



Come and join our “50 Things to do before you’re 5” pre-launch information event

- **Find out about “50 Things” and what it means for families you work with**
- **Learn how you can get involved**

What is it?

The 50 Things programme includes ideas and local activities that are free or low cost, designed to help engage and develop 0-5 year olds in Norfolk.

Who is it for?

50 things is targeted at all families in Norfolk with children under the age of 5. 50 things is also targeted at Early Years Providers, Community Groups, Healthy Child Programme, Midwifery, Early Childhood and Family Service.

Why are we doing it?

50 Things offer aim to foster life skills, build language and support brain development in young children. Trying out the new experiences will help boost speech and language in the under 5s and help assist their transition to school.

Sign up to our stakeholder events today

- **find out more about this exciting new offer for families in Norfolk.**

Book your free place here:
11th May 10-12pm
12th May 1-3pm
13th May 7-9pm

All held on Zoom

50 Things – Programme Content

- Background and underpinning theory
- Models of delivery, reaching families
- We’re asking all attendees to download the 50 Things app before attending the event. When prompted include your postcode and access the Bradford version for now.
- Some data from the national projects
- Planning the next steps in Norfolk
- Available resources
- There will be a working ‘screen break’ about halfway through, usually lots of fun!

28

Have a picnic



39

Visit a park

To get a flavour of what it will look like as a Norfolk initiative check out the Bradford 50things webpage here <https://bradford.50thingstodo.org> and download the app