

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;-

The information is in two sections;- new services/events; updates from existing services;

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

[Welcome back leaflet and flyers for the Libraries](#)

New services/events

Free Child Bereavement Training

Nelson's Journey is offering free one-hour Covid-19 Child Bereavement Awareness Training online to those working with children and young people in Norfolk. Sessions are running on Tuesdays, Thursdays and Fridays at 10.30 throughout July, and there are some places available from 16 July onwards.

Attendees will: recognise a range of experiences related to loss and bereavement and how to support children and young people; increase their awareness of issues faced by children and young people experiencing bereavement and how COVID-19 may impact; gain confidence in working with bereaved children, young people; identify resources and organisations available to support bereaved families.

Book here: <https://njcovid19training.eventbrite.co.uk/>

LSCG COVID-19 survey

This survey is being conducted by Norfolk County Council on behalf of the Norfolk Safeguarding Children Partnership.

Its purpose is to learn how working remotely has changed practice, the benefits, the challenges during coronavirus (COVID-19). This will enable the partnership to learn from your experience in order to support and further develop safeguarding practice. You can choose not to take the survey, to stop responding at any time, or to ignore any questions that you do not want to answer.

This online survey will take approximately 15 minutes. Your responses to questions will be recorded once you move on to the next page.

Your responses will be confidential, and we will not collect personally-identifying information such as your name, email address or IP address. All data is stored in a password protected electronic format – please read our [privacy notice](#) [opens in a new window or tab] for further information as to how your data is used and your rights.

The anonymised results of this survey will be used for the above purpose only and may be shared with the Norfolk Safeguarding Children Partnership.

If you have any questions about this survey, or it raises any concerns for you, please email Mark Osborn at mark.osborn@norfolk.gov.uk.”

ThinkNinja Mental Health App

ThinkNinja is an app specifically designed to educate 10-18-year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.

ThinkNinja is built on CBT principles, a psychological talking therapy based on the theory that our thoughts, feelings and our behaviour are all connected.

ThinkNinja® addresses a range of issues including stress, anxiety, low mood, or having unhelpful thoughts. All of which can be triggered by the pressures of modern life, such as exams, struggling to make friends or social situations.

The user is coached by the WiseNinja, powered by artificial intelligence and the skills of a clinical psychologist.

ThinkNinja® is free to download for all children and young people with the correct access code and can be downloaded via the Apple App Store or Google Play Store.

Before coronavirus, ThinkNinja was a **commissioned service only**, made available in parts of the country through the NHS, schools, local authorities as well as charities working with young people. Access was then provided to all CYP aged 10-18 years old via an access code.

DURING THE CORONAVIRUS, ThinkNinja IS FREELY AVAILABLE TO ALL

Kooth young people’s mental health and wellbeing

NSFT are pleased to announce the launch of Kooth (www.kooth.com) for 11 – 25-year olds in Norfolk & Waveney!

Kooth is a nationally renowned service, providing peer support, a wide range of self-help materials and access to moderated forums, but it also gives access to online counselling delivered by qualified counsellors 365 days a year, either on a drop-in basis or through bookable chat sessions.

It was always our aspiration to ensure that young people had this kind of support as part of transformation and ensure we had much needed additional capacity, so we’re grateful that

NSFT accelerated the commissioning of Kooth in response to the COVID-19 crisis, and it will be available as transition out of lockdown and into recovery.

11 – 25-year olds can also access support directly at www.kooth.com

Kings Lynn and Downham Market Libraries re-open

Libraries reopening from Monday 6 July:

King's Lynn Library: open Monday to Friday, 10am to 6pm, Saturday 10am to 4pm, Sunday closed.

Fakenham Library: open Monday and Tuesday 10am to 6pm, closed Wednesday. Open Thursday 10am to 6pm, Friday 2pm to 6pm, Saturday 10am to 4pm. Sunday closed.

Dereham Library: open Monday to Friday 9.30am to 6pm, Saturday 9.30am to 4pm, Sunday closed.

Thetford Library: open Monday to Friday 10am to 6pm, Saturday 10am to 4pm, Sunday closed.

Downham Market Library: open Tuesday to Friday 10am to 6pm, Saturday 1pm to 4pm. Closed Sunday and Monday.

Attached is the welcome back leaflet and flyer with details on how to borrow books, book computers, use the grab and go book bags and online services that are available.

Kings Lynn Museum Time Team Watch along

Tuesday 14th July 19:00-20:00

This event will centre around a viewing of the 1999 Time Team episode 'Bawsey St. James', in which the excavation team are joined by celebrity guests Sandi Toksvig and Hugh Fearnley Whittingstall on a dig at the site of the Saxon church ruins at Bawsey.

The idea of a watch-along is to allow groups and individuals to experience a piece of media all at the same time, from their own spaces, and to discuss their thoughts and observations with each other in real time. All attendees will be pressing play at exactly 7pm on the below dates and will then use special twitter hashtags to share their thoughts with the group. Throughout this hour-long event, museum staff will also be sharing highlights and stories from their own collection, as well as special commentary from Dr Clive Bond, Chairman of West Norfolk and Kings Lynn Archaeological Society, who was present at the featured dig.

Viewers are encouraged to share their thoughts, observations, and experiences throughout on twitter, using the hashtag #BawseyWatchAlong.

To get involved, simply click 'going'. In the link below

<https://www.facebook.com/events/622448265048585/>

For more information, email lynn.museum@norfolk.gov.uk

The episode is available to view with a free Channel 4 account here:

www.channel4.com/programmes/time-team/on-demand/25721-011

Kings Lynn Museum David Copper Field Watch Along

Saturday 25th July 19:00-21:00

This event will focus on a viewing of the 2019 film 'The Personal History of David Copperfield'. The Armando Iannucci re-imagining of the classic Charles Dickens novel, features stars such as Dev Patel, Hugh Laurie, Tilda Swinton, and Peter Capaldi.

The idea of a watch-along is to allow groups and individuals to experience a piece of media all at the same time, from their own spaces, and to discuss their thoughts and observations with each other in real time. All attendees will be pressing play at exactly 7pm on the below dates and will then use special twitter hashtags to share their thoughts with the group.

This two-hour long event will look into the Victorian roots of the story and its author, as well as the filming of the movie, for which many of the outdoor scenes were filmed in King's Lynn. Viewers are encouraged to share their thoughts, observations, and experiences throughout on twitter, using the [#CopperfieldAlong](https://twitter.com/CopperfieldAlong) hashtag.

To get involved, simply click 'going' on this link

<https://www.facebook.com/events/1010872959328177/>

For more information, email lynn.museum@norfolk.gov.uk

The film is currently available on DVD, or to stream in a variety of places including The BFI Player (embed link) <https://player.bfi.org.uk/rentals/film/watch-the-personal-history-of-david-copperfield-2019-online> or on Amazon (embed link)

<https://www.amazon.co.uk/Personal-History-David-Copperfield-UK/dp/B08437CXSL>

Online Parent Focus Group

Hosted by [NHS Norfolk Children & Young People's Health Services](#)

Find out how you can chat safely with other parents online.

Maybe you would like to chat about;

- your child starting school
- your child's behaviour
- what has COVID been like for your family
- your experience of having a new baby

Informal session introducing you to our online parent community and a chance to meet other parents.

Use this link to join either session: on Microsoft Teams bit.ly/norfolkmeet6

Thurs 16th July 7pm and Fri 17th July 10:30am

To find out more contact Michelle on 07833524216 or email michelle.walker@nhs.net

Facebook events:

16th July <https://www.facebook.com/events/761525481324503/>

17th July <https://www.facebook.com/events/304841813989441/>

Free Creative Wellbeing Packs

Creative Arts East, the local arts and community development charity about have developed Creative Wellbeing Packs, which are being offered as part of the loneliness reduction project, Operation: No Cold Shoulder.

The monthly postal packs are suitable for those aged 18+ and no prior experience of creative skill or knowledge is needed. Packs will include written directions for how to take part in a range of engaging arts activities that focus on music, movement, crafts and more!

At present, the project is open to people in certain areas of Norfolk who are feeling particularly isolated and lonely at this time, and packs can be posted FREE OF CHARGE to residents (including care home residents) in:

- North King's Lynn – PE30;
- Dersingham – PE31 6, PE31 7 & PE35;
- Fakenham & Villages – NR21 & NR22;
- Thetford – IP24 & IP27;
- Swaffham & Litcham – PE37, PE32 1 & PE32 2;

With every request they will issue a baseline survey with a few questions, as well as a quick follow up survey 3 months after this, so they will need the interested persons contact number to ask these (with their consent of course).

If you would like to refer someone to the receive a free postal Creative Wellbeing Pack from Creative Arts East, please call 019953 713390 or email info@creativeartseast.co.uk

Domestic abuse support from Women's Aid

Women fleeing domestic abuse to a refuge can now arrange for a free rail ticket. Here is a link to more info on Rail to Refuge <https://www.womensaid.org.uk/rail-to-refuge-faqs/>

Women's Aid offer advice and support from domestic abuse support workers via our Live Chat instant messaging service <https://chat.womensaid.org.uk/>

and by email <https://www.womensaid.org.uk/information-support/help-by-email/>

Also, survivors can support each other on the safe online forum <https://survivorsforum.womensaid.org.uk/>

And there is a lot of practical advice in the Survivors Handbook <https://www.womensaid.org.uk/the-survivors-handbook/>

All the above can be found here

<https://www.womensaid.org.uk/information-support/>

Advice in British sign language and other languages

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-and-support-resources/>

Get into Digital Communication

Princes Trust have now launched a new **Get into** programme on **Digital Communication**.

This programme is available to anyone aged **18-30** and living within the East of England.

It is delivered online as a 2-week employment programme, focussing on industry skills like; digital publishing, journalism, photography, editing and website management.

This is a great opportunity for anyone aged 18-30, looking to start a career in the Digital Communication sector – so get in touch quick to prevent them missing out.

Get into Digital Communication in partnership with **WuWo Media**

Next Programmes: Monday 20th July – Friday 31st July 2020

Location: ONLINE

Interviews: Phone Interviews prior to programme start date

- Learn important industry skills in Digital Communication
- Create and lead on a real 'social project'
- Take a look at; digital publishing, journalism, photography, editing and website management
- Improve your teamwork, communication skills and confidence
- Self-employment support and advice available at the end of the programme
- Doesn't affect your benefits and up to 6 months mentoring support!

LIMITED PLACES AVAILABLE | To join the course YP can email:

Chris.Laing@princes-trust.org.uk

How will GCSEs, AS & A levels be awarded in summer 2020?

Any young people who are worried about GCSE or A Level result and their applications to college or university should look at the advice being offered by the Government

Ofqual have produced a video explaining how the exam grading for GCSE, AS and A level students will work for this summer – please share the link below with the students and their parents/carers you are working with

www.youtube.com/watch?v=VXuDOrtJY1Q

You can find additional written information provided by Ofqual using the link below. This gives a more detailed explanation of the changes for schools, colleges, students, parents & carers on how GCSEs and A levels will be awarded following the cancellation of this year's exams.

www.gov.uk/government/news/how-gcses-as-a-levels-will-be-awarded-in-summer-2020

NEW website launched by DWP for jobseekers

COVID-19 has had a huge impact on many parts of the labour market, with some sectors reducing in size and others expanding rapidly. To help jobseekers find work in new areas and employers tap into new labour markets,

From Monday April 27 DWP have launched new [job help](#) website.

MensCraft Job Opportunity

Healthier and happier men make for better brothers, colleagues, partners, fathers, sons

WE ARE RECRUITING PREVENTION AND POSITIVE ACTIVITIES COORDINATORS

4 Posts. 30 hours /week.

Based in four localities. South, West, North and East Norfolk & Waveney

An understanding of the complex issues contributing to suicide ideation and the impact on the lives of individuals and families is essential. As is experience of effectively supporting men via key-work, crisis intervention work, case recording, face to face work and other interpersonal work.

Salary: Circa £25,000 (pro-rata). Initially a 1-year fixed term contract.

Closing date: 9am 3rd August 2020 with interviews w/c 9th August 2020

See the job details [HERE](#) And [APPLICATION FORM](#)

Updates from existing services

Pandora Domestic Abuse Project

Just an update to say we are still taking referrals and supporting women and children affected by domestic abuse, this is currently by phone and video calling. We also have a helpline number for anyone needing to access advice or support 07856 812610, this is for professionals as well as the public and we also have a live web chat facility on our website www.pandoraproject.org.uk

Covid-19 Local Resilience Fund

Applications to this Fund were paused on 29 May to allow the criteria to be reviewed and updated. Wave 2 of this funding is now open for applications.

Priority will be given to charities that are locally based and run, who have not applied previously for Covid-19 Local Resilience funding.

Applicants who were successful under wave 1 of the Fund will only be considered for further funding for the same activity/ costs if the application closely meets the Fund priorities outlined below and evidences a strong case for additional funding to meet the immediate needs the charity is responding to.

What action can the Fund support

Through continued work with the Local Resilience Forum to identify urgent and emerging needs as a result of Covid-19, priority will be given to action in the following areas:

- **Food poverty**
- **Legal/ financial advice**
- **Abuse/ violence in the home**
- **Vulnerable people in isolation**
- **Mental health**
- **Digital exclusion**

Applications are invited from established charitable organisations which already have a clear track record in delivering effective services in relevant field/s in the county and have the capacity to adapt/ enhance their services in response to the immediate and longer-term impacts of Covid-19.

Grants of up to **£10,000** are available to support projects that clearly meet one or more of the above priorities. It is expected that funded action will be meeting immediate needs, and therefore able to begin quickly upon receipt of a grant. It is anticipated that funded activity will complete within 3-6 months following award.

Larger grants of up to £25,000 may be considered for exceptional projects bringing together multiple partner organisations in a strategic response programme to deliver significant targeted impact and/ or broad geographical reach. Application is via the same process.

Please note small grants of between £1,000 – £5,000 to support Covid-19 response activities are available from the [Anlian Water Positive Difference Fund](#).

Applications will be reviewed on a rolling basis while the Fund is open.

A project outline and budget are required as part of the application, and detailed plans/ costs may be required for large grant applications.

You will receive an email notification of your award if your application is successful. Successful awardees will be asked to provide updates/ case studies from funded activities to help support the fundraising appeal and raise awareness of community action in Norfolk.

Please direct any queries to grants@norfolkfoundation.com to help us respond quickly while working remotely.

<https://www.norfolkfoundation.com/funding-support/grants/groups/covid-19-local-resilience-fund/>

Norfolk & Waveney ASD/ADHD Support Service

Now has three teams covering Norfolk and Waveney and we are here to guide and support you with behaviour strategies, advocate for you with schools, inform you in relation to the assessment pathway and signpost you to useful agencies and services..

Phone Swaffham 01760 725801/720302 or Email Swaffham@family-action.org.uk

Phone Gorleston 01493 650220. or Email Gorleston@family-action.org.uk

We are currently advertising *two paid vacancies* in the team covering Norwich, North and Central areas. With your personal experience of ASD/ADHD, you may be just the person we are looking for.

Interested? Go to www.family-action.org.uk/content/uploads/2020/07/FSW-Advert.pdf to see more.

Perhaps you would be more interested in a *Volunteer* Role within Family Action, using your knowledge and experience to support families who are just at the start of their own journeys. Volunteers are so valuable, especially if they themselves have accessed our services, because they have not just read about parenting children with ASD or ADHD but have lived it. You would receive training and support, gain valuable experience relevant to future employment and could volunteer in a capacity which fitted in with your other commitments. Contact either of the telephone numbers above to find out more.

Kind regards and keep well

Karen and Keith

*“Go placidly amid the noise and haste,
and remember what peace there may be in silence”*

Desiderata:- Max Ehrmann,