Foundation courses

Primary	Secondary	£ £
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Free arts provision designed to boost resilience, increase confidence and improve social skills, designed for young people from a wide range of challenging circumstances for referrals only.

🔗 [thegarage.org.uk/education/referral-network/](http://thegarage.org.uk/education/referral-network/)

✉ [adam.yaxley@thegarage.org.uk](mailto:adam.yaxley@thegarage.org.uk)

## The Matthew Project

Primary	Secondary	Post-16	£ £
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Support with wellbeing and mental health for small groups and one to one sessions.

🔗 [www.matthewproject.org/education](http://www.matthewproject.org/education)

✉ [gina.summerskill@matthewproject.org](mailto:gina.summerskill@matthewproject.org)



## Virtual School for Looked After Children and Previously Looked After Children, GRT and EAL for Norfolk Schools

Primary	Secondary	Post-16	£ £
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The GRT and EAL teams offer resources and support to raise awareness of cultural competencies within the communities they work with and potential impact on curriculum teaching and learning within school.

[www.schools.norfolk.gov.uk/teaching-and-learning/virtual-school-for-looked-after-children](http://www.schools.norfolk.gov.uk/teaching-and-learning/virtual-school-for-looked-after-children)

[anna.hogg@norfolk.gov.uk](mailto:anna.hogg@norfolk.gov.uk)

## YMCA Wellbeing Matters

Primary	Secondary	Post-16	£
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School assemblies, peer support, MHWB resources, The girl i am. training (body image and self esteem) mindfulness practice and bespoke workshops for schools on issues relevant to their students.

<https://www.ymcanorfolk.org>

[Stephanie.hillier@ymcanorfolk.org](mailto:Stephanie.hillier@ymcanorfolk.org)

[Claire.thacker@ymcanorfolk.org](mailto:Claire.thacker@ymcanorfolk.org)

# Family Engagement

## Active Norfolk

Primary	Secondary	Post-16	£
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Activities for families.

[www.activenorfolk.org/public/](http://www.activenorfolk.org/public/)

[joanne.thompson@activenorfolk.org](mailto:joanne.thompson@activenorfolk.org)

## Carers Matter Norfolk, Young Carers and Families

Primary	Secondary	£
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Support for young carers and their families including positive activity groups, 1:1 young carer and whole family support.

[www.youngcarersmatternorfolk.org/advice-for-professionals/](http://www.youngcarersmatternorfolk.org/advice-for-professionals/)

[maria.plumb@carersmatternorfolk.org](mailto:maria.plumb@carersmatternorfolk.org)

## Caring Together

Primary	Secondary	Post-16	£
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Support for young carers and their families.

[www.caringtogether.org/professionals/carers-friendly-tick-award](http://www.caringtogether.org/professionals/carers-friendly-tick-award)

[andy.barber@caringtogether.org](mailto:andy.barber@caringtogether.org)

## Child and Adolescent Mental Health Services (CAMHS) - Norfolk

Primary	Secondary	Post-16	£
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Support for families.

[www.nsfh.nhs.uk/children-and-young-people/service/child-and-adolescent-mental-health-services-camhs-norfolk-121](http://www.nsfh.nhs.uk/children-and-young-people/service/child-and-adolescent-mental-health-services-camhs-norfolk-121)

[Central and West Norfolk – Telephone 0300 790 0371](tel:03007900371)  
[East Norfolk, Great Yarmouth and Waveney – Telephone 0300 123 1882](tel:03001231882)



## E P Youth Ltd.

Primary	Secondary	Post-16	£
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Support in North Norfolk.

[epyouth.org.uk/](http://epyouth.org.uk/)

[nulacooper@epyouth.org.uk](mailto:nulacooper@epyouth.org.uk)

## EAL (English as an Additional Language) Advisory Service

Primary	Secondary	Post-16	£ £
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Support for families and children with English as an Additional Language (EAL) including free use of telephone interpretation to support communication with any vulnerable or marginalised families.

[www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language](http://www.schools.norfolk.gov.uk/pupil-needs/english-as-an-additional-language)

[tanya.ingram@norfolk.gov.uk](mailto:tanya.ingram@norfolk.gov.uk)

## Early Intervention and Prevention Norfolk County Council Well-being in Education

Primary	Secondary	£
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Engaging families guidance.

[www.schools.norfolk.gov.uk/teaching-and-learning/wellbeing-in-education/](http://www.schools.norfolk.gov.uk/teaching-and-learning/wellbeing-in-education/)

[anna.sims@norfolk.gov.uk](mailto:anna.sims@norfolk.gov.uk)

[alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)

## Educational Psychology and Specialist Support including Critical incident Service, SEMH team and ASD team

Primary	Secondary	Post-16	£ £
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Information for families.

[www.norfolkepss.org.uk](http://www.norfolkepss.org.uk)

[bianca.finger-berry@norfolk.gov.uk](mailto:bianca.finger-berry@norfolk.gov.uk)



## Family Learning - Norfolk County Council

Primary	£
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Provides supervision to school staff managing CYP with Harmful Sexual Behaviour (HSB) in schools or delivering interventions in HSB to vulnerable young people under guidance of the HSB team.

[www.norfolk.gov.uk/education-and-learning/adult-learning/courses/family-learning-courses](http://www.norfolk.gov.uk/education-and-learning/adult-learning/courses/family-learning-courses)

[louise.brown@norfolk.gov.uk](mailto:louise.brown@norfolk.gov.uk)

## Harmful Sexual Behaviour Project

Primary	Secondary	Post-16	£
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What you can do if you are worried about a child or young person

[www.norfolk.gov.uk/safety/harmful-sexual-behaviour-in-children-and-young-people](http://www.norfolk.gov.uk/safety/harmful-sexual-behaviour-in-children-and-young-people)

[hsbproject@norfolk.gov.uk](mailto:hsbproject@norfolk.gov.uk)

## Home-Start Norfolk

Reception	£
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Home-Start Norfolk provides early intervention family support for families with children aged 0 to 5 living in Norfolk to support children's health and wellbeing.

<https://www.homestartnorfolk.org>

[helen.brown@homestartnorfolk.org](mailto:helen.brown@homestartnorfolk.org)

## Homework Club

Primary	Secondary	£
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Homework club to support children's learning out of school.

[www.communityactionnorwich.co.uk/homework-club](http://www.communityactionnorwich.co.uk/homework-club)

[gwilym@communityactionnorwich.co.uk](mailto:gwilym@communityactionnorwich.co.uk)

## Individed

Primary	£
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Activities to support children and families.

[www.weareindivided.com](http://www.weareindivided.com)

[talktous@weareindivided.com](mailto:talktous@weareindivided.com)



## Just One Norfolk - Norfolk Healthy Child Programme

Primary	Secondary	Post-16	£
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Support for families.

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

[sara.scott14@nhs.net](mailto:sara.scott14@nhs.net)

## Kooth

Aged 11+	Secondary	Post-16	£
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For details of family workshops please email us at:

[Callright@kooth.com](mailto:Callright@kooth.com)

[ltredwell@kooth.com](mailto:ltredwell@kooth.com)

## Mancroft Advice Project (MAP)

Aged 11+	Secondary	Post-16	£
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[Advice line 08000744454](tel:08000744454)

[01603 766994](tel:01603766994)

## MTM Youth Services CIC

Secondary	Post-16	£
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South Norfolk support for young people.

[www.snyab.org/](http://www.snyab.org/)

[sam@mtmyouthservices.org.uk](mailto:sam@mtmyouthservices.org.uk)

## Nelson's Journey

Primary	Secondary	£
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A range of bereavement support for families.

[www.nelsonsjourney.org.uk](http://www.nelsonsjourney.org.uk)

[debbie@nelsonsjourney.org.uk](mailto:debbie@nelsonsjourney.org.uk)



## NHS Wellbeing Service

Post-16	£
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Support for adults aged 16+.

[www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/](http://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/)

[ben.ryan@nsft.nhs.uk](mailto:ben.ryan@nsft.nhs.uk)

## Norfolk LGBT+ Project

Primary	Secondary	Post-16	£
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Support to achieve a high standard of care supporting LGBT+ young people, staff, parents and the wider community.

<https://norfolklgbtproject.org.uk/training-awards/educating-with-pride/>

[fiona@norfolklgbtproject.org.uk](mailto:fiona@norfolklgbtproject.org.uk)

## Norwich Opportunity Area

Primary	Secondary	£ (Norwich)
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Transition materials for families.

[norwichopportunityarea.co.uk/virtual-tours/](http://norwichopportunityarea.co.uk/virtual-tours/)

[Transition Parent Booklet](#)

[emma.vandeventer@norfolk.gov.uk](mailto:emma.vandeventer@norfolk.gov.uk)

## Promoting Alternative Thinking Strategies (PATHS)

Primary	£ £
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Family resources and support.

[PATHS@norfolk.gov.uk](mailto:PATHS@norfolk.gov.uk)

## Relationships, Sex and Health Education (RSHE) Advice for Norfolk Schools

Primary	Secondary	£ £
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RSHE resource available - 'Supporting effective parental engagement'.

[alice.ndiaye@norfolk.gov.uk](mailto:alice.ndiaye@norfolk.gov.uk)



## SEND Local Offer

Primary	Secondary	Post-16	£
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Support for families of children with Special Educational Needs and Disabilities.

[www.norfolk.gov.uk/children-and-families/send-local-offer/](http://www.norfolk.gov.uk/children-and-families/send-local-offer/)

[www.schools.norfolk.gov.uk/pupil-needs/special-educational-needs-and-disabilities](http://www.schools.norfolk.gov.uk/pupil-needs/special-educational-needs-and-disabilities)

[claire.jones2@norfolk.gov.uk](mailto:claire.jones2@norfolk.gov.uk)

## SENsational Families

Primary	Secondary	Post-16	£
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Support for parent carers.

[www.sensationalfamilies.org.uk](http://www.sensationalfamilies.org.uk)

[office@sensationalfamilies.org.uk](mailto:office@sensationalfamilies.org.uk)

## Shine (East Norfolk)

Primary	Secondary	Post-16	£
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Support in East Norfolk including family Thrive.

[shine-gy.org.uk](http://shine-gy.org.uk)

[info@shine-gy.org.uk](mailto:info@shine-gy.org.uk)

## SMILE Project

			£
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Support in Broadland and North Norfolk.

[www.lolastaffordconsulting.co.uk/smile/](http://www.lolastaffordconsulting.co.uk/smile/)

[jacqui@lolastaffordconsulting.co.uk](mailto:jacqui@lolastaffordconsulting.co.uk)

## St Eds Outreach Support Service

Primary	Secondary	Post-16	£	£
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Outreach work in the home, out in the community or in our vocational training centre.

[st-eds.org/courses/outreach-student-support-programme/](http://st-eds.org/courses/outreach-student-support-programme/)

[rio.bygrave@st-eds.org.uk](mailto:rio.bygrave@st-eds.org.uk)



## Swan Youth Project

Primary	Secondary	Post-16	£
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Family and young carer support.

[www.swanyouthproject.org](http://www.swanyouthproject.org)

[anna@swanyouthproject.org](mailto:anna@swanyouthproject.org)

## Take Our Hand

Post-16	£
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Bereavement support for families.

<https://takeourhand.org.uk/>

[alexandra.gough@takeourhand.org.uk](mailto:alexandra.gough@takeourhand.org.uk)

## The Benjamin Foundation - Butterflies emotional wellbeing support service

Primary	Secondary	£	£
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Butterflies Emotional Well-being Service provides emotional well-being sessions in local communities for young people aged 5 to 18, which are paid for by the parent or carer, school or other agency.

[benjaminfoundation.co.uk/service/butterflies-emotional-wellbeing/](http://benjaminfoundation.co.uk/service/butterflies-emotional-wellbeing/)

[michael.rooke@benjaminfoundation.co.uk](mailto:michael.rooke@benjaminfoundation.co.uk)

## The Garage Foundation courses

Primary	Secondary	£	£
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Norwich hub for performing arts.

<https://thegarage.org.uk/classes/>

[adam.yaxley@thegarage.org.uk](mailto:adam.yaxley@thegarage.org.uk)

## The LINK Project - Ormiston Families

Primary	Secondary	Post-16	£
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Support for families as part of Mental Health Champion training.

[www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/](http://www.ormiston.org/what-we-do/mental-health-and-wellbeing/the-link/)

[holly.dowsing@ormistonfamilies.org.uk](mailto:holly.dowsing@ormistonfamilies.org.uk)

[eve.cox@ormistonfamilies.org.uk](mailto:eve.cox@ormistonfamilies.org.uk)



## Virtual School for Looked After Children and Previously Looked After Children, GRT and EAL for Norfolk Schools

Primary	Secondary	Post-16	£ £
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Support for families.

[www.schools.norfolk.gov.uk/teaching-and-learning/virtual-school-for-looked-after-children](http://www.schools.norfolk.gov.uk/teaching-and-learning/virtual-school-for-looked-after-children)

[anna.hogg@norfolk.gov.uk](mailto:anna.hogg@norfolk.gov.uk)

## YMCA Wellbeing Matters

Primary	Secondary	Post-16	£
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Support offered includes 121 work, play therapy , counselling, family therapy, group work and mindfulness sessions, peer support training and other related MHWB resources.

<https://www.ymcanorfolk.org>

[Stephanie.hillier@ymcanorfolk.org](mailto:Stephanie.hillier@ymcanorfolk.org)

[Claire.thacker@ymcanorfolk.org](mailto:Claire.thacker@ymcanorfolk.org)

## Young People in Mind, Norfolk and Waveney Mind

Primary	Secondary	Post-16	£
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Support for families.

<https://www.norfolkandwaveneymind.org.uk> - Young People In Mind

[bill.belton@norfolkandwaveneymind.org.uk](mailto:bill.belton@norfolkandwaveneymind.org.uk)

## Your Own Place

Secondary	Post-16	£
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Support for young people and families.

<https://www.yourownplace.org.uk/our-services/schools-work/>

[jess.luce-rackham@yourownplace.org.uk](mailto:jess.luce-rackham@yourownplace.org.uk)



**We hope this directory helps you to support and promote children and young people's mental health, through a whole-school approach.**

**The DfE funded Wellbeing in Education resources for Norfolk schools can be accessed [here](#).**

**If you require any additional support or would like to share examples of good practice, please contact [josie.rayner-wells@norfolk.gov.uk](mailto:josie.rayner-wells@norfolk.gov.uk).**

**The services and resources were accurate at the time of publication, August 21. If you become aware of any changes please contact [anna.sims@norfolk.gov.uk](mailto:anna.sims@norfolk.gov.uk).**



**Norfolk County Council**