



# From 1<sup>st</sup> 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.
- Sign up for new email updates with helpful information.
- 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 please email:**  
[ECFS-Families@actionforchildren.org.uk](mailto:ECFS-Families@actionforchildren.org.uk)



**Early  
Childhood  
and Family  
Service**



**Norfolk**  
County Council

In partnership with

