

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.

New services/events

West Norfolk Help Hub and Collaboration Meeting

The Borough Council of Kings Lynn & West Norfolk and the Steering Group Partners of the Help Hub are working to resume the collaboration meetings of the West Norfolk Help Hub

Meetings will resume virtually using Microsoft Teams and, technology permitting, the first meeting is provisionally set for 10:00am Tuesday 6th October.

The West Norfolk Help Hub Coordinator, Amy Attlesey will resume sending case lists to Hub Partners shortly.

Professionals who wish to refer children, adults or families to the Help Hub should do so through the portal on the Borough Council website: -

https://www.west-norfolk.gov.uk/info/20001/housing/730/west_norfolk_help_hub

Please note referees will be invited to join the meeting to discuss their referral

For further information please contact Amy Amy.Attlesey@West-Norfolk.gov.uk

Hanseatic Union ESOL Classes

- Monday 6pm Advanced
- Tuesday 9.30 beginners/intermediates
- Friday 9.30 beginners/intermediates
- Saturday 9-10 intermediates
- Saturday 10-11 beginners

Also support finding work and benefits advice available via appointment.

Available at: Skype – hanseatic union (Julie.hanseatic@gmail.com)

To book a space contact:

Email: Roberta.hanseatic@hotmail.com

Gintare.hanseatic@hotmail.com

Facebook: hansos unija or Julie chaplin hanseatic

New 'Just Behaviour' Course from ASD Helping Hands

A course aimed at parents/carers of children who have just been diagnosed/going through the diagnosis process/ or suspect their children of having Autism Spectrum Disorders and experiencing difficulties with managing behaviour

5 week Online Evening Course delivered Via Zoom

- Week 1- Understanding Autism and Behaviour
- Week 2 – Preparing yourself
- Week 3- Understanding the different types of strategies
- Week 4- Managing a Meltdown
- Week 5- Specific Strategies and Their Uses

Starts 17th November and costs £25. Limited spaces left. For more information please see the website <https://www.asdhelpinghands.org.uk/events/just-behaviour/>

Autism Information Day

18th November 2020 9:45- 15:00 free online event from

ASD Helping Hands

The Autism Information Day is a chance for you to find out more about Autism, living with Autism and how to support those on the Spectrum. With a wide selection of services and support providers on hand as well as talks from experts in their fields there is something for everyone!

With current world events, we are unable to hold a physical Information day for you to attend so we have moved things online! You will still have access to a great variety of live talks and our virtual Market place filled with organisations supporting those with Autism and SEND.

You can access all this from our Virtual conference page on the ASD Helping Hands website on all your devices. The live talks will be held via Zoom conferencing and you can join these at the simple click of a button and the best bit, it is all completely free!

ASD Helping Hands hope to see you at our first Virtual Autism Information Day!

[Register for free](#)

Health Advice Drop-in Services for Parents

Health advice drop-in services for Norfolk Parents of 0-19 year olds

We want to know your thoughts..

The Children & Young People's Health Services are currently planning additional ways of offering our health advice drop in services for parents and young people 0-19yrs

Please complete the short survey below (4 questions) to support us with ensuring our services meet families, children and young people's needs

Please use this link to complete the short survey: bit.ly/norfolksurvey1

Childrens Health Focus Group

Are you a parent/carer of a child or young person in Norfolk?

Come online and chat with us and other Norfolk parents using Microsoft teams. We'd love to hear your views about Just One Norfolk and the Healthy Child Programme.

Take a look at the website before joining –

<https://www.justonenorfolk.nhs.uk/>

- we'd love to hear what you think of it

Tuesday 29th September at 10am or 7pm

Use this link: bit.ly/norfolkmeet11 to download Microsoft Teams and Join the group

To find out more contact Michelle on 07833 524 216 or email michelle.walker6@nhs.net

New Health Improvement Service

Supporting people to thrive by improving their health and wellbeing

Who are we?

We're a team of Health Improvement Practitioners who work for Norfolk Community Health and Care NHS Trust (NCH&C) to support people to live healthier lives. We work with you to make small but important changes to your lifestyle. We specialise in providing intense support, motivation and advice for people to make healthy lifestyle choices.

We've been commissioned by the Norfolk Clinical Commissioning Group (CCG) to work with local accident and emergency departments who have identified patients that access their services more than is normally expected. Where appropriate, we can offer help and support to identify underlying issues, concerns or worries that may be contributing to this increased attendance.

We're health care practitioners, recruited for the specific skills, experience and knowledge that we can bring to this role.

We work alongside and in collaboration with other services to bring meaningful change to the people we support.

We're commissioned to provide support over a three to six month period supporting meaningful change regarding your overall wellbeing.

For more information please contact

Tara McKenna

Health Improvement Practitioner

High Intensity User Service Norfolk Community Health & Care

M: 07825995775

E: Tara.Mckenna@nchc.nhs.uk

W: www.norfolkcommunityhealthandcare.nhs.uk

Suicide Bereavement Support

Offers support for anyone over the age 18 who has been bereaved or affected by suicide.

The Anchor Project Group is an 8 week structured support group that provides an opportunity for individuals to speak openly and honestly about their feelings without fear of being judged or told to move on with their life.

A safe, confidential and non-judgemental environment where people can connect with others who have had similar experiences, which in turn helps to reduce isolation

- 12 people maximum per group
- Groups are free of charge
- Each group runs for 2 hours with refreshments provided
- Open to anyone bereaved or affected by suicide over the age of 18
- The groups will be run by a member of staff and a volunteer with lived experience
- Accessible for people who have been bereaved for a minimum of 3 months
- Opportunity to meet other people who have had similar experiences

King's Lynn

8th October - 26th November

6:30pm - 8:30pm

If you would like to learn more or join the group the please contact us on

anchor.project@norfolkandwaveneymind.org.uk

Norfolk Serious Case Review published

23rd September 2020

Norfolk Safeguarding Children Partnership has today published a serious case review into the death of a 16-year-old child who died in 2017, due to natural causes contributed to by a paracetamol overdose.

The teenager had a range of complex physical and emotional needs and was receiving support from multiple agencies and professionals at the time of his death, including child and adolescent mental health services, children's services and a range of other health agencies. He had not been attending school for more than three years and had a range of diagnoses, including non-epileptic seizures, autism and an eating disorder.

The review highlighted the complexity of AE's needs and the difficulty in achieving consistent multi-agency collaboration. The key findings of this SCR focus on the need to: appreciate the particular challenges faced by adolescents; celebrate the importance of ordinary life; think family; recognise the impact of isolation and take action; and support family members and multi-agency staff in their attempts to provide the best possible care to vulnerable young people so that their potential can be fully realised.

Chris Robson, Chair of the Norfolk Safeguarding Children Partnership said: "The thoughts of everyone in the partnership continue to be with AE's family. There is no question that AE was much loved and that his parents did their very best to give him the care and support that he needed.

“The professionals working with AE also wanted to do their very best for him and there was some good practice by staff from across agencies. However, the report makes it clear that the sheer number of people involved in AE’s care made collaboration extremely difficult and, although each part of the “system” was trying to address its area of responsibility, services were not joined up and were unable to step back and really understand who AE was. Instead he became defined by his challenges and his diagnoses and agencies responded to those in isolation.

“The findings of this review are not unique to Norfolk and there is no quick fix or solution. However, progress is being made in the county –children’s mental health services are being transformed so that there is a single system, where information and records are shared and young people’s needs are really understood. There is also significant investment being made in specialist education provision and professionals are increasingly focused on children’s strengths and needs, rather than their diagnosis. As a partnership we will continue to monitor and challenge this, so that services continue to improve for children and young people like AE.”

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

NHS Virus Watch Survey

The NHS need to understand more about COVID-19. The more they understand the virus the better equipped they will be to stop its spread and save lives. Current research does a very good job of reporting infection rates and identifying outbreaks. Virus Watch aims to identify *how* the virus spreads, and, *how* to stop it and prevent a second wave. To achieve this they need help from people in every community in England and Wales – from you and your family. Join thousands of households already taking part in the Virus Watch study and together we can help beat the virus.

Chosen participants will receive antibody tests to see if they have had COVID-19 and might now have resistance against the virus. As they gather the results from our study you’ll be able to see them on our website. In this way, **your family will have the very latest COVID-19 information.**

This study is being run by [University College London](#) in conjunction with the NHS.

For more information please see <https://ucl-virus-watch.net/>

Employment and Training Support after Lockdown

Looking to get back into employment?

The Norfolk Community College is here to help.

We offer free, impartial and professional advice to job seekers - including aspects such as access to training, understanding the labour market and the jobs available.

To find out more, please visit:

www.norfolkcommunitycollege.co.uk

Prince's Trust Health and Social Care

In partnership with the NHS

Recently lost your job due to COVID-19? Looking to re-train in a new career?

Are you aged between 16 - 30?

The Prince's Trust, in partnership with the NHS and local health and social care providers, are looking for new recruits!

Admin, Clinical / Care, Catering, Facilities, Domestic and Apprenticeship opportunities

The focus of this partnership is to support 10,000 YP to secure employment within the health and social care sector. In order to do this, Prince's Trust have created a simple sign-up process for all potential health and social care candidates:

- **Step 1 - Referrals and Assessment** (Online, up to 1 week)
If you are aged 16-30, please get in touch. You will be asked to complete a basic assessment form, so our training team can place you onto the correct pathway.
Email: peter.hennessey@princes-trust.org.uk
- **Pathway 1 - Online Training** (Online, up to 3 weeks)
You may join this pathway because you need some more training before starting a job. On this pathway. You will complete a level 1 qualification in health and social care before being supported in to a job.
- **Pathway 2 - Get Hired!** (Online, up to 2 weeks)
If you join this pathway it is because you are suitable and ready to work right away. Our employment teams will prepare you for immediate interviews

YP would need to fit our eligibility criteria:

- Not in education, employment or training – or studying less than 16 hours a week
- Aged between 16 -30
- Has access to a laptop or computer

The next cohort will start on 9th November 2020. Please circulate this across your teams and with your YP directly.

Kings Lynn and West Norfolk History Festival

The King's Lynn and West Norfolk History Festival is going to be happening on Thursday 22 October to Sunday 1 November inclusive. It is the whole of half term!

These groups are all getting involved in a range of ways. Watch this space for updates!

- Stories of Lynn
- Lynn Museum
- True's Yard
- The Minster
- St Nick's Chapel
- The KL Borough Archive
- Historic England
- KTD
- The Mayor
- Alive Leisure... and more

Community Learning and Development Service

CL & D offer learning and training provision and IAG to adults 19 and over. Community courses (including Independent Living Skills, Community Learning, Family Learning) are free and learners can either join one of our planned courses or CL&D can create bespoke courses for groups to be delivered at a suitable venue in your local area (online at the moment).

Community courses are short courses for people that either need to build confidence, learn a new skill, prepare for further learning. The Community Learning and Development Officer is also able to provide information about all the other curriculum areas of Adult Learning including - Functional Skills, GCSE's, NVQ's, Access to Health, Arts & Crafts and Leisure. Any referrals can be sent to the joint email box cldo@norfolk.gov.uk and of course by checking out the website www.norfolk.gov.uk/education-and-learning/adult-learning .

October courses

DIGDO5120P	Starting Your Business	06-Oct-20	10:00	12:00	Tue	4
EMPEO8420P	Marketing Your Business	06-Oct-20	10:00	12:00	Tue	10
CDXCN1020P	Spreadsheets	07-Oct-20	13:00	15:00	Wed	5
CDXCN0820P	Word, Internet And Email	13-Oct-20	10:00	12:00	Tue	5
HEPFE2420P	Healthy Eating/ Cookery Skills	15-Oct-20	10:00	13:00	Thur	4
DIGDS5020P	Starting A Business	20-Oct-20	14:00	16:00	Tue	4
HEPFW2620P	Healthy Eating/Cookery Skills	21-Oct-20	10:00	13:00	Wed	4
EMPET4320P	Household Budgeting Skills	26-Oct-20	10:30	12:30	Mon	5
EMPEE4420P	Household Budgeting Skills	26-Oct-20	10:30	12:30	Mon	5
EMPEW3020P	Pathway to Social Care	26-Oct-20	10:00	12:00	Mon	4
HEPFE1220P	Healthy Eating/ Cookery Skills	29-Oct-20	10:00	13:00	Thur	4
DIGDW5320P	Introduction to Social Media	29-Oct-20	13:00	15:00	Thur	5
EMPET3120P	Pathway to Social Care	29-Oct-20	10:00	12:00	Thur	4
DIGDE4820P	Introduction to Social Media	30-Oct-20	10:30	12:30	Fri	5

NORFOLK'S COMMUNITY ADVICE NETWORK (NCAN)

Launch of "One Door With NCAN" Awareness Campaign.

Norfolk Community Advice Network (NCAN) has launched a new communications campaign ("One Door With NCAN") designed to reach professionals across the county who are supporting younger or older people, people with disabilities, those experiencing or at risk of domestic abuse, and people from Black and Minority Ethnic (BAME) communities.

With so many Norfolk people now easing into "new normal" life after lockdown, the demand for free, quality assured advice has never been higher. Professionals supporting vulnerable people can be inundated with complex queries from their clients or service users which require specialist advice from multiple organisations. Not knowing which door to knock on first can be an obstacle to speedy outcomes for their clients. NCAN is the answer.

To find out more about NCAN, the free support available to member organisations and its online Referral System go to <https://norfolkcan.org.uk/>

Masonic Grants for Children and Young People

Apply for a Children and Young People grant

This programme is open to national and local charities helping disadvantaged children and young people to overcome the barriers they face.

Charities can apply for a small or large grant, depending on their income

Small grants

Small grants are for charities whose annual income does not exceed £500,000. These grants are unrestricted.

Small grants range from £1,000 to £15,000 and can be awarded over one to three years.

Large grants

Large grants are for larger charities whose annual income exceeds £500,000. They are to fund projects and can be used for salary costs, activities, materials etc.

Large grants start at £10,000 and usually range from £20,000 to £60,000. They can be awarded over one to three years.

For more information please see

<https://mcf.org.uk/get-support/grants-to-charities/children-and-young-people/>

Norfolk Against Scams Partnership Invitation

The Norfolk Against Scams Partnership (NASP) would like to **invite** you, and the community of which you are part, the opportunity to **join** the NASP and help make a real difference to the people you work with. The partnership looks to develop and share best practice around educating and raising awareness of the issues of scams, doorstep crime and fraud. This will ensure that whenever a person or business needing advice or support with a scam issue comes into contact with a NASP partner, organisation, group or service they will receive clear and consistent advice.

You know your community as well as anyone and you are best placed to **make a positive difference** to the lives of others within your community, protecting them from the financial and emotional harm of scams.

Becoming a partner **costs nothing** yet brings huge rewards and helps you to meet your corporate social responsibilities. The NASP is open to any organisation, service, business, charity, community group, school or housing association who can play a role in protecting the public, businesses or customers from scams and fraud.

NASP partners sign the **NASP Charter** and work together to help deliver initiatives and share information to 'take a stand against scams.

The problem of scams is significant, and it needs a multi-agency approach to tackle it to protect our businesses and communities; specifically, consumers who are made vulnerable by their circumstances.

We know many of you in the county are already carrying out this work in your community and we would like to invite you to sign up to the partnership. For more information visit www.norfolk.gov.uk/nasp or email nasp@norfolk.gov.uk

Court Duty Scheme At Norfolk Courts

The Legal Team at Shelter are delighted to announce they will be taking over the Court Duty Scheme at the Norfolk courts. It is very much the front line of Shelter's work in defending the right to a safe home.

Types of cases who can be represented:

- Available to anyone, there is no requirement that the person is financially eligible for legal aid.
- Social tenancies with rent arrears
- Homeowners with mortgage arrears
- Private tenancies (whether rent arrears or s21 notices)
- Applications to suspend warrants for evictions
- Other grounds for possession (e.g. deterioration of the condition of the property/hoarding/ succession/anti-social behaviour) are represented by us under our usual legal aid contract.

How it works

They will be at Great Yarmouth, Kings Lynn and Norwich County Courts. They are still waiting for confirmation from the local courts about how this will operate during Covid-19, e.g. whether it will be face to face court hearings or remote support. The Court will provide the Defendant with the offer of Shelter's services, and they will then contact the Defendant, if they say yes. They take instructions from the client, negotiate with the landlord, draft consent orders, or if it can't be settled do the court room advocacy in front of the judge.

Referrals

It's useful for them to know in advance of people who will need their help, but not necessary. If you see a person with Notice from the court of a Review Date/Substantive hearing, then please:

- Reassure them that there will be a Shelter representative available to give them free advice and advocacy on that day
- If there is time, please send an NCAN referral (and put in the header Court Duty Scheme) or ask the client to call 0344 515 1860 and speak to the Court Duty advisor, and they will be happy to chat through with the client what to expect at the court, and hopefully calm nerves as well as offer basic advice.
- On the court date they will go fully into their case. If the Defendant contacts you well in advance of the hearing, then please make a referral and they will assist the client under their usual legal aid contract before the court date.

Any warrants for evictions, please refer to them and they will see the client in advance under their normal legal aid contract to file the application, and then the court duty advisor will represent on the day of the hearing.

Any questions, please don't hesitate to contact [Julia Wheeler, Shelter solicitor](#).

Training for Professionals and VCSE

Dementia Awareness Training for West Norfolk VCSEs

23rd October 2020, 13.00

This FREE on-line training session is being run on Friday 23rd October between 1pm and 3.30pm and will be available for any VCSE orgs in West Norfolk (or those orgs who cover West Norfolk) and aims to raise awareness of issues relating to Dementia and how individuals within organisations can respond appropriately.

The training session is being delivered by Jenny Hurkett from Home Instead via the Zoom platform. The session will be between 2 hrs and 2 and a half hours long and is an interactive session.

It is being facilitated by CAN. To book a place you need to email Jackie Cushing at jackie.cushing@communityactionnorfolk.org.uk or call 01362 545022 and she will be able to book you a place and send you the Zoom session link.

Caring Together Young Careers Webcasts

These webcasts are designed to help organisations to identify and support carers in their setting.

By the end of these session's delegates should:

- Understand more about who carers are
- Understand how carers are affected by their caring responsibilities both before Covid-19 and now
- Know what support is available to carers in Norfolk.

It will also provide information about what help is freely available to support organisations to confidently identify and support young carers through the Carer Friendly Tick Award scheme. The session will cover the Carer friendly Tick Education, Employers, Communities and Health. Supporting adult and young carers.

There will be an opportunity to answer questions, however if all of these cannot be answered during the session, then a member of the Caring Together Team will get in touch with delegates via email following the webcast.

NB: The webcasts will take place via Zoom; however, if you are unable to access Zoom, please contact Caring Together and they will be happy to deliver a separate awareness session via Teams to your organisation.

Spaces are limited to 20 participants per session, please contact tony.elliott@caringtogether.org to book your place, places will be allocated on a first come first serve basis.

[Friday 23 October, 10:30am, Zoom](#)

[Monday 23 November, 10:30am, Zoom](#)

Kind regards and keep well

Karen and Keith

“There are a whole lot of things in this world of ours you haven’t started wondering about yet.”-*James and the Giant Peach* by Roald Dahl