

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.

Also attached is the Early Childhood and Family Service Virtual Programme for Summer

Also attached is a poster advertise the youthwestsummerfest.com

The direct link is www.youthwestsummerfest.com

New services/events

Roblox Dangers



There has been an increase of referrals involving children playing Roblox. This has always been an app that presents risk to children but if you hear of any concerns please can you ensure that you liaise with The Child Sexual & Criminal Exploitation Team. The Teams has a template email to send out to parents offering advice on this app.

The Team can be contacted through the Childrens Advice and Duty Service (CADS)

The age recommendation is 13 years old, but as it is an unregulated user created platform there are a multitude of risks posed to children. This app appears to be a well-used

by paedophiles and it is easy to groom children and coax them onto private platforms like Snapchat where photo and video abuse they occur.

Parents let their guard down due to the fluffy child friendly GUI as seen from picture above but this app is not safe.

Dangers of Roblox

- Beware of predators using third-party chat apps. Even with parental controls turned on and chat messaging turned off, predators have found a way to communicate with children while they play Roblox. ...
- Watch out for sexualized avatars. ...
- Be cautious with Roblox YouTube videos. ...
- Look out for bypassed audios.

Cannabis Sweets



The above items were seized by police over the weekend. Although they initially present as normal 'Nerds' sweets (true product is nearly identical), they actually contain Cannabis and a high amount of THC. Intel suggests that they are being sold to children in the area for £12 per packet which is supported by phone downloads from the DP.

They are available to purchase on mainly US based websites including the infamous Wish, so we may well start seeing more and more of the products turning up.

Early Childhood and Family Service virtual offer

The attached document is the Early Childhood & Families Service (ECFS) virtual offer for families in Norfolk with children aged 0-5 yrs. You can also visit the ECFS Facebook pages for each district and the wider county Facebook page for ECFS and you can visit www.norfolk.gov.uk/earlychildhood for more information too.

In addition to the programme, Action for Children are providing family support to families that require extra help (tier 2/universal plus) which is delivered by telephone, via Teams, or in person in an ECFS base or the family home where it is risk assessed as safe to do so. Please visit the webpage or use the link below for the current ECFS Request for Support form to refer families to ECFS.

The Family Support Fund to support families with children aged 0-5 yrs for the following areas is still available:

- **Specialist interventions** based on identified needs of a family - to improve outcomes for child development, improve social mobility and to reduce risk of neglect or emotional harm.
- **Additional equipment and resources** for a family as part of a 1:1 or group intervention - to improve outcomes for children safety, wellbeing and development and to reduce risk of neglect or harm.
- **Transport costs** for travel to targeted activities matched to family's need and travel to childcare provision - to improve child developmental outcomes, reduce neglect and harm and improve social mobility for families where there is poor public transport which prevents a family from accessing early childhood support and activities that have been identified to meet the family need.

The financial support will only be provided as part of a wider family support package and the ECFS request for family support fund form can be found here <https://www.norfolk.gov.uk/children-and-families/early-help-and-family-support/support-for-professionals/useful-resources> along with the ECFS request for support form (referral form).

Street Games Webinar

In partnership with StreetGames Active Norfolk are offering a webinar to support organisations and groups that are planning to offer face to face summer holiday activities to safely incorporate sport and physical activity into their sessions with young people.

More information in relation to the online course is provided below with an overview of the content planned. Spaces are limited so initially we can only offer 1 place per organisation / service on the course. If more colleagues would also like to attend we will add them to a secondary list and do our best to accommodate them.

To sign up please email george.webster@activenorfolk.org and you will then receive a link to access the webinar. If you can include your contact details in the email and a couple of sentences on what you would like to take away from the session.

Course Details:

Topic: [Getting Young People Active During Covid and Beyond](#)

Date: Monday 20th July 2020 10:00 – 12:00

Cost: Free of Charge

Content:

This 2-hour interactive workshop will share ideas and successful models for promoting independent and multi-sport activities that comply with social distancing rules. The workshop offers tips for delivery including practical examples as well as how to manage risk linked to guidance from the Government and key agencies. The session will also touch on insight linked to how COVID has impacted young people's mental health, home lives and daily routines.

Good Health Webinar to support people with learning disabilities

This free webinar will focus on how support services can help people with learning disabilities stay healthy, including having an annual health check, despite current restrictions.

Resources that can support people, their families and paid supporters to understand and use an annual health check will be shared, and their practical use explored.

The webinar takes place on 21st July from 3-4pm and will be led by Skills for Care and Learning Disability England.

The webinar is open to anyone with an interest in supporting people to get an annual health check but it will be especially useful to managers in provider organisations.

<https://www.eventbrite.co.uk/e/good-health-people-with-learning-disabilities-covid-19-guidance-tickets-111288310332>

Routine Vaccinations for Children

The NHS in Norfolk and Waveney is urging people to attend routine vaccination appointments to help protect you and your child against serious and potentially deadly diseases and stop outbreaks in the community.

Local health leaders have assured people that it is safe to visit GP practices for vaccinations, with measures in place to reduce the risk from coronavirus.

NHS teams are continuing to work hard to help people to manage illness linked to coronavirus, but essential vaccinations for babies, pre-school children and adults are continuing as normal. Routine vaccinations can be booked through your GP practice

If the person needing a vaccination has coronavirus symptoms or is self-isolating because someone in the household is displaying symptoms, please contact your GP practice to reschedule. If you or a member of your household develops coronavirus symptoms, you should follow government guidance and reschedule your appointment.

Cancer support during the pandemic

Big C support line 0800 082 7640 (open during COVID-19), local to Norfolk.

<http://www.big-c.co.uk/>

Given the current situation with Covid-19, we have made the difficult but necessary decision to temporarily close our Big C Centres.

<http://www.nnuh.nhs.uk/our-services/cancer-services/the-big-c-information-and-support-centre/>

Here is what is available from the Big C:

- Information and support from our Big C Nurses and Officers available over the phone, via video chat or email.
- Online Cancer Support Group meetings via Zoom.
- Counselling available over the phone or via video chat.
- Welfare Advice in partnership with Citizens Advice.
- Virtual Drop-Ins 'Connect over a Cuppa' (starting 21.07.20) every Tuesday at 11am or Thursday at 2pm.
- Welfare Packs and other support for those shielding and/or isolating.

Here is how you can get in touch with us to find out more:

Call our free telephone support line 0800 092 7640 (Monday to Friday, 9am-5pm).

Email us at support@big-c.co.uk.

Chat with us on 'Live Chat' from 10am-4pm, Monday to Friday.

Macmillan web pages, 24hr phone line and online chat:

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

Macmillan Telephone Buddies

<https://www.macmillan.org.uk/get-involved/campaigns/telephone-buddies>

Shine support is for people in Norwich in their 20's,30's and 40's

<https://shinecancersupport.org/>

Cancer Research UK cancer chat on their website:

<https://www.cancerresearchuk.org/about-cancer/cancer-chat/users/norfolk>

FREE Family Learning Sessions

Adult Learning are offering free family learning sessions throughout the school holidays. We are holding one off sessions (see dates below) and they are bookable online at

<https://www.norfolk.gov.uk/familylearning> with the exception of our Family Learning Cafés which will run on ZOOM. For further information about our summer sessions and joining the Family Learning Cafés on Zoom please contact family.learning@norfolk.gov.uk or CLDO@norfolk.gov.uk

Back to School Online – for families with children returning to primary school in September 2020.

Ready For School Online – for families with children starting school in September 2020.

Family Fun in the Sun – a one off session with fun activities for families with children under 12 years.

Family Learning Cafés - an opportunity to meet other families (with children under 12), take part in a hands on activity and to discover more about our free and fun courses.

Course	Day of Week	Start Date	Number of weeks	Start Time	End Time
Back to School Online	Monday	20/07/2020	1	10:00	11:30
Family Learning Café	Monday	20/07/2020	1	14:00	14:40
Family Fun In The Sun Online	Thursday	23/07/2020	1	10:00	11:30
Ready For School Online	Monday	27/07/2020	1	13:00	14:30
Back to School Online	Thursday	30/07/2020	1	13:00	14:30
Family Fun In The Sun Online	Thursday	30/07/2020	1	13:00	14:30
Family Learning Café	Thursday	30/07/2020	1	10:30	11:10
Family Learning Café	Monday	03/08/2020	1	10:30	11:10
Ready For School Online	Thursday	06/08/2020	1	13:00	14:30
Back to School Online	Thursday	06/08/2020	1	13:00	14:30
Family Fun In The Sun Online	Thursday	06/08/2020	1	10:00	11:30
Ready For School Online	Monday	10/08/2020	1	13:00	14:30
Back to School Online	Monday	10/08/2020	1	13:00	14:30
Family Fun In The Sun Online	Thursday	13/08/2020	1	10:00	11:30
Family Learning Café	Thursday	13/08/2020	1	14:00	14:40
Family Fun In The Sun Online	Thursday	20/08/2020	1	13:00	14:30
Family Learning Café	Thursday	20/08/2020	1	10:30	11:10
Ready For School Online	Thursday	20/08/2020	1	10:00	11:30
Back to School Online	Thursday	20/08/2020	1	13:00	14:30
Ready For School Online	Thursday	27/08/2020	1	13:00	14:30
Back to School Online	Thursday	27/08/2020	1	13:00	14:30
Family Fun In The Sun Online	Thursday	27/08/2020	1	10:00	11:30

Job hunting Advice from Future Learn

The COVID-19 pandemic has affected our lives on a scale that most of us have never experienced before. But as we adjust to this new way of life, there are all kinds of hurdles we must face. One such challenge is how to get a job in the new normal.

In the UK, the furlough scheme has given many people some breathing room. However, unemployment rates have also spiked, meaning many others will be looking for work. But things may have changed slightly in the way job applications and onboarding works, at least for the time being. With that in mind, we look at some of the steps you can take when looking for a new job.

<https://www.futurelearn.com/info/blog/how-to-get-a-job-in-the-new-normal>

Updates from existing services

ASD Helping Hands Virtual Support groups

We had hoped to have our Support Groups back up and running in September 2020. However, at the current time we are unable to meet the guidelines set out by the Government and ensure everyone's safety.

So, we are introducing our new Virtual Support Groups until we are able to meet again.

Our Virtual Support groups will be held via Zoom and links to these meetings will be placed in the groups Facebook page the day before the group is to be held.

For more information please visit: <https://www.asdhelpinghands.org.uk/virtual-support-group/>

LILY Directory Update

As we move out of COVID lockdown and in light of the recent announcement by the government that community centres, religious venues, libraries, pubs and restaurants can begin to reopen, it would be interesting to know any thoughts you have had on:

- Are you making any plans to re-start?
- When you might be able to re-establish the physical face to face groups you previously ran?
- How you are going to manage reduced capacity issues? Booking systems/use of outside spaces?
- Are you able to provide any virtual groups/sessions? Do you need any support to set this up?
- Do you have any other challenges you need or would like support with?

It would be helpful if you could please remember to update the Lily directory records for your group(s), events and services.

If you need any support with this then please let us know and we can ensure your listing has everything you need. Here is the link to the Lily webpages:

<http://asklily.org.uk/kb5/westnorfolk/cd/home.page>

Norfolk and Suffolk Victim Care

The **Norfolk and Suffolk Victim Care** Service is operating its usual office hours Mon – Fri between 8am and 5pm call **0300 303 3706**

Our Case Managers are all working from home and offering support to anyone impacted by crime, reported or not, over the phone, text and via email.

Outside of office hours, Victim Support offer a 24/7 telephone Support Line on **0808 168 9111**.

If you think your team would benefit from a brief update from either Anoop or Tracey at one of your team meetings – please get in touch!

Two online services made available from Victim Support since the beginning of lockdown are:

My Support Space

This is a free online interactive tool that gives people useful information and advice on all crime types and help to navigate around the Criminal Justice System.

It allows people to work in their own time at their own pace. Anyone can sign up for an account and it is completely free and can be used in conjunction with support provided by our case managers.

<https://www.nsvictimcare.org/my-support-space-a-new-service-provided-by-victim-support/>

Live Chat

This 24/7 service is operated by Victim Support and is available to anyone in England and Wales.

Following on from accessing this service, people can be referred into our service for on-going support.

<https://www.nsvictimcare.org/24-7-live-chat-now-available-for-victims/>

Please do feel free to contact me with any queries.

Tracey Woolf

Service and Engagement Lead

Phone: 07795366985

Mobile: 07795366985

Text Relay: 18001 07795366985

Email: Tracey.Woolf@victimsupport.org.uk

Pandora job Vacancy

Pandora have a job vacancy for a support worker with our CYP team in coastal North Norfolk. Further details including job description and application form can be found on our website <https://www.pandoraproject.org.uk/job-vacancies/>

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

Shaw Trust Work and Health Programme

The Work and Health Programme is an employability programme commissioned by the DWP supporting disadvantaged participants in gaining employment through addressing their barriers into work. This 15 month programme develops an action plan and works with a variety of different specialists to ensure that our participants find and sustain in work. Previously this programme was only accessible through a job centre referral but we are excited to announce that we can now accept self-referrals via telephone or email please call 0800 389 0082 or email Self-referral@shaw-trust.org.uk.

this short video explain a little bit more about the programme:
<https://www.youtube.com/watch?v=IQBCPk7Cf-E>

To be Eligible for Work and health programme the participant must 18+ years old, unemployed (but it is not a requirement for them to be any benefits) and fit into one of the below criteria:

- Persons who have a disability
- Early Access disadvantaged groups:
 - an ex offender
 - an ex-carer
 - a homeless person
 - a former member of Her Majesty's Armed Forces
 - a member of the HM Armed Forces reserves
 - a partner of current or former Armed Forces personnel
 - a person for whom drug/alcohol dependency (including a history of) presents a significant barrier to employment
 - a care leaver
 - a refugee
 - a worker affected by COVID19 (Redundancy)
- Long term Unemployed Claimants

Please encourage potential referrals to contact Lisa Todd-Hines prior to going through the self-referral process.

Lisa Todd-Hines MBPsS

Senior Support Manager

Tel: 020 8315 1500 Mobile: 07971829034 Email: lisa.todd-hines@shaw-trust.org.uk

Web: shaw-trust.org.uk Follow us on [Twitter](#), [Facebook](#) or [LinkedIn](#)

Swan Youth Project Downham Market

Here for the young people in and around Downham Market, offering:

- Open Access Youth Groups
- 1:1 support for emerging mental health/well-being
- Peer Mentor group/training
- Hygiene Bank
- Young Carers Key Worker
- Princes Trust Achieve Programme
- Activity Sessions
- Small Groups (social and emotional support)
- Advice and Guidance/ Vocational Tasters

www.swanyouthproject.org

SWAN are running small groups of no more than 6 currently, plus still delivering everything via social media/WhatsApp/zoom. They are also offering 1:1's and bookable 'drop in's' here at the centre, which are proving popular. We will continue all of this throughout the holidays.

Kind regards and keep well

Karen and Keith

Spring passes and one remembers one's innocence.
Summer passes and one remembers one's exuberance.
Autumn passes and one remembers one's reverence.
Winter passes and one remembers one's perseverance.
— **Yoko Ono**