

# Targeted Groups and Courses provided by Action for Children as part of the Early Childhood and Family Service

**INFORMATION FOR PROFESSIONAL USE ONLY: To make a referral please download a request for support form at [www.norfolk.gov.uk/earlychildhood](http://www.norfolk.gov.uk/earlychildhood) and email to [ecfs-referral@actionforchildren.org.uk](mailto:ecfs-referral@actionforchildren.org.uk)**

This programme has been planned according to HM Government's road map out of lockdown published on 22 February 2021. In the event of changes to this road map, or the need for increased Covid-19 safety measures, our groups and courses may be moved online using Microsoft Teams. Funding and support will be available to allow those families without suitable digital equipment to take part in our online groups and courses. Please include as much detail as possible on your referral.

Service	Start Date & Time		Venue	Group Lead		District
<b>Circle of Security Parenting Course</b>  An 8 week course based on supporting and strengthening the attachment between parent and child.	Friday 16 April	To be confirmed	King's Lynn & West Norfolk District (venue to be decided based on needs of cohort)	<a href="#">Angela Flynn-Brand</a>	07866 215940	King's Lynn & West Norfolk
	Wednesday 21 April	7.00 - 9.00pm	Online via Microsoft Teams	<a href="#">Natasha Nobes</a>	07912 394834	South Norfolk
	Thursday 22 April	7.00 - 9.00pm	Online via Microsoft Teams	<a href="#">Kelly Turner</a>	07866 215900	Online
	Thursday 6 May	9.30 - 11.30am	Long Stratton ECFS Base Manor Road, NR15 2XR	<a href="#">Sophie Stott</a>	07843 643088	North Norfolk
	Thursday 6 May	To be confirmed	Fakenham ECFS Base Norwich Road, NR21 8HN	<a href="#">Bev Boulter</a>	07843 643088	North Norfolk
	Monday 10 May	1.00 - 3.00pm	Norwich Earlham ECFS Base Motum Road, NR5 8EG	<a href="#">Jo Young</a>	07881 514203	Norwich
	Thursday 20 May	1.00 - 3.00pm	Seagulls ECFS Base Magdalan Way, Gorleston NR31 7BP	<a href="#">Kim White</a> <a href="#">Mary Phoenix</a>	07971 095751 07866 215881	Great Yarmouth & East Norfolk
	Friday 18 June	To be confirmed	King's Lynn & West Norfolk District (venue to be decided based on needs of cohort)	<a href="#">Angela Flynn-Brand</a>	07866 215940	King's Lynn & West Norfolk
	Tuesday 13 July	To be confirmed	Drayton ECFS Base School Road, NR8 6EP	<a href="#">Rachael Pye</a>	07921 940647	Broadland
	Referrals being taken now. Contact us for expected start date.		Swaffham ECFS Base White Cross Road PE37 7RF	<a href="#">Stephanie Merritt-Morling</a>	07866 215837	Breckland
<b>Triple P Course</b>  An 8 week course that offers support, information and practical answers to everyday parenting concerns.	Wednesday 21 April	To be confirmed	King's Lynn & West Norfolk District (venue to be decided based on needs of cohort)	<a href="#">Caroline Bridger</a>	07921 406809	King's Lynn & West Norfolk
	Thursday 29 April	1.00 - 3.00pm	Thetford ECFS Base Kingsway, IP24 3DY	<a href="#">Hazel Jones</a>	07775 816988	Breckland
	Tuesday 18 May	To be confirmed	Seagulls ECFS Base Magdalan Way, Gorleston NR31 7BP	<a href="#">Melanie Harris</a> <a href="#">Jo Rainbow</a>	07866 215895 07811 023168	Great Yarmouth & East Norfolk
	Tuesday 25 May	9.30 - 11.30am	Long Stratton ECFS Base Manor Road, NR15 2XR	<a href="#">Shelly Tinkley</a> <a href="#">Lauren Hill</a>	07799 644577 07971 095814	South Norfolk
	Wednesday 26 May	12.30 - 2.30pm	Online via Microsoft Teams	<a href="#">Vicki George</a>	07917 047038	Online
	Wednesday 16 June	To be confirmed	King's Lynn & West Norfolk District (venue to be decided based on needs of cohort)	<a href="#">Caroline Bridger</a>	07921 406809	King's Lynn & West Norfolk
	Referrals being taken now. Contact us for expected start date.		North Norfolk District (venue to be decided based on needs of cohort)	<a href="#">Bev Boulter</a>	07843 643088	North Norfolk
	Referrals being taken now. Contact us for expected start date.		Norwich City and Eaton ECFS Base Johnson Place, NR2 2SA	<a href="#">Summer Chambers</a>	07766 408559	Norwich

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<b>Understanding Your Child: The Solihull Approach Parenting Course</b>  A 10 week course to help parents learn more about their child's development and behaviour.	Monday 12 April	12.30 - 2.30pm	Fakenham ECFS Base Norwich Road, NR21 8HN	<a href="#">Wendy Forge</a>	07809 595239	North Norfolk
	Tuesday 13 April	To be confirmed	Online via Microsoft Teams	<a href="#">Michael Dolling</a>	07971 303891	Online
	Tuesday 13 April	10.00 - 11.30am	Thetford ECFS Base Kingsway, IP24 3DY	<a href="#">Martin Laneuville</a>	07971 094962	Breckland
	Monday 19 April	To be confirmed	King's Lynn & West Norfolk District (venue to be decided based on needs of cohort)	<a href="#">Jane Frusher</a>	07525 733920	King's Lynn & West Norfolk
	Tuesday 20 April	9.30 - 11.30am	Norwich CFM ECFS Base Hunter Road, NR3 3PY	<a href="#">Nicole Bartram</a>	07872 675155	Norwich
	Wednesday 5 May	7.00 - 9.00pm	Online via Microsoft Teams	<a href="#">Vicki George</a>	07917 047038	Online
	Tuesday 15 June	To be confirmed	Downham Market ECFS Base Snape Lane, PE38 9JE	<a href="#">Jane Frusher</a>	07525 733920	King's Lynn & West Norfolk
	Referrals being taken now. Contact us for expected start date.		Norwich City and Eaton ECFS Base Johnson Place, NR2 2SA	<a href="#">Gemma Howes</a>	07976 073486	Norwich
<b>Dads Matter Parenting Course</b>  Referrals being taken now. Contact us for expected start date.			Seagulls ECFS Base Magdalan Way, Gorleston NR31 7BP	<a href="#">Ross Wacey</a>	07866 215874	Great Yarmouth & East Norfolk
<b>Freedom Course</b>  A 10 week course for women who would like to look at healthy relationships and to have a safe environment to be able to discuss and understand previous and current relationships.  * King's Lynn & West Norfolk will run Pandora Project Open The Box course	Wednesday 14 April	10.00am - 12.00pm	Online via Microsoft Teams	<a href="#">Amy Silva</a> <a href="#">Laura Hammond</a>	07822 810822 07787 124217	South Norfolk
	Wednesday 21 April	9.30 - 11.30am	Norwich City and Eaton ECFS Base Johnson Place, NR2 2SA	<a href="#">Rachel Wooltorton</a>	07976 073455	Norwich
	Monday 10 May	To be confirmed	King's Lynn & West Norfolk District (venue to be decided based on needs of cohort)	<a href="#">Louise Ramsay</a>	07971 094723	King's Lynn & West Norfolk
	Monday 21 June	To be confirmed	Seagulls ECFS Base Magdalan Way, Gorleston NR31 7BP	<a href="#">Becky Goffin</a> <a href="#">Courtney Sutton</a>	07866 215889 07971 095629	Great Yarmouth & East Norfolk
	Tuesday 6 July	12.30 - 2.30pm	Drayton ECFS Base School Road, NR8 6EP	<a href="#">Caroline Denny</a>	07717 587433	Broadland
	Monday 15 July	To be confirmed	Downham Market ECFS Base Snape Lane, PE38 9JE	<a href="#">Louise Ramsay</a>	07971 094723	King's Lynn & West Norfolk
<b>Video Interaction Guidance (VIG)</b>  Video Interaction Guidance is an intervention where the parent or carer is guided to reflect on video clips of their own successful interactions with their child. The process begins by helping the family to negotiate their own goals (a helping question). Asking them what is it they want to change helps to ensure they are engaged in the process. Adult/child interactions are then filmed and edited to produce a short film of what is working well.  For more information email <a href="mailto:ECFS-families@actionforchildren.org.uk">ECFS-families@actionforchildren.org.uk</a>						

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<p><b>Baby Massage</b></p> <p>A 5 week course introducing massage strokes. This can help with colic, attachment and can support parent and baby to feel more relaxed. Small, face to face groups or one-to-one sessions if more appropriate to the needs of the family.</p> <p>An online version via Microsoft Teams is available for open access. No referral is necessary. Families can book on themselves at <a href="http://www.tinyurl.com/ECFSevents">www.tinyurl.com/ECFSevents</a></p>	Referrals being taken now. Regular start dates according to demand.	Swaffham ECFS Base White Cross Road, PE37 7RF	<a href="#">Emily Jordan</a>	07976 073473	Breckland
		Thetford ECFS Base Kingsway, IP24 3DY	<a href="#">Jessica Hladkyj</a>	07976 073470	
	Referrals being taken now. Regular start dates according to demand.	Acle ECFS Base Acle Library Bridewell Lane, NR13 3RA	<a href="#">Alison Mahoney</a>	07866 215911	Broadland
		Drayton ECFS Base School Road, NR8 6EP			
	Referrals being taken now. Regular start dates according to demand.	Seagulls ECFS Base Magdalan Way, Gorleston NR31 7BP	<a href="#">Kelly Stocker</a>	07971 095657	Great Yarmouth & East Norfolk
	Referrals being taken now. Regular start dates according to demand.	King's Lynn & West Norfolk District (venue to be decided based on needs of cohort)	<a href="#">Louise Whitehead</a>	07718 113944	King's Lynn & West Norfolk
	Referrals being taken now. Regular start dates according to demand.	Fakenham ECFS Base Norwich Road, NR21 8HN	<a href="#">Julie George</a>	07971 095181	North Norfolk
	North Walsham ECFS Base Manor Road, NR28 9HG	<a href="#">Becky Gill</a>	07866 215949		
Referrals being taken now. Regular start dates according to demand.	Norwich CFM ECFS Base Hunter Road, NR3 3PY	<a href="#">Jasmine Bacon</a>	07866 215847	Norwich	
	Norwich City and Eaton ECFS Base Johnson Place, NR2 2SA	<a href="#">Kelly Fulcher</a>	07971 095254		
Referrals being taken now. Regular start dates according to demand.	Diss ECFS Base Fitzwalter Road, IP22 4PU	<a href="#">Lauren Hill</a>	07971 095814	South Norfolk	
	Long Stratton ECFS Base Manor Road, NR15 2XR	<a href="#">Daisy Bannon-Ryder</a>	07860 758747		
<p><b>Baby Days</b></p> <p>A small face-to-face 6-week group for parents and carers with babies who are not yet walking. An opportunity to meet local families and chat to ECFS staff who can offer support and advice. Sessions include baby bonding, how babies learn, infant feeding, sleep, stories &amp; rhymes and safety.</p> <p>An online version via Microsoft Teams is available for open access. No referral is necessary. Families can book on themselves at <a href="http://www.tinyurl.com/ECFSevents">www.tinyurl.com/ECFSevents</a></p>	Referrals being taken now. Regular start dates according to demand.	Swaffham ECFS Base White Cross Road, PE37 7RF	<a href="#">Alana Winstone</a>	07976 073489	Breckland
		Thetford ECFS Base Kingsway, IP24 3DY			
	Referrals being taken now. Regular start dates according to demand.	Drayton ECFS Base School Road, NR8 6EP	<a href="#">Alison Mahoney</a>	07866 215911	Broadland
		Acle ECFS Base Acle Library Bridewell Lane, NR13 3RA			
	Referrals being taken now. Regular start dates according to demand.	Seagulls ECFS Base Magdalan Way, Gorleston NR31 7BP	<a href="#">Jo Colk</a>	07866 215897	Great Yarmouth & East Norfolk
	Referrals being taken now. Regular start dates according to demand.	Downham Market ECFS Base Snape Lane, PE38 9JE	<a href="#">Jasmine Watts</a>	07817 058406	King's Lynn & West Norfolk
		Nar ECFS Base Saddlebow Road, King's Lynn, PE30 5BN			
Referrals being taken now. Regular start dates according to demand.	Fakenham ECFS Base Norwich Road, NR21 8HN	<a href="#">Julie George</a>	07971 095181	North Norfolk	
	North Walsham ECFS Base Manor Road, NR28 9HG	<a href="#">Amy Harland</a>	07976 073469		
		<a href="#">Becky Gill</a>	07866 215949		
Referrals being taken now. Regular start dates according to demand.	Norwich CFM ECFS Base Hunter Road, NR3 3PY	<a href="#">Victoria Rate</a>	07971 095256	Norwich	
	Norwich City and Eaton ECFS Base Johnson Place, NR2 2SA	<a href="#">Sarah Nuthall</a>	07866 215872		
	Norwich Earlham ECFS Base Motum Road, NR5 8EG	<a href="#">Charlotte Richardson</a>	07813 399053		
Referrals being taken now. Regular start dates according to demand.	Diss ECFS Base Fitzwalter Road, IP22 4PU	<a href="#">Emma Taylor</a>	07881 791191	South Norfolk	
	Long Stratton ECFS Base Manor Road, NR15 2XR	<a href="#">Nicola Walker</a>	07766 785454		

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Service	Start Date & Time	Venue	Group Lead		District
<p><b>Toddler Days</b></p> <p>A small face-to-face 6-week stay and play group for children aged 0-5 years and their parents/carers. Activities include crafts, messy play, stories and rhymes. An opportunity to meet local families and chat to ECFS staff who can offer support and advice.</p> <p>An online version via Microsoft Teams is available for open access. No referral is necessary. Families can book on themselves at <a href="http://www.tinyurl.com/ECFSevents">www.tinyurl.com/ECFSevents</a></p>	Referrals being taken now. Regular start dates according to demand.	Swaffham ECFS Base White Cross Road, PE37 7RF	<a href="#">Emily Jordan</a>	07976 073473	Breckland
	Referrals being taken now. Regular start dates according to demand.	Thetford ECFS Base Kingsway, IP24 3DY	<a href="#">Alana Winstone</a>	07976 073489	Breckland
	Referrals being taken now. Regular start dates according to demand.	Acle ECFS Base Acle Library Bridewell Lane, NR13 3RA	<a href="#">Amy Rush</a>	07944 519617	Broadland
	Referrals being taken now. Regular start dates according to demand.	Drayton ECFS Base School Road, NR8 6EP			
	Referrals being taken now. Regular start dates according to demand.	Seagulls ECFS Base Magdalan Way, Gorleston NR31 7BP	<a href="#">Penny Reeve</a>	07866 215857	Great Yarmouth & East Norfolk
	Referrals being taken now. Regular start dates according to demand.	Downham Market ECFS Base Snape Lane, PE38 9JE	<a href="#">Caroline Bridger</a>	07921 406809	King's Lynn & West Norfolk
	Referrals being taken now. Regular start dates according to demand.	King's Lynn Area (venue to be confirmed)			
	Referrals being taken now. Regular start dates according to demand.	Fakenham ECFS Base Norwich Road, NR21 8HN	<a href="#">Julie George</a>	07971 095181	North Norfolk
<p><b>Outdoor Explorers</b></p> <p>6 weeks of fun outdoor activities in all weathers for children aged 0 to 5 years and their parents or carers.</p>	Referrals being taken now. Regular start dates according to demand.	North Walsham ECFS Base Manor Road, NR28 9HG	<a href="#">Becky Gill</a>	07866 215949	North Norfolk
	Referrals being taken now. Regular start dates according to demand.	Norwich CFM ECFS Base Hunter Road, NR3 3PY	<a href="#">Chloe Barrett</a>	07813 399054	Norwich
	Referrals being taken now. Regular start dates according to demand.	Norwich Earlham ECFS Base Motum Road, NR5 8EG	<a href="#">Katie Leader</a>	07866 215860	
	Referrals being taken now. Regular start dates according to demand.		<a href="#">Sarah Nuthall</a>	07866 215872	
	Referrals being taken now. Regular start dates according to demand.	Diss ECFS Base Fitzwalter Road, IP22 4PU	<a href="#">Emma Taylor</a>	07881 791191	South Norfolk
	Referrals being taken now. Regular start dates according to demand.	Long Stratton ECFS Base Manor Road, NR15 2XR	<a href="#">Nicola Walker</a>	07766 785454	
	Referrals being taken now. Regular start dates according to demand.	Thetford ECFS Base Kingsway, IP24 3DY	<a href="#">Tina Powles</a>	07702 637387	Breckland
	Referrals being taken now. Regular start dates according to demand.	Seagulls ECFS Base Magdalan Way, Gorleston NR31 7BP	<a href="#">Emma Cooke</a>	07971 304528	Great Yarmouth & East Norfolk
Referrals being taken now. Regular start dates according to demand.	King's Lynn Area (venue to be confirmed)	<a href="#">Vikki Bentley</a>	07866 182397	King's Lynn & West Norfolk	
Referrals being taken now. Regular start dates according to demand.	Fakenham ECFS Base Norwich Road, NR21 8HN	<a href="#">Julie George</a>	07971 095181	North Norfolk	
Referrals being taken now. Regular start dates according to demand.	Marlpit Community Garden Marlpit Lane Norwich, NR5 8XN	<a href="#">Chloe Barrett</a>	07813 399054	Norwich	
Referrals being taken now. Regular start dates according to demand.	Diss ECFS Base Fitzwalter Road, IP22 4PU		01603 573160	South Norfolk	
	Long Stratton ECFS Base Manor Road, NR15 2XR				

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<b>Communication Café</b> 5 weeks of fun to help parents understand how playing and chatting with children builds their communication. For children aged 0 to 5 years and their parents or carers.	Referrals being taken now. Regular start dates according to demand.		Swaffham ECFS Base White Cross Road, PE37 7RF  Thetford ECFS Base Kingsway, IP24 3DY	<a href="#">Shelly Simpson</a>  <a href="#">Jessica Hladkyj</a>	07540 919531  07976 073470	Breckland
	Referrals being taken now. Regular start dates according to demand.		Acle ECFS Base Acle Library Bridewell Lane, NR13 3RA  Broadland District (venue to be confirmed)	<a href="#">Verena Broomfield</a>	07866 215902	Broadland
	Referrals being taken now. Regular start dates according to demand.		Seagulls ECFS Base Magdalen Way Gorleston, NR31 7BP	<a href="#">Penny Reeve</a>	07866 215857	Great Yarmouth & East Norfolk
	Referrals being taken now. Regular start dates according to demand.		Downham Market ECFS Base Snape Lane, PE38 9JE  King's Lynn Area (venue to be confirmed)	<a href="#">Maxine Cooper</a>	07866 182398	King's Lynn & West Norfolk
	Referrals being taken now. Regular start dates according to demand.		North Walsham ECFS Base Manor Road, NR28 9HG	<a href="#">Laura Saunders</a>	07971 095470	North Norfolk
	Referrals being taken now. Regular start dates according to demand.		Norwich Earlham ECFS Base Motum Road, NR5 8EG	<a href="#">Chloe Barrett</a>	07813 399054	Norwich
	Referrals being taken now. Regular start dates according to demand.		Long Stratton ECFS Base Manor Road, NR15 2XR	<a href="#">Shelly Tinkley</a> <a href="#">Daisy Bannon Ryder</a>	07799 644577 07860 757747	South Norfolk
<b>Forest Schools</b> 12 weeks of outdoor activities using natural resources to stimulate imagination, creativity, and investigation. Research shows outdoor learning has a positive effect on children's confidence, self-esteem and independence as well as increasing physical and social skills.	Monday 19 April	10.00 - 11.30am	King's Lynn Area (venue to be confirmed)	<a href="#">Louise Whitehead</a>	07718 113944	King's Lynn & West Norfolk
	Friday 7 May	10.00am - 12.00pm	Beetley Woods Meet at Beetley Village Hall car park NR20 4BY	<a href="#">Tina Powles</a>	07702 637387	Breckland
	Wednesday 19 May	10.00am - 12.00pm	Seagulls ECFS Base Magdalen Way Gorleston, NR31 7BP	<a href="#">Kylie Foskett</a>	07866 215892	Great Yarmouth & East Norfolk
	Monday 7 June	9.30am - 12.30pm	RAF Marham	<a href="#">Louise Whitehead</a>	07718 113944	King's Lynn & West Norfolk

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<b>Nurture Group</b> A small, relaxed group for children aged 0 to 5* and their parents or carers, to attend for 6 weeks. To support parents who may be nervous or uncomfortable about attending groups and would welcome support with emotional well-being.  * In King's Lynn & West Norfolk this group is for Under 15s.	Wednesday 14 April	To be confirmed	Seagulls ECFS Base Magdalen Way Gorleston, NR31 7BP	<a href="#">Jo Colk</a> <a href="#">Mary Phoenix</a>	07866 215897 07866 215881	Great Yarmouth & East Norfolk
	Monday 19 April	10.00 - 11.00am	Norwich City and Eaton ECFS Base Johnson Place, NR2 2SA	<a href="#">Susan Dockerill</a>	07971 094430	Norwich
	Tuesday 8 June	1.30 - 3.00pm	Downham Market ECFS Base Snape Lane, PE38 9JE	<a href="#">Vikki Bentley</a>	07866 182397	King's Lynn & West Norfolk*
	Wednesday 9 June	To be confirmed	Seagulls ECFS Base Magdalen Way Gorleston, NR31 7BP	<a href="#">Jo Colk</a> <a href="#">Mary Phoenix</a>	07866 215897 07866 215881	Great Yarmouth & East Norfolk
	Tuesday 20 April	1.30 - 3.00pm	King's Lynn Area (venue to be confirmed)	<a href="#">Vikki Bentley</a>	07866 182397	King's Lynn & West Norfolk*
	Tuesday 20 July	1.30 - 3.00pm	King's Lynn & West Norfolk District (venue to be confirmed)	<a href="#">Vikki Bentley</a>	07866 182397	King's Lynn & West Norfolk*
<b>Baby Days (EAL)</b> A small face-to-face 6-week group for families for whom English is not a first language, and babies who are not yet walking.	Friday 16 April	1.00 - 2.00pm	Norwich City and Eaton ECFS Base Johnson Place, NR2 2SA	<a href="#">Charlotte Richardson</a>	07813 399053	Norwich
<b>Cookalong</b> Food package delivered to family's home address and access provided to a video cooking activity using the ingredients	Friday 23 April	10.30am	Thetford ECFS Base Kingsway, IP24 3DY	<a href="#">Jessica Hladkyj</a>	07976 073470	Breckland
	Wednesday 12 May	10.00 - 11.00am	Microsoft Teams	<a href="#">Natasha Nobes</a>	07912 394834	South Norfolk

**ECFS GENERAL TELEPHONE CONTACT (PROFESSIONAL USE ONLY): 01603 573160 or 01603 561131**

Parents should call our main number: **0344 800 8020**

Courses and groups will all be Covid-secure and will take place face-to-face where Covid-19 restrictions allow, otherwise they may be moved online using Microsoft Teams. Funding and support will be available to allow those families without suitable digital equipment to take part in our online groups and courses. To make a referral download a "request for support" form at [www.norfolk.gov.uk/earlychildhood](http://www.norfolk.gov.uk/earlychildhood) and email to [ecfs-referral@actionforchildren.org.uk](mailto:ecfs-referral@actionforchildren.org.uk)