

## **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 attached [A PDF version for those who wish to post it to websites etcetera.](#)

### **New services/events**

#### **Free Domestic Abuse Webinar**

**For the Beauty Industry – Norfolk Only!**

**Thursday 2<sup>nd</sup> July @2pm-3:30pm on Microsoft Teams**

**To book email:- [da.change@norfolk.gov.uk](mailto:da.change@norfolk.gov.uk)**

**Capacity @250- only book if you can attend**

#### **Carers Emergency Card**

During COVID-19 many more people have become carers to friends, family and neighbours. If you're caring for someone over the age of 18 it's important you get a carer's emergency card. This will ensure that that person will be safe if you're caught up in an emergency.

#### **How to get a carer's emergency card**

Go to: <https://www.norfolk.gov.uk/care-support-and-health/get-help-with-looking-after-someone/support-for-carers/sign-up-for-a-carers-emergency-card>

**Create your carer's emergency plan online.** This is a set of information that includes:

- Details about the person you care for
- The things you do to help them
- Names of emergency contacts

If you're unable to fill in the online form, call us on 0344 800 8020 (textphone 0344 800 8011). We'll send you a carer's emergency card (the size of a small credit card) which you should carry with you at all times.

The card states that you're a carer and that someone is relying on you to keep them safe and well. It also shows your Emergency Plan number and the emergency helpline number.

#### **What happens in an emergency?**

You, or someone on your behalf, should call the emergency helpline number and give the number of your Emergency Plan.

Please also see details of Support for carers:

<https://www.norfolk.gov.uk/Care-support-and-health/Get-help-with-looking-after-someone/Support-for-carers>

## **Understanding Self-harm and Suicide on line training for schools**

This training will cover self-harm and suicide prevention within the context of schools. It is free for all Norfolk and Waveney schools/academies

We will consider why young people may self-harm and what schools can do to offer support. We will think about when young people are at risk of suicide and consider carefully what schools need to do when they are worried about a young person.

### **Audience**

Headteachers, senior leaders (schools), designated safeguarding staff, school mental health leads, pastoral staff, other school staff interested in self-harm and suicide prevention

### **Booking Information**

<http://s4s.norfolk.gov.uk/Event/117501>

This is a free course for schools, funded as a Norfolk Suicide Prevention Activity. A maximum of two places can be booked per school.

**01/07/2020 13:00 - 15:30**

## **Get Ready for school on-line meeting**

### **Does your child start school or move to a new school in September?**

Come along join us and other parents to talk about this.

Share ideas and see what is available on the Just One Norfolk website to help you and your children to get ready for starting a new school

Use this link: **[bit.ly/norfolkmeet5](https://bit.ly/norfolkmeet5) to download Microsoft Teams and join the group on**

Tuesday 30th June 7:00pm

Contact Michelle on 07833 524216 [michelle.walker6@nhs.net](mailto:michelle.walker6@nhs.net) to find out more

## **New parents and parents-to-be online group**

Wellbeing Norfolk and Waveney, which is run by Norfolk and Suffolk NHS Foundation Trust in partnership with Mind and Relate, held the first Perinatal Social Group session via Zoom on Saturday, 6 June.

It is designed to give parents-to-be and new parents who might be experiencing stress, anxiety or depression useful advice on looking after their wellbeing and what to expect as a parent, as well as tips on techniques such as mindfulness.

Those taking part will then be able to enjoy an informal coffee and chat to give them the chance to develop relationships and offer each other mutual peer support during a time when meeting face-to-face is difficult due to the coronavirus pandemic.

Future sessions will be advertised on social media and at [www.wellbeingnands.co.uk/norfolk/](http://www.wellbeingnands.co.uk/norfolk/)

To book your space, please email [socialsandvolunteering@wellbeingnandw.co.uk](mailto:socialsandvolunteering@wellbeingnandw.co.uk)

and you will be sent a password to join the group.

### **Adult Learning Coffee and Chat programme.**

Please find attached details of our Adult Learning Coffee and Chat sessions for the week commencing 29<sup>th</sup> June. Sessions run every Monday, Wednesday and Friday at 10.30am and all are welcome to join in via Zoom. Participate in a micro-teach and find out more about upcoming Adult Learning courses in an informal, online setting. See attached poster. Next week's sessions will be;

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

**29/06/20 – ‘Using MS Publisher’ with Nigel Williamson**

**01/07/20 – ‘Share your lockdown tips’ Have you started a new hobby or learnt something new in lockdown? Come along to share and learn.**

**03/07/20 – ‘Super-saving websites and cashback’ with Melissa Brown**

**For more information on all our courses visit our website:**

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

### **Virtual Cuppas From Carers Matter Norfolk**

**Every Tuesday and Thursday 11am-12 noon via zoom**

**Socialize chat to other carers share your experience and receive advice**

**For more information or to register Email: [info@carersmatternorfolk.org.uk](mailto:info@carersmatternorfolk.org.uk)**

### **New befriending Service**

A new befriending service has been launched during Loneliness Awareness Week to combat isolation and loneliness in Norfolk.

In partnership with Norfolk County Council, Voluntary Norfolk has recruited befrienders from the 3,500 strong army of volunteers who came forward during the coronavirus pandemic. They will help people, who, for a variety of reasons, would benefit from social contact.

People can ask for support with loneliness and isolation by contacting Norfolk County Council directly on: **0344 800 8020**.

By centralizing calls for the befriending service, the County Council's customer service team can rapidly connect the customer to a volunteer coordinator, who will then match an appropriate befriender from the network of volunteers across the county. As well as befriending phone calls, the service hopes to provide socially distanced visits too.

Should the customer require longer term support, then a volunteer can refer (with consent from the customer) to the Better Together helpline: **0300 3033920**. This may include opportunities for the customer to get involved in their community or to be given extra help with their wellbeing.

## **Take Our Hand Bereavement Service**

**Take Our Hand** is a Norfolk based registered charity (1176795) supporting young people aged 16-24, their families and friends through bereavement. This is done 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.

**Take Our Hand** are pleased to announce that they are now accepting referrals for their bereavement care packages. These care packages are available to any young person aged 16-24 who has been through or is going to be going through a bereavement. They must live in Norfolk to be eligible to receive a package. Each care package will contain a mix of practical support including a memory jar, journal and mindfulness activities as well as some nice treats and will be delivered directly to those in need.

We are accepting referrals from organisations and individuals themselves through completing the referral form that can be found on the front page of our website at [www.takeourhand.org.uk](http://www.takeourhand.org.uk).

We would appreciate it if you could please share this with all your networks and support groups. For more information or to speak to us please contact us by email at [info@takeourhand.org.uk](mailto:info@takeourhand.org.uk).

**If you are viewing this information via an active-link document you can make a referral by clicking here: [Take Our Hand Referral Form](#)**

## **Kings Lynn Minister (St Margret's Church)**

Good news, the Minster will be open in a limited way for private prayer from 30th June. We want to continue to protect everyone's health, So the opening hours are limited to Tuesday and Thursday 12-2.pm

There will be good directions and people available to assist and make sure everyone is kept safe.

We await the Diocese to give guidance on further details for services. We will let you know when that moves forward.

As before anyone needing pastoral support or help with shopping or medication can ring me on 07947559845 or email the Minster office on [office@stmargaretskingslynn.org.uk](mailto:office@stmargaretskingslynn.org.uk)

Hope that helps  
Keep well

Revd Canon Chris Copsey

## Updates from existing services

### Get Me out the Four Walls

Get Me Out the Four Walls is a registered maternal mental health charity based in East Anglia that offers informal social meets around the county for mothers, fathers and carers to attend. We think that by being given the opportunity to escape your four walls and to interact with other parents helps prevent the feeling of loneliness and isolation you may feel as a new parent. We believe this can help prevent the on-set of mental health problems as well as to help stabilize an existing mental health problem by offering peer support. The social meets are open to anyone regardless of whether you have an existing mental health condition or not. For those that may have been diagnosed with a mental health condition in Norfolk we also offer 1 to 1 meets and specific support social meetings hosted by our dedicated friendly ambassadors.

Online Virtual Chats with the GMOTFW Team Weekday mornings from 11am

It's a great opportunity to meet other parents asks questions about support and a chance to see some happy faces inside your four walls

All are welcome to join – head to our closed GMOTFW group for full details

<https://www.facebook.com/groups/gmotfwnorfolk/>

### 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)

Kind regards and keep well

Karen and Keith

I note the obvious differences  
between each sort and type,  
but we are more alike, my friends,  
than we are unlike.

**Human Family by Maya Angelou**