

West Norfolk Early Help C-19 Round up

Hello Everyone

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.

Apologies for any cross posting;-

There is an attached PDF version for those who wish to post it to websites etcetera.

Don't forget:

Young Carers Webcast This is a one hour webcast for any organisation who supports unpaid carers:

09/06/2020

Zoom Session

10.00

<https://www.norfolkscb.org/nscb-booking/nscb-booking-training/>

New services/events

Nelson's Journey are offering online **Covid-19 Child Bereavement Awareness Training for Professionals**. Most sessions are currently full, but spaces do become available and they will be adding extra sessions. Click on the following link to add your name to the waiting list:

https://www.eventbrite.co.uk/e/covid-19-child-bereavement-awareness-training-for-professionals-tickets-105089469432?aff=ebdssbonlinesearch&utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&utm-source=cp&utm-term=destsearch&fbclid=IwAR3mNW8gho88QABL4Xgi4_PPPgv7T8OGXt6Yfy9vi_8Ccd7Ft4MNdWcyHhs

Cruse Bereavement Care is launching a new service based in King's Lynn and covering west Norfolk and the Fens. They are currently recruiting volunteers and hope the service will be up and running by next year. To find out more about volunteering, e-mail norwich@cruse.org.uk or call 01603 219977.

Carers Week Activities (8-14 June) – Carers Matter Norfolk will be holding online activities via Zoom on Monday 8th, Wednesday 10th and Friday 12th starting at 10.30am, including a quiz, mindfulness session and prize bingo.

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

Community Catalysts have launched a new online platform called **The Buzz** which has been designed to be inclusive and accessible to a wide audience, including people with a learning disability. It is a collection of free videos with activities that people can do at home, such as art, dance, exercise, cooking and more.

www.smallgoodstuff.co.uk/the-buzz/
www.facebook.com/groups/hellothebuzz

They will also be posting any updates on their social media.

<https://www.facebook.com/events/s/covid-19-child-bereavement-awa/677520353090549/>

The Spectrum and Me is a new service offering life coaching, training, autism life coaching and a blog showing articles on autism and ADHD:

<http://www.thespectrumandme.com/>

Equal Lives are asking for your experiences to enable them to contribute to a government consultation on the impact of the shortage of care in the NHS

<https://www.surveymonkey.co.uk/r/T697B59>

Updates from existing services

Pandora Domestic Abuse Project

Just an update to say we are still taking referrals and supporting women and children affected by domestic abuse, this is currently by phone and video calling. We also have a helpline number for anyone needing to access advice or support 07856 812610, this is for professionals as well as the public and we also have a live web chat facility on our website www.pandoraproject.org.uk

Operation No Cold Shoulder aims to tackle loneliness and social isolation. The project is being run by a partnership of Norfolk charitable organisations including Age UK Norfolk, Community Action Norfolk (CAN), Creative Arts East, Future Projects and West Norfolk Befriending.

The project is running from April 2020 to March 2021 and offers support to people in particular target areas of Norfolk; Swaffham, Litcham, Thetford, Dersingham, North King's Lynn, Fakenham and surrounding villages, Mile Cross in Norwich and Thorpe Hamlet in Norwich.

The support on offer is particularly important during the Covid-19 lockdown. Many people who are vulnerable are having to isolate themselves to keep safe and this can have an impact on their emotional wellbeing, leading to feelings of loneliness and social isolation. Operation No Cold Shoulder provides the following free support that can help;

Free Creative Wellbeing Packs Provided by Creative Arts East for people aged 18+. A series of postal packages containing creative arts activities to try at home, including music making, crafts, movement activities and more! No prior experience is needed. Call Lea or Sydney on 019953 713390 or email lea@creativeartseast.co.uk

Free Telephone Befriending Provided by Age UK Norfolk for people aged 60+. Offering people aged 60 and over friendly conversation by telephone from a dedicated befriending volunteer. We call weekly for an enjoyable and stimulating chat. Call 01603 785 223 or email befriending@ageuknorfolk.org.uk

Free Befriending Support in West Norfolk Provided by West Norfolk Befriending for people aged 60+. Matching isolated older people age 60 and over with a volunteer befriender who can contact them on a regular basis (by phone during lockdown) – supporting socially isolated older people and their carers in West Norfolk. Call 01553 763500 or email info@wnbefriending.org.uk

The project is also offering free support for communities who would like to set up Good Neighbour Schemes in their area where volunteers help those most in need in their neighbourhood with practical support. Call Tracey on 01362 545024 or email tracey.allan@communityactionnorfolk.org.uk

Coffee and Chat with Adult Learning

At these FREE sessions you will have a chance to chat and find out what online courses are available from Adult Learning. Along with a short taster of a different course each session.

Sessions will run on Mondays, Wednesdays and Fridays

10.30 – 11.30 am using Zoom

Access here: <https://zoom.us/join> using code: 553 027 2723 and password 150420

01/06/20 – ‘Lockdown Calories’ (and how to manage them...!)

03/06/20 – ‘Activity in Lockdown’ (With Active Norfolk- Q&A)

05/06/20 – ‘Yoga’ (Information and Q&A)

For more information on all our courses visit our website:

<https://www.norfolk.gov.uk/education-and-learning/adult-learning> or email CLDO@norfolk.gov.uk “

Free digital learning with Adult Learning - courses include:

- Supersavers Websites and Cash Back
- An Introduction to Spreadsheets
- An Introduction to Padlet

They will also be offering more Zoom courses, WhatsApp, Word Processing, MS Office courses, business courses and many more.

<https://www.norfolk.gov.uk/education-and-learning/adult-learning/courses>

Family Learning – ‘Come and Try’

A fantastic range of free ‘come and try’ sessions will be starting in June to help parents learning from home with children aged 0-12 years. There are fun sessions like ‘Nature Explorers’ will help you explore nature in your area with your children, creating masterpieces with things you collect, plus sessions for learning maths and English with your children in the digital environment so they keep their minds active whilst at home.

All of the short 'come and try' sessions and longer courses are supported by dedicated and passionate tutors who will be able to teach you and your children some great ways to keep learning whilst at home. The courses also give you a chance to meet other parents and children to socialise on a regular basis.

To see the great range of courses on offer for FREE, visit www.norfolk.gov.uk/familylearning today.

Library service activities:

Just a Cuppa - online

We've launched a virtual Just a Cuppa over the video platform Zoom, every Saturday at 10:30am. Just a Cuppa is a great way to chat and socialise with other people, while enjoying a cup of tea or coffee at home. If you are interested in joining the virtual Just a Cuppa, please email libraries.iconnect@norfolk.gov.uk and we'll get in touch with all the details about how you can join. It doesn't matter if you are unsure about how to use Zoom, we'll be able to help get you started.

What's on for children

Every week we broadcast live video activities for children on our [Facebook page](#). If you have a baby or toddler tune in for our live Bounce and Rhyme time every Tuesday at 10am. For children up to 7 years old we have Storytime at 12pm every Monday and Wednesday and 4.30pm every Friday. And we have weekly lego building challenges for Brick Builders Club every Wednesday at 4.30pm. If you miss any of our weekly activities, you can catch up later from on our [videos page](#).

Useful Advice and Guidance

Exploring Gender Identify - below are some resources to help support individuals:

<http://www.norfolklgbtproject.co.uk/>

<http://www.norfolklgbtproject.co.uk/services/blah-lgbt-youth/>

Support for people of all ages, plus a useful resources page. BLAH is the youth arm of the project.

<https://mermaidsuk.org.uk/>

Advice, videos and an advice line.

<https://gids.nhs.uk/>

NHS information and guidance for young people, parents and professionals.

<https://www.map.uk.net/get-help/gender/>

Advice, including a useful film.

<https://oasisnorfolk.com/>

Oasis is Norfolk's main transgender peer group. The organisation is mainly aimed at adults, but they have worked with partner organisations under the Barbara Ross Association developing resources for children and young people that want to explore their gender identity.

<https://bookriot.com/2019/03/06/childrens-books-about-gender-identity/>

Brief summary of 15 books, fiction and non-fiction, exploring gender identity.

Healthwatch Norfolk have released an updated **COVID-19 Resource Pack Version 2:**

<https://healthwatchnorfolk.co.uk/information-and-guidance-on-covid-19/>

Norfolk County Council Trading Standards – latest scam alerts:

[Scam Alert – Further examples of scam text messages claiming to be from PayPal](#)

[Scam Alert – Social Media messages claiming to be from 'Dominos' offering '2 Large Pizza for Free'](#)

[Scam Alert – Facebook Messenger messages asking to borrow money](#)

[Food Alert – Lidl recalls 'Baresa Pesto' because of undeclared peanuts](#)

[Safety Alert – Card Factory recalls their 'Amazing Mum – Wax Melt Burner' sold between 20 January and 23 March 2020](#)

Online, email and phishing scams:

[Scam emails claiming to be from 'Google Photos' stating 'we add new photos'](#)

Reporting scams

You can report scams and get further advice from the Citizens Advice consumer helpline:
0808 223 1133 (freephone)

[Citizens Advice consumer service website](#)

If you've been the victim of an online scam you can get advice and support from Citizens Advice Scams Action:

0808 250 5050 (freephone)

[Citizens Advice Scams Action website](#)

You can also report Frauds, Cyber Crime and Phishing attempts to Action Fraud, the National Fraud & Cyber Crime reporting centre:

0300 123 2040

[Action Fraud website](#)

Henshaws, a charity supporting people living with sight loss and a range of other disabilities to achieve their ambitions and to go beyond expectations, have published “**Top tips for social distancing if you are blind or visually impaired**” on their website:

<https://www.henshaws.org.uk/top-tips-for-social-distancing-if-you-are-blind-or-visually-impaired/>

Royal Airforce Benevolent Fund have adjusted their working practices. Changes include an online grant application process for RAF veterans and their partners, a Benefit Advice and Advocacy Service, a Legal Advice Helpline, Telephone Friendship Groups and a Listening and Counselling Service:

<https://www.rafbf.org/news-and-blogs/our-response-to-covid-pandemic>

Kind regards and keep well

Karen and Keith