

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.](#)

There is also attached

[A referral form for the Caring Dads programme](#)

[An application form for the Domestic Abuse Champions Training](#)

[A Russian Language version of the 'get tested' poster](#)

New services/events

Public Health campaign to encourage workers to get tested

Public Health have started a campaign to encourage workers to get tested if they have Corona Virus symptoms. To assist this they have produced posters on Test and Trace in different languages.

The Russian version is attached but they also have posters in Bulgarian, Polish, Lithuanian, Romanian, Russian, Latvian and Portuguese

Posters should be available from the professional resources tool kit on the NCC website or copies can be obtained from Keith.Mawson@norfolk.gov.uk

Public health is requesting that this message is repeated on any appropriate community social media platforms.

The key messages around prevention remain the same & on Testing if someone has symptoms they should book a test and that tests are FREE.

- You can also direct people to the NCC website <https://www.norfolk.gov.uk/>
- for testing information <https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus/getting-tested-for-coronavirus>
- for resources <https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/coronavirus-toolkit-for-professionals>

Caring Dads Programme

The Caring Dads Programme is an intervention for fathers whose parenting is harsh or abusive. It addresses the abusive behaviour of men and teaches them strategies for modifying that behaviour, helping them to replace parent-centered with child-centered parenting strategies. It teaches men the skills necessary to build positive and respectful relationships both with their children and with their children's mothers.

Why we need this programme:

- The focus of almost all of child protection work continues to be the mother, even when she is the victim of domestic abuse.
- Fathers, especially those who are non-resident, are too often not engaged by professionals as a resource for the child.
- There is no programme in Norfolk for abusive or neglectful fathers outside of the criminal justice system.

The Programme:

- Caring Dads is an 18-week programme. It meets one evening a week for two hours and includes a mix of group work and 1-2-1 sessions.
- The Programme is suitable for fathers, step-fathers or other male carers of children of all ages. The men must have regular contact with at least one of their children. Facilitators undertake assessments of all potential participants to ensure that they are suitable for the group.
- Caring Dads is co-facilitated by both men and women.
- The Caring Dads Programme is not suitable for sex offenders.***

Caring Dads is planning to run a programme in West Norfolk this autumn. If possible physically in Kings Lynn or if that is not possible virtually on-line. **Caring Dads are now seeking suitable candidates to be referred to the programme**

Please see the attached referral form. For further information about the Programme and for upcoming dates and locations, please contact Mark Bond-Webster on 07817 570 471 or by email at markbw@mencraft.org.uk

Domestic Abuse Champions Training

Dates for the next Online Champion Training:

29th & 30th September 6th & 7th October

(all sessions are 9.30am – 1pm)

ALL 4 SESSIONS HAVE TO BE ATTENDED.

Training is currently being delivered via Microsoft Teams

- * Be the key domestic abuse contact for your agency
- * Disseminate up to date information about domestic abuse to your team
- * Raise awareness in your organisation
- * Be the link between your organisation and the Champions Network
- ✓ Free training
- ✓ Access to advice and consultancy
- ✓ Regular Network Events and Access to Newsletters

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TRAINING INCLUDES:

What is Domestic Abuse?	Workplace Domestic Abuse Policy
The Dynamics of Power and Control	Encouraging Disclosures
The Impact of Domestic Abuse	Responding to Disclosures
Barriers to Leaving	DASH risk assessment
The Impact on Children	Supporting children and young people
Honour Based Abuse	Safety Planning
Forced Marriage	Support Services
Female Genital Mutilation	

For more information please contact da.change@norfolk.gov.uk

An application form is attached to this mail

On Track Employment Support for Young People

On Track is a service that has helped over 500 young people get into work, education or training since 2017. On Track is different because it is tailored to meet your needs. And it's completely free.

The On Track coaches work across Norfolk meeting young people in their communities. Our friendly staff will coach you all the way. They will give you the advice and help you need to make the most of the things you are good at

To take part in On Track you must:

- Be aged between 16-24
- Not be in paid work
- Not be in education or training
- Be living in Norfolk
- Have the right to work in the UK
- Be having trouble getting into work, education or training

If you want to find out more about On Track you can get in touch through the form on our website www.ontracknorfolk.org

Or Email us contact@ontracknorfolk.org

Telephone us 01603 723845 07770 610215

On Track has received funding from the Building Better Opportunities Programme. The Project is funded by the European Social Fund and The National Lottery Community Fund

Free Employability and Jobs Skills Courses Starting in September

Pathway to Employment CV's

-  We can support learners to create their own CV and work with them to personalise and create an effective personal profile that catches an employers' eye
-  We will provide training and support to create a positive, clear and concise supporting statement
-  Give learners confidence to believe in themselves

Tuesday 8th September 2020

09:30 to 11:00

Online for 4 weeks FREE

Course code: CDXCO3420P

Household Bills and Budgeting Skills

-  We also have support for budgeting skills which enables learners to manage their finances whilst gaining valuable English, Maths & ICT skills

Friday 11th September 2020

1pm to 3:30pm

Online for 4 weeks FREE

Course code: CDXDO1920P

Pathways to Employment – Interview Techniques

-  Develop your understanding of body language
-  Learn how to present yourself positively to an employer
-  Prepare for an interview
-  Tailor the job description to your skills
-  Learn about competency based interview
-  Prepare questions to ask
-  Feel positive about your future and gain increased confidence

For more information contact - CLDO@norfolk.gov.uk

Book online - www.norfolk.gov.uk/education-and-learning/adult-learning

Kings Lynn Food Bank

This is just to let you know that the Foodbank will be closed on Monday, due to it being Bank Holiday. They will be open on Tuesday as normal from 12 noon.

Let's Get Back to School Campaign

Norfolk County Council has created a new webpage www.norfolk.gov.uk/backtoschool with lots of useful information and advice for parents.

It includes information on what school will be like for children; school transport; test and trace; attendance; starting school and emotional well-being

Schools across Norfolk are ready and prepared to welcome back thousands of children from September.

Schools have been supported to open with resources and guidance from Norfolk County Council, Public Health England, The Department for Education and their professional associations. The risk assessments and the ways in which safety measures have been implemented may vary from school to school, to reflect the individual circumstances of each school and to make sure that children and teachers are as safe as possible.

Getting to school safely

Making sure children return to school safely in September [Coronavirus and school transport](#)

Travel demand

Do your bit to help children get back to school or college safely [Transport](#)

Emotional wellbeing

Helping children's emotional wellbeing as they return to their school routines
[Just One Norfolk](#)

Getting tested

If you or your child has even one of the symptoms of coronavirus, you can now get a free test [Get a test](#)

Coronavirus update for SEND Local Offer

Keep up to date with how coronavirus is affecting certain SEND Local Offer services
[SEND local offer updates](#)

0-5-Year-old Activity Pack

Early Years system partners have been working together to produce an activity pack for 0-5 year olds. The theme of the pack is 'Talk and Play', the activities and the information inside are designed to promote children's speech, language and communication skills, an area of development which we know is important to children's holistic development. The packs have been produced for distribution to families who professionals feel could benefit from having physical resources provided to them to support home learning opportunities. There is also information and activities available online enabling all families can access the information digitally the web page can be accessed through the following link <https://www.norfolk.gov.uk/talkandplay>

If you are working with children aged 0-5years and would like some packs to distribute to families you are supporting, please can you contact Carla Nichols directly to inform her of how many packs you would like for your service. You can contact Carla via e mail carla.nichols@norfolk.gov.uk to arrange collection.

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>

Wellbeing Virtual Socials September 2020

Tuesday	1st	14.30pm	Arts & Crafts
Tuesday	1st	19.00pm	Wellbeing Nostalgia Night –50's
Wednesday	2nd	10:30am	Wellbeing -What Does it Mean to Me?
Thursday	3rd	10.30am	My First...
Thursday	3rd	18.00pm	Quiz
Friday	4th	10:30am	Coffee and Catch Up
Monday	7th	13:30pm	Coffee & Catch Up
Tuesday	8th	14.30pm	Arts & Crafts
Tuesday	8th	19.00pm	Film Club
Wednesday	9th	10:30am	Spirituality and Holistic Health
Thursday	10th	10.30am	Wellbeing Group Chat -Out and About!
Thursday	10th	18:00pm	Quiz
Friday	11th	10:30am	Shows that Changed My Life
Monday	14th	10.30am	Introduction to our socials– NEW!
Monday	14th	13:30pm	Coffee & Catch Up
Tuesday	15th	14.30pm	Arts & Crafts
Tuesday	15th	19.00pm	Men's Social 🍻
Wednesday	16th	10:30am	Coffee & Catch Up
Thursday	17th	10.30am	Wellbeing Around the World
Thursday	17th	18.00pm	Quiz
Friday	18th	10:30am	LGBTQ+ Social
Monday	21st	13:30pm	Coffee & Catch Up
Tuesday	22nd	14.30pm	Arts & Crafts
Tuesday	22nd	19.00pm	Women's Social 👩
Wednesday	23rd	10:30am	Wellbeing -What Works For Me
Thursday	24th	10.30am	Wellbeing Group Chat -Dish of the Day
Thursday	24th	18.00pm	Quiz
Friday	25th	10:30am	Desert Wellbeing Discs
Monday	28th	10.30am	Introduction to our socials – NEW!
Monday	28th	13:30pm	Coffee & Catch Up
Tuesday	29th	14.30pm	Arts & Crafts
Tuesday	29th	19.00pm	Youth Social – NEW!
Wednesday	30th	10:30am	Gardening Group: Harvest!

All of the social events that we run are based upon the '5 Ways to Wellbeing'. These are a set of evidence-based recommendations which, when followed, can improve your mental health and wellbeing. In the current circumstances, all our social events are being held online. The team are always keen to run social activities using input and ideas from you so please get in touch with any ideas you have!

Email: socialsandvolunteering@wellbeingnandw.co.uk

For more info & to join in, see our

<https://www.wellbeingnands.co.uk/norfolk/communitydevelopmentteam/social-events/>

Early Childhood & Family Service (ECFS), based in the West.

EC&FS Have three Information and Signposting Officers based in the West. The role is to provide first point of contact for families in universal outreach groups and in ECFS bases. They also assist families to refer into the ECFS for targeted support where tier 2 needs are identified/expressed by the family.

The Website and Facebook page is promoting the services currently on offer and while many groups are now virtual, the future intention is to be visiting community groups again (when it is safe to do so), where they will provide information and signposting to families when needed.

<https://www.norfolk.gov.uk/children-and-families/early-childhood-and-family-service>
<https://www.facebook.com/Kings-Lynn-West-Norfolk-Early-Childhood-Family-Service-111184056931610>

If you would like more information please contact.

Tina Martyn Information & Signpost Officer

Mobile: 07817 058429 | tina.martyn@actionforchildren.org.uk

Scams prevention Service

the Scams Prevention Service has its own extension now x(04)2169 internally and externally dial 01953 04 2169, thanks to Inspector Ed for facilitating the request. Please update/ divert any calls to the new service's extension.

Khamael Al-Faris

Norfolk Scams Prevention service Co-ordinator

Norfolk Against Scams Partnership

For helpful coronavirus **communications material for businesses** to use and share please go to:

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/coronavirus-toolkit-for-professionals> These include the NASP COVID-19 Scams Campaign materials.

See the process for a **safeguarding referral**; 'what happens when you raise a concern'

diagram <https://www.norfolksafeguardingadultsboard.info/assets/NSAB-REF-FLOW-DIAGRAM-/SGA-End-to-End-Process-A3AUG2019.pdf>

Friends Against Scams, Live online sessions

With Scams remaining an ever-present issue and recently the rise in COVID-19 related scams have made it as important as ever to ensure as many people as possible are Scam Aware. Friends Against Scams is a National Trading Standards Scams Team initiative which aims to protect and prevent people from becoming victims of scams by empowering everyone to take a stand against scams.

Friends Against Scams is designed to inspire action, highlight the scale of the problem, change the perceptions of why people fall for scams and make scams a community, regional and national topic.

Currently face to face Friends Against Scams training sessions are on hold due to COVID-19 but our colleagues at NatWest who are part of Friends Against Scams are now able to offer virtual training sessions to groups via Zoom.

If you are part of a community group in Norfolk who are meeting up virtually and would be interesting in receiving a Friends Against Scams training session, please contact any of the NatWest Norfolk Community Bankers, their contact details are:

Lucy.Croft@natwest.com – 07711 763317

Lisa.Auker@natwest.com – 07590 803131

Amber.Osborn@natwest.com – 07866 892371

Catalyst and The National Lottery Community Fund COVID-19 Digital Response

Emergency funding of up to £60k available to non-profits in England that are committed to proactively sharing learnings with other organisations in their network

7th September 2020, 5pm (Discovery Programme)

20th September 2020, 5pm (Development Programme)

This fund is aimed at organisations whose work has been affected by COVID-19 and who need emergency funding to continue to deliver essential services. It will support them to develop the digital, data and design capabilities that allow them to address urgent issues and serve the most vulnerable.

They' re offering two funding streams to support this:

The Discovery Programme

- This programme is an excellent learning and development opportunity for non-profits looking to progress their digital ambitions.
- Four weeks of funding and support, as part of a cohort of 8-10 organisations with a similar level of digital maturity, to understand and research the problem you are trying to address.

The Development Programme

Organisations that can show they have already been through a Discovery process will be eligible to move directly to Development.

- 10 weeks of funding and support to build on the learnings from discovery and develop a solution to your validated problem area.
- The programme runs for 10 weeks: 1 week to get ready, 8 weeks working time, 1 week to wrap up.
- You are invited to apply for up to £60,000, which will be a mix of grant funding and support from a digital agency/expert.

How to apply

First, please check that your organisation is eligible for the programme, using the Support Assessment. Check full eligibility criteria and all terms and conditions in the FAQ.

<https://www.thecatalyst.org.uk/covid-digital-fund>

If you are eligible, you can apply now. You will need to create a SurveyMonkey Apply account in order to create and submit your application. It is a quick and secure process. If you are unable to use SurveyMonkey Apply, please request an accessible Google or Word document from CAST by email to support@wearecast.org.uk

Kind regards and keep well

Karen and Keith

“Having power is not nearly as important as what you choose to do with it.” From Matilda by Roald Dahl