

## **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**

#### **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.

#### **New Men's Suicide Prevention Service for West Norfolk**

MensCraft have recruited four new Prevention and Positive Activities Coordinators to cover the county of Norfolk. MensCraft is an organisation which supports men throughout Norfolk and Waveney and aims to support men experiencing a whole host of issues and problems.

The website is <https://www.menscraft.org.uk/>

The post seeks to support men 18+ who are experiencing a sense of hopelessness that may lead to suicidal ideation, and who may have plans/ intent to take their own life. This post acts as part of the Norfolk Suicide Reduction Strategy - as Norfolk and Waveney have been highlighted as areas of concern regarding male suicide.

Sarah Hayman has been appointed as Prevention and Positive Activities Coordinator for West Norfolk and Waveney. Sarah is looking to connect with organisations, charities, and community networks and to raise awareness of the post, inform people of the support on offer and how to make referrals.

The role includes identifying and implementing strategies to enable these individuals to overcome barriers and to exit patterns of suicide ideation, and to engage in meaningful activities and social connections.

For more information please contact Sarah directly at [sarah@menscraft.org.uk](mailto:sarah@menscraft.org.uk)

### **Employability Course with the Workers Educational Association**

New Employability courses running in November and December, Developed with DWP and other partner organisations these courses are **open to everyone** to enrol onto. Any participant who is in receipt of an income related benefit, and wishing to enrol and join a course, **will not have to pay a fee**. There is also no prerequisite to enrol but all participants must be 19 years or older.

All courses are **delivered online** using Zoom as the virtual classroom and supported by our Virtual Learning Environment (VLE) where all resources, links, online discussions and any assignments are stored. Each participant will have access to email within the VLE platform to enable them to safely communicate with other students and the tutor without the need to share any personal contact details.

### **Step into Care - Sector-based Work Academy Programme (SWAP) 9/11 - 20/11**

This 10 day course will look at the different job roles and different types of care available in the sector and you will be able to discuss and explore what skills are needed to become a care worker and what transferable skills you have.

### **Next Step Digital 3/11 - 5/11**

This 3 day course will help build your confidence around using a computer, tablet or smartphone to help you in everyday situations and find and apply for work.

### **Getting Parents Back into Work - 24/11 - 26/11**

This 3 day course will support you as you make moves back into employment. We will cover job searching skills, how to find and achieve work/life balance, different working conditions such as home working and understanding your rights as a working parent.

### **A Digital You 30/11 - 2/12**

Through this 3 day course you will learn how to present yourself online personally & professionally via Zoom & MS Teams, develop online etiquette, see how social media supports networking & explore how some careers transfer your 'digital literacy' skills to vital employability skills.

### **Self-Employment as a Courier - Sector-based Work Academy Programme (SWAP) 2/12 - 3/12**

The aim of this course is to provide self-employment training around becoming a courier. You will get a clear understanding of being self-employed and the rules and regulations concerning it.

### **Build Your Own Business - Sector-based Work Academy Programme (SWAP) 7/12 - 9/12**

If you are thinking about starting your own business, this short 3-course will help you to identify the various aspects you need to consider, which include: marketing, finance, creating a business plan, utilising digital skills and using digital/online software.

To enrol please see the WEA website

<https://enrolonline.wea.org.uk/online/coursesearch.aspx>

### **Freebridge Community Caterer**

#### **Putting food at the heart of your community**

Meet Freebridge Community Housing's new Community Caterer.

Sarah Cummins will be out and about across West Norfolk supporting community initiatives that promote social inclusion, healthy eating. She is a one-stop shop for supporting anyone who wants to set up new groups and events such as lunch clubs, kids food groups, healthy eating workshops or community coffee mornings.

Sarah can support you with logistics, suppliers, recipes, regulations and even hands-on catering support.

Working as part of Freebridge Community Housing's Placeshaping team, Sarah will prioritise supporting charities, social enterprises and non-for-profit groups with reduced budgets in mind. However, if you are a business or profit making organisation there may be an increased fee.

The Community Caterer is based at the Discovery Centre in North Lynn where there are a variety of group spaces and meeting rooms available to hire.

If you're a community group that needs Sarah's help, or want to find out more about what she can offer then get in touch at [communitycaterer@freebridge.org.uk](mailto:communitycaterer@freebridge.org.uk) or 07464 498632 / 01553 666677

### **Baby Basic West Norfolk**

Baby Basics West Norfolk has continued to provide throughout, albeit on a much reduced number of volunteers but have been able to support all those health professionals, or referring bodies, in the same way as always.

There has been a massive increase in numbers, unsurprisingly, but have been well supported.

Baby Basics are still running in the same way and able to answer every referral so it is hoped that no family/mum in need slips through the net. [babybasicswestnorfolk@gmail.com](mailto:babybasicswestnorfolk@gmail.com)

### **Call for Befriending Volunteers for Homestart**

#### **Volunteers Needed**

A phone call a week is all that is needed to make a real difference to families in Norfolk who need us the most. 77% of families we supported last year needed help coping with their mental health, your weekly phone call will make such an impact and could change their lives.

Sign up now for our FREE online Telephone Befriending course taking place on Thursday 5th, 12th & 19th of November from 10.30-12.30 via zoom, with an additional NSPCC online Safeguarding training session.

To sign up, send us a direct message. [admin@homestartnorfolk.org](mailto:admin@homestartnorfolk.org)

For more information, visit [www.homestartnorfolk.org/volunteer](http://www.homestartnorfolk.org/volunteer)

### **Youth West Partnership Update**

please find below details of service available from the Youth-West Partnership

Monday – Hunstanton Community Centre small group youth sessions, pre-booking essential please see the Benjamin Foundation website for booking information

<https://benjaminfoundation.co.uk/service-area/youth/>

Tuesday – The Swan Centre, Downham Market small group youth sessions, pre-booking essential please see the Swan Project website for booking information

<https://www.swanyouthproject.org/>

Wednesday – Watlington Village hall small group youth sessions, pre-booking essential please see the Swan Project website for booking information

<https://www.swanyouthproject.org/>

Friday – Kaset, Alive Leisure small group youth sessions, pre-booking essential please see YMCA Norfolk youth-suite website for booking information

On-line youth club please see YMCA Norfolk youth-suite

Talk to us a telephone service for 11 – 18 year olds available weeknights between 7pm to 10pm phone 01553 750095

### **Kings Lynn Town Centre Safety Survey**

Norfolk Constabulary, Norfolk County Council and the Office of the Police and Crime Commissioner for Norfolk are working with various community partners in Kings Lynn to help understand circumstances that may place young people at risk and identify how young people could be better protected.

The main focus of this project is young people who can be put at risk by things outside the family home. Sometimes this leads them into difficult situations they don't want to be in but don't feel able to get out of, this might include for example: being exploited, offending or causing harm to themselves or others in the community.

This piece of work is focusing specifically on discovering how young people may be put at risk outside of the home.

Your response to this survey will help Norfolk Constabulary, Norfolk County Council and the Office of the Police and Crime Commissioner for Norfolk and other community partners, put things in place that will help keep young people safe in Kings Lynn.

<https://www.smartsurvey.co.uk/s/KingsLynnTownCentreSafetySurvey/>

## **Cookery and Computers Training Course**

This fantastic FREE online course offers the opportunity to learn some cookery skills, create new dishes and compile your own cookery folder.

Learn some cookery and some IT skills at the same time. We will teach a simple dish at each session and give you the IT skills to record your work and create your own recipe book.

We will use Microsoft Word and help you to incorporate your own images.

Thursday 19<sup>th</sup> November 1pm to 3pm

4 week course: Course code HAWHO 3420P

For information please contact [CLDO@norfolk.gov.uk](mailto:CLDO@norfolk.gov.uk)

Book online - [www.norfolk.gov.uk/education-and-learning/adult-learning](http://www.norfolk.gov.uk/education-and-learning/adult-learning)

## **Research in Practice Surveys on Behalf of Norfolk Safeguarding Children Partnership**

The surveys aim to capture the thoughts, views, and experiences of both professionals and families to help understand the impact of Covid-19 in the context of trauma and building resilience in order to adapt and improve the services of public sector organisations across Norfolk as we continue to operate through the pandemic and thereafter. If you'd like to read more about the reasons for it and trauma-informed practice please click <https://www.norfolkscb.org/people-working-with-children/covid-19-update/>

One is for families while the other is for professionals.

The partnership needs a good number of responses. The surveys are anonymous and take just 10 minutes to complete. They are open until Monday 30 November. The more responses achieved, the better the data.

The survey is in two parts, so the ask is also twofold.

- (1) Please take just 10 minutes to complete the survey for professionals. <https://www.smartsurvey.co.uk/s/NSCP-prof-1/>
- (2) Please can you circulate the survey for families to any families that you work with and if necessary assist them to complete it. <https://www.smartsurvey.co.uk/s/NSCP-public1/>

*Kind regards and keep well*

*Karen and Keith*

*Be not ashamed of mistakes and thus make them crimes - Confucius*