

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

Family support process core virtual training

About the core training

Our training gives professionals the knowledge:

- To carry out the family support process assessment
- To carry out the family support delivery plan
- To lead, support and participate in family support meetings

Exercises and activities take place throughout the day to create confidence in the process. We use the Signs of Safety model and maintain a child focused approach in our work.

The training is suitable for staff who work with children and young people aged 0-18 years, or those who work with adults who have children. It is a multi-agency training course and is open to all agencies and services in Norfolk. It is a good opportunity to network and gain knowledge on services in Norfolk.

Course length and cost

The Family Support Process training usually takes place as a full day classroom session. However, due to COVID-19 restrictions the training will be moving to two virtual 3-hour sessions over two mornings. There is no cost for this training.

Course dates and locations

The sessions will take place on Microsoft Teams. While the training is facilitated virtually, you can access the training at any date on offer. However, the Locality Partner Focus Officers will be hosting the sessions for their own areas.

Norwich locality

- Tuesday 29 and Wednesday 30 September 2020
- Monday 19 and Tuesday 20 October 2020
- Thursday 26 and Friday 27 November 2020

Partner Focus Officers facilitating: Amy Lovett and Celia Alden

West & Breckland locality

- Thursday 8 October and Friday 9 October 10am-1pm
- Wednesday 18 and Thursday 19 November 10am-1pm

Partner Focus Officers facilitating: Gemma Starling-Breckland locality and Jonathan Williams and Allison Burt-West locality.

How to book training

[Complete a booking form](#)

and return it by email to the locality where you have requested the training. The contact details are on the booking form.

For further details including cancellations policy please see

<https://www.norfolk.gov.uk/children-and-families/early-help-and-family-support/support-for-professionals/early-help-training/family-support-process-core-training>

Help You Choose

[Help You Choose](#) is Norfolk County Council's careers guidance website for young people in Norfolk.

There's plenty of advice and information about training, courses and volunteering opportunities currently available. For jobseekers there are useful tips concerning:

[looking for job vacancies](#)

[social media and job hunting](#)

[how to sell yourself](#)

[filling in an application form](#)

[covering letters for job applications](#)

[creating your curriculum vitae](#)

[the job interview](#)

Mental Health Support Teams (MHSTs) for Norfolk & Waveney's schools

The Norfolk and Waveney Health and Care Partnership (formerly known as the Sustainability and Transformation Partnership) has been granted funding for two additional Mental Health Support Teams which will be **based in South Norfolk and Lowestoft**. These will be *in addition* to teams that started in January this year in North Norfolk and King's Lynn.

Each team will work with approximately 20 schools (8000 pupils) across a range of education settings, with a focus on children and young people with mild to moderate mental health issues.

Funded by the Department for Education and Department of Health and Social Care, the teams will complement the work already happening in schools, providing a range of support such as talking therapy and group support, as well as staff consultation and help for parents. The teams in Lowestoft and South Norfolk are expected to start in January 2021 and will be fully operational in January 2022.

Kooth

Up until the end of June there were 2,170 logins and 441 service users, with a broad range of ages accessing the service (peaking around 15 and 16 yr. old). The **top 3 issues discussed** were Anxiety / Stress, Family relationships, and Self harm. Currently 100% of young people accessing Kooth recommend it to others, and felt heard, understood and respected.

Following an initial tranche of webinars for professionals, Kooth are running a further series in the next few weeks. We're particularly keen for colleagues in schools and colleges to attend, but all are welcome:

Please ensure you register for the workshop of choice. If you need to use the Zoom meeting ID, it is the number at the end of the web link. All enquiries to sclark@xenzone.com			
Date	Time	Webinar Link	Registration Link
25 th August	8pm – 9pm (evening workshop)	https://zoom.us/j/94453871343	<a href="https://forms.gle/D159L8yb
pBCsSNez7">https://forms.gle/D159L8yb pBCsSNez7
26 th August	9.30am- 11am	https://zoom.us/j/98500402696	<a href="https://forms.gle/qBnrUdR8
7EkAEX9K9">https://forms.gle/qBnrUdR8 7EkAEX9K9
1 st September	9.30am – 11am	https://zoom.us/j/94932204251	<a href="https://forms.gle/HS8USyy5
fUrmB1aP6">https://forms.gle/HS8USyy5 fUrmB1aP6
9 th September	9:30am – 11am	https://zoom.us/j/91843616342	<a href="https://forms.gle/j2HCQafX
FLCBHFWK9">https://forms.gle/j2HCQafX FLCBHFWK9

Kooth's offer includes:

- **A free, confidential, anonymous and safe** way to receive support online.
- **Out of hours' availability.** Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.
- **Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.
- **Discussion Boards** which are all pre-moderated allow young people to access peer to peer support.
- **Online Magazine** full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.
- **No referral** required. Young people can register for kooth independently at www.kooth.com

To use the service or find out more visit www.Kooth.com, or view a short video about the service by following this link: [Kooth Video](#)

Grants to Help Parent and Toddler Groups

To support parent and toddler groups in this position there will be a new "Covid 19 - Recovery grant" of up to £500 per group. We recognise that not all existing groups have appropriate resources and funding to manage the required expectations. This small grant will enable groups to ensure they can purchase good quality toys and equipment that can be cleaned effectively and regularly, as well as room dividers/furniture that will enable spaces to be managed into smaller areas to minimise infection transfer.

This is open to all groups that meet the criteria for the Early Childhood Community Fund. More information is available in our [Early Childhood Community Fund Guidance](#). [Access the application form](#).

Gangs and County Lines Parents session on Zoom

St Giles SOS+ Programme

Please join the FREE online sessions for parent's and carers

St Giles gangs and county lines parent's session consists of speakers utilizing their lived experience within the criminal justice system to unpack and explore the realities and consequences of county lines, gang involvement and serious youth violence

Perspectives from previous perpetrators and runners/ transporters combined with relevant case studies aid audience in gain authentic and credible understanding of a complex issue

Webinars are 60 minutes long starting at 5:00pm

1st September - to register click

https://us02web.zoom.us/webinar/register/WN_JOjKmJWlQray81p1a_PQ3A

8th September – to register click

https://us02web.zoom.us/webinar/register/WN_CXMdJfwyQouWwZL-DQmVgQ

17th September – to register click

https://us02web.zoom.us/webinar/register/WN_Tj1KMHQcQYOHdG-3V7IJ_w

Email sosplusadmin@stgilestrust.org.uk Telephone 020 7708 8047

All other information www.stgilestrust.org.uk

Kings Lynn & West Norfolk Pride

Break out the bunting because we're back! We can't gather how we'd originally planned but to mark Pride in Lynn on Saturday 22nd August while keeping safe; we're inviting you to hold your own Rainbow Garden parties and join us for an afternoon of entertainment live streaming to your home!

Decorate your garden or your home, and tag us in a picture or hashtag [#KLWN Pride](#) and we'll give prizes to our most creative hosts

Please see <https://www.facebook.com/KLWNpride/>

Virtual Focus Groups for Dads

CALLING DADS!

Are you a dad in Norfolk whose partner breastfed your baby?

We want to know what support YOU had as a dad...

What helped or what could have helped you more to be able to support your partner and new baby ?

We are holding 2 focus groups to discuss what went well or not so well for you with other dads.

Chat to us online and help us to help you and future dads.

The sessions are friendly and informal.

Thursday 3rd September 7pm

Join us by using this link: bit.ly/norfolkmeet8

Thursday 17th September 10:30am

Join us by using this link: bit.ly/norfolkmeet9

To find out more contact Michelle on 07833524216

or email michelle.walker6@nhs.net

Fatherhood Institute's survey on Covid-19 and Maternity Services in the UK,

which is launching today. Here's the link: <https://www.surveymonkey.com/r/6FWHYYL>.

Becoming a parent, especially for the first time, is amazing - but it can also be stressful and scary. NHS maternity units have been restricting fathers'/ partners' access both pre- and postnatally since the start of lockdown, but restrictions have varied geographically, and their impact is unknown. Our survey aims to build up a detailed picture of what has been happening, how people have felt about it and how services might best be delivered in the still-uncertain future.

The survey has three 'tracks': one for MUMS, one for DADS (or mums' partners), and one for PROFESSIONALS working in the maternity sector. For each participant-type we have tried to keep the questions as brief as possible, but also to explore in some depth the impact of the Covid-19 lockdown on families' experiences during these extraordinary times. The survey should take no more than 10 minutes to complete.

Have you become a dad or mum during lockdown? Are you a midwife or health visitor? If so please share your experiences of maternity services in this @fatherhoodinst survey <https://www.surveymonkey.com/r/6FWHYYL>

Vision Norfolk Tele friends

Vision Norfolk (formerly NNAB) have a Tele friends service,

The tele friends service is operating with our 8 visually impaired volunteers making their calls from home and currently have a few spaces for some further referrals.

Please spread the word that Vision Norfolk would be pleased to take some more referrals for a blind or partially sighted person living in Norfolk.

The service is free of charge and all our volunteers have DBS checks, safeguarding training and support on a weekly basis.

The main purpose of the service is to help to alleviate social isolation, and to provide a weekly confidential listening ear.

www.visionnorfolk.org.uk

Please contact the coordinator marksmith@nnab.org.uk, or phone if you have any queries on 01603 973216. Or to request a referral form

Norfolk Fire and Rescue Teams Project for young unemployed

Norfolk Fire and Rescue Service run a very successful Prince's Trust TEAM programme in Kings Lynn, Dereham and Norwich; the good news is that as of the 28th September we will be running the TEAM Programme again, however there will be some amendments to how we run. This will have a small impact on things but we will still be providing the same high standard course. More details will be provided over the next few weeks.

Neil Dack is moving to another position on the 8th of September.

Jess will still be at Kings Lynn and the contact number will not change, Chantelle Williams and Scott Rudling will be coming over to help out.

Now that we have a start date (28th September), all we need now is some young people to help out. If you know of any young person from the age of 16 to 25 years old who might need some guidance please send them our way

Please contact For more details email youthdevelopment@fire.norfolk.gov.uk or call **0300 123 1669**.

The Matthew Project

www.matthewproject.org

Supporting people impacted by drug and alcohol related issues
Providing innovative education about the risks of drugs and alcohol
Empowering people to make more informed choices and break down barriers to fulfilling their potential

Want to know more? Visit <https://www.matthewproject.org>

Interested in working for the Matthew Project? Visit www.matthewproject.org/opportunities

What's on - Norfolk libraries online

We're providing activities and groups you can join in with online as part of our [response to the coronavirus outbreak](#).

There are also lots of exciting, interesting and stimulating online resources you can use to help you stay happy and healthy at home.

Children and young people

Online activities including Bounce and Rhyme, Storytime, and more...

[Family online activities](#)

Online reading and author events

Listen to and read books and poems online [Reading and events](#)

Health and wellbeing

Book lists, websites and other online resources that can help you maintain your health and wellbeing [Supporting your health](#)

Discover creativity

Enjoy music, theatre, visual arts and creative activities at home [Culture and creativity](#)

Heritage

Resources to help you explore local history, heritage and family history [Dive into history](#)

Digital and information online

Improve your digital skills and access a range of online library resources from home

[Digital skills](#)

Norfolk Libraries recommends

Interesting resources from museums, authors and organisations you can access and explore at home [Start exploring](#)

Keep in touch

Follow us on social media for the latest library information and activities [Stay connected](#)

Libraries Just a Cuppa Babies & Toddler Edition

Join us on Zoom after our Tuesday Bounce & Rhyme Time for a special Just a Cuppa Session

The sessions are open to anyone who looks after young children but are especially for those with babies

Chat with other parents/ carers from the comfort of home

Some weeks we will have special guest speakers

To register your interest please email libraries.iconnect@norfolk.gov.uk

Terrance Higgins Trust in Norfolk

As a sexual health charity commissioned to deliver work in Norfolk, THT deliver some services specifically to young people: the C-Card scheme allowing young people from 13-24 to access free condoms at pharmacies and other venues across the county, Chlamydia and Gonorrhoea screening offering home sampling kits for 15-24 year olds with results received in a few days.

THT can also train professionals at venues such as youth groups to offer these services to their young people.

THT offer drop-in services where they go to a youth group and talk formally or informally to young people and offer advice, information and the services mentioned above.

THT offer HIV home sampling kits for anyone 18+ to use at home, again with results in a few days. Once Covid-19 restrictions allow THT hope to return to instant HIV testing where colleagues use finger-prick blood samples to give a result within two minutes.

THT also offer training for anyone with an interest in sexual health. Currently THT are offering training over Zoom, with my colleagues delivering condensed versions of the courses we normally offer at training venues. All training is free and details can be viewed and training registered for using the Eventbrite link below.

THT young people's website www.youngandfree.org.uk offers advice and information to young people. The national website www.tht.org.uk offers more services like home testing kits for HIV and support for people living with HIV.

Any queries about any of our services please get in touch at any time.

Tim Aske tim.aske@tht.org.uk Youth Engagement Officer
Terrence Higgins Trust 1a Oak Street, Norwich NR3 3AE

Leeway Domestic abuse live chat service

Leeway has launched a new live chat service on its website, which will provide advice and support to those experiencing domestic abuse. Operated by a new First Contact Case Worker, the service has been funded by the Office of the Police and Crime Commissioner for Norfolk.

The live chat will initially operate on Monday's, Wednesday's and Friday's between 10am and midday, and enhances Leeway's current advice and support provisions, which include email and telephone support.

Those accessing the live chat will receive free, confidential and non-judgemental advice and support on issues such as safety planning or referring to other Leeway services.

Throughout the lockdown period, Leeway has seen a 25% increase in the number of people visiting their website, as well as an increase in the number of people accessing support via email.

The live chat will provide a safe and discrete way of accessing advice and support, without alerting the perpetrator in the same way that a telephone call would.

<https://www.leeway-support.org/blog/leeway-launches-live-chat-service/>

Professionals Networking Meeting for Gambling Related Harm

Moving Safeguarding into the Virtual World!

Tuesday 22 September, 10.30am to 12.00pm

Sign up with Eventbrite at <https://bit.ly/34357rY>

Join GamCare and YGAM for an online networking event for professionals working in the education, health, youth sectors and family support in the East of England region. Come along with a refreshment and snack to discuss how we can work together to safeguard our young people in the East of England region.

During COVID-19, there has been an increasing challenge reaching out to families and young people. With an uncertain future ahead, we want to address these challenges and work together to come up with solutions to ensure safeguarding is adapting with the times. What is not uncertain is safeguarding is a certainty!

At this virtual coffee morning run by Gamcare in collaboration with YGAM, we are inviting you to share your experiences with working with families and young people through COVID-19, what barriers we are finding and how we can collaboratively come up with solutions to keep best practice going.

We kindly ask that no pitching of services is made but to use this friendly event to network and find out about each other with a view to having conversations after the event.

FREE Webinars on Problem Gambling, Women and Young People

Sign up using Eventbrite: <https://bit.ly/2Y3hbWm>

The subject of gambling and its associated harms is currently a hot topic and is acknowledged as a public health issue with far reaching negative consequences. It negatively affects finances, mental health, and relationships, not just for the gambler but for the those around them. The issue of women and young people experiencing gambling related-harms is largely a hidden one. Therefore, our sessions aim to provide you with the knowledge of how women and young people are affected, the confidence to have conversations about gambling and the awareness of how and when to appropriately signpost and refer on.

Women and Problem Gambling Training

Multiple dates in August and September 10:00-11:30 or 14:00-15:30

Book now: bit.ly/2Z6jdEU

There are around 500,000 problem gamblers in the UK. About 100,000 of these are women, and 55,000 are aged under 18. For every person who has a problem with gambling, up to 10 other people can be affected, and women and children are disproportionately at risk of experiencing gambling-related harm. GamCare's National Gambling Helpline takes almost 30,000 calls a year from people affected by gambling-related harm and last year over 9,000 people accessed free treatment through our treatment network across England, Scotland and Wales.

We are continuing to offer Women and Problem Gambling webinars throughout August and September and can now offer a new combined training for professionals working with women/families and young people. These two-hour sessions are being debuted in September. Information about both different types of webinar are included in this newsletter.

Warm Homes Week

Understanding the challenges facing those in fuel poverty and how we can build back better.

A week of debate, insights, ideas and collaboration

This September NEA will host **Warm Homes Week 2020** – a series of digital events exploring the challenges and solutions to tackling cold homes and ending fuel poverty.

Alongside sessions on key themes such as the **impact of Covid-19**; achieving a **just transition to net zero**; and the **decarbonisation of heat**, we will be holding a range of workshops and fringe events to enable further debate and collaboration.

The events will be hosted via the NEA website, with interactive sessions held live on Zoom and other content available to view on an on-demand basis.

The full agenda and further details on how to register will be available soon. [Subscribe](#) to the Warm Homes Week mailing list to make sure you don't miss out.

Kind regards and keep well

Karen and Keith

“I understand what you’re saying, and your comments are valuable, but I’m gonna ignore your advice.” -*Fantastic Mr. Fox* by Roald Dahl

