

## West Norfolk Early Help C-19 Round up

### Test and Trace Services

The national NHS Test and Trace service has been launched. You can check out the graphic below to see how the system works, and if you might be affected. You can also read more about the service here.

<https://www.gov.uk/government/news/government-launches-nhs-test-and-trace-service>

NHS in Norfolk and Waveney are continuing to work on our local plan, which will focus on identifying and containing potential outbreaks in places such as housing complexes, workplaces, care homes and schools. This will be developed over the next few weeks and we'll include more detail in future updates.

### Got Coronavirus symptoms?

1. **Start isolating**
  - You for 7 days
  - Household for 14 days
2. **Book a test**
  - NHS.uk/coronavirus
  - Or call 119
3. **If results are negative**
  - Household can stop isolating
  - You stop isolating if you feel well
3. **If results are positive**
  - **SHARE CONTACTS VIA NHS TEST AND TRACE**

### If you have been in close contact with someone who tests positive?

1. **You may be alerted by NHS Test and Trace**
2. **Isolate for 14 days after close contact**

### **If you develop symptoms**

3. **Book a test**
  - Household isolates for 14 days
4. **If results are Negative**
  - Households stops isolating
  - You complete 14 days isolation
4. **If results are positive**
  - You begin new 7-day isolation
  - Household completes 14-day isolation

### **Local testing available for key workers, including care home staff**

- A new coronavirus testing site is now open at the Postwick Park and Ride site on the eastern edge of Norwich.
- It is part of a network of “regional” testing sites across East Anglia, which complements local testing sites across Norfolk and Waveney.
- Key workers and their household members with coronavirus symptoms can ask for a test to see if they have the virus by choosing any of the options now available:

### **Local testing service based at hospitals for key workers**

The three local sites for key workers in Norfolk and Waveney are at:

- o The James Paget University Hospital
- o The Centrum Centre, near the Norfolk and Norwich University Hospital
- o The Queen Elizabeth Hospital, King’s Lynn

The service is by appointment only. Appointments for these locations cannot be booked using national booking routes, they must be booked using our local system:

- NHS acute hospital staff: Use your organisation’s existing booking arrangements.
- All other NHS employees: Email [NHScovidtesting@nnuh.nhs.uk](mailto:NHScovidtesting@nnuh.nhs.uk)
- All other essential workers, including care home staff: Ask your employer/line manager to email [NorfolkRegistercovidtesting@nnuh.nhs.uk](mailto:NorfolkRegistercovidtesting@nnuh.nhs.uk) with their name, job title and contact number. The registration team will contact them to register your organisation so you can then book an appointment. Your employer will be given a unique reference number and the contact details for your triage

### **New testing at the Postwick Park and Ride in Norwich**

Key workers and members of the public with symptoms of coronavirus can be tested at this location. Appointments must be booked via the national booking system

<https://www.gov.uk/apply-coronavirus-test-essential-workers> for key workers and their household members

and via the NHS website <https://www.nhs.uk/ask-for-a-coronavirus-test> for members of the public.

Further guidance is available here.

<https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>

The Postwick site sits alongside the existing network of testing sites around the UK including other regional testing centres at Ipswich, Peterborough and Stansted.

When booking a test via the national routes, available appointments will be shown at all regional testing centres across the country. If a regional testing centre local to you is not shown, this means all appointments are booked for the day, and you should try the next day to book an appointment.

There are also mobile testing units running in towns across Norfolk and Waveney. The locations and appointment times for these are also shown when they become available.

## New services/events

### On track for September e- leaflet

Norfolk County council have produced a six-page leaflet (attached) which they have asked schools to forward to their year 11's and parents and carers. The Leaflet is designed to provide re-assurance for year 11's about their choices and application for September 2020

Further copies can be obtained from [karen.searle@norfolk.gov.uk](mailto:karen.searle@norfolk.gov.uk) **Karen Searle,**  
**Specialist Advisor Post 16 Education, Employment and Training Norfolk County Council**

### School new starters invitation

Parents of Children about to start school or about to move up to High school in September are invited to join a virtual Microsoft teams meeting on Friday 19<sup>th</sup> June 13:30pm, hosted by the Children & Young People's Health Service

The meeting will be an opportunity to find out how the Just One Norfolk website can help get children ready for school. More details are in the attached invitation

### Spark at Home

<https://thesparkarts.co.uk/spark-at-home>

The Spark gives children opportunities to immerse themselves in the arts by experiencing a wide range of high-quality work that inspires, empowers and educates.

Through the presentation of an annual festival, a cultural education and community programme and through the production of our own work we offer children spaces to discover their own skills, passions and potential, as audience, participants and creators of their own work.

The Spark works to increase its impact on the creation and presentation of arts for children locally, in the UK, in Europe and Internationally.

The Spark Arts For Children is a registered charity.

During this time of social distancing, the Spark team have been busy working from their homes to bring you a collection of creative resources and imaginative activities for families at home and schools. We hope you enjoy jamming, making, listening to new stories or taking a creative challenge.

[Creative Learning Toolkit](#)

[Stories from Home](#)

[Jamming at Home](#)

[Making at Home](#)

## **Support for Children and Adults with autism during the Pandemic**

The Norfolk All-age Autism Partnership Board has formally launched 'My Autism, Our Lives, Our Norfolk', a five-year strategy that sets out the county's ambition to transform the support autistic people, their families and carers can access.

The Norfolk Autism Partnership Board, known as the NAPB, is a collaboration between autistic people, their parents/carers, voluntary and statutory organisations, working together to co-produce and implement a local autism strategy.

The NAPB would like to find out more about how children and adults with autism have coped with the coronavirus lockdown and what support and advice they need as the lockdown is eased. Most importantly, the Board are keen to hear about the impact on mental health, anxiety and behaviour, and what services have been helpful over this period. They are also keen to find out what might help support people over the coming months.

The information from this survey will help to make sure that autistic adults, children and their families in Norfolk get the help and support they need.

Visit [www.smartsurvey.co.uk/s/NAPBcovid19survey](http://www.smartsurvey.co.uk/s/NAPBcovid19survey) by 29 June to take part in the survey.

## **Norfolk Safeguarding Children Partnership Free On-line Training**

The [Norfolk Safeguarding Children Partnership \(NSCP\)](#) is made up of statutory and voluntary partners who work with families and children. The organisation makes sure that people working with children carry out their safeguarding responsibilities as required by the law. There are several training courses offered by NSCP available in the upcoming months.

- [Domestic Abuse Virtual Action Learning Set](#) - Tuesday 23 June, MS Teams
- [Domestic Abuse Virtual Action Learning Set](#) - Tuesday 14 July, MS Teams
- [Safeguarding Disabled Children Virtual Action Learning Set](#), Tuesday 21 July, MS Teams

## **Partner Support Pack**

We have been made aware that the V6 Partner pack link was no longer working so please use this link to access it from now on <https://www.schools.norfolk.gov.uk/coronavirus/partner-support-pack>.

These documents can be shared with contacts, partners and other organisations supporting children, families and communities during the C19 outbreak.

These documents have not been updated since 6<sup>th</sup> May 2020 as we are reviewing the longer-term plan as to how we share information of this kind so if you have suggested additions, these are not included in the version available

## **Adult Learning Pathway to Employment Online Courses**

### **Employability Skills - My CV**

Course code: CDXDO3419P

**Dates** Tuesday, 16 June 2020 to Tuesday, 30 June 2020    Places available

**Duration** 3 sessions over 3 weeks    **Schedule** Tuesday 10.30am (2 hours)

### **Pathway to Employment - Interviews**

Course code: CDXDO6019P

**Dates** Thursday, 09 July 2020 to Thursday, 23 July 2020    Places available

**Duration** 3 sessions over 3 weeks    **Schedule** Thursday 10am (1 hour 30 minutes)

### **Pathway to Employment - Application Form**

Course code: CDXDO6119P

**Dates** Tuesday, 21 July 2020 to Tuesday, 28 July 2020    Places available

**Duration** 2 sessions over 2 weeks    **Schedule** Tuesday 10.30am (2 hours)

<https://www.norfolk.gov.uk/education-and-learning/adult-learning/courses/search?searchterm=CV>

## **The Co-op Local Community Fund**

**The Local Community Fund supports projects across the UK that our members care about.**

We want to help communities to come together, co-operate and have a positive impact on community wellbeing – physically and virtually.

Use this form to apply to be one our causes. If you're successful, the funding period will begin on 25 October.

You can save your application at any time.

Applications must be completed by midnight on 28 June 2020.

### **Who can apply?**

Your project must either:

- bring the community together to help those in need, providing access to life's essentials such as community spaces, food and bereavement support
- support the mental and physical health of others through community wellbeing activities
- enable people to develop or share their skills to foster community spirit and build resilient communities for the future

Your project or event must also:

- take place in the UK or Isle of Man
- not have religious or political aims (although you can still apply if you're a religious organisation)
- meet the Co-op's values
- take place or will still be running after November 2021
- benefit your local community

[Find out more about who can apply for the fund and what projects we're unable to support](#)

<https://causes.coop.co.uk/>

## **Children's Society Coordinated Community Support Grant Awareness Webinar**

The CCS team has been working to produce a grant awareness reference document which aims to support you and your colleagues to learn about some of the grants available and where to access them. We are very excited to share these with you, please find attached a document for grants available in your pilot site area, as well as national grants.

As part of our work to support and improve grant awareness across each pilot site, we would like to invite you to **join us on 25<sup>th</sup> June at 2pm for a Grant Awareness Webinar**. We have invited five different grant providers to speak about their offer, how to apply for a grant and how to make a successful application. Please make sure to put this date in your diary now, more information on how to join and agenda will be circulated shortly.

A few of the grant providers that we have invited to speak require organisation to be registered with them in order to access their grants. We therefore **encourage you to get signed up with these grant providers prior to the webinar on the 25<sup>th</sup> June**. This will ensure you get the most out of the webinar and the Q&A. If you have any trouble getting registered, please let us know and we will do our best to support you. For those of you who are already registered we appreciate that, now more than ever, finding time to complete applications can be a significant issue. We hope that clarity regarding what a successful application looks like might help speed up this process and during the webinar grant providers will be outlining common mistakes which lead to applications being rejected.

Use the below links to read about organisation eligibility criteria and how to sign up. Once your organisation is signed up, you will be able to apply for funds to support your clients.

- Sign up with [Glasspool](#) – Essential household furniture, white goods, clothing and household disability adaptations.
- Sign up with [Buttle](#) – Supports households with children or young people to access funds or essential household items.
- Sign up with [InKind](#) – Register to access new household items, toiletries, baby supply and more through their online catalogue platform.

If you have any questions about the webinar or if you need any support getting signed up and registered, please do not hesitate to contact me at [james.fookes@childrenssociety.org.uk](mailto:james.fookes@childrenssociety.org.uk) and I'll do my best to offer support and pass issues onto the relevant provider in time for the webinar.

## Updates from existing services

### Family Action – Online Positive Behaviour Strategies Course

Positive Behaviour Strategies course is available in six online videos on the NHS website Just One Norfolk. Use this link to access:

<https://www.justonenorfolk.nhs.uk/childhood-development-additional-needs/behaviour-sleep/positive-behaviour-support-pbs>

They have been amazingly popular with hundreds of families already viewing the videos and we are delighted that families have this resource available to them during this difficult time.

### Nelson's Journey

Nelson's Journey are continuing to provide support to bereaved children and young people, aged 0 - 17yrs (inclusive), living within the Norfolk boundary. Their service offer has been reshaped in response to COVID-19, including new online Covid-19 Child Bereavement Awareness Training to directly address the challenges all bereaved children are likely to face during this time and how professionals working with children and young people can provide support. Although all training sessions are currently fully booked, more dates will be added so please keep an eye on their Facebook and Twitter pages for updates. Waiting lists are also available for dates - see [www.eventbrite.co.uk/e/covid-19-child-bereavement-awareness-training-for-professionals-tickets-105089232724](http://www.eventbrite.co.uk/e/covid-19-child-bereavement-awareness-training-for-professionals-tickets-105089232724)

If you wish to request support from Nelson's Journey for a bereaved child or young person you are working with:

1. If you feel you need some guidance on how to provide bereavement support for a child(ren) or wish to make a referral, please call the Nelson's Journey Support Line on 01603 431788 to leave a message and a support worker will get back to you as soon as possible. Alternatively, you can email [enquiries@nelsonsjourney.org.uk](mailto:enquiries@nelsonsjourney.org.uk)
2. You can find resources for both professionals and families on the website [www.nelsonsjourney.org.uk](http://www.nelsonsjourney.org.uk) or via Nelson's Journey's social media channels (Facebook, Twitter and YouTube). This will be updated with information you may find useful.
3. Children referred to Nelson's Journey aged 8 years and above may wish to use the online NJ Forum to talk to others. This is fully moderated by staff and provides children and young people an outlet to share their feelings and experiences at this time. Each child is sent a username and password but if this has been mislaid please ask the family to get in touch with Nelson's Journey and they will re-issue this to them.
4. Children and young people (aged over 13 years or younger with parental supervision) can download Nelson's Journey's smartphone app called Smiles & Tears. This offers interactive activities to help them remember the person who died. This is temporarily only available from the App Store, it is hoped the app will reappear on Google Play Store in the coming weeks.

## **Operation No cold shoulder**

**Operation No Cold Shoulder** project has also updated how it helps so that it can still provide support to people who are feeling lonely and socially isolated by reaching out to them in their homes.

The project is running from April 2020 to March 2021 in North Lynn & Dersingham, Covid-19 meant there had to be some changes to the project in order to offer support safely – attached is the updated project information.

The project is running in **Dersingham and also King's Lynn north area** from April 2020 until March 2021 and offers free support to people who are feeling lonely or socially isolated.

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](mailto: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](mailto: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](mailto:info@wnbefriending.org.uk)

Would you like to help lonely or socially isolated neighbours?

### **There is FREE support that could help!**

The project is 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.

**Free help to set up Good Neighbour Schemes** Provided by Community Action Norfolk (CAN) Step-by-step support, advice, a resource pack and funding support to help a scheme get up and running along with ongoing advice and support including an option of online training sessions. Call Tracey on 01362 545024 or email [tracey.allan@communityactionnorfolk.org.uk](mailto:tracey.allan@communityactionnorfolk.org.uk)

#operationnocoldshoulder



## **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](http://www.pandoraproject.org.uk)

## **Well Being Socials**

### **Men's Virtual Social for 'Men's Health Week' 2020!**

We will be looking at Men's Mental Health alongside ex Norwich City player Cedric Anselin amongst a host of Mental Health advisors and supporters.

It will be a safe place to join us in discussions, advice & tips as well as a chance to hear from other services what they may be able to offer.

You are able to join [through the wellbeing website](#) on **Wednesday 17th June 7pm-9pm.**

You do not have to have your camera or mic on, sitting in the background and listening is absolutely fine!

Kind regards and keep well

Karen and Keith

**You have power over your mind — not outside events. Realize this, and you will find strength.** —Marcus Aurelius