

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 three sections;- new services/events; updates from existing services; vacancies

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

New services/events

Big Norfolk Summer Fun

Keep the kids busy and active while you're staying at home more this summer with our Big Norfolk Summer Fun activities for children!

From our mega 30-day fitness challenge, to penning a poem, writing a story or mastering the Summer Reading Challenge, there's lots of exciting ways of encouraging children to keep active and learning all summer-long. They might even learn how to make a bird kebab - and no it's not a kebab made from birds!

We'd love to see photos and videos you've snapped of the kids doing one of our Big Norfolk Summer Fun activities. Send them to us by emailing marketing@norfolk.gov.uk and we'll post the best to our [Facebook page](#).

More information on the website <https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/big-norfolk-summer-fun>

Norfolk Crucial Crew

Crucial Crew is a multi-agency project, led by Norfolk Fire & Rescue Service, engaging with year 6 students across the county delivering safety messages in a fun and interactive way through hazards presented in a safe environment, such as a simulated bedroom fire and rescue.

Our aim is to help children stay safe and learn valuable life skills. Young people are one of our best communication tools for spreading safety messages, sharing them with family, friends, carers, and the wider community, taking forward these life skills into the future.

There are resources from lots of different services and organisations to help us stay safe in many different places and situations in day to day life. We hope you enjoy virtual Crucial Crew and we look forward to welcoming our year 6 students back soon.

<https://www.norfolk.gov.uk/safety/norfolk-fire-and-rescue-service/in-your-community/crucial-crew>

The Workshop on line summer school

The Workshop and The Garage are beginning an online summer school. It is bookable via this link and includes a big range of performance practises;

<https://thegarage.org.uk/new-summer-activities-performing-arts/?fbclid=IwAR2XzbDL5DIM5tSD9vN8p4muu3ETmZ0I5ePuN3N5UKyzhWDZPH2a-KaAMZg>

West Norfolk play areas to re-open on a phased basis

Play areas in west Norfolk, owned by the borough council, are being opened on a phased basis over the next few weeks.

Council staff have undertaken an assessment of each of the 80-plus council-owned play areas in the borough. These have been categorized based on frequency of use. During the week commencing 27 July, these are being opened, one by one, starting with those that are used the most. The phased programme will mean that Lynnsport in King's Lynn and then Esplanade Gardens in Hunstanton, will be the first to open, followed by Howdale and Memorial in Downham Market, then urban areas of King's Lynn.

Each play area will have its normal safety check, and then will be cleaned and equipment will be given an application of anti-bac coating. Signage will be installed reminding users of the risks of using high touch equipment and reminding them to wash their hands/use sanitiser before and after playing on the equipment. Users are also reminded not to touch their faces or consume food or drinks while using the play area.

To find out which council-owned play areas nearby are open, visit west-norfolk.gov.uk/nearestplayareas. It will take some time for all play areas to be opened as there are over 80, with more than 1400 individual pieces of equipment to be cleaned and coated.

Some play areas are privately owned on small developments or are owned by parish councils or housing associations. Each will determine their own arrangements for their play areas. Check with them before visiting.

Family Learning Cafe

Come and join our FREE and FUN Family Learning Café. Find out 'who we are' and 'what we do' and have a go at lots of fun activities together. Suitable for families with children aged up to 11 years.

(Tutors will be greeting families in the Zoom waiting room prior to enabling their access to the café.)

Access here:

<https://zoom.us/j/96669645014?pwd=azVxQVRVcnpkY0dPNUIqc1RXeldQUt09>

Code: 966 6964 5014 Password: 8TAyQW

Thursday 13 August, 2pm-2.40pm Demo of a story sack **(From Bring a Story Alive course)**

For more information on all our courses visit:

www.norfolk.gov.uk/adultlearning

Gressenhall Farm and Workhouse will re-open to the public on 3 August.

Admissions will be limited each day and at timed intervals. Recommended routes will also be in place to allow for social distancing.

Tickets must be booked in advance from [Arttickets](#) and will go on sale on 1 August. Tickets will not be available on the door.

We recommend that face coverings are worn in the museums – although of course, the exhibits won't be wearing them!

Stories of Lynn Summer activities

Every weekday 10am - 3pm Monday 3rd- Friday 28th August

Mondays - Museums in a Jar

Tuesdays – Peace

Wednesdays – Everyone's an artist

Thursdays - Peddlers and Traders

Fridays – Buildings

Activities are free for admission fee paying children (£1.95) and one accompanying adult goes free Sessions are limited and pre-Book only 01553 774297 www.storiesoflynn.co.uk

Back to school story book

The storybook '[My Back to School Bubble](#)' has been created with the input from a network of teachers, parents and public health professionals and aims to help children understand the new protective measures that may be in place at their school, in an age-appropriate way.

The e-Book is a joint venture with [NABU](#), a global non-profit organisation who are passionate about creating stories for children, that are inclusive for all. '[My Back to School Bubble](#)' adds to NABU's existing collection of stories addressing COVID-19, this time exploring the changing school environment.

BBC Bite size parent's toolkit

Wanting tips on supporting your child's wellbeing? Looking for practical advice? Or scouting for activity ideas for some lockdown entertainment? We've got you.

<https://www.bbc.co.uk/bitesize/articles/znsmyxc>

Anti-Slavery App for farm workers

A new app designed to help tackle labour exploitation and modern slavery in the farming, horticulture and food production sectors is being launched by the Church of England's modern slavery initiative.

The app is already available on [Google Play](#), and will be coming to IOS soon.

The **Farm Work Welfare App** is easy to download and use and has been designed to support both employers and workers. To help support migrant workers the content has been translated into seven languages.

It will:

- provide **farmers and growers** with information, signposting and tools to help avoid criminal organisations and promote worker welfare. It will contain essential support on licensed labour providers, document verification and the rights of workers such as freedom of movement and right to work
- support **workers** and help them understand their rights and what to do if they are being exploited

raise awareness amongst **members of the public who live or work in rural areas** about modern slavery and how to spot potential cases of exploitation.

[Download the App](#)

Zoom Apprenticeship Information Sessions for Young People

Every Wednesday afternoon in August NCC in partnership with Lily Sinclair from Ask Apprenticeships are running Apprenticeship Sessions for young people on zoom. The sessions will last for 30 to 40 minutes maximum but will be packed with all the information you need to help you get an Apprenticeship. Everyone will be muted and have their videos off when they join so if your young people are nervous about attending they won't be seen or heard. They will be able to interact and ask questions in the chat.

These are the dates and times of the sessions:

- Wednesday 5th of August 2pm - Introduction into Apprenticeships
- Wednesday 12th of August 2pm – Where to find Apprenticeships
- Wednesday 19th of August 2pm – Apprenticeship Applications and Interviews
- Wednesday 26th of August 2pm – Apprenticeship Advice for Parents

If you have are working with or caring for any young people who might be interested in these Zoom sessions please contact Karen Searle via email at karen.searle@norfolk.gov.uk to obtain the links to join the zoom meeting and a password

National Careers Service in Norfolk & Suffolk update

The National Careers Service is seeing a slow increase in referrals to their service which is currently able to offer support to anyone, regardless of age, employment status etc, through the delivery of professional careers information, advice and guidance. This is being delivered remotely for now, mostly using phone and email, but they can use other digital means depending on what is available and appropriate to the individual accessing support.

To book an appointment contact their booking team at NationalCareersServiceNCC@futuresforyou.com or call 0800 917 9419.

The National Careers Service has also created a series of short video presentations, which are typically 5 minutes and the subjects covered include:

- Wellbeing and COVID19
- Working relationships and COVID19
- Working from home
- Going back to work after COVID19 furlough
- Volunteering and COVID19
- Skills Tool Kit and online courses
- A review of the current Norwich job market
- An introduction to National Careers Service in Portuguese

All of the videos are available on Futures YouTube channel:

<https://www.youtube.com/playlist?list=PLxiDslvzDLpmNRY3SsfCuNRAMTdt-sUrx>

To keep up to date with their offer please check their Facebook page

<https://www.facebook.com/Futures-Norfolk-and-Suffolk-110708620645085/> or Twitter at <https://twitter.com/JulioAdviser>

Digital resource for parents where stress and drinking alcohol is an issue

Coping with stress and drinking is aimed at parents whose alcohol use is associated with destructive conflict in their relationship. It may also be beneficial to those who have significant risk indicators:

OnePlusOne have launched the latest in a series of practitioner guides

<https://www.oneplusone.org.uk/stress-and-alcohol-guide> to accompany a digital resource for parents where stress and drinking alcohol is an issue:

<https://parents-and-drinking.clickrelationships.org>

It has been very well received please share the links across your networks for practitioners working with families around reducing parental conflict

Library Zoom Events

'Just a cuppa' Online

If you're missing the regular groups that meet in our libraries, you might like to join our new Zoom sessions. Run by library staff and volunteers you'll have a chance to meet others online, chat and share a virtual cuppa.

Monday at 2pm –Just a cuppa

Tuesday at 10.30am –Just a cuppa

To take part, email libraries.iconnect@norfolk.gov.uk and you'll be sent your personal invite to join the session. If you've never used Zoom, and would like help, library staff will help you get started.

Reading Friends presents...

a weekly opportunity to relax with a cuppa and enjoy listening to a good story. Starting on Tuesday 11th August at 7pm, each week we'll bring you a tale to lift your spirits and give you an opportunity to share your thoughts with others via Zoom.

If you'd like to join in, email 'Reading Friends' to libraries.iconnect@norfolk.gov.uk and we'll send you a personal invite. If you're new to Zoom, we'll also help you set things up on your computer, tablet or smartphone.

Virtual 'Meet the Author'

On Wednesday 19th August at 8pm Norfolk Libraries will be hosting the first Author Q&A with writer Helen Callaghan on Zoom

Helen will be talking about her exciting new thriller set on Orkney, 'Night Falls, Still Missing'

Tickets are free but spaces are limited. To book your place email 'Helen Callaghan on Zoom' to libraries.iconnect@norfolk.gov.uk

The first 50 people will then receive their personal Zoom invite.

NCC "Bin Genie" service.

This service identifies people who would otherwise be disposing of items either by depositing in their rubbish/recycling, with people who can use those items. It uses postcodes to identify what is available closest to the person searching. One of the things the service has found is that a lot of people have boxes / packaging, and Rosemary was thinking that this might be particularly useful to people who need to move in a hurry, e.g. fleeing domestic abuse, or agencies that support them e.g. to keep a small stock of. Rosemary also wondered if it might be useful to those that need to furnish homes in a hurry in similar vein. The items all have to be fit for purpose, so it's not 'rubbish', just utilising an alternative opportunity to upcycle rather than taking it to waste disposal site / putting in bins.

Please see the link below for your awareness:

<https://www.norfolkrecycles.com/where-can-i-recycle/bingenie/>

email waste.management.operation@norfolk.gov.uk if you would like to see how your organisation could be part of the system.

UEA Report Understanding the needs of young carers in the context of the COVID-19 pandemic

The COVID-19 crisis has far-reaching implications for young carers. The indirect impact of attempts to counter the spread of the virus are likely to have a major impact on their psychological wellbeing. Alongside this, support systems are struggling under increased pressure, potentially drawing the focus away from the needs of these marginalised young people. This study aims to benefit young carers during the COVID-19 pandemic in the following ways:

- Increase the recognition of young people providing care and of the impact of service changes on young carers.
- Capture the current views of young carers to inform urgent and effective support needs.

Read the full report here

<https://www.uea.ac.uk/documents/541194/32764533/UEA+young+carer+CRCF+COVID-19+final+findings+v2.0.pdf/543ee4c4-abd0-da4f-f025-4b84918d2835>

Get involved in Developing a Vaccine

A new NHS COVID-19 vaccine research registry has been set up to enable people across the UK to sign up for information on the new Covid-19 vaccine studies which we are expecting in the Autumn. This will help speed up scientists' search for people willing to be involved in vaccine studies, and potentially lead to an effective vaccine against coronavirus being identified and made available to the UK public earlier. Interested individuals can sign up here.

<https://www.nhs.uk/sign-up-to-be-contacted-for-research>

ReSPECT Improving your care in an emergency

ReSPECT stands for Recommended Summary Plan for Emergency Care and Treatment. The ReSPECT process creates a personalised recommendation for your clinical care in emergency situations where you are not able to make decisions or express your wishes. Your ReSPECT form should be available immediately to health professionals called to help you in an emergency, whether you are at home or being cared for elsewhere. Professionals

Although take up of ReSPECT has started there is still the need to raise awareness among the public about the initiative and encourage everyone to start thinking about having 'the conversation'. Please help us by watching a short film and completing our questionnaire:

<https://www.norfolkandwaveneypartnership.org.uk/get-involved/opportunities.html>.

Anyone interested can also sign up to be involved in further discussions and interviews. The feedback we gather will be used to inform a local campaign to spread the word about ReSPECT.

The survey will be open until September 14th. ReSPECT can be for anyone, of any age so please share this far and wide on your networks.

Spurgeons online Workshops

Spurgeons are launching two online workshops for two of their training courses . these half day workshops will be taking place via zoom

Trauma Informed Practices

Do the people you are working with sometime struggle to follow through with actions? Do you know someone who's affected by trauma? Do you know what to do when your client's distressed?

Often clients affected by trauma may not be ready to work through other important areas of their lives, which can be challenging for many professionals. Understanding trauma and how it impacts people allows professionals to work with their clients more effectively and appropriately. This workshop will equip you with tools and knowledge to effectively support clients affected by trauma.

Trauma Informed Practises will be running from 9:30-13:30 on the following dates:

- Thursday 13th August & Wednesday 19th Aug

https://www.eventbrite.co.uk/e/trauma-informed-practises-online-workshop-tickets-107800103010?aff=odeimcmailchimp&mc_cid=b6529551d3&mc_eid=9ac8aa1b01

Developing a Culture of Engagement

Have you considered working with the whole family around Domestic Abuse? Do you feel confident to address the unhealthy behaviours of the perpetrator of abuse in a family?

When working with families, it is vital to understand the whole picture in order to give the best support to that family – this includes understanding and working with the perpetrator, as well as the victim and children. This introductory workshop will begin to equip you with knowledge to begin supporting whole families around domestic abuse. Additional workshops will follow on from this course, which will provide practical tools and additional knowledge to effectively to support whole families around domestic abuse.

Developing a Culture of Engagement will be running from 9:30-13:30 on the following dates:

- Friday 14th August & Thursday 20th Aug

[/www.eventbrite.co.uk/e/developing-a-culture-of-engagement-online-workshop-tickets-107799818158?aff=odeimcmailchimp&mc_cid=b6529551d3&mc_eid=9ac8aa1b01](https://www.eventbrite.co.uk/e/developing-a-culture-of-engagement-online-workshop-tickets-107799818158?aff=odeimcmailchimp&mc_cid=b6529551d3&mc_eid=9ac8aa1b01)

Please Note: Whilst all our training courses are free of charge, we reserve the right to charge for non-attendance. If professionals do not show up to courses or have not given at least 48 hours' notice of non-attendance, you will liable to a fee of £75.

To withdraw your place, please contact Norwich Connect at norwichconnect@spurgeons.org or call on 01603 628122

Updates from existing services

Norfolk Assistance Scheme (NAS) - Covid-19 Response

NAS has received £1m of new funding from DEFRA to address crisis support in our community resulting from Covid-19.

<https://www.gov.uk/government/publications/coronavirus-covid-19-local-authority-emergency-assistance-grant-for-food-and-essential-supplies/coronavirus-covid-19-local-authority-emergency-assistance-grant-for-food-and-essential-supplies>

NAS has extended their provision to include:

- 3-day award for applicants who have made an application for Universal Credit
- 7-day award for furloughed, previously self-employed or those who have been made redundant and awaiting verification of their Universal Credit application (furloughed applications have wholly been replaced by those facing redundancy)
- School meal allowance for families not registered with a school
- Car tax/ insurance first month payment – related to employment
- Smart phones – pay as you go, phone top ups
- Payment of Debt Relief Orders
- Heating oil
- Supply of masks and gloves
- Clothes including school uniform
- Food boxes – Morrisons
- Bespoke delivery of food in an emergency or if required – all advisers have debit cards
- Essentials e.g. toiletries/baby essential's via prepaid local shop collection if required
- NRPF residents in Norfolk

NAS are working hard to distribute the DEFRA funding by joint working with District Councils by creating hardship pathways through the Norfolk Vulnerability Hub and District Hub. NAS will also provide food provision for those in crisis during a recurring peak in C-19 including a district lockdown.

Applications can be made by phone on 01603 223392 option 5 or on the website -

<https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme>

Please remember NAS will also assess for discretionary awards so please make an application. If NAS cannot help they will find someone who can.

CPL Trust Support for Job Seekers

Building Better Opportunities Project from CP Learning Trust

Unemployed and looking for work?

Has this effected your confidence?

Would you would like some help improving your chances & opportunities?

Maybe, you would like to learn and gain new skills?

Contact Perry Schelts and find out how we can you help on: 07813 811745

or at pschelts@cpltrust.net www.cpltrust.net

This project is funded by the European Social Fund and The National Lottery Community Fund. To find out more about the project please visit www.communitiaseast.co.uk

Vacancies

Norfolk and Suffolk Victim Care

We currently have an exciting vacancy in Suffolk for a part-time Case Manager who will provide a high quality, end-to-end support service to vulnerable victims of complex crimes.

Do you have experience either in the voluntary or statutory sector, working with victims of crime?

If so – we want to hear from you!

Click on this link for further info:

<https://recruitment.victimsupport.org.uk/vacancy/case-manager-suffolk-423037.html>

Kind regards and keep well

Karen and Keith

*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I,
I took the one less travelled by,
And that has made all the difference*

The Road Not Taken – Robert Frost