

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.

Also attached is a Support for Residents to self-isolate leaflet

New services/events

New Partner and Community Focus News Update

From mid- September, Partner and Community Focus will publish a monthly countywide news update to our professional partners which will use the Norfolk County Council's Sitecore platform. In addition we are developing 'landing pages' on the Norfolk County Council Website which will give details of local activities

As a direct subscriber to the round-up, you will also be sent a copy of the news update when it is published. If you **do not** wish to receive a copy please let us know. There will also be an opportunity to unsubscribe from the mail list of the news update when it is delivered.

Norfolk Public Health Support to help people self-isolate

Public Health Norfolk have produced a leaflet to help support people who have to self-isolate

Since 28 September it is now the law that people **have to** self-isolate if they test positive or are contacted by NHS Test and Trace. Fines for those breaking the rules are now in place, starting at £1,000 and increasing up to £10,000 for repeat offenders.

However there is support available if people do have to self-isolate. This includes financial support for those on lower incomes who cannot work from home and have lost income as a result of self-isolating.

Please find attached a copy of a leaflet for residents about the support available. This information in the leaflet is available to download in other languages as a simple PDF – you can find these [here](#) under **Resources in other languages**.

One of the newer messages that needs an extra push in Norfolk is the need to wear a face-covering if you are using public transport or car-sharing. We would appreciate your help in getting this message out to communities. There are some posters about this in other languages on our website [here](#) under **Car sharing posters**.

Mental Health Substance misuse and Suicidality Learning Days

Sponsored by Norfolk County Council, this day is intended for those who work within Norfolk professionally or as volunteers with people who may be at risk of suicide, and whose combination of mental health issues and substance misuse are factors in that risk.

Over half of people in recent contact with mental health services who go on to die by suicide have a history of drug or alcohol misuse. Indeed, the risk of suicide is up to eight times greater if the person is misusing alcohol, and the addition of drugs creates a deadly combination.

Outline of the day

Taking place in a Covid-safe and thoroughly risk-assessed venue, the day offers the chance to rotate around a series of interesting and highly relevant workshops and offers a rare chance to network with other colleagues and agencies (respecting social distancing, of course).

Topics covered will include:

- Suicide first aid - awareness and intervention skills
- Trauma informed practice in dual diagnosis
- Referrals, pathways, and integrated models of care
- Best practice in assessment and helpful tools to use
- Learning from lived experience

Locations & Dates:

- Great Yarmouth - 19th Nov & 4th Dec - 9:30am till 4:30pm
- South Norfolk - 22nd Jan 2021 - 9:30am till 4:30pm
- King's Lynn - 26th Feb 2021 - 9:30am till 4:30pm
- Norwich - 19th Mar 2021 - 9:30am till 4:30pm

Please request to book via our website page below. You will be sent a form to complete, and we will notify you as soon as possible whether you have a place. Places are free provided you meet the criteria.

To Book see the website

<http://www.norfolkandwaveneymind.org.uk/training-and-courses>

email training.nwm@norfolkandwaveneymind.org.uk

tele: 0300 330 5488

Fun and free online learning for all the family!

If you are a parent or carer of a young child, the most important teacher in your child's life is you. During this difficult time, you may be wondering how you can support your child's learning and development.

The Family Learning team are now offering interactive 'Come and Try' tasters and online courses to replace our face to face courses in libraries, schools and Early Childhood Family Centres. The online sessions are a great way for you to interact with other parents or guardians and learn about other great online courses Norfolk County Council Adult Learning will be offering too!

Courses for children aged	Digital, Maths and Science	English and Communication	Development, Health, Well-being and Creativity.
0 to 4 years	Embedded in all our courses.	Bring a Story Alive Signing a Story Alive Listen, Say and Sing (ESOL) Paint, Create and Communicate	Food Explorers Let's Explore Together My First Solid Foods Move, Know and Grow Nature Explorers Ready for School
4 to 7 years	Staying safe online Family Maths Knowing My Numbers	Top ten things to ask your child's teacher (ESOL) Book & Cook Family English Fantastic Phonics	Back to School Be Brave, Curious and Confident Family Arts Managing Anxiety
7 to 11 years	Children understanding the value of money Big Numbers Staying safe online De-frazzle Fractions, Family Maths	Valuable verbs and nimble nouns; let's explore. Family English Top ten things to ask your child's teacher (ESOL)	"I have banged my knee!" Back to School Ready for High School Be Brave, and Confident Family Arts Managing Anxiety
11+ years	Embedded in all our courses.	Embedded in all our courses.	Supporting a Teenager
All (0 to 11+ years)	Keys to... Budgeting	Embedded in all our courses.	Healthy Lunch Boxes Healthy Treats Crops in Pots Family Fun with Food Marvellous Me

Please direct interested people to the website where they can book a place on any of our courses; <https://www.norfolk.gov.uk/education-and-learning/adult-learning/courses/family-learning-courses>

If you have any questions or have identified a specific need amongst parents you work with please email Helen Hayes and her team at CLDO@norfolk.gov.uk

Bounce Back Mental Health Service for Young People

Bounce Back is The Matthew Projects new service for young people in North and West Norfolk. With COVID 19 causing widespread concern for the future this has inevitably led to worsening mental health among young people.

The Matthew Project is here to help. We are offering;

- One-to-one support: to improve the wellbeing of young people aged 13-19.
- Mindfulness groups: weekly groups delivered by a qualified mindfulness practitioner.
- Mental health peer support workshops for young people.
- Resilience skills training: focused on building future resilience for both young people and their parents

For more information please contact our Early Intervention team on 07765232028 or email earlyintervention@matthewproject.org

Parents' Guide to Depression

Charlie Waller is a Mental Health Charity that supports young people, their parent and carers

This free to download booklet aims to help parents and carers recognise and understand depression and how to get appropriate help for their child.

<https://charliewaller.org/resources/guide-to-depression-for-parents-and-carers>

Me, You and Baby too course from Click

How do you go from 'just the two of us' to '**Me, You and Baby Too**'?

Having a baby is one of the biggest changes you and your partner can go through. You'll both be tired and stressed, and you may argue more.

These videos will help you learn to argue better so that you can sort things out and move on together. This will be better for you, better for your partner, and better for your baby.

<https://click.clickrelationships.org/content/parenting-together/me-you-and-baby-too/>

Click on the '**Start activity**' button to find out:

- What your baby knows before they are even born.
- Why stress should be a shared burden.
- How you and your partner can best support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

Domestic Violence Non-molestation, Prohibited Steps and Occupation Orders

Domestic Violence Assist

The UK's only registered charity arranging Non-Molestation Orders, Prohibited Steps Orders & Occupation Orders

Domestic Violence Assist is available to provide immediate emergency help to victims of domestic violence. Domestic Violence is :

Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or family members, regardless of gender or sexuality."

* An adult is someone who is aged 16 years old or over

Call Free on 0800 195 8699

<https://www.dvassist.org.uk/>

Norfolk Assistance Scheme Help with Rent Arrears

The Norfolk Assistance Scheme have set aside some of the extra Government Covid funding (£100k) to help those that are struggling with rent arrears as a result of Covid-19. The eligibility criteria are as follows:

Criteria:

- Those significantly affected by the impact of the furlough scheme – which continues until October 2020
- Those made redundant following a period on the furlough scheme
- Those made redundant following the termination of the furlough scheme
- Those unable to work as a self-employed contractor due to Covid-19
- Those who have ceased trading due to Covid-19
- Those who were unable to work/trade up to the termination of the shielding period due to underlying health issues.

THIS SCHEME DOES NOT APPLY TO THOSE WITH MORTGAGE ARREARS.

Evidence:

- Details of housing officer/landlord
- Rent statement for last 3 months
- Copy of rental contract
- Copy of Notice of Seeking Possession
- 3 months bank statements for all adults in household
- Completion of income and expenditure form.
- Referral to MSS to address other debts
- If it becomes clear at this stage the rental cost was unaffordable at commencement of tenancy it is likely the application will be declined.

- Arrears will be paid at market rental for area – 3 months full payment – 6 months partial.
- If a payment plan is in place with the landlord, is being adhered to and the arrears are of a consequence of C-19 the application will be considered.

Application through [NAS Website](#) either by tenant or support worker. There is no limit on the amount of frequency of applications from an individual to NAS

Kind regards and keep safe

Karen and Keith

Real knowledge is to know the extent of one's ignorance; - Confucius