



Spotlight on

Vulnerable Families

Hub Community Project

Local charities and community groups supporting our most vulnerable families are being stretched more than ever as they face a growing number of complex demands.

There are around 29,300 children living in low-income families in Norfolk, which can have long term impacts on their health, attainment and aspirations. Many of these children growing up in poverty live in a family where at least one person works.

With statutory services continuing to shrink, community provision is increasingly called upon to fill the gaps.

Local, trusted projects, many led by volunteers, are often best placed to understand the needs in their communities and offer real solutions that can change lives.

This report shines a light on just a few of these innovative, vital projects that are reliant on local funding to continue and grow their work.



“If we want to break the cycle of poverty and all that it brings, we must invest in supporting our most vulnerable families in Norfolk. Trusted community groups and local charities are making a real difference here but they need more funding and support.”

Simon Bailey, Chief Constable of Norfolk and Norfolk Community Foundation Trustee

We can only provide this essential support with your help – even a small contribution can make a big difference to lives in Norfolk.

What can we do together?

Together, Norfolk shines brighter

Home-Start Norfolk is dedicated to supporting struggling families with young children, led by volunteers from the local community who themselves have parenting experience. Families may be affected by rural and social isolation, poverty, poor mental health, disability, lack of transport, low self-confidence and self-esteem. They are matched with a suitable trained parent volunteer, who provides weekly emotional and practical support to the family for up to 6 months.



879
children in 352 families were supported by Home-Start last year

Great Yarmouth Community Trust's Inside Out programme helps women who have had children taken into care, to help them overcome the barriers they face in order to have children returned to their care. Through the programme, women build their confidence and self-esteem, and achieve an accredited qualification, to equip them to reunite their family.

1,105
children in care in Norfolk - the highest number in the region

Menscraft offers a specialist parenting course for men whose parenting is harsh or abusive. Using role-play and real life practice at home, the men learn to replace violent, intimidating or shaming parenting practices with techniques that put their child's needs first.

Sunbeams Play supports the whole family to accept an Autism diagnosis, look at strategies and gain the skills needed to improve their lives within the home, school and wider community. Families struggling with autism face many challenges; there is little support during the assessment process, and where children display difficult behaviours in public these are often wrongly attributed to poor parenting skills.

1 in 4
children are understood to have an Autistic Spectrum Disorder

Ormiston Children & Families Trust's Breaking Barriers project provides support for children and young people affected by the imprisonment of a close family member. Children receive no guidance or support, and as a result of the loss can suffer from anxiety, disruptive behaviour, withdrawal, physical symptoms, antisocial behaviour and poor performance at school. Barnardo's states that children in this position are twice as likely to experience mental health problems, less likely to do well at school and three times more likely to be involved in offending, with 65% of boys with a convicted father going on to offend themselves. There is also evidence that prisoners who maintain ties with their children are 39% less likely to re-offend.



1.6 million
food parcels were distributed across Norfolk last year to people in crisis

Norfolk's foodbanks offer food aid for households facing crisis, due to benefit sanctions, family breakdown or redundancy, amongst other causes. They can also assist with domestic fuel costs over the winter months, when people struggle to heat their homes and prepare hot food. Many foodbanks also run school holiday projects where food is provided for children who benefit from free school meals during term time, recognising that low income households cannot cover the cost of providing the meal at home.

