

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.

Apologies for any cross posting;-

There is attached A PDF version for those who wish to post it to Websites etcetera.

Also attached Norfolk Youth Against Bullying Poster and the New Restrictions Communications briefing

New services/events

West Norfolk Early Help Roundup will cease from 27th November

The West Norfolk Early Help C-19 Round-up will not be published after 27th November and the West Norfolk Monthly Bulletin and Service Directory will not resume publication.

Future Partner and Community Focus countywide communications will be published monthly as the Partner and Community Focus News Update. Regular subscribers should have already received the September and October Editions of the Update and the November Edition will be published at the end of the month. If you have not received an edition and wish to subscribe please go to

<https://www.norfolk.gov.uk/children-and-families/early-help-and-family-support/support-for-professionals/useful-resources/news>

Specific district information will be posted regularly to the West Norfolk District page of the Early help and Family Support Website

<https://www.norfolk.gov.uk/children-and-families/early-help-and-family-support/support-for-professionals/useful-resources/news/west-norfolk>

Young Norfolk Arts Festival

Young Norfolk Arts provides opportunities for children and young people to create and engage with creativity and culture across Norfolk.

23-28 NOVEMBER 2020

Your future, your voice! >>> Engage Works is an online programme for young people exploring creative career pathways and activism.

It has been coordinated in partnership with the Norwich 2040 Local Cultural Education Partnership ([LCEP](#)), with support from [Festival Bridge](#) and [Norwich University of the Arts](#), and is open to young people across Norfolk.

To view the programme and register please go to the website

<https://youngnorfolkarts.org.uk/>

Public Help update on the New Government Covid Restrictions

First of all we have some new campaign materials with messages relating to the new government restrictions that started from 5 November. As with previous campaigns Public Health have had some of the assets translated into other languages that are spoken in Norfolk and are doing some targeted advertising on social media. You can find the translated posters and social media posts on PH website [here](#) under 'Resources in other languages – National Restrictions, Stay at home' messages. There is also attached a briefing about the campaign which explains more about the specific messages behind the campaign. We're grateful for any help in getting these messages out to communities in the most appropriate and effective way.

Secondly, just as in the first lockdown, the Government is writing directly to people who are classed as Clinically Extremely Vulnerable (CEV) with advice on what to do and how to get support. This is a bit different to how people were asked to shield in the first lockdown.

Due to new evidence about groups more likely to be at risk of serious illness from COVID-19, those with chronic kidney disease (stage 5) and those undergoing dialysis, as well as adults with Down's syndrome, are also being added to the CEV patient list by the NHS.

PH have also written to those on the CEV list with information about the support available locally. PH can't tell what communications needs people have from the CEV list so are unable to provide alternative formats / languages directly. However, PH have made this information available in other languages and this is available from PH website [here](#). if you have any feedback on our materials, or suggestions for other things that might help you get these messages across, please do get in touch.

Norfolk Youth Against Bullying Conference 2020

November 19th, 2020

NYAB 2020 is a free online conference designed by young people for young people and professionals. NYAB will share best practice around anti-bullying work both in schools and in communities.

There will be a range of expert guest speakers, interactive workshops, QA sessions and space to share ideas. The conference will enhance and improve Norfolk's knowledge and everyone's approach to anti-bullying work. This year's conference has been specially designed to fit into busy school and workdays. All sessions will be 45 minutes and delivered via zoom webinars.

This is a ticket only event, see attached poster for more details. All schools and professionals that sign up will receive free goody bags after the event. The school with the most attendees will receive a special prize worth over £200!

Tickets are limited so please register your place asap to avoid disappointment.

<https://www.eventbrite.co.uk/e/norfolk-youth-against-bullying-conference-2020-tickets-127457182865>

*By working together, we can make Norfolk a happier place for young people to grow up!
Together we are stronger*

King's Lynn & West Norfolk YAB Art and Climate Change Project

Commissioning Brief and Application Form

INTRODUCTION

King's Lynn & West Norfolk Young Commissioners wish to commission an art project to depict their concern with environmental trends and climate change. Up to £4,500 is available to produce a visual art scene that will portray these concerns for public display and awareness raising. Applications are now invited for individuals and organisations to bid to deliver this project. The Youth Advisory Board is looking for inspirational ideas from artists. Up to three artists/organisations will be chosen to attend a zoom interview with Young Commissioners to present their ideas and discuss how their project may work. The successful artist/organisation will agree a Service Level Agreement (SLA) to deliver the project in the timescale laid down and to cost.

PROJECT REQUIREMENT

A mobile visual art scene is to be designed and created for transportation to and display at significant public venues, e.g. sports centres, theatre and heritage venues, schools and colleges, supermarkets etc. The work of art should fit easily into the back of a car(s)/a vehicle for transportation.

The work of art is environmentally sourced.

Upon completion the artist will arrange and organise for the public display of the work of art in 6 venues. Leaflets with an appropriate message will be designed and available for the public to take away. Venues are to be approved by the Young Commissioners.

During the Easter school holidays 2021 the artist will arrange and pay for 3 art workshops (Hunstanton, King's Lynn and Downham Market) for young people to work on artistic environmental themes inspired by the work of art. Should Covid 19 make personal delivery impossible then they will be delivered via Zoom.

This is a young persons' driven project and the YAB Commissioners must be regularly updated (at least once per month) on progress and be happy at all stages that the project is progressing as agreed.

The visual art scene remains the property of the YAB at the end of the project.

OUTPUTS

A hard hitting, environmentally sourced mobile visual art scene for public display.

Reflect the views of YAB young commissioners.

Display to a large spectrum of the West Norfolk population in 6 public venues.

Leaflets to accompany the work of art.

3 art workshops borough wide for young people.

OUTCOMES

Engage the public in environmental issues and climate change and raise awareness.

Challenge and change public attitudes.

An inspirational work of art that belongs to the YAB for use by young people.

ADDITIONAL NOTES

The work of art may be themed towards a particular environmental issue, e.g. use of plastic, litter, recycling, pollution, and a possible post-Covid age of reduced pollution etc. Young commissioners are looking for inspirational ideas from an artist. The final agreement will be a combination of the artist's idea and the Young Commissioners' wishes. Ideas may be developed with Young Commissioners at interview. At interview, Young Commissioners would like to see a portfolio or examples of the artist's previous work. Regular updates (at least once per month) will be presented to the YAB on the project's progress during its design and creation.

TIMESCALES

The closing date for receipt of applications is **9.00am Monday 7th December 2020**. Interviews on zoom will take place later in December and the successful applicant will produce the work between January and March with completion by 22nd March 2021. A press launch will be staged on completion.

COSTINGS

The budget for the project is a maximum of £4,500. An approximate breakdown of cost is requested in the application form.

FURTHER INFORMATION

Available from Roger Partridge on 07736 561973/ rogerpartridge@map.uk.net

Community Engagement Virtual Networking Event

Embedding Community Engagement into a Virtual World - East of England by GamCare - Youth Outreach Programme

About this Event

2020 has certainly been a year of change and many services have had to adapt how they engage with their service users, customers, patients and target groups. Owing to this new way of working digitally, we also try to 'fit' our working practices around our normal procedures, but should we be asking our service users how they want their services to look like online?

Please come along if you work in the East of England to share good practice, challenges/struggles and adaptations to sustaining engagement in the communities. The event will be held over Zoom and after a brief introduction and speakers, we will offer you an open forum to network, share practice and support each other. If you have any questions or wish to be part of the presentation as a speaker, please contact rosslyn.allen@gamcare.org.uk.

This event is open to anyone that supports children and their families in the East of England. <https://www.eventbrite.co.uk/e/embedding-community-engagement-into-a-virtual-world-east-of-england-tickets-123670653253>

Free Training for West Norfolk VCSE frontline staff and volunteers

Are you or any of your volunteers working with people where you are worried about their health and wellbeing and you suspect getting a bit more active might help them feel better – ever wondered how best to have that conversation with them?

CAN have organised some free on-line ‘Talking about Getting Active’ training available via an **on-line Teams session on Wednesday 18th November 2020 – 10am to 11:30am** - for VCSE organisations in West Norfolk who work directly with clients or service users who may be impacted by inactivity. This training will be delivered by **Amy Story - Physical Activity Project Officer for Active Norfolk**.

- Do you work with service users where their physical or mental health and wellbeing are impacted by inactivity?
- Would you like to learn how best to have the conversations with people about being more active?
- Would you like to know what activity options are available for people in West Norfolk?

The aim of the training is to help front line workers to be more confident in advocating physical activity and having conversations with their clients/service users around getting more active.

The training will cover:

- The current recommendations regarding physical activity
- Benefits of physical activity
- How to have conversations about physical activity
- Opportunities for service users to be more active

To book a place please contact me - Jackie Cushing (CAN Locality Manager West) by email – Jackie.cushing@communityactionnorfolk.org.uk and you will be sent the link to the on-line session.

NHS Self Care Week Online Sessions for Professional and families

From 16 – 22 November its national Self Care week. Throughout the week, the Norfolk Healthy Child Programme is hosting **interactive online sessions for Norfolk professionals**. The sessions aim to help colleagues navigate 0-19 services and outline how to use Just One Norfolk as a tool. You can find out more [here](#).

In addition, similar sessions for parents are being hosted every day, covering an assortment of self-care themes. Please help share this [flyer](#) and web link: justonenorfolk.nhs.uk/self-care-week-2020 with any families that might be interested. If you are communicating with families in the next week a short template update is [available here](#)

ASD Helping Hands Update

In March we were proactive with our support to those with Autism affected by the National Lockdown by offering our online support sessions and Live Chat Service 6 days a week. Since then we have held all our [courses](#) online allowing anyone from anywhere to join and also given out our [behaviour booklet](#) free of charge.

While this second 'lockdown' will be different ASD Helping Hands have no doubt that it will cause difficulties with restrictions around attending recreational activities and visiting families and friends. Once again Helping Hands will continue to be proactive in our approach to support you through this second stage in the UK's response to Covid.

Below is the support we will offer to **anyone** affected by Autism, Mental Health Issues and/or isolation over the next 4 weeks.

The Autism Advice Service

Last month we launched our new Autism and Advice Service. Using this new way of offering support we are able to contact you quicker and get you the support you need

Online Support Groups

That's right Saturday mornings will bring back out online support groups.

From 10:00 -11:00 join us on our [ASD Helping Hands Support Facebook page](#).

Live Chat is Back

For anyone one feeling isolated or just needs someone to talk to we will be here between 12:00 and 3:00 Monday-Friday.

Just visit our [website](#) to begin a private and confidential chat with our advisors.

Available from 9th Nov. No chat available on 10th/18th Nov due to training

Upcoming Training Courses

Dates for our next Girls On The Spectrum Course, Just Behaviour and Just Diagnosis have been released to book onto these virtual training courses [click here](#)

Norfolk Video Consultations Parent/Carer Feed back

Thursday 19th November 10am - 11:30am

In Norfolk lots of health providers have been using video appointments to see children and families during COVID.

Join us to tell us about your experience of video appointments

- What has worked well in the video appointments you have had for your baby, child or young person
- What would have improved the experience?
- Barriers you think there are to this type of appointment

We would also like to hear your thoughts and ideas about how health providers could use video appointments in the future. This will be an informal event on Microsoft Teams, with opportunity to share your thoughts via text and polls.

Please follow this link to book a place on the event

<https://www.eventbrite.co.uk/e/norfolk-and-waveney-video-consultations-parentcarer-feedback-session-tickets-127851337793>

See Hear Respond

The See, Hear, Respond Partnership is a new service funded by the Department for Education. With your help, the See, Hear, Respond Partnership will quickly identify and support children, young people and families who are struggling to cope with the impacts of coronavirus.

Its aim is to provide early intervention *before* these children reach the threshold for statutory intervention.

See, Hear, Respond does not replace your usual referral process for children who meet a statutory threshold for significant harm: such referrals must be made to your local authority safeguarding team using your usual safeguarding procedures. To refer someone into the See Hear Respond service, or if you're a member of the public, please choose from one of our [links below](#).

The See, Hear, Respond Partnership has been created specifically to help children and young people in England who are experiencing harm and increased adversity during coronavirus, by providing support to those who are not being seen by schools or other key agencies. There is no minimum threshold for referral. We will support children from pre-birth up to 18 years of age and those with special educational needs under the age of 25.

See, Hear, Respond will contact every referral made to us, so no child gets missed. We'll then find a partner best placed to support the most isolated and at risk children in your area.

They'll get help in one or more of four ways: an [online hub of support and information](#), online counselling and therapy, face-to-face support for those most affected and at risk of some of today's most pertinent issues, such as criminal exploitation, and helping children and young people reintegrate back into school.

We especially want to invite referrals for families who are most isolated from support due to Covid-19, including Under 5s with a specific focus on under 2s, those with Special Educational Needs and Disabilities and where there are concerns about their welfare e.g. online safety, children and young people experiencing anxiety, stress and other mental health difficulties, children who may be at increased risk of abuse, neglect and exploitation inside or outside of the home, Black, Asian, Minority Ethnic and Refugee children who experience barriers to accessing services and young carers.

Thank you for taking the first step in getting support for a vulnerable child or young person.

To refer someone who lives in England

Visit our referral page for children, young people, carers and families who live in England. [Find out more](#)

For a child, young person, parent or carer

We have a support page just for you. [Find out more](#)

UEA Dementia Open Forum

We are pleased to announce that the next Dementia Open Forum will take place on **Thursday 3rd December 2020 from 2 to 3 pm on Zoom.**

Speaker: Julieta Camino, Occupational Therapist and PhD Student, UEA

Presentation: 'A different and tidier kitchen: can people with dementia perform tasks in a new environment?'

Julieta Camino will present the results of her PhD work which looks at the external factors that may explain why some people with dementia do not perform daily tasks even though they have the ability to complete them. She considers the role of the environment and how a family carer's management style, when dealing with dementia-related issues, can reduce or increase the gap between performance and the ability to perform activities.

This bi-monthly series of free events is open to all. Dementia researchers from UEA present their cutting-edge studies and findings, with a different researcher leading each event. There is an opportunity to ask questions and anyone with an interest in dementia research is welcome, creating an exchange of knowledge between researchers, clinicians, people with dementia and their carers, and the general public.

Please email dementia.research@uea.ac.uk

if you would like to attend, and we will forward you the Zoom link.

The Children's Society, Inside Out Project are running free virtual Life Skills sessions.

These sessions are for young people between 13 – 19 years old.

Our life skills course starts on Tuesday 3rd November 2020 – Thursday 8th Dec

These sessions will be about supporting Young people to learn practical skills that can help them get the best out of life.

Some of the topics include; keeping yourself Safe, Budget Planning and Managing Money, & Healthy living

Life Skills sessions are on:

Tuesdays- 3pm - 4pm & Thursday's- 4.30pm – 5.30pm

To book your place, please check out our website;

<https://bit.ly/3l2q1gn>

or contact

Essexreferrals@childrenssociety.org.uk

or

Let your inside Out coach know

Maximum of 8 young people per group.

Princes Trust Enterprise Challenge

The Prince's Trust is looking for schools/youth organisations and young people that believe they have what it takes to be the best at our online business simulator.

You will be competing against other young people and schools/youth organisations across the East of England, with the winner being selected to represent The Prince's Trust in the 2020/21 Enterprise Challenge finals!

The aim

The Enterprise Challenge is an inter-school/youth organisation competition where young people are supported by trained mentors to take on a range of challenges.

By taking part young people will have the opportunity to:

- Develop their confidence and aspirations for what they can achieve
- Increase their understanding of the world of work and their ability to have a positive impact on their wider community and society
- Build important skills: teamwork, decision making, problem solving, communication, creative thinking and resilience

Who is it for?

The Enterprise Challenge is suitable for young people aged 11-16 of all abilities. We particularly encourage participation from students who would benefit from confidence building, personal and social development.

What is involved?

Students take on our Enterprise Challenge together and compete against their classmates and other schools to be crowned our Enterprise Challenge winners for 2020/21.

Start dates: We are registering and accepting referrals now, for the January to March 2021 competition window

Location: Virtual delivery supported by The Prince's Trust

- Build your teamwork skills and boost your confidence
- Learn presentation skills and how to pitch a business plan
- Take part in practice sessions to prepare you for your official business simulator submission
- Learn how to come up with a business plan
- Use your new skills to pitch your business plan to industry professionals
- Work in teams of 5 to take part in your official business simulator submission

To enter this year's competition, email: peter.hennessey@princes-trust.org.uk

Employability Course with the WEA

Employability courses coming up this month and in December. WEA have developed and set up a courier course with Amazon Flex (their own courier service) and they have current vacancies in Norwich and Ipswich which they are actively recruiting for. This course will support students in understanding the role of a courier with Amazon, downloading the Amazon Flex app and completing an application through this.

Please also note that WEA can only accept enrolments from individuals who are 19 years and over.

Course title: Supporting Parents Back into Work

Course reference: C2227757

Enrolment link: <https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C2227757>

Course dates: 24/11/20 – 26/11/20

Session details: 9.30am – 11.30am & 1pm – 3pm each day

Tutor: Denise Bianchini

Fees: FREE/£38.40** The course is free for anyone on income related benefits

Course title: A Digital You

Course reference: C2227753

Enrolment link: <https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C2227753>

Course dates: 30/11/20 – 2/12/20

Session details: 9.30am – 11.30am & 1pm – 3pm each day

Tutor: Chris George

Fees: FREE/£38.40** The course is free for anyone on income related benefits

Course title: Become an Amazon courier

Course reference: C2227753

Enrolment link: <https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C2227758>

Course dates: 2/12/20 – 3/12/20

Session details: 9.30am – 11.30am & 1pm – 3pm each day

Tutor: Denise Bianchini

Fees: FREE/£25.60** The course is free for anyone on income related benefits

Course title: Build Your Own Business

Course reference: C2227755

Enrolment link: <https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C2227755>

Course dates: 7/12/20 – 9/12/20

Session details: 9.30am – 11.30am & 1pm – 3pm each day

Tutor: Chris George

Fees: FREE/£38.40** The course is free for anyone on income related benefits

If you have any questions or queries about any of the courses, please feel free to get in touch. Adam Bracher ABracher@wea.org.uk

Thriving Communities Fund

The Thriving Communities Fund will support local voluntary, community, faith and social enterprise (VCSFSE) projects that bring together place-based partnerships to improve and increase the range and reach of available social prescribing community activities – especially for those people most impacted by COVID-19 and health inequalities.

By working with those communities most impacted by the COVID-19 pandemic, including black, Asian and ethnically diverse communities, the projects we will fund will help to:

- enhance collaboration and networking between local organisations
- strengthen the range of social prescribing activities offered locally and enable social prescribing link workers to connect people to more creative community activities
- Explore ways to make these partnerships and activities sustainable over time

Grant range £25,000 - £50,000

Eligibility Applications can be led by voluntary, community, faith and social enterprise (VCSFE) organisations working in **any** of the following sectors:

- Arts, and culture, including libraries, museums and heritage
- Sport, leisure and physical activity organisations
- Financial wellbeing, advice, food and practical support
- Environment and nature-based organisations
- Non-statutory health and care organisations, working with social prescribing

All applications must demonstrate a commitment to work with partner organisations from all of the above sectors in the course of the funded period.

Applicants will need to provide 20% match funding, which could include: NHS partners (Clinical Commissioning Groups, Primary Care Networks, Integrated Care Systems); local government; other trusts and foundations; philanthropy or corporate social responsibility; or a wide range of other possibilities. In-kind contributions can include support provided by partners.

A statement of support from the relevant social prescribing link worker(s) for the geographical location of the proposal is required to support each application,

Application Open Date: 12pm (midday), 23 November 2020

Application Deadline: 12pm (midday), 8 January 2021

Decision date: 15 March 2021

Projects within the thriving communities fund will run for a year including planning and delivery time. They are expected to commence on 15 March 2021, and end on 31 March 2022.

<https://www.artscouncil.org.uk/thriving-communities-fund#section-1>

Kind regards and keep well

Karen and Keith

"Everything has beauty, but not everyone sees it." - Confucius