

West Norfolk Early Help C-19 Round up 1st May

This information is in addition to last week's listings. If you would like a copy of last week's listing please let me know. Also please let me know of anyone who would like to be on the distribution list.

The e-mail is in three sections;- an update on testing for key workers, updates from existing services, and useful advice and guidance:-

Community Coronavirus testing For Key Workers

Community coronavirus testing in Norfolk and Waveney now available to "key workers" (and/or household members with symptoms)

The NHS in Norfolk and Waveney is offering local coronavirus tests to key workers* such as teachers or food industry staff, to help them remain in work and continue to support their communities. This also applies to members of their household who may have coronavirus symptoms causing the key worker to self-isolate.

Testing will take place at three locations in Norfolk and Waveney:

- o The Centrum centre, close to the Norfolk and Norwich University Hospital (NNUH)
- o The Queen Elizabeth Hospital, King's Lynn (QEHKL)
- o The James Paget University Hospital (JPUH) in Gorleston.

(See below if you / a colleague would rather be tested at Ipswich, Stansted or Peterborough)

To book using the Norfolk and Waveney service:

People on the government key workers* list who need to be tested should ask their employer or line manager to register their organisation by emailing NorfolkRegistercovidtesting@nnuh.nhs.uk with their (employer) name, job title and contact number. The registration team at the Norfolk and Norwich University Hospital will then contact the employer to register their organisation so they their key workers can then book an appointment. The employer will be given a unique reference number and further instructions.

All applications will be checked to make sure people are well enough to attend a testing centre, and eligible for a test in line with Public Health England guidance.

People will receive their test results within 48 hours or less, either directly or via their employer's occupational health service, together with initial advice about to what to do next.

Appointments at Ipswich, Stansted and Peterborough or other centres

If you wish to be tested at any of the national drive-through testing centres, such as Ipswich, Stansted, Peterborough and elsewhere, then you must use the national booking service. For self-referrals, this is via <https://self-referral.test-for-coronavirus.service.gov.uk>

Who are key workers?

Key workers include many people working in education, transport, many public services, energy, power and water/sewerage workers, and those working to provide, distribute or sell food. The precise definition is available on this government web page: <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested#key-workers>

Updates from existing services

AbilityNet

AbilityNet supports people of any age, living with any disability or impairment to use technology to achieve their goals at home, at work and in education. We do this by providing specialist advice services, free information resources and by helping to build a more accessible digital world

Covid-19 Update: All of our services are still available

Call our free helpline on 0800 269545 or use our [free online resources](#)
[Our network of DBS-checked IT volunteers is available to provide FREE tech support by phone or online](#)

[DSA Assessments are being delivered online](#)

Our [NEW Working From Home Review](#) is being delivered online

[Our Digital Accessibility team is delivering work for our clients](#)

[AbilityNet Live](#) is our free programme of events in response to the current situation

AbilityNet produce a range of fact sheets on the following topics

- [Telephones and Mobile Phones](#)
- [Finding funding for an adapted computer system](#)
- [Communication Aids](#)
- [Disability and Employment](#)
- [How to get support from Disabled Students' Allowances as a student living with a learning difference, disability, physical or mental health condition](#)
- [Stroke and Computing](#)
- [How to complain about inaccessible websites](#)
- [Multiple Sclerosis and Computing](#)
- [Osteoarthritis and Computing](#)
- [Technical help and training resources](#)
- [Vision impairment and Computing](#)
- [Ergonomics and Computing](#)
- [Rheumatoid Arthritis and Computing](#)
- [Windows Keyboard Shortcuts](#)
- [Voice Recognition - An Overview](#)
- [How computers can help manage stress](#)
- [Hearing Loss and Computing](#)
- [Keyboard and mouse alternatives and adaptations](#)
- [RSI in the Workplace inc Work Related Upper Limb Disorder and Computing](#)
- [Keyboard – Single Handed Use](#)
- [An introduction to screen readers](#)
- [Parkinson's and Technology](#)
- [Autism and Computers](#)
- [Dyslexia and Technology](#)
- [Dementia and Computing](#)
- [Learning Difficulties and Computing](#)
- [Creating Accessible Documents](#)

Breathe Easy Kings Lynn

The local supportgroup of the British Lung Foundation

email: breatheeasykl@gmail.com

Web page: <https://www.blf.org.uk/support-in-your-area/breathe-easy-kings-lynn-support-group>

Facebook page: <https://www.facebook.com/groups/BreatheEasyKingsLynn/>

Also, on Lily (as are the Wisbech Group)

Twitter : Breathe Easy King's Lynn @BreatheasyKL

Money Advice Hub

Money Advice Hub have just developed an interactive & live online advice prompt tool. Money Advice Hub are making this tool public so that anyone giving advice can use it, and of courses especially Norfolk advisers. It's created using Google Slides so it's compatible with all IT platforms by using the URL or iframe code. Please see the clean link below:

MAH COVID-19 Advice Prompt Tool

The tool provides a quick and easy prompt, cutting through topics to help different demographics of people, it has very simple navigation tools that make it a really useful stand-alone prompt tool for advisers during the pandemic. It can be added to laptop or PC laptops.

The iframe code for websites is:

```
<iframe src="https://docs.google.com/presentation/d/e/2PACX-1vRSE3V9On8DSMlslahNjBNjwPa8NzgW9G3ExuJi5dinA3ekmo2i-IJzADv8oi58QxaBiqSAZluTHM9 /embed?start=false&loop=false&delayms=60000" frameborder="0" width="960" height="569" allowfullscreen="true" mozallowfullscreen="true" webkitallowfullscreen="true"></iframe>
```

A standalone PDF version, which works. providing the user has the appropriate Adobe download, is available from Samantha Nurse sam.nurse@moneyadvicehub.org.uk

Norfolk Citizens Advice

Norfolk Citizens Advice is an independent local charity providing accredited and impartial advice and information to anyone who contacts us to help them find a positive way forward.

Many people come to us for help with Welfare Benefits, Universal Credit claims (HTC), Debt issues (we are accredited by the FCA via the Money and Pensions Service to provide approved debt and money management advice), issues relating to their Housing, Employment, Family & Relationships, Immigration (OISC Registered, Level 1), Discrimination, Health & Social Care, Education, Tax, Legal and Consumer Issues.

The core service is fully digital at the moment including the Debt Team and HTC (Help to Claim Team), that offer exclusive support for first time UC applicants, from the moment the application is done until their first payment.

Best way to contact us now is through Adviceline, Email or Webchat via the website <https://www.ncab.org.uk/> .

Lines are open 9am - 4pm. Monday to Friday.

Referrals through NCAN system.

Pandora Domestic Abuse;- New web chat service

At this current time during lock-down where victims of domestic abuse are finding it even more difficult to reach out to support services, we have implemented a live chat option on our website. This will allow women to access support in a more discrete way. The icon shows at the bottom right of our website www.pandoraproject.org.uk

Women have to give their first name only but don't have to use their real name if they don't want to, we don't ask for any other information. The service is currently available Monday to Friday 1-3pm and we have 3 operators, who can all work simultaneously offering advice and support around domestic abuse issues. This new service offers a different way for women to get in touch at this very difficult time. Please share this with your contacts.

<https://www.pandoraproject.org.uk/>

Take Our Hand Bereavement Support

Take Our Hand provide bereavement support to young people aged 16 - 24 living in Norfolk. Through providing alternatives to counselling, offering a face to face and online support group and through connecting individuals to other charities and services that can support them.

Cost: Free Wait time: None Email: info@takeourhand.org.uk Website: www.takeourhand.org.uk

Useful Advice and Guidance

Children and young people's hub

Access advice and support from Norfolk county Council if you're a child or young person feeling scared or unsafe during the coronavirus pandemic

Children and young people's hub

These are difficult times and we hope you're safe at home.

If you're feeling unsafe or scared, then don't keep it to yourself. We're here to help, so contact us:

- Text: [07480 635060](tel:07480635060)
- Call: [0344 800 8029](tel:03448008029)

You'll also find links on this page to activities, support, advice and information to help you.

<https://youtu.be/rbYPG5qUpqQ>

Action for Children Under 5's Parenting programme

Action for Children's under-fives team bring you advice and one-on-one chat support. We'll also signpost you to local services, and the best parenting apps and websites we can find.

<https://dots.actionforchildren.org.uk/>

Government advice of children's mental health

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic

The coronavirus (COVID-19) pandemic is going to affect daily life, as the government and the NHS take necessary steps to manage the pandemic, reduce transmission and treat those who need medical attention.

Regardless of their age, this may be a difficult time for children and young people. Some may react immediately, while others may show signs of difficulty later.

How a child or young person reacts can vary according to their age, how they understand information and communicate, their previous experiences, and how they typically cope with stress. Adverse reactions may include thinking about their health or that of family and friends, fear, avoidance, problems sleeping, or physical symptoms such as stomach ache.

During this time, it's important that you support and take care of your family's mental health – there are lots of things you can do, and additional support is available if you need it.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

SCIE Guide to supporting those experiencing Domestic Abuse

This quick guide is aimed at professionals and organisations who are involved in supporting and safeguarding adults and children. The importance of safeguarding adults who are experiencing domestic abuse has not diminished during the COVID-19 crisis. Emerging evidence from statutory and voluntary agencies across the UK has emphasized the increased risks of domestic abuse, with [Refuge](#) reporting a 25 per cent increase in calls and online requests since the lockdown began in March 2020.

https://www.scie.org.uk/care-providers/coronavirus-covid-19/safeguarding/domestic-violence-abuse?utm_campaign=11496988_SCIELine%2023%20April&utm_medium=email&utm_source=SOCIAL%20CARE%20INSTITUTE%20FOR%20EXCELLENCE%20&utm_sfid=003G000002SXeVnIAD&utm_role=Information%20specialist%2F%20Librarian&dm_i=4O5,6UF4S,M41FHX,RF XK2,1

If you or someone else is in immediate danger, please call 999 and ask for the police. If you are unable to speak you can use the [Silent Solution](#) system (attached) from a mobile phone: call 999 and then press 55. The operator will then put you through to the police.

The police will try to communicate with you by asking simple yes or no questions. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed

National Lottery Awards for all England

This programme now focuses on funding projects and organisations helping communities through the COVID-19 pandemic

We expect this COVID-19 focus to last for up to six months. But we'll review the situation in July and update these pages to let you know if anything changes.

What we can fund

We can fund activities supporting people affected by the crisis.

The amount of funding and length of funding

Given the emergency, we're looking to award funding of £300 - £10,000 to cover six months of expenditure.

We ask organisations who are not looking for COVID-19 related funding to not to submit an application at this time. All our resources need to be focused on helping communities through the pandemic.

Suitable for Voluntary or community organisations

Funding size £300 to £10,000

Application deadline Ongoing

<https://www.tnlcommunityfund.org.uk/funding/programmes/national-lottery-awards-for-all-england>

Reaching Communities England Lottery Funding

This programme now focuses on funding projects and organisations helping communities through the COVID-19 pandemic

We expect this COVID-19 focus to last for up to six months. But we'll review the situation in July and update these pages to let you know if anything changes.

What we can fund

We can fund activities supporting people affected by the crisis. You can also apply for funding if your organisation is struggling financially because of the impact of COVID-19.

The amount of funding and length of funding

Given the emergency, we're looking to award funding to cover six months of expenditure. We expect most funding will be between £10,000 and £100,000. But we'll consider larger awards or longer timeframes by exception.

We ask organisations who are not looking for COVID-19 related funding to not to submit an application at this time. All our resources need to be focused on helping communities through the pandemic.

Funding size Over £10,000

Application deadline Ongoing

<https://www.tnlcommunityfund.org.uk/funding/programmes/reaching-communities-england>

Coronavirus Mental Health Response Fund

Voluntary and community sector (VCS) organisations have a vital role working alongside our NHS colleagues to support anyone who has a mental health problem.

Due to the coronavirus pandemic, demand for mental health services is increasing.

To help VCS organisations based in England continue to provide mental health services - or provide additional support - organisations can apply for a Coronavirus Mental Health Response Fund (CMHRF) grant.

Thanks to £5m support from government (the Department of Health and Social Care), grants of £20,000 or £50,000 are available for projects lasting up to 12 months.

<https://www.mind.org.uk/news-campaigns/campaigns/coronavirus-mental-health-response-fund/>

Support for smaller organisations or groups

As part of this funding programme, the National Survivor User Network (NSUN) will be administering a fund to support user-led organisations and smaller, unconstituted community organisations, who might not otherwise be eligible for a grant. Details will be available from Monday 20 April on the [NSUN website](#).

VE Day Celebrations

On Friday 8 May 2020 Britain will be commemorating the 75th anniversary of VE Day when the guns fell silent at the end of war in Europe.

Due to the coronavirus restrictions most VE Day 75 events and street parties have had to be cancelled or postponed but we still want you to be able to mark the occasion, share your pride in our country and honour the men and women of WW2.

You can make your own special VE Day 75 'Great British Bunting' to display in your window at home.

Attached and the link below have all the instructions you need:

<https://www.bbc.co.uk/programmes/articles/4TrqYDyf4PMdLypxzyTwGDg/great-british-bunting>

Look out for the virtual VE Day Celebrations;- check out these websites for more information

<https://www.storiesoflynn.co.uk/>

<https://www.yourlocalpaper.co.uk/>

<https://www.lynnnews.co.uk/>

<https://www.facebook.com/klmagazine/>

Keith

Walk on, walk on, with hope in your heart

And you'll never walk alone

Captain (Honorary Colonel) Tom Moore [Burma Star] b.30.4.1920 and still walking