



From 1st October there will be a new service for 0-5 year olds and their families in Norfolk

Norfolk's Early Childhood and Family Service is for all parents and carers with children aged 0-5 years. How and where you get support will depend on what you need.

Everyone will be able to:

- Get help online.
- Chat on the phone or online from 1st October.
- Visit the local library to get information, weigh their baby or join in with Bounce and Rhyme sessions.

If you want help meeting other parents, or need someone to talk to:

- Come to a drop-in event at a community venue – this could be a library, community centre or café.
- Our team will attend community groups regularly, so you can come and chat.
- We can also help you to set up your own local groups and activities.
- We can give you a list of all the events and activities happening locally like baby massage, toddler groups and play sessions.

If you need extra help:

- We will offer support to you and your family through drop-ins and groups.
- We will also support you in your own home, or where you feel comfortable.
- We can put you in touch with other people who can help.

For more information:

Tel: 0344 800 8020

Email: ECFS-Families@actionforchildren.org.uk

www.norfolk.gov.uk/earlychildhood



**Early
Childhood
and Family
Service**



Working in
partnership
to make a
difference
for children

