

## **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.

**Don't forget to let us know as your service restarts so that we can share the information with partners**

Apologies for any cross posting;-

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

There is also attached a Norfolk Connect leaflet and a 'talk to us' leaflet

### **New services/events**

#### **Norfolk Connect**

Norfolk Connect is a responsive and tailored targeted youth support service, delivered by Prospects. The service provides support to young people who are displaying risky behaviour and supports them into a positive activity. Clients will be supported to increase resilience and overcome barriers.

We support young people on the cusp of statutory intervention between the ages of 13 and 19.

For more information and to make a referral please contact

#### **Gary Murray**

Youth Support Worker – King's Lynn and West Norfolk

M: 07702 877341 Email: [gary.murray@Prospects.co.uk](mailto:gary.murray@Prospects.co.uk) Web: [prospects.co.uk](http://prospects.co.uk)

**Or see the attached leaflet**

#### **YMCA Talk to Us Service**

A free service for young people aged 10 –18-years and living in West Norfolk to speak to a member from YMCA's specialist team about any concerns or worries they may have.

"One number for one call, your call matters to us because we care".

**Available weekdays 7pm –10pm**

**Phone us on 01553 750095**

This is a pilot service running for 3 months to incorporate the period when young people return to education.

**Please see the attached poster**

## **SWAN Youth Project – Family Worker**

**Here for parents of young people aged 11-16. We can help with things like**

- Meeting with parents and children to identify problems and possible solutions
- A friendly ear, because we all know how difficult being a parent can be
- Supporting behaviour and establishing roles and routines at home
- Helping to signpost families to external support they may be entitled to
- Helping to make referrals to other agencies for different types of support
- Making home visits and meeting parents in the centre/school to provide on-going support
- Encouraging and supporting parents to form good relationships with the community/school
- Supporting transitions particularly following COVID. Back to school will be a challenge that we can help with

**Website** [www.swanyouthproject.org](http://www.swanyouthproject.org)

**Call 01366 386 259 E mail** [anna@swanyouthproject.org](mailto:anna@swanyouthproject.org)

## **Find An apprenticeship Website**

**Use the new service**

Find and apply for apprenticeships in England. You can create a new account if you haven't got one. You won't be able to sign in using your account details from the original service.

[Start now](#)

## **Virtual Focus Groups for Dads**

### **CALLING DADS!**

Are you a dad in Norfolk whose partner breastfed your baby?

We want to know what support YOU had as a dad...

What helped or what could have helped you more to be able to support your partner and new baby ?

We are holding 2 focus groups to discuss what went well or not so well for you with other dads.

Chat to us online and help us to help you and future dads.

The sessions are friendly and informal.

**Thursday 3rd September 7pm**

Join us by using this link: [bit.ly/norfolkmeet8](https://bit.ly/norfolkmeet8)

**Thursday 17th September 10:30pm**

Join us by using this link: [bit.ly/norfolkmeet9](https://bit.ly/norfolkmeet9)

**To find out more contact Michelle on 07833524216**

**or email** [michelle.walker6@nhs.net](mailto:michelle.walker6@nhs.net)

## **Neonatal Focus Group**

### **Did your baby spend time in a neonatal unit?**

The Children and Young People's Health Service are developing new content for [www.Justonenorfolk.nhs.uk](http://www.Justonenorfolk.nhs.uk) and want to hear about your experiences.

Please join us online to talk with other parents and help them to develop new resources for Norfolk families.

The session will be friendly and informal.

**Tuesday 25<sup>th</sup> August at 11am or 7pm**

**Join us by using this link: [bit.ly/norfolkmeet10](https://bit.ly/norfolkmeet10)**

**To find out more contact Michelle on 07833524216 or email [michelle.walker6@nhs.net](mailto:michelle.walker6@nhs.net)**

## **Family Learning Café**

Come and join our FREE and FUN Family Learning Café.

Find out 'who we are' and 'what we do' and have a go at lots of fun activities together. Suitable for families with children aged up to 11 years.

(Tutors will be greeting families in the Zoom waiting room prior to enabling their access to the café.)

**Access here:**

<https://zoom.us/j/97263366807?pwd=UHNoNWp5SmFtL2xtNUZKMkxRSkN4dz09>

Code: 972 6336 6807      Password: LT7qU5

**Thursday 20 August, 10.30am-11.10am Signing a story (The very hungry caterpillar)**

For more information on all our courses visit: [www.norfolk.gov.uk/adultlearning](http://www.norfolk.gov.uk/adultlearning)

## **COVID-19: guidance on supporting children and yp's mental health and wellbeing**

Advice for parents and carers on looking after the mental health and wellbeing of children or young people during the coronavirus (COVID-19) outbreak

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 on. 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.

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. Please follow this link [COVID-19: guidance on supporting children and young people's mental health and wellbeing](https://www.norfolk.gov.uk/adultlearning)

## **Norfolk Assistance Scheme (NAS) - Covid-19 Response**

NAS has received £1m of new funding from DEFRA to address crisis support in our community resulting from Covid-19.

<https://www.gov.uk/government/publications/coronavirus-covid-19-local-authority-emergency-assistance-grant-for-food-and-essential-supplies/coronavirus-covid-19-local-authority-emergency-assistance-grant-for-food-and-essential-supplies>

NAS has extended their provision to include:

- 3-day award for applicants who have made an application for Universal Credit
- 7-day award for furloughed, previously self-employed or those who have been made redundant and awaiting verification of their Universal Credit application (furloughed applications have wholly been replaced by those facing redundancy)
- School meal allowance for families not registered with a school
- Car tax/ insurance first month payment – related to employment
- Smart phones – pay as you go, phone top ups
- Payment of Debt Relief Orders
- Heating oil
- Supply of masks and gloves
- Clothes including school uniform
- Food boxes – Morrisons
- Bespoke delivery of food in an emergency or if required – all advisers have debit cards
- Essentials e.g. toiletries/baby essential's via prepaid local shop collection if required
- NRPF residents in Norfolk

NAS are working hard to distribute the DEFRA funding by joint working with District Councils by creating hardship pathways through the Norfolk Vulnerability Hub and District Hub. NAS will also provide food provision for those in crisis during a recurring peak in C-19 including a district lockdown.

Applications can be made by phone on 01603 223392 option 5 or on the website -

<https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme>

**Please remember NAS will also assess for discretionary awards so please make an application. If NAS cannot help they will find someone who can.**

## **New Harmful Sexual Behaviour Web Pages**

New web pages have been recently launched by The Harmful Sexual Behaviour team. The team's specialists in psychology and harmful sexual behaviour are skilled at all levels of intervention. The new webpages, which have sections for young people, parents and carers, and professionals, can be found here.

<https://www.norfolk.gov.uk/safety/harmful-sexual-behaviour-in-children-and-young-people>

## **Positive Behaviours Help line for People with Disabilities**

### **A helpline during Covid-19**

Everyone knows it helps to talk to someone who understands our situation, and family and friends will always be our first choice. However, sometimes it helps to talk to someone who is hearing it for the first time, and who has experience and expertise with similar situations.

*“It’s nice to know there’s someone there to support you”*

Bild's qualified and experienced Positive Behaviour Support (PBS) consultants can provide targeted practical suggestions and strategies to help get through this next phase through PBS approaches. They will be providing phone support, both 1:1 and in small groups, and you can book an initial half hour call.

### **About PBS**

The overall aim of PBS is to improve the quality of a person's life and that of the people around them. It is especially appropriate when caring for people whose behaviour is challenging.

The helpline has been funded by the Department of Health & Social Care.

### **To book a slot please go to Eventbrite**

<https://www.eventbrite.co.uk/e/pbs-helpline-by-bild-registration-110952231110>

## **Norfolk and Waveney ASD/ADHD Support Service.**

Norfolk and Waveney Clinical Commissioning Group has provided funding so that families waiting on the pathway for a Neurodevelopmental assessment for their child or young person will now be contacted and offered some support by the ASD/ADHD Support service. This will initially take the form of a Welcome Call just letting families know about our newsletters, Positive Behaviour Strategies courses, workshops and support groups, signposting to useful websites, information about our Facebook page and our Family Line advice helpline.

As there are still restrictions on groups meeting face to face they are finding new ways to provide support and information to families who may be dealing with challenging behaviours while awaiting assessment.

The Positive Behaviour Strategies course is available as six 15 or 20 minute videos covering topics like Communicating with your Child, Strategies to try at Home and Dealing with Meltdowns and they enable families to access the material for the first time or, for families who have attended the courses, allows them to refresh their knowledge.

Click on the link to go to the PBS videos <https://www.justonenorfolk.nhs.uk/childhood-development-additional-needs/behaviour-sleep/positive-behaviour-support-pbs>

ASD/ADHD Support Service are already running some support groups via Zoom and are planning to extend this if families find it useful. For further information please contact [Swaffham@family-action.org.uk](mailto:Swaffham@family-action.org.uk),

## **Optional badges/lanyards to promote ongoing social distancing**

### **The Distance Aware initiative**

The Distance Aware initiative has been recently endorsed by the Department of Health and Social Care to promote the need for ongoing distancing for all, [all badge/poster templates are available to download](#) (along with design guidelines and a comms pack for organisations). You can also find links to places where you can acquire badges or lanyards.

The optional badges on this page can be used to show the carrier may have difficulties or concerns in maintaining social distancing. They can be used to signal to others around them that they need to pay attention and be given space.

### **'Please give me space' social distancing badge (for mobile phone)**

Page one: black writing on a white background. Text: 'Please give me space. Be kind. Thank you for understanding.' Page two: yellow writing black background. Text: 'Please give me space. Be kind. Thank you for understanding.'

### **'Please give me space' social distancing badge (to print)**

The only page has a circular white badge with black writing: 'Please give me space.' Below the writing is a small yellow figure with an arrow.

### **'Please give me space' social distancing card (to print)**

Page one is a card template that is black with yellow writing: 'Please give me space'. On other side: 'Be kind. Thank you for understanding'. Page two is a card template that is white with black writing: 'Please give me space'. On other side: 'Be kind. Thank you for understanding'."

<https://www.gov.uk/government/publications/please-give-me-space-social-distancing-cards-or-badges>

## **Norfolk Serious Case Review published**

A serious case review into the death of a Norfolk child has recommended multi-agency work to look at the guidance around the safe use of stairgates.

Child AH died in April 2019 after becoming trapped between two stairgates at his home. The stairgates had been stacked two high to prevent children in the family from climbing over them.

Chris Robson, Chairman of the Norfolk Safeguarding Children's Partnership, said:

"This was a tragic accident and the thoughts of the whole partnership are with AH's family and friends. AH's mother was seeking to protect him by installing these gates and there is no doubt that she loved her children very much

The review recommends multi-agency work to review the published risks of using stairgates so that parents and carers know when and how to use them safely. However, despite the absolute tragedy of AH's death, I would not want to deter anyone from installing a gate to stop small children from accessing the stairs. Used in the right circumstances, there is no doubt that stairgates save lives."

The full report is available [here](#).

## **Norfolk Safeguarding Partnership Board - Remote Learning opportunities Summer 2020**

These sessions are suitable for multi-agency staff and are relevant for all practitioners and managers to be involved in working with children and families. The sessions will be facilitated by trainers from In-Trac Training and Consultancy and hosted by Norfolk Safeguarding Children Partnership. The training will be delivered via Zoom. A link to join the session will be emailed to successful applicants. Each training session will be two hours long. The subjects will be:

- Domestic Abuse
- Working with Neglect
- Working with trauma and anxiety
- Voice of the child
- Appreciating the importance of attachment
- Safeguarding disabled children

In addition to the training sessions we will also be hosting Action Learning Sets on the above topics as well as

- Keeping children safe during the Covid-19 crisis

The Action Learning Sets will be for small groups and will provide greater opportunity for delegates to discuss issues they are encountering in their case work. Action Learning Sets are designed to strengthen and develop existing knowledge, so these are not appropriate if you have not previously attended training in the topic concerned.

These sessions are delivered free of charge. For details of dates and times of the learning opportunities and to apply for a place on any of these events, please visit the training pages of their website [here](#)

## **Norfolk Against Scams Partnership**

### **NASP Working Groups**

The NASP Steering Group set up four subgroups to take forward four primary aims of the partnership, to aid the development and promotion of initiatives across the county successfully .

- **Communications** (raise awareness support and prevention. *Victims*)
- **Data**
- **Engagement** (organisational relationships and joint working. *Partners*)
- **Business** (including support)

The groups have been on hold during the pandemic but we would like to start them up again. The NASP has partners from a wide range of organisations with a variety of skills. Therefore, the Steering Group would like to invite partners who are interested in being involved in any of the groups to contact:-

**Teresa Haxell, Lead Trading Standards Officer**

[teresa.haxell@norfolk.gov.uk](mailto:teresa.haxell@norfolk.gov.uk)

Trading Standards Service Community & Environmental Services

Tel: 01603 638078

## **Covid -19 Community Groups**

Community Action Norfolk offers help and support for communities that wish to create a safe support network for people who are feeling lonely, isolated or who just need a little more help to live independently. If you are interested in finding out more about Good Neighbour Schemes or would like help to develop a local scheme contact CAN on 01362 698216 or email [office@communityactionnorfolk.org.uk](mailto:office@communityactionnorfolk.org.uk). Or go to [www.norfolkgoodneighbour.org.uk](http://www.norfolkgoodneighbour.org.uk) for more information

## **Advice from CAN to help re-open Community Venues**

Community Action Norfolk know that many Halls and Community Buildings are concerned about re-opening safely, what this means to hirers and practical considerations. There are lots of things to consider, as Halls are often the heart of their community as a host for many positive activities. ACRE have worked with government to produce the following guidance to help Halls with their planning:

<http://www.communityactionnorfolk.org.uk/sites/content/updated-guidance-re-opening-village-halls-and-community-buildings>

- [Opening your Hall After Lockdown Information Sheet](#)
- [Appendix A – Checklist Before Re-opening](#)
- [Appendix B – Re-opening Questionnaire](#)
- [Appendix C – Help Keep this Hall COVID-19 Secure Poster](#)
- [Appendix D - Management of Social Distancing at Community Facilities and Activities - A Risk Based Approach](#)
- [Appendix E - Sample Special Conditions of Hire During COVID-19](#)
- [Appendix F – Covid 19 Risk Assessment for Halls](#)
- [Appendix G – Covid 19 Risk Assessment for Hirers](#)
- [Appendix H - First Aid Box Inventory](#)
- [Appendix I - Play Area Equipment Notice](#)
- [Appendix J - Performances in Village and Community Halls](#)
- [Appendix K - Indoor and Outdoor Exercise and Sport](#)
- [Appendix L - COVID Treatment Plan](#)

CAN are sharing this beyond our members in response to the challenges we are all facing because of the pandemic. If you found this useful, and you would like to find out about our membership, please email [office@communityactionnorfolk.org.uk](mailto:office@communityactionnorfolk.org.uk)

*Kind regards and keep well*

Karen and Keith

*“There is little point in teaching anything backwards. The whole object of life, Headmistress, is to go forwards.”* From Matilda by Roald Dahl