

Norfolk Practice Week

The Art of Individuality

Monday 18 – Friday 22 May 2026



Welcome...

We'd love you to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others – this should be a safe, open and reflective space to learn.

If you need live captions, click on the 3 dots at the top of your screen.

Please do take 2 minutes to provide us with some feedback – we love to hear what you think. The QR code and link will be provided later.

Some of these Practice Week sessions are being recorded for learning purposes. Your presenter will let you know at the start.

Thank you!

TEEN AGENCY

Information from reputable sources is power

North Norfolk High Schools

Events organised by North Community, Partnerships & Inclusion Team

Co-produced with North Norfolk Youth Advisory Board, High Schools and attending partners.

Project conception & development

Project Proposal: TEEN AGENCY

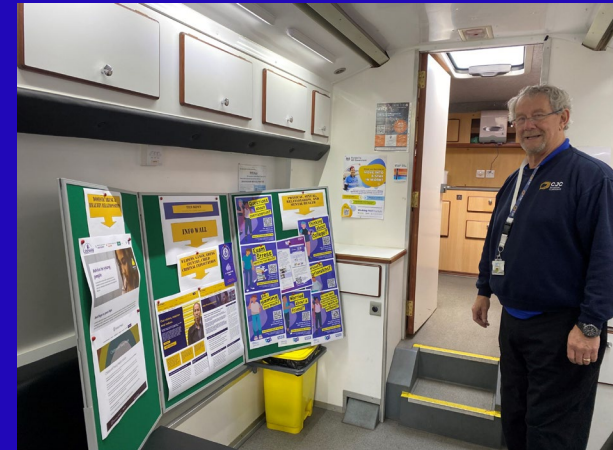
Information event about safe sex, substance and alcohol abuse, and gambling advice

- Based on the Sheringham CAP event at Sheringham High School
- Substance Abuse and Sexual Health
- Partners attending included the Beat Managers, the WOW Bus, CGL and the Matthew Project.
- Our team considered this model could work at other high schools in the North.

Co-production with the NNYAB

- The young people wanted information from reputable sources.
- The team worked with the Young Commissioners to co-produce this proposal including:
 - Event name - Teen Agency.
 - Scenarios were used to find out how they currently obtained information.
- Carousel of stalls was preferred format where they could go and ask individual questions.
- Preferred hands-on learning.
- Expressed that this would be a good and interesting idea.

Broadland High School, Hoveton 17.03.2025



TEEN AGENCY
Information from reputable sources is power

Information gathering and distribution

TEEN AGENCY

Information from reputable sources is power

Teen Agency Information Quiz

- Which agency can provide you with specialist advice about alcohol and substance misuse?
 - GamCare
 - The Matthew Project
 - Leeway
- Which agency can provide you with specialist information for gambling problems and addiction?
 - The Matthew Project
 - GamCare
 - Leeway
 - ST Giles Trust
- FYI is an online resource to provide information for what topics?
 - Mental health
 - Sex
 - Relationships
 - Physical health
 - All of the above
- Which organisation can offer advice and support for the wellbeing of LGBTQ+ individuals?
 - LGBTQ+ Project Family Hubs
 - Pandora Project
 - GamCare
- Which organisation can offer support, advice and guidance for families who are facing challenges in Norfolk?
 - Matthew Project
 - Family Hubs in Norfolk
 - MAP



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Information from reputable sources is power

ALCOHOL AND SUBSTANCE ABUSE SUPPORT

Services for young people

YouCan Unity On Track

The Matthew Project
<https://www.matthewproject.org/young-people>
 01603 626123

SUPPORT WITH GAMBLING

Young People's Support Service

GamCare
<https://www.gamcare.org.uk/get-support/young-peoples-support-service/>
 0808 8020 133

PHYSICAL, SEXUAL, RELATIONSHIPS, AND MENTAL HEALTH

Answers to your health questions

FYI Children & Young People's Health Service
<https://www.fylnorfolk.nhs.uk>
 0300 3000123

LOCAL POLICE SERVICES

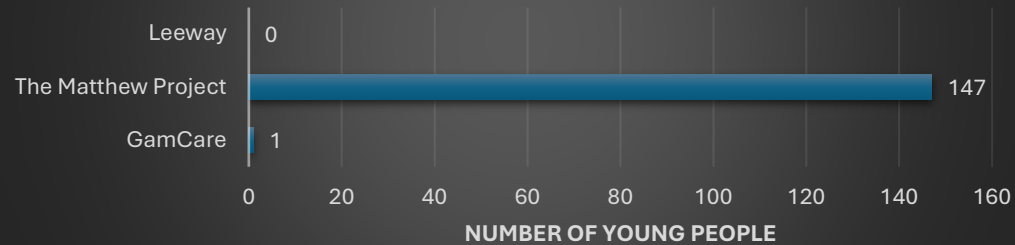
Norfolk Constabulary
<https://www.norfolk.police>
 Phone: 101 (Please call 999 in an emergency)

TEEN AGENCY

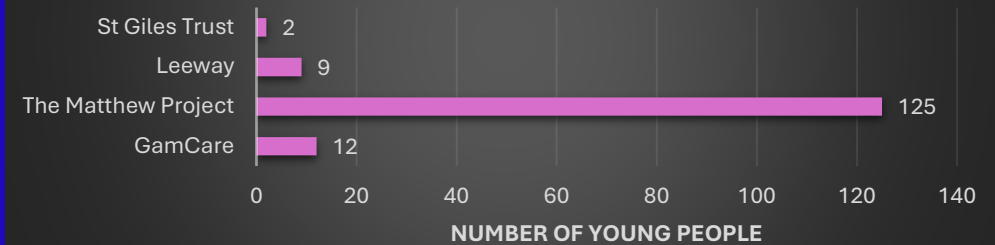
Information from reputable sources is power

Broadland High School Feedback

1. Which agency can provide you with specialist information about alcohol and substance misuse?



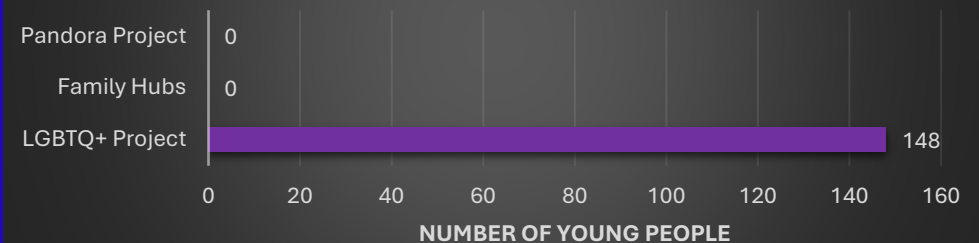
2. Which agency can provide you with specialist information for gambling problems and addiction?



3. FYI is an online resource to provide information for what topics?



4. Which organisation can offer advice and support for the wellbeing of LGBTQ+ individuals

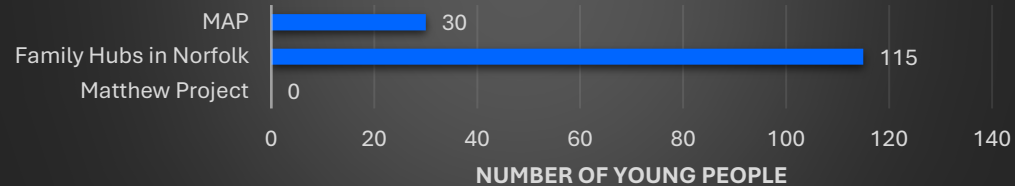


TEEN AGENCY

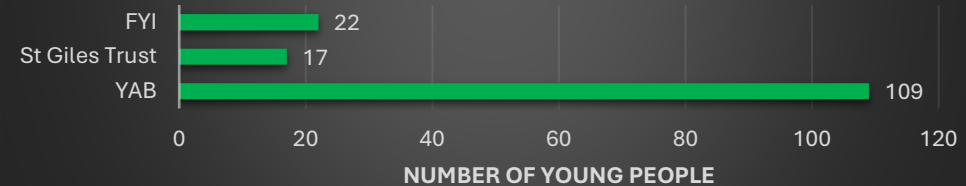
Information from reputable sources is power

Broadland High School Feedback

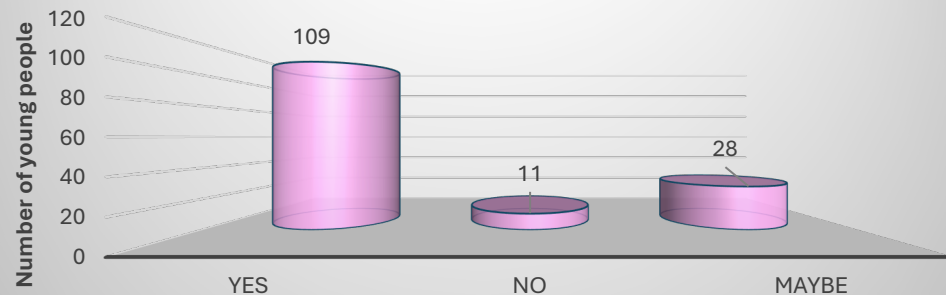
5. Which organisation can offer support, advice and guidance for families who are facing challenges in Norfolk?



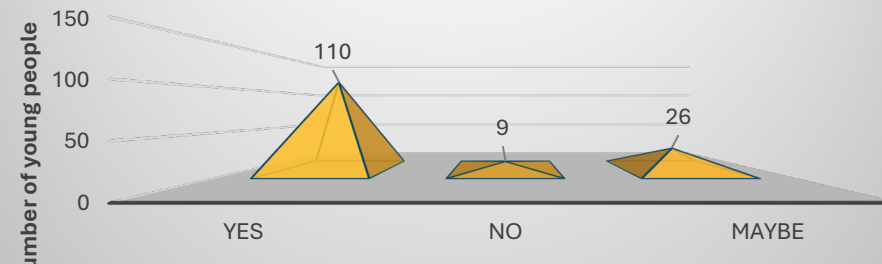
6. What organisation could you join if you were interested in local issues and want to help make some changes for young people?



7. Have you found this event interesting?



8. Do you know more about where to get support and information than you did before the event?



Broadland High School Feedback

9. How could this event be improved?



Sample text answers Broadland

9. How could this event be improved? For example, what other things would you like to know more about.

Potentially more stalls, otherwise it was very informative, I particularly enjoyed learning about gambling and its dangers.

9. How could this event be improved? For example, what other things would you like to know more about.

wasn't learn about gambling

- social media
- racism
- immigration

9. How could this event be improved? For example, what other things would you like to know more about.

More stalls The people are nice

How could this event be improved? For example, what other things would you like to know more about.

longer time period, more stalls

Emma Google's the best

Vote for the Family Hubs Representative for a little prize.

9. How could this event be improved? For example, what other things would you like to know more about.

make an assembly or have more funness to get our attention

9. How could this event be improved? For example, what other things would you like to know more about.

Advice on relationships

Please see accompanying document for full range of text answers

Partner feedback (Broadland High)

Emma Folds iCASH Team

Good afternoon Emma. Thank you for the photos.

We had a wonderful day and thought the students and staff were all welcoming and wonderful. I think the students really benefitted from the event. I look forward to hearing the student feedback. Thank you and great job!

Abbie King, Broadland High School – Head of Year 10

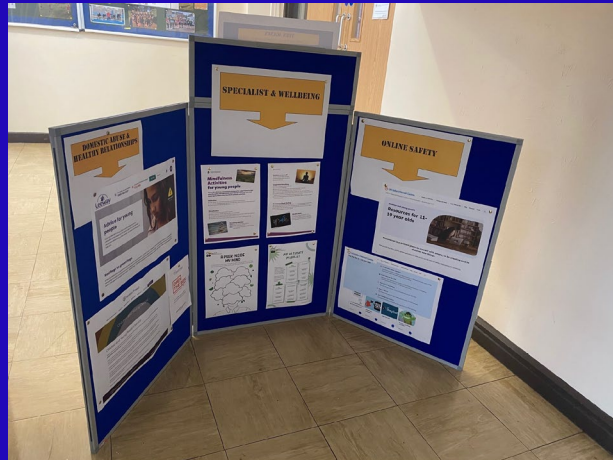
Thank you so much for organising this. The young people are really benefitting from the information and are really engaged.

Fakenham Academy, Fakenham, 27.03.2025



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Information from reputable sources is power

Information gathering and distribution



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Organisation for the day – Fakenham Academy

Partners attending

Beat Manager (police)

EP Youth

GamCare (potentially if capacity)

Family Hub (with Information Wall promoting additional support services not in attendance)

Matthew Project

MAP

Norfolk LGBTQ+ Project

Youth Advisory Board

WOW Bus (6th form car park)

LGBTQ+ Project

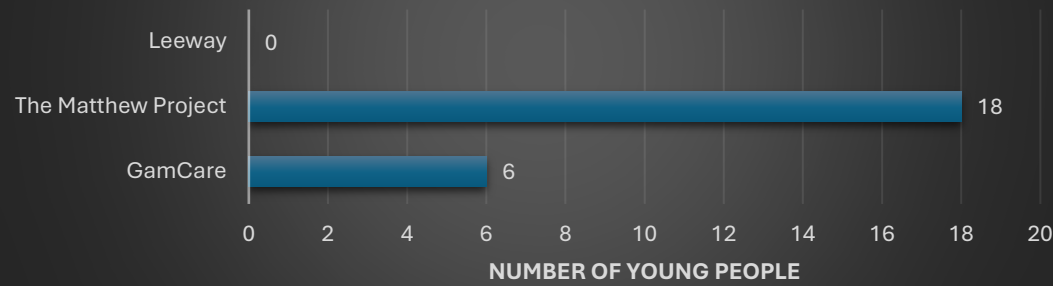
Remembering Together

Fakenham Academy Feedback

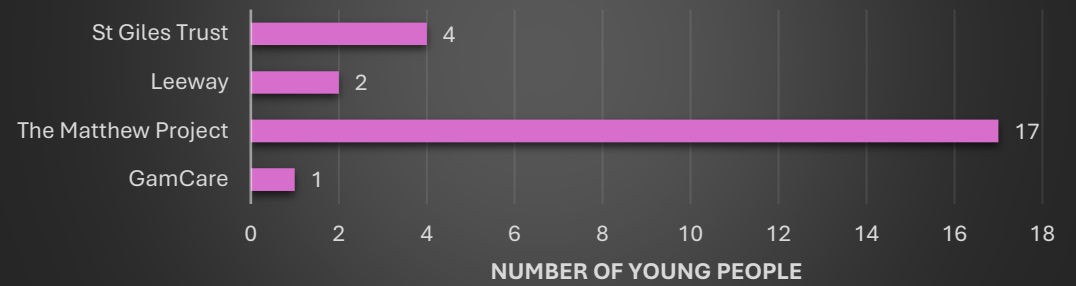
- **Year Groups:** All school drop down day. Teen Agency partners were placed in a foyer, so young people with an interest stopped to visit in their lunchtimes.
- **Number of Young People:** Around 100 - 24 feedback quizzes completed. Years 7, 8, 9 and 10.
- **The Wells Beat Manager** delivered an assembly on online safety. Gamcare and EP Youth delivered full lesson sessions. Remembering Together also undertook lesson sessions as Nelson's Journey had cancelled. The iCASH team already deliver to the Sixth Form so were unable to join the main school event.
- **The Information Walls** were amended in response to yp feedback from Broadland High. An additional feedback question was added.

Fakenham Academy Feedback

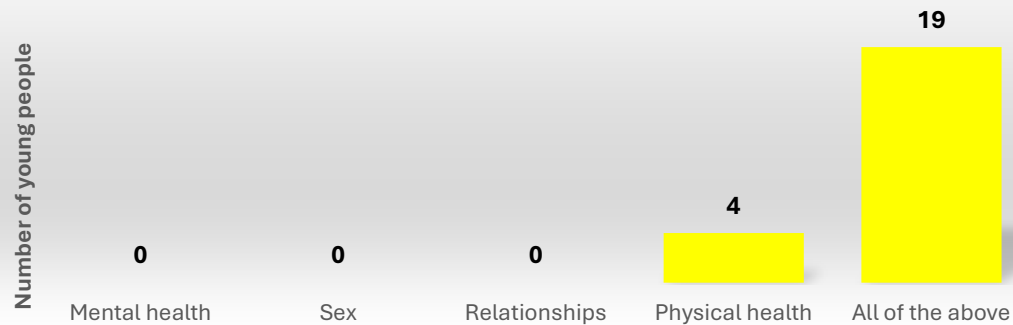
1. Which agency can provide you with specialist information about alcohol and substance misuse?



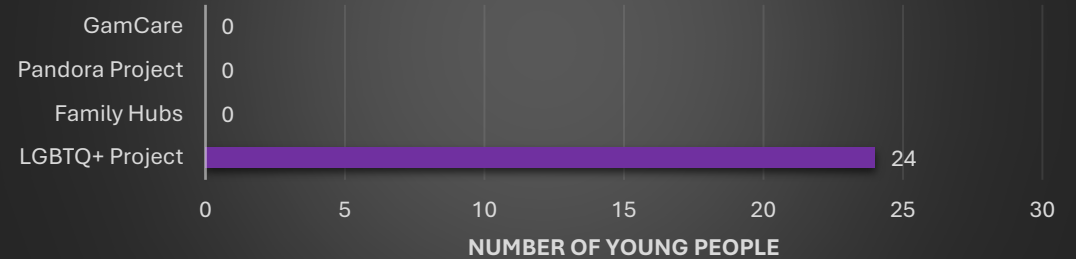
2. Which agency can provide you with specialist information for gambling problems and addiction?



3. FYI is an online resource to provide information for what topics?

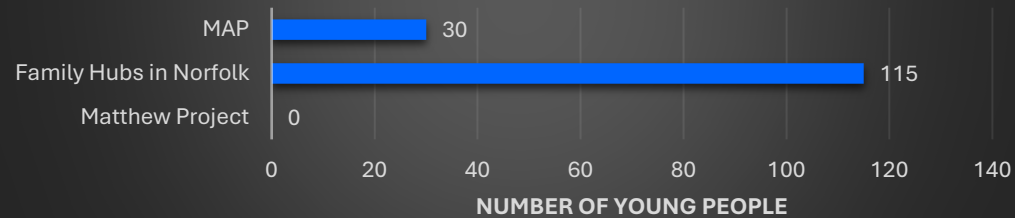


4. Which organisation can offer advice and support for the wellbeing of LGBTQ+ individuals?

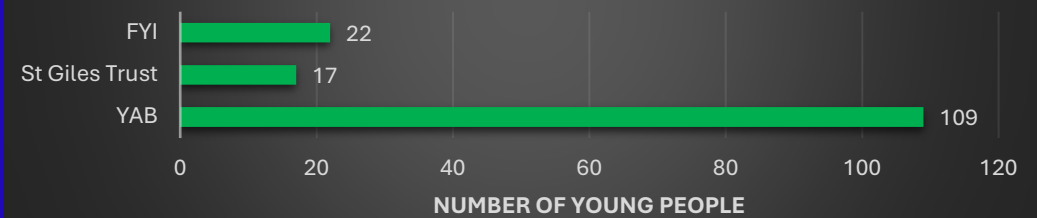


Fakenham Academy Feedback

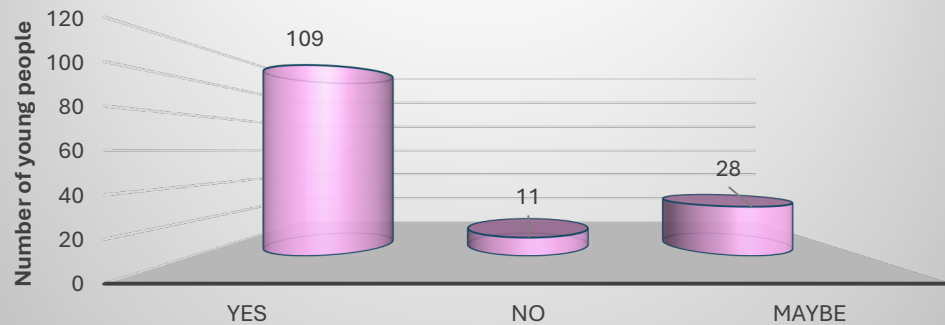
5. Which organisation can offer support, advice and guidance for families who are facing challenges in Norfolk?



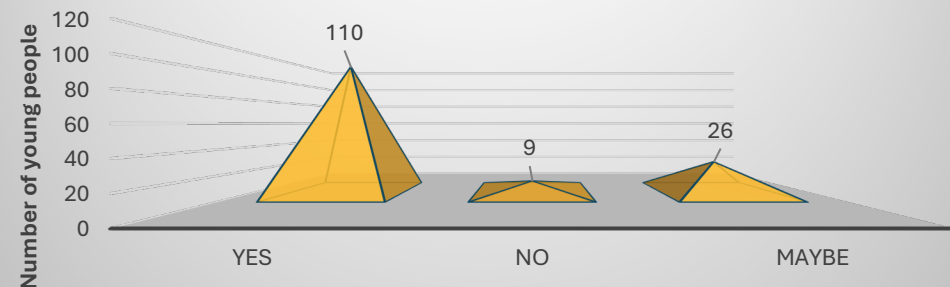
6. What organisation could you join if you were interested in local issues and want to help make some changes for young people?



7. Have you found this event interesting?



8. Do you know more about where to get support and information than you did before the event?



Fakenham Academy Feedback

9. What was the most interesting thing you learned or favourite thing about the event? Full text answers in accompanying document.

Gamcare

Social media & online safety

Many people are affected

Interest and kindness

Lots of organisations can support you

Matthew Project

Norfolk LGBTQ+ Project Support

Looking after myself

Yab and Youth Groups

Fakenham Academy Feedback

10. What would you like more information about? Full text answers in accompanying document.



Sample text answers Fakenham

9. What was the most interesting thing you learned or favourite thing about the event?

The gay staff ☺

10. What would you like more information about?

The gay staff ☺

9. What was the most interesting thing you learned or favourite thing about the event?

There are different places for us as a youth to get mental help, physical,

10. What would you like more information about?

Nothing

9. What was the most interesting thing you learned or favourite thing about the event?

That there are communities for disabled and LGBTQ people

10. What would you like more information about?

Coping with families addiction + mental health

Partner feedback (Fakenham Academy)

They really enjoyed it and seem to be really engaged – it was great.

Chloe, EP Youth

Thank you for organising everything for the student workshops at Fakenham Academy.

Best wishes,

Rod, GamCare

Partner feedback (Fakenham Academy)

Hi Emma (Miss Shepheard)

Thanks for your email. It was a pleasure to represent The Matthew Project Young Peoples services and really hope it helped and was well received on the day.

It was great to speak to so many young people whether that be as 121 or in groups and even better to see them so engaged with activity (Beer Goggles and alike). We managed to promote both our YP services i.e.; Unity and You Can and explain what each project did. I handed out lots of flyers/cards to young people and was able to ask a Teacher to put our posters up around school so the website is more easily accessible for those wanting information or where to get support. Fakenham High School staff were also very welcoming and was nice to be able to talk to those a little more about our service too and hope this will help them identify and make referrals for YP in need of support in the future.

Kev, Matthew Project

Partner feedback (Fakenham Academy)

Hello,

That is amazing, thank you. I also would like to say a massive thank you too. I was waiting for all the students feedback to come in but there have been a huge number of positives.

Many thanks,

Steve Gray, Assistant Head, Fakenham Academy

North Walsham High School 17.07.2025



Information gathering and distribution

TEEN AGENCY

Information from reputable sources is power



- Which agency can provide you with specialist advice on alcohol and substance misuse?
 - GamCare
 - The Matthew Project
 - Leeway
- Which agency can provide you with specialist information for gambling problems and addiction?
 - The Matthew Project
 - GamCare
 - Leeway
 - ST Giles Trust
- FYI is an online resource to provide information for what topics?
 - Mental health
 - Sex
 - Relationships
 - Physical health
 - All of the above
- Which organisation can offer advice and support for the wellbeing of LGBTQ+ individuals?
 - LGBTQ+ Project
 - Family Hubs
 - Pandora Project
- Which organisation offers advice and support for families who are facing challenges in Norfolk?
 - Leeway
 - Family Hubs in Norfolk
 - MAP
- What organisation could you join if you were interested in local issues and want to help make some changes for young people?
 - Youth Advisory Board
 - St Giles Trust
 - FYI

- For which topics do Leeway offer advice and support?
 - Healthy Relationship Advice and Domestic Abuse
 - Drug and alcohol abuse
 - Child criminal exploitation and knife violence
- For which topics does the Joe Dix Foundation offer advice and support?
 - Drugs and alcohol abuse
 - Child criminal exploitation and knife violence
 - Healthy Relationship Advice and Domestic Abuse
- For which topics does Papyrus offer advice and support?
 - Healthy Relationship Advice and Domestic Abuse
 - Prevention of young suicide
 - Child criminal exploitation and knife violence
- Have you found this event interesting?
 - Yes
 - No
 - Maybe
- Do you know more about where to get support and information than you did before the event?
 - Yes
 - No
 - Maybe
- What was the most interesting thing you learned or favourite thing about the event? (Write in)
- What other topics or additional information would you like to hear about?
- How would you like to receive this information? (Circle one or more)

School assembly
 Leaflets
 Lesson/Tutorial
 Weblink
 Social media

Other (write in)

TEEN AGENCY

Information from reputable sources is power

ALCOHOL AND SUBSTANCE ABUSE The Matthew Project https://www.matthewproject.org/young-people	SUPPORT WITH GAMBLING GamCare https://www.gamcare.org.uk/get-support/young-peoples-support	PHYSICAL, SEXUAL, RELATIONSHIPS, & MENTAL HEALTH FYI Children & Young People's Health Service https://www.fyiforfolk.nhs.uk
LOCAL POLICE SERVICES Norfolk Constabulary https://www.norfolk.police Phone: 101 (Please call 999 in an emergency)	DOMESTIC ABUSE & HEALTHY RELATIONSHIPS Leeway https://www.leeway-support.org.uk/healthy-relationships/	CHILDREN AND YOUNG PEOPLE Pandora Project https://www.pandoraproject.org.uk/children-and-young/ Enquiry form on website
MH & WELLBEING FOR LGBTQ+ YOUNG PEOPLE LGBTQ+ Project https://lgbtproject.org.uk 01603 219299	MAKING A CHANGE—YOUTH ADVISORY BOARD MAP Mental Health https://www.map.uk.net/here-you-mental-health Tel: 0800 0744454 Youth Advisory Board (YAB) https://www.map.uk.net/here-you-activities-groups/north-norfolk-yab	FAMILY HUB/EARLY HELP Family Hub https://www.norfolk.gov.uk/familyhubs 01263 739060

TEEN AGENCY

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WEAPONS, GANGS, GOING COUNTRY, CHILD CRIMINAL EXPLOITATION St Giles Trust https://www.stgilestrust.org.uk/support-us/keep-children-safe/advice-for-children-and-young-people/	PREVENTING YOUNG SUICIDE Papyrus https://www.papyrus-uk.org/help-and-advice-resources/
LOCAL LIBRARIES CEOP Education/National Crime Agency https://www.ceop.education.co.uk/11-15/	ONLINE SAFETY Childline https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-on-line
ADVICE AND SUPPORT FOR INDIVIDUALS WITH SEND Norfolk SENDIASS https://www.norfolksendiass.org.uk/ 01603 704070	<p>Our safety hacks are here to help you feel more in control online.</p> <p>Think before you share - What you share online can stick around for longer than you think, including our photos, videos, and comments. It's good to always keep this in mind.</p> <p>Keep private info private - Keep things like your address, phone number, full name, school and date of birth private, and check what people can see in your privacy settings.</p> <p>Know who you're chatting to - When chatting to others online, keep an eye out for red flags, fake profiles, or anyone who might not be who they say they are.</p> <p>Spot the fakes - Not everything we see online is always going to be true. Spotting misinformation will help you feel more in control of your feed, your feelings, and your views of the world.</p> <p>Talk it out - If anything happens or something you're not sure about, you</p>

TEEN AGENCY

Information from reputable sources is power



Organisation for the day

For this event the following partners were scheduled to attend:

NHS i-CaSH Team (sexual health)

Mathew Project (Alcohol and substance misuse)

Beat Managers (Police - Online Safety)

GamCare (Concerns about Gambling)

Wellness on Wheels (WOW bus) – (providing outreach health services to the community)

Norfolk LGBTQ+ Project (Mental health + wellbeing for LGBTQ+ young people)

Youth Advisory Board (campaigns, events, and commissioning by young people)

NHS 5-19 Assistant Practitioner (Schools Health Team)

NHS HCS Assistant (Schools Health Team)

NHS FYI (comprehensive online health and mental support for Young People with interactive display)

Leeway (Healthy Relationships)

Papyrus (Prevention of young suicide)

Joe Dix Foundation (Child exploitation and knife crime)

Newlife Attic (Local Youth club and support)

SENDIASS (Information, advice, and support for young people with SEND)

North Walsham Library (Tricky Period and Toiletries to Go at no cost along with other services)

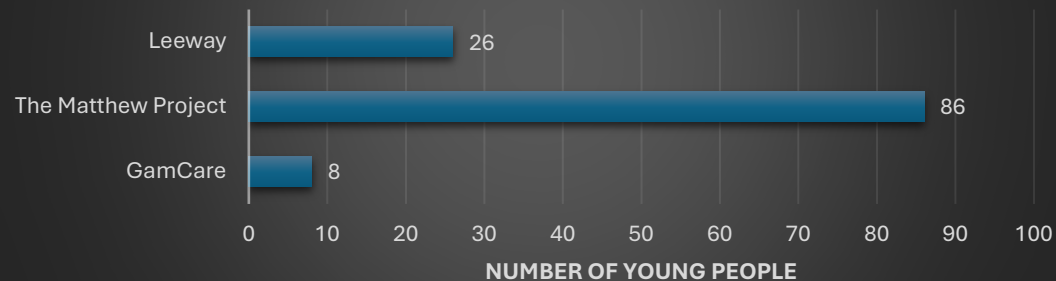
Family Hub (Early Help support for Young People and Families)

North Walsham High School Feedback

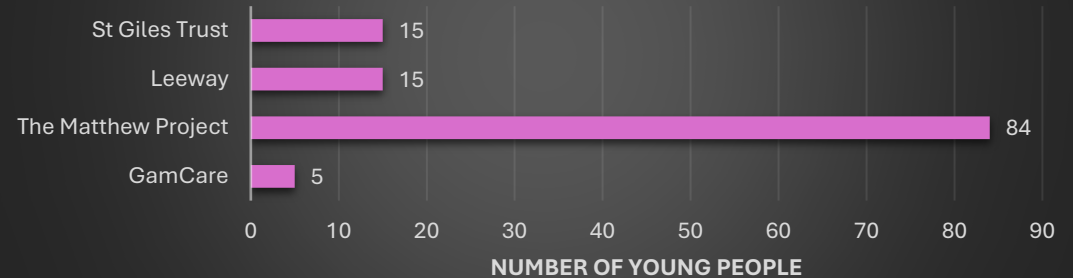
- Year Groups: Year 7, Year 8, Year 9, Year 10
- Number of Young People: Around 400 - 121 feedback quizzes completed. Feedback also written on post it notes as ran out.
- Initial discussion about placing iCaSH team, as all year groups attending. They went outside with WOW bus. Year 7 and Year 8 steered away from the outside.
- More partners invited to attend along the lines of feedback requests from the yp at previous events. Feedback question amended to suit the increased number of partners, although where possible questions were kept the same in order to allow comparisons. Information sheet extended to reflect the larger range of partners.

North Walsham High School Feedback

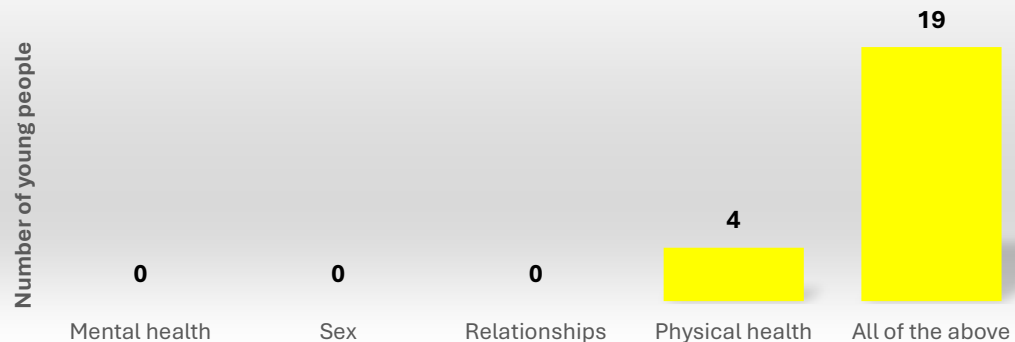
1. Which agency can provide you with specialist information about alcohol and substance misuse?



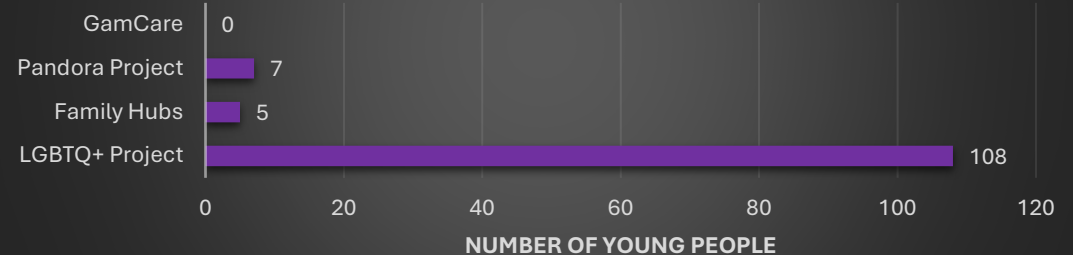
2. Which agency can provide you with specialist information for gambling problems and addiction?



3. FYI is an online resource to provide information for what topics?

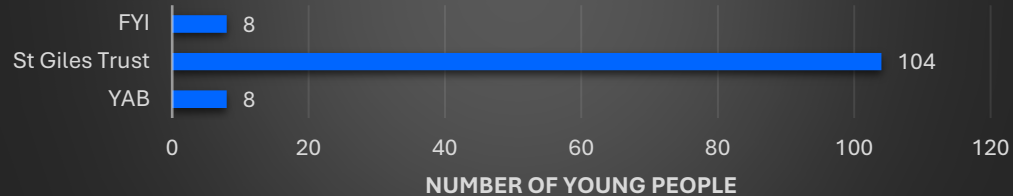


4. Which organisation can offer advice and support for the wellbeing of LGBTQ+ individuals?

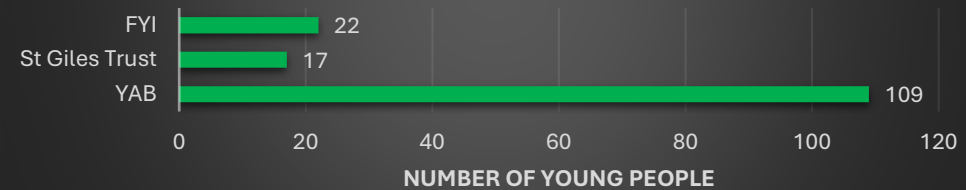


North Walsham High School Feedback

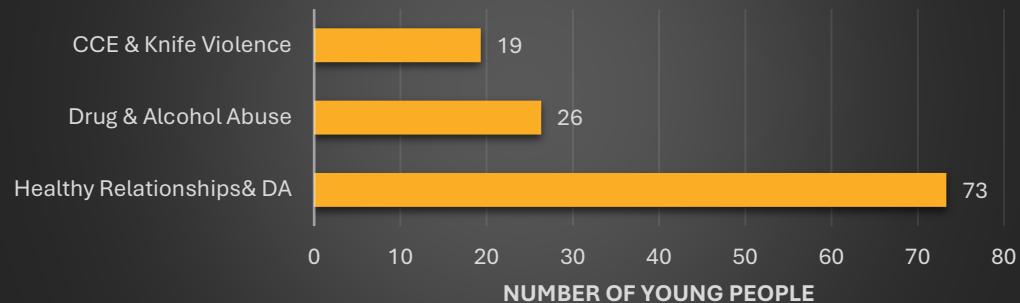
5. Which organisation can offer support, advice and guidance for families who are facing challenges in Norfolk?



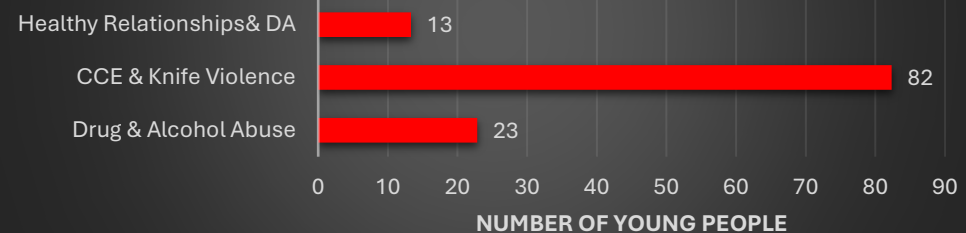
6. What organisation could you join if you were interested in local issues and want to help make some changes for young people?



7. For which topics do Leeway offer advice and support?

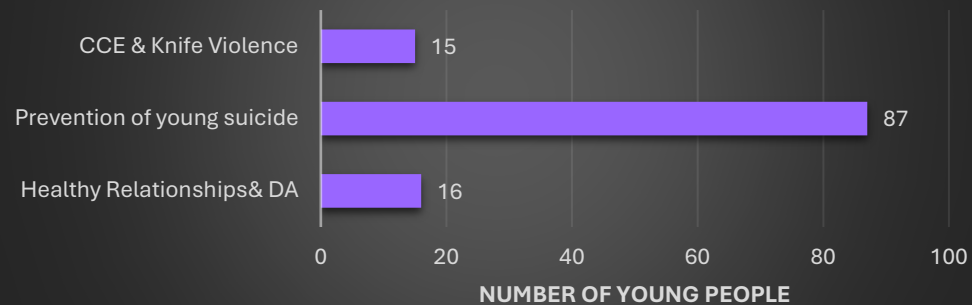


8. For which topics does the Joe Dix Foundation offer advice and support?

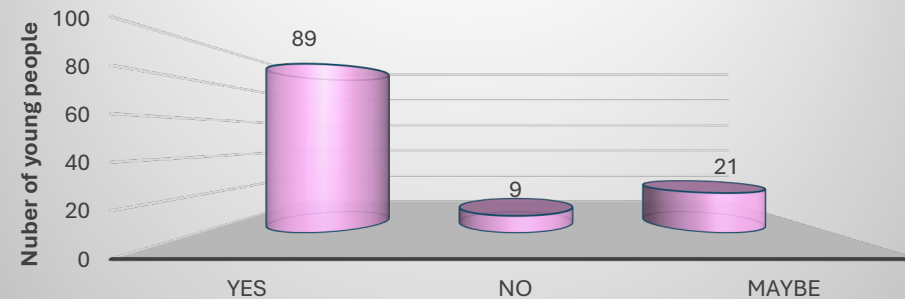


North Walsham High School Feedback

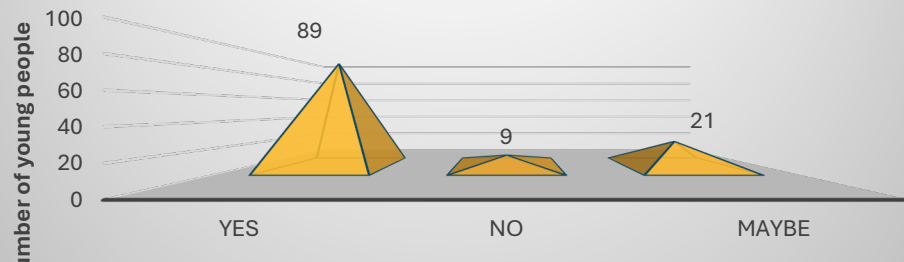
9. For which topics does Papyrus offer advice and support?



10. Have you found this event interesting?



11. Do you know more about where to get support and information than you did before the event?



14. How would you like to receive this information?



North Walsham High School Feedback

12. What was the most interesting thing you learned or favourite thing about the event? Full text answers in accompanying document.



North Walsham High School Feedback

13. What other topics would like to hear about? Full text answers in accompanying document.



Sample text answers North Walsham

12. What was the most interesting thing you learned or favourite thing about the event? (Write in)

Why? That I got a free pen

13. What other topics or additional information would you like to hear about?

I don't really know but I want to learn more about

12. What was the most interesting thing you learned or favourite thing about the event? (Write in)

Why? There are so many different organisations that can help. It's good as many people don't know where to find support.

13. What other topics or additional information would you like to hear about?

mental health topics

14. How would you like to receive this information? (Circle one or more)

12. What was the most interesting thing you learned or favourite thing about the event? (Write in)

Why? I liked the library one as you could tell they were serious about books and wanted to help

13. What other topics or additional information would you like to hear about?

I don't know

everything was amazing and easy to understand the LGBTQ+ table was my favourite table.

I like the library part most as it tells me what I can do in the library when I have free time. To improve, there could be more quizzes to test our knowledge.

Joe did as it raised awareness of how many people carry knives and are a very big risk you more likely to get injured when carrying a knife

Please see accompanying document for full range of text answers

I would like to see more support towards LGBTQ+ community and care about students mental health.

What other topics
I'd like to see more people open up.
'Teeway' makes sure you know if your in a toxic relationship and what to do. I like how it helps you feel safe.

I liked that they had blades from crimes in Norfolk but I think that should display impacts - like prison or impact of both families

Partner feedback (North Walsham High)

James Gosden Executive Headteacher North Walsham High School

Thank you very much for arranging this. I think all schools should do this for our young people. I would very much like to see this as an annual event. Thank you again for all your efforts. We have had 400 students through today and they all, with just a few exceptions, have been engaged and got something out of the event.

Emma Folds iCaSH Team

We have found the teen agency events very positive and welcomed by both students and staff. The students engage voluntarily with our stall and welcomed the information we gave. Being able to give wider knowledge around how and why people might want to access iCaSH and the C-Card scheme has been very beneficial, as often these messages are not heard. This whole project has been wonderful to be part of, and we thank Emma for including our service. We look forward to attending these future events and seeing the positive impact they have on the students.

Partner feedback (North Walsham High)

Aaron Harrison, Youth Worker, North Norfolk Youth Advisory Board

As a new person to working in North Norfolk with NNYAB, I have found it really useful to see who else is working in the area and what is going. The events have helped me build new relationships with other organisations staff who have then helped inform me of the needs of the area.

I have also found it really nice to see the young people getting involved and wanting to know about the organisations. It has also been really nice to then go to other places and see that young people have remembered what has happened and who I am.

At the last event in North Walsham, Our Young Commissioners also said that they really liked what was happening and were keen to help promote YAB activities whilst they were there. These events have also been really helpful to promote NNYAB and I believe we have worked with more organisations and young people because of it.

Partner feedback (North Walsham High)

Roberta Clanton (She/Her)

Suicide Prevention Officer, Norwich, POPYRUS Prevention of Young Suicide

Thank you for inviting me along and what a great event 😊

Yes, please put me down for the 14th October – I'll have to bring more wristbands next time!!

Next to Alderman Peel High School, Wells....

- 167 students engaged in the event.
- REDI attended and did a rap for student to help dispel fake news around immigration.
- Students found the information from the Matthew Project, LGBTQ+, sexual health and Papyrus particularly helpful.
- Students shared that they would like information on more topics in future including, help in education & Post 16 options including 6th form, college and university, financial advice, more around drug and alcohol use, more around mental health support and finally elderly support.

Then on to All Saints, Lessingham...

- First Teen Agency at an Independent school that supports CYP with SEND. 21 students from Years 10 & 11 attended.
- Different format. Focused sessions as opposed to market style approach.
- Partners who attended were Gro Health, iCash, The Matthew project, School Nursing and LGBTQ+. Sadly Leeway and the Police were unable to attend.

Partner feedback (All Saints, Lessingham)

- Redi Team ‘Thank you so much for inviting us and giving us the opportunity to share some of the work we do with the young people and staff at Lessingham All Saints. I really liked the different approach to this and it highlights our ability to be adaptive to different settings and audiences. Hopefully the schools we work with will welcome us back in future to deliver similar sessions to the next cohorts’
- ICASH – ‘We really enjoyed our visit to the students at Lessingham. They were welcoming and engaging. Staff were wonderful too. I think the process and how it worked was perfect.’

Partner feedback (All saints, Lessingham)

- Gro Health ‘ It’s a lovely calm school’, ‘Teen Agency would work really well in college’s as well’.
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- Karla King, Lessingham events Co–Ordinator – ‘A huge thank you to everyone again, really positive feedback from staff and students.’

Student feedback (All Saints, Lessingham)

- Student A – ‘nothing!!!’
- Student B – ‘The Gro Health was way too focused on weight loss and healthy eating and didn’t touch on much about healthy weight gain or that achieving sleep, movement, food and wellbeing can be hard. Felt very pushy and not focused enough on how hard healthy can be.’
- Student C – ‘Some sessions felt very rushed. More time to discuss.’
- Student D – ‘More activities, a little bit more time so we can take it slow.’
- Student E – ‘I would love for these to be longer.’
- Student F – ‘Not sure.’
- Student G – ‘I don’t know’.
- Student H – ‘It couldn’t be improved.’

Beyond North Norfolk

TEEN AGENCY

Information from reputable sources is power

Diss High School, South Norfolk

- First teen Agency outside North Norfolk
- 150 students attended
- Sessional style approach timetabled across the morning for each year group.

Partners in attendance

- Active Norfolk
- FYI, Talking Therapies & Kooth
- Leeway
- Papyrus
- Ormiston Families
- Shaw Trust
- The Matthew Project
- The Benjamin Foundation
- SENDIASS, School & Communities, Family Hubs & REDI
- LGBTQ+ Norfolk, MTM Youth
- Library & The CornHall

Partner Feedback (Diss High School)

- Redi: ‘Thank you for inviting us, It was a great event I liked how interactive it was, it was a good balance of speeches and time for the young people to walk around and see all the different stands. I liked the activities at each stand I thought this was a great idea’.
- LGBTQ+ :‘This was such a well-organised event. From the emails received before the event, laying out the details, to the students helping with parking, to the sign-in process- it was all very well thought out. I really appreciated how much the students were willing to engage with the organisations. I really enjoyed it and appreciate your work to get it organised’.
- Ormiston families: We really enjoyed being part of the Teen agency event at Diss high school. It was interesting to speak to lots of students about our service. The event ran well and I think we saw a high proportion of students on the day. I don’t really have much to feed back as found it a great event
- Diss High School: We have had lot of positive feedback about the day from our students, and a few follow up referrals for students who felt they needed further support. Thank you to you and your team for making the event so successful, everyone was so passionate and engaged with our students and this really helped them get involved with the activities whilst finding out lots of information about local support agencies and services they can access. We feel that having sessions with selected students really helped We all loved the freebies too !

Student Feedback (Diss High School)

YP: I thought it was really good, I am going to use Kooth.

YP: I only came here to skip class, but I am glad I did now, look at this free pen I got, how cool.

YP: Omg this is so cool, I love a tote bag, wow there are so many useful people here

YP: I don't really get what this is, the teachers should have told us who was coming to give us an idea, but I can see why this is important.

YP: My favourite stall was the LGBTQ one, I'm not gay but I know some, it was nice to learn more about it, oh and get a free pen!

YP: I wish we had longer, can we do this again? And more services, oh can we have someone from beauty and make up?

In general, young people told us they really enjoyed the event, and would like to have it again, for longer and more often.

Please take 2 minutes to
provide us with some feedback

