

West Norfolk Early Help C-19 Round up 5th June

Don't forget:

Carers Week 8-14th June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

New services/events

NHS Test and Trace guidance

To coincide with the launch of NHS Test and Trace, PHE has published the following guidance for:

- [households with possible or confirmed COVID-19 infection](#)
- [non-household contacts of people with possible or confirmed COVID-19 infection](#)

Nelson's Journey 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 check availability for 11th June session and other dates <https://www.eventbrite.co.uk/e/covid-19-child-bereavement-awareness-training-for-professionals-tickets-105515708324?aff=ebdssbonlinesearch>

Loss of a Baby Awareness Day 2020

12th October 2020

Back for its fifth year TimeNorfolk, the pregnancy loss charity, present a one-day course for health professionals and funeral directors to improve awareness and understanding of the issues around the death of a baby and explore aspects of best practice.

Supported by GreenAcres-Colney

£25 per delegate

To book your place, please contact

lauren@timenorfolk.org.uk

Message from Norfolk Safeguarding Adults Board

We are concerned that safeguarding issues weren't being identified and reported during the lockdown. This is because there was less face to face contact with people with care and support needs, whether with families, friends, neighbours or professionals. Care homes have been a particular concern, since they were closed to visitors during this time. However, many other people were more vulnerable due to the lockdown.

We need to give **2 clear messages** to all Norfolk partners and our communities. These are:

- 1) The requirement to tell the local authority about a safeguarding adult concern has **NOT** changed.

If you See Something, Hear Something, Say Something. Ring 0344 800 8020

- 2) If you know of a case where a person has died / suffered serious harm, and adult abuse was known or suspected, you must refer it for consideration as a Safeguarding Adults Review. [Click here for more information and the SAR referral form.](#)

Norfolk Against Scams Partnership Anti Scamming seminars

Norfolk Against Scams Partnership - anti-scamming campaign - #NorfolkScamAware

We are now coming to the end of **week 2** of the campaign – **Protect**

Please continue to share the campaign and scam information on Twitter, Facebook and the weekly Trading Standards alerts at www.norfolk.gov.uk/scams as we go into **week 3** - **Watch Out** – using #NorfolkScamAware

In **week 3** Lorne Green, Police and Crime Commissioner for Norfolk is the spokesperson highlighting the Norfolk Scams Prevention Service and the new scams that have emerged due to the Covid-19 pandemic.

2 additional 'Could you spot a loan shark' free online training seminars

To Book a place please follow the link to Eventbrite

10AM TUESDAY 9TH JUNE

[HTTPS://WWW.EVENTBRITE.CO.UK/E/COULD-YOU-SPOT-A-LOAN-SHARK-TICKETS-106911378812](https://www.eventbrite.co.uk/e/could-you-spot-a-loan-shark-tickets-106911378812)

10AM THURSDAY 11TH JUNE

<https://www.eventbrite.com/e/copy-of-could-you-spot-a-loan-shark-tickets-106915539256>

Link to training will be sent to you the day before

Free online seminars - Do you understand credit unions?

Leading the Seminar will be England Illegal Money Lending Team's specialist Credit Union Liaise Officer, Sean Lynch, who was recruited from Citysave Credit Union, based in Birmingham which had roughly 7,500 members and savings deposits of over £7 Million. He had more than 8 years' experience with this medium/large size credit union before joining the Illegal Money Lending Team. For the last 3+ years of his time there, He was the manager of the Credit Union and looked after day to day operations, lending, marketing and website content etc. Working with the CEO, he contributed to the governance as well as all policies approved by the board.

To Book a place please follow the link to Eventbrite

10AM TUESDAY 16TH JUNE

<https://www.eventbrite.com/e/do-you-understand-credit-unions-tickets-107201079314>

10AM THURSDAY 18TH JUNE

<https://www.eventbrite.com/e/copy-of-do-you-understand-credit-unions-tickets-107201428358>

Link to training will be sent to you the day before

Women and Gambling-Related Harm – FREE online training – multiple dates available.

GamCare is a national provider of free information, advice and treatment for anyone affected by problem gambling. There are around 500,000 problem gamblers in the UK, up to 20% of whom are women. For every person who has a problem with gambling, up to 10 other people can be affected, and women are disproportionately at risk of experiencing gambling-related harm. Gambling-related harm can include debt, relationship difficulties, housing issues, gender-based violence, health problems, depression and anxiety, feelings of isolation, and suicidality.

Our FREE training is usually offered face-to-face, but we now have a 1.5-hour session which we are delivering online via Zoom. Individuals can register to attend the training at their convenience, using a mobile phone, tablet, or laptop.

During the training session, we will talk about gambling-related harm, risk factors, impacts, and how to identify and support people affected. Learn about our treatment network and how to refer clients to treatment services. This training is essential for any professionals who work with women and families.

Sessions currently available:

Wednesday 17 June	10.00am to 11.30am
Thursday 25 June	2.00pm to 3.30pm
Tuesday 30 June	2.00pm to 3.30pm
Friday 3 July	10.00am to 11.30am
Wednesday 8 July	2.00pm to 3.30pm
Thursday 9 July	10.00am to 11.30am
Tuesday 14 July	10.00am to 11.30am
Friday 17 July	10.00am to 11.30am
Tuesday 28 July	2.00pm to 3.30pm

Book your place using Eventbrite: <https://bit.ly/2z7HqRP>

If you have a group of staff or volunteers you would like to train together as a group, please e-mail polly.johnson@gamcare.org.uk and we can book a bespoke session for your team.

Covid Community Support fund

Awarding emergency funding to organisations in England

Community Fund are distributing government funding alongside National Lottery funding, to support organisations at the heart of their local community to continue to deliver services to people and communities affected by COVID-19.

What we can fund

We can fund activities supporting people and communities affected by COVID-19. We can also help organisations overcome any acute financial difficulties they face as a result of the pandemic. We can't fund everyone, so take a look at [the types of projects and organisations we're prioritising](#).

The amount of funding and length of funding over £10k

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 will consider larger awards or longer timeframes, particularly for organisations working across more than one area of England, on a case-by-case basis.

<https://www.tnlcommunityfund.org.uk/funding/programmes/covid-19-funding-over-10k>

The amount of funding and length of funding under £10k

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

<https://www.tnlcommunityfund.org.uk/funding/programmes/covid-19-funding-under-10k>

Exploring Gender Identity

Last week **Early Years Achievement and Inclusion** received a request for resources to support the carer of a young child in exploring gender identity.

I thought it might be useful to share the responses with you all for future reference.

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

<http://www.norfolkigbtproject.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.

Common 2020 University Applicant FAQs

Most universities have their own Covid-19 FAQs on their websites.

What will it be like to study at university in September 2020? Is teaching still going ahead?

It is too early to know what the government guidance will be by September, but universities are busy making plans for different possible scenarios. Your university is likely to contact you frequently with updates, and you can also check their website regularly for the latest news.

Should I defer entry to 2021?

[What Uni](https://www.whatuni.com/advice/coronavirus-covid-19-updates/should-i-defer-university-coronavirus-and-deciding-to-defer/88793/) have some helpful advice about the pros and cons of deferring entry in the current circumstances: <https://www.whatuni.com/advice/coronavirus-covid-19-updates/should-i-defer-university-coronavirus-and-deciding-to-defer/88793/>

I am concerned that the grades my teacher allocates to me will not be high enough for my university offer

Be assured that universities are aware of these issues and will be taking the unprecedented circumstances into consideration when accepting applicants for September 2020 entry. Universities want as many people as possible to experience the benefits of higher education and many institutions are already very flexible around predicted grades. Many universities take a holistic view of applications received and already have well established processes in place to ensure applicants are treated fairly. Examination boards are also working on an appeals process should you be unhappy with your grades this summer, and Clearing will still be going ahead in August.

What happens if I have to do an interview or audition for my application?

Your university will be in contact with you to make alternative arrangements for these extra components. Many universities are now holding interviews and auditions via video conferencing or telephone.

With applicant days being cancelled, how can I decide about which university to go to and what accommodation to choose?

Most universities are now providing virtual tours of university buildings and accommodation. Head to your university website to check these out. UCAS also has a list of [virtual tours](#) and [open days](#) for you to look through. Another good way of finding out if a university is right for you is to speak to current students through the [UCAS Unibuddy platform](#).

I have applied for a course with a year abroad/semester abroad. Will this still go ahead?

Many overseas placements are scheduled in the second or third year of a degree programme. Therefore, we expect international travel will once again be possible by the time new starters from 2020 reach the time for their semester or year abroad. Most universities will be keeping year abroad/semester abroad students updated regularly about this and upon commencement of your study you will likely be invited to an information session providing lots of helpful information about preparing to study abroad.

STEM Booklet to vulnerable children

Cambridge Science Centre is keen to connect with charities and community groups working with families and children. We are offering groups a free weekly A5, 8-page booklet focusing on themed STEM-based activities. These activities, games and quizzes can easily be done at home, using household items and ingredients, so are perfect for young scientists aged 7-11 years. These booklets are free of charge and distributed weekly to groups by post. If you would to be included in our next issue, please get in touch with marketing@cambridgesciencecentre.org stating your group, numbers required and delivery address.

Norwich Jobcentre's Virtual Social Care Jobs Fair on 18th June 11am to 12 noon.

Virtual Social Care Jobs Fair - Using Twitter

Do you want to make a difference? Are you caring, compassionate and reliable? Join us to find your new job or training in Social Care

To join search for **@JCPIInNorfolk** on **Twitter** or search for **#NorwichVirtualJobsFair**

You do not need an active twitter account, simply google **@JCPIInNorfolk**

It's an opportunity to view jobs and training opportunities they may otherwise have missed. Job seekers can view the Tweets even if they haven't set up a Twitter account. If they set up an account, they can direct message employers.

Should you need any further information please do get in touch.

Norwich.employeradvisers@dwp.gov.uk

18th June 2020 11:00am-12:00pm

Adult Learning

We have many courses running at the moment which can be accessed by visiting our website below:

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

After a really great start to delivering our courses online our digital community learning offer courses are due to start in the next couple of weeks:

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

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

Get into Health and Social Care with the Princes Trust

This programme is available to anyone aged **18-30** and living within the East of England.

It is delivered online as a 2-week employment programme, focussing on a level 1 Health and Social Care qualification, with support into employment outcomes on completion.

This is a great opportunity for anyone aged 18-30, looking to start a career in the Health and Social Care sector – so get in touch quick to prevent them missing out.

Get into Health and Social Care in partnership with **Steadfast Training**

Next Programmes: Monday 15th June – Friday 26th June 2020

Location: ONLINE

Interviews: Phone Interviews prior to programme start date

- Level 1 qualification in preparing to work in health and social care
- An introduction to different care services, including roles and responsibilities
- Learning the values, skills, and attitudes required for health and social care
- Supported to obtain a job interview if you complete and pass the course
- Boost employability skills and access employment opportunities
- Doesn't affect your benefits and up to 6 months mentoring support!

LIMITED PLACES AVAILABLE | To join the course YP can email: peter.hennessey@princes-trust.org.uk

Free CSCS Course for Young People not in Education Employment or Training

Further to previous emails we have our '**CSCS/ Entry to Construction**' programme is now available **online** - please see below a summary of eligibility and the course:

Learner Eligibility

- 16-24
- Not in Education, Employment or Training OR claiming JSA/ UC (Must have had 1st payment and NO earnings from employment)
- Residing within Cambridgeshire, Bury St Edmunds or Kings Lynn (for a detailed look at eligible areas pls see the map below)

: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/270544/Greater_Cambridge_Greater_Peterborough_LEP_full_class.jpg

How Do I Make Referrals?

Call the team on **0330 3201465**.

When Do Courses Start?

Learners can start anytime

What's Included?

Completed Online over 5 days with tutor support over the phone and via email, it includes:

- Certificate in Warehousing
- Certificate in Equality
- Award in Health & Safety
- CSCS Test & Green Card

IT Requirements

- Learners must have access to the internet and a laptop/ PC/ Tablet
- Gmail account as course is accessed using Google Classroom - if they don't have a Gmail account they can set one up for free.

If you have any queries, please don't hesitate to contact me.

David Lawrence

Tempus Training Limited

t: 01273 980 243 e: d.lawrence@tempustraining.co.uk w: www.tempustraining.co.uk

Virtual Big Sing 2020

Virtual Big Sing 2020 | The fantastic folks at Norfolk Music Hub are leading a national Virtual Big Sing on the 19th to 21st June. They aim to bring an interactive digital concert to every young person in the country. Families or school groups are welcome.

Take part here

<https://www.norfolkmusichub.org.uk/site/events/event/the-virtual-big-sing-2020>

Updates from existing services

Active Norfolk

Find virtual activities to join in with at home

Use our new virtual activity finder to find online classes and sessions

As ever more activity providers take their sessions online, you can now find something to join in with at home using the [Active Norfolk virtual activity finder](#).

The activity finder lets you search for live streams and on demand videos to take part in from the comfort of your front room.

With a wide range of activities from yoga and pilates to football and netball skills, family dance sessions, and chair-based exercise, there's plenty to choose from for every age and ability - and you're not limited to classes taking place near where you live.

Go to www.activenorfolk.org/virtual-activities to find an activity to try.

If you're an activity provider you can [upload your activity for free - click to find out how](#).

Better Together Norfolk

Research has found that over 9 million people in the UK are either always or sometimes lonely, (campaigntoendloneliness.org). With current social distancing and 'lockdown' measures in place, this figure is likely to be far higher. There are literally millions of people out there who would love the opportunity to talk, to ask, to be listened to.

That's where Better Together Norfolk comes in. As an organisation set up to address and combat social isolation and loneliness, we are ideally placed to help. Our highly-trained, highly-motivated team have both the skills and the knowledge to make a real difference.

Our knowledgeable and friendly helpline team are just a phone call away, (0300 303 3920), ready to answer queries and concerns, offer advice, guidance and, perhaps even more importantly, ready to listen.

Our team of skilled and experienced life connectors have a wealth of expertise about local community resources and are ready and waiting to offer support, guidance, ideas and solutions. Although they are currently unable to offer the usual, one-to-one, face-to-face support that has made such a huge difference to so many, they are still able to help. Contacting clients by phone, they are able to offer people the opportunity to discuss concerns, to offer expert advice and guidance, signposting to other appropriate services, or maybe just to have a friendly chat. For some, this contact could be crucial.

If you know of anybody that might benefit from working with our friendly team, if they are lonely, if they have ever expressed a desire to do more to fill their time, to meet new people, make new friends then please make a referral. You can call our helpline on 0300 303 3920 between 9 and 5 Monday to Friday. They are ready to chat, offer advice and answer any queries that you might have. Alternatively visit our website – www.bettertogethernorfolk.org.uk and complete our quick and easy referral form.

In uncertain times it helps to have somebody to talk to. If you know of anybody that might benefit from our services, then please get in touch. After all, we really are better together.

Money Matters Service

This is a financial advocacy service available to people who face disabling barriers. The Money Matters service delivered by Equal Lives is available to disabled people, whatever their age. It provides information, advice and practical support around personal finances, usually as a short-term intervention. It is built on the model established by Age UK, which provides financial advocacy to older people aged 65 and above.

People mostly have to be referred in to this service by a professional (usually a care assessor), and the service is for those people who have no other way of developing their financial skills or confidence either through friends, family or other professionals.

People have to want to receive this service, and we will support them to remain in control at all times.

People living in Norwich postcode areas can self-refer into our Money Matters service, but other areas of Norfolk would require a professional referral.

<https://equallives.org.uk/info-and-advice/advocacy/668-2/>

Night Shelter is moving to a new house!

The Kings Lynn Night Shelter has been granted planning permission to open at the former St John's Vicarage on Blackfriars Road, King's Lynn PE30 1NT

(next to the railway station). We will be moving on 17th June. We have a busy summer of preparations ahead of us! Can you help?

Please contact Lucy McKitterick Co-Ordinator K LWNS for more information on 07903 747334

Norfolk Community College

The Norfolk Community College Project is part of the Building Better Opportunities programme, which has received funding from the European Social Fund and the National Lottery Community Fund to support long term unemployed people facing complex and multiple barriers across Norfolk to move towards and into employment.

Norfolk Community College provides a range of services and advice to people seeking jobs and new skills.

Are you looking for a job, or to improve your skills? Then Norfolk Community College is the place to explore.

We are here to provide training, work placements, advice and volunteering opportunities to help you achieve your next goal in life.

Our support and services are available across Norfolk. That means you will see us in a range of venues such as community centres and libraries in Breckland, Broadland, Great Yarmouth, King's Lynn and West Norfolk, North Norfolk, Norwich, and South Norfolk.

We work with a network of trainers, community groups and charities to match help to suit people's needs

that the Norfolk Community College team can now support people who have been unemployed for six months or longer. Prior to this, our project was focused on engaging people who had been unemployed for 24 months or over.

www.NorfolkCommunityCollege.co.uk

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

RAFF Benevolent Fund

The RAF Benevolent Fund is continuing to adapt to the current situation and has developed new initiatives alongside its established support for members of the RAF family.

In Norfolk, Sue Grogan, as Community Engagement Worker, continues to remotely support veterans and their families across the county and is able to receive referrals for veterans and spouses of all ages who are socially isolated.

Nationally, the RAF Benevolent fund continues to offer support for a wide range of issues but has added additional support during the COVID19 epidemic.

Emotional Wellbeing:

Check and Chat calls- The RAF Benevolent fund has been carrying out Welfare Check calls to beneficiaries and are offering a regular 'Check & Chat' social call to any member of the RAF Family who lives alone or has a caring responsibility for a partner or loved one that they are isolating with.

Listening and Counselling Service- We continue to offer a course of counselling through our listening and counselling service for issues such as: relationships, bereavement, anxiety and self-esteem. Additionally, we now have a new **24/7 emotional support helpline** run in partnership with *Vita Wellness* who provide immediate, one-off emotional support from a trained counsellor. The service is available to all adult (18 +) members of the RAF family. Anyone using the service will just need to confirm that they are connected with the RAF either as a serving person, a veteran or a partner. They won't be asked for anything more than that.

The RAF Benevolent Fund can now offer access to 4 self-help programmes for people struggling with specific wellbeing issues. The modules are **Space from COVID, Space for Resilience, Space for Sleep, Space from Stress.**

Financial Support: We have now added an online application where eligible members of the RAF family can now self-refer for funds up to £750 by completing an on-line application form. This can be found at the following link; <https://www.rafbf.org/how-we-help/veterans/financial-support>. For larger amounts requests for financial support continue with casework assessments being carried out remotely by our colleagues in RAFA and SSAFA.

Legal Advice Helpline: We are working in partnership with *Law Express* to provide access to confidential and impartial legal telephone support. As a telephone helpline their advisors can offer advice and answer questions on a range of issues regarding UK law, including, employment, consumer, wills/probate, landlord & tenancy and family law. *Law Express* cannot look at documents or provide legal representation, but they can talk through rights and options. Further information can be found at legal.advice@rafbf.org.uk.

Benefits advice and advocacy: We continue to offer advice and support relating to access to benefits and services.

All of these services can be requested via our welfare help line on **0300 222 5703** or by visiting our web site <https://www.rafbf.org/>

Please ask the question, 'Have you any connection to the RAF?' and refer those in need of support"

Well Being Socials

Your June Socials Update!

To our associates,

We hope this email finds you well and safe.

As restrictions on social gatherings continue, we have expanded our virtual socials calendar for more variety and more opportunities to take part. This month we will be inviting some of you who got in touch to our last e-mail to take the lead and present in our socials, we've guest artists, animal lovers and musicians lined up to host with us just to name a few! If you'd still like the opportunity to share your passion, interests or skills – please let us know.

We've new events in our variety slots to discuss Escapism, Music, Baking, Gardening and more. And calling all makeup lovers, we'll be getting glam and playing with makeup in our 'Get ready with me' social. Full details of these events, and our regular socials such a Yoga, Coffee & Catch Up, Quiz Night and Nostalgia Nights can be found on [our website](#).

We're also launching a perinatal social for new and expectant parents. This will be a chance to virtually meet others in the same situation and chat with some of the perinatal team about tips to manage your own wellbeing.

Also, due to popular demand we've added an additional session of online '*Community Champion Training*', details attached along with our monthly flyer.

And finally, you may know that we had lots of plans to look at for '*Men's Health week*' (15th – 21st June), road shows, football competitions, workshops that are unfortunately (but for the right reasons!) all squashed! We didn't want the week to go by us though, so are looking at holding a 2-hour Men's Virtual Event through Zoom and of course you are invited along!

We are looking at Wednesday 17th June from 7pm – 9pm and will send out a link (and how to get on!) in next week or so. We are working on the format too, there will be an element of clinical presence but as always, we want to encourage people to talk and let them know that help is out there. It will be informal and as always you are welcome to sit in the background and just listen, no pressure!

More information to follow (you'll be pleased to hear!) but we wanted to give you a heads up!

Best wishes, **The Community Development Team**

Kind regards and keep well

Karen and Keith

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time." — **John Lubbock**,