

South Norfolk Bulletin



Training & workshops

- [Signs of Safety Development Sessions](#)
- [Fast track Maths and English classes](#)
- [Family Support Process training – more added](#)

Conferences & events

- [Diss Fest – this weekend!](#)
- [Non-accidental injuries in babies conference](#)

Clubs & groups

- [Hempnall Jobs Club](#)
- [Summer in South Norfolk – List of holiday playschemes](#)
- [Diss Art and Wellbeing group](#)

Service information

- [Parkinson's Local Advisers](#)
- [Free cakes for kids](#)
- [Support for migrant families web tool](#)
- [Age UK telephone befriending](#)

Employment & volunteering

- [NHS Wellbeing – Steps to work](#)

Grants, funding & surveys

- [Active Norfolk survey for over 55s](#)
- [Wavelength- Free TVs and Radios for the Elderly](#)
- [Children & Young People's Health Services – Survey](#)

The hub bulletins are distributed on a bi-weekly basis. If you have anything that you would like us to include in the next edition, or if you wish to unsubscribe from our mailing list, please let us know by emailing:

earlyhelphubsouth@S-NORFOLK.GOV.UK

Edition

23

20/07/2018

Signs of Safety Development Sessions



Venue:

Cavell/Colman room, South Norfolk District Council, Cygnet Court, Long Stratton, Norwich, NR15 2XE

Date	Topic
July 19th 11.30-1pm	Appreciative Enquiry & Mapping
August 21st 2.30-4pm	Scaling in relation to Worry /Danger /Concern /Statements and Safety/Wellbeing Goals
September 19th 10-11.30am	Chairing meetings and managing conflict
October 12th 1.30-3pm	Trajectories
November 26th 2.30-4pm	Safety Plans with Children and involving children in intervention
December 20th 11.30-1pm	Family Finding/Safety Circles /Family Genogram
January 22nd 10-11.30am	Dealing with denied abuse
February 27th 2-3.30pm	Contingency Planning
March TBC	Words & Pictures
April TBC	Rapid Network Meetings
May TBC	

To book a session please e-mail: cs.earlyhelp.south@norfolk.gov.uk

Please do not hesitate to contact 01508 533933 if you have any questions or queries about these sessions....

Fast track Maths and English classes

Free



SUMMER MATHS AND ENGLISH CLASSES

English and maths are used in almost every aspect of our daily lives and we all need to use it well to reach our goals.

We know that many people struggle with reading, writing or speaking in formal situations.

We use maths daily in all aspects of our lives. Improving your number skills can help you get on at work and maybe even land that dream job, promotion or move on to college or university in the autumn.

These courses give you a good opportunity to boost your English or maths in 6 weeks of blended learning. You will work online at your leisure and then attend a weekly session with a tutor who can support your learning.

Please email christine.flude@norfolk.gov.uk for more details.

**Recruiting
Now**

**South
Norfolk**

**Update or refresh
your skills and
gain a nationally
recognised
qualification in
just 6 weeks**

 **Norfolk** County Council
Community Learning Services

www.norfolk.gov.uk/adultlearning

 [@NorfolkCLS](https://twitter.com/NorfolkCLS)

 [Norfolk Community Learning Services](https://www.facebook.com/NorfolkCommunityLearningServices)

**Want to learn?
You know where to turn**



Family Support Process training

Course aim

The Family Support Process Core training will give you a good working knowledge of the Family Support Process including how to gain informed consent; how to complete the Family Support Form; who to involve; when to share information and how to plan the next steps. In addition, as it is a multi-agency training course it offers you a chance to network with colleagues from other agencies.

Who should attend?

This training is suitable for people who work with children and young people aged 0-18 years or people who work with adults who have children. It is a multi-agency training course, and is open to all agencies and services in Norfolk. We recommend that at least one worker from your agency attend.

Where and when?

Full day course (9.15am - 4.30pm) held at South Norfolk District Council on the following dates:

- Friday 5 October 2018
- Thursday 22 November 2018
- Tuesday 5 February 2019
- Monday 25 March 2019
- Wednesday, 15 May 2019
- Thursday, 4 July 2019

More dates in other districts are available here: <https://www.norfolk.gov.uk/children-and-families/early-help-and-family-support/support-for-professionals/early-help-training/family-support-process-core-training>

How much does the course cost?

Nothing, all our training events are free! However, if you need supply cover, your agency will need to fund this. Although the courses are free they do have a cost implication for Children's Services if people don't attend. With this in mind please ensure that you advise at least seven working days in advance if you cannot attend. To do this contact the locality contact.

How do I book?

You will need to complete a short booking form with is available here:

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

Diss Fest 20th – 22nd July 2018

DISS | *Fest'*

20TH - 22ND JULY 2018

MORE INFO www.dissfest.uk

DISSFEST' IS YOUR COMMUNITY ARTS FESTIVAL
TAKING PLACE IN DISS PARK THIS JULY

A WEEKEND JAM PACKED FULL OF CREATIVE AND
PERFORMING ARTS FOR ALL TO ENJOY

CELEBRATING LOCAL TALENT ON YOUR
DOORSTEP

THEATRE – MUSIC – ART & MORE

COMMUNITY CAST PRODUCTION

PARK RADIO SHOWBIZ QUIZ NIGHT

MUSIC AND ARTS IN THE PARK

BEFORE THE FESTIVAL

FAMILY ARTS DAY – SAT 26TH MAY – 10 - 4PM
UNITED REFORMED CHURCH

FAMILY ARTS DAY – SAT 30TH JUNE – 10 - 4PM
UNITED REFORMED CHURCH

DECORATIONS WILL BE DISPLAYED ACROSS BOTH
EVENTS THIS SUMMER!

THE FESTIVAL IS FREE TO ATTEND ALL WEEKEND

PAY WHAT YOU CAN BUCKETS WILL BE
AVAILABLE DURING SOME EVENTS



DISS | *Fest'* 2018

FRIDAY 7.00PM – 10.30PM

Park Radio Quiz Night – Marquee – The team at your local radio station will be hosting a special version of their monthly Quiz Night in the Park.

SATURDAY 10.00AM – 9.00PM

Art Workshops – Marquee – Artists leading inclusive drop-in art workshops for the whole family throughout the day.

Music in the Park – Band Stand – The very best local musicians and bands in the East performing in Diss Park. Anything from acoustic rock to folk and pop!

Live Theatre – Marquee – Local theatre company The Keeper's Daughter perform Romeo or Juliet with their community cast, Saturday evening.

SUNDAY 10.00AM – 4.00PM

Art Workshops – Marquee – Arts drop-in workshops lead by local young people for their Silver Arts Award.

Community Music in the Park – Band Stand – Local community choirs, bands and youth groups perform throughout the day. And you can too, with the Community Sing-A-Long!

Live Theatre – Marquee – Local theatre company Nutmeg Puppet Co perform Pip's Wildlife Garden, a family puppet theatre show on Sunday afternoon and 'meet the puppets' afterwards.

Across the weekend there will be a bouncy castle, big outdoor games, themed bar and a variety of food available

Find out more at: www.dissfest.uk

We at Unit Twenty Three wish to say thank-you to all our event supporters, volunteers, suppliers, venues and funders.



Supported using public funding by
ARTS COUNCIL ENGLAND



**NORfolk
Community
Foundation**



**cloud
artisans**



NON-ACCIDENTAL INJURIES IN BABIES CONFERENCE

WHEN

5 September 2018
09:00 – 17:00

WHERE

Norwich, venue tbc

PURPOSE

To gain a better understanding of the roles of all professionals when non-accidental injuries in babies is suspected and why time is of the essence



NHS
Great Yarmouth
and Waveney
Clinical Commissioning Group

 **Norfolk** County Council

SAVE THE DATE!

SPEAKERS

Sara Tough – Executive
Director of Children's
Services

Catherine Knox – NHS

Dave Freeman – Norfolk
Constabulary

Sarah Whitworth –
Norfolk Public Law

Barrister (to be
confirmed)

Ricky Cooper – Head of
Localities (North,
Broadland and East)

Social Worker (to be
confirmed)

BOOK YOUR PLACE

Please complete and
return your booking form
to Beatrice Dumas

Email address:
beatrice.dumas@norfolk.gov.uk

Diss Art And Wellbeing

A place to share your experiences, meet new people and learn some new artistic techniques to help your self-expression.

Sessions Include:

Opportunity to share your own art
Trying new methods and styles
Relaxation Session

Any queries please contact:
verena.waldock@thebefriendingscheme.org.uk
Telephone: 07818267015
www.thebefriendingscheme.org.uk

All Welcome!

Diss Library
Church Street
IP22 4DD

Every 2 weeks
13:30 till 15:30

16th July
30th July
13th August
27th August
10th September
24th September

You do not need to be an artist, just willing to have a go!



building
communities



The
Befriending
Scheme

Parkinson's Local Advisers

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

If you have Parkinson's, or you know someone who has, you've probably got a lot of questions. Or maybe you just want to talk to someone who understands. That's where Parkinson's UK can help.

Our Parkinson's local advisers provide confidential, one to one information about Parkinson and local services.

They're there for anyone affected by the condition including carers family and friends. They give emotional support, as well as helping manage the day to day challenges of Parkinson's such as finding the right care support and benefit applications.

Local advisers also liaise with health, social care and other local professionals to get you the support you need.

The local advisers for Norfolk are:

Lisa Morton
Parkinson's Local Adviser
West and North Norfolk, Breckland.
Parkinson's UK
Direct Dial: 0344 225 9852
lmorton@parkinsons.org.uk

Nicola Robinson
Parkinson's Local Adviser
Parkinson's UK
Norwich, Dereham, Swaffham and Watton
Direct Dial: 0344 225 3796
nrobinson@parkinsons.org.uk

Matthew Major
Parkinson's Local Adviser
Broadland, Great Yarmouth and Waveney
Parkinson's UK
Direct Dial: 0344 225 9838
mmajor@parkinsons.org.uk

Free cakes for Kids



Who we are?

We are a group of volunteers who bake cakes for children in the Norwich area who wouldn't otherwise receive a cake on their special day, perhaps due to poverty, homelessness or family breakdown.

Who can refer?

We work with referral organisations who work with children or families. They then request a cake on behalf of a family or child. Examples of agencies we have worked with include Children's Services, Leeway and Schools.

How to refer?

Fill in a cake request form on our website www.freecakesforkidsnorwich.org.uk or email hello@freecakesforkidsnorwich.org.uk

Information required:

- Date the cake is required for.
- Any delivery information if known
- If known, any interests the child has so we can personalise the cake for them. We can also add their name and age to the cake.

Any specific dietary requirements e.g. gluten or dairy free.

When?

As much notice as possible is great, but we will always try to do our best to help even on a shorter deadline. We have baked cakes on one or two days notice, but we cannot guarantee this, it depends on the availability of our volunteers.

What happens next?

Once a referral is received we then liaise with our volunteers to make the cake. They will then be in contact with you to confirm details.

We only deliver cakes to referrers who then pass on the cake to the family. We do not have any direct contact with the families or children

Essential Information

Our volunteers sign up to strict hygiene and confidentiality standards.

Our cakes are home made by volunteers who bake and decorate cakes in their own homes to the best of their abilities.

Our cakes are made with love and care but are rarely made by professional cake makers.

Here are some examples that FreeCakesNorwich have made for children.



If you have any other question please ask!

You can contact Julie at Free Cakes for Kids Norwich via the e-mail:
hello@freecakesforkidsnorwich.org.uk

Support for Migrant Families Web Tool



Find out where migrant families can get help with housing and financial support when they have no recourse to public funds (NRPF).

You can use this tool if you are a person needing help, adviser, or local authority practitioner considering an application for social services support. You will need information about the person's immigration status.

Visit: <http://migrantfamilies.nrpfnetwork.org.uk/> for further information



FREE
Friendly,
weekly
telephone
call

Telephone Befriending

Our Telephone Befriending service offers people aged 60+ companionship by phone with our befriending volunteers.

We call weekly for an enjoyable chat and also offer the opportunity to take part in a fun quiz, all of which can help ease feelings of loneliness and isolation.

For more information:

Telephone: 01603 787 111

Email: befriending@ageuknorfolk.org.uk

www.ageuknorfolk.org.uk

Making Norfolk a great place to grow older

Registered as Age Concern Norfolk, Charity No. 1077097. Company No. 03783205. IDN755 12.17.

Hempnall Job Club

Jobs Club

Harleston
information *plus*

comes to **Hempnall Mill Centre**



Tuesday 24th July, 10am-12pm

Harleston Jobs Club will be bringing their service to Hempnall Mill Centre.

Come along for employment support.

All our services are free and confidential

Funded by



Phone: 01379 851920

E: jobsclub@harleston-norfolk.org.uk

Harleston Information Plus
8 Exchange Street, Harleston, Norfolk, IP20 9AB
The Harleston Information Plus Charity Number - 1146735



Summer Holiday Playschemes 2018

South Norfolk and the surrounding area

Holiday Playscheme: Chapel Break OSC CIC

Ages: 3 to 12 years

Cost: £24 per day

Times: 7.45am – 6pm

Contact: 01603 442059, chapelbreakclubs@hotmail.com

Location: Chapelbreak Village Hall, Harpsfield, Norwich, NR5 9LG

Website: <https://www.chapelbreakclubs.co.uk/events-holidays/>

Status: **Available**

Holiday Playscheme: Gissing Children's Centre

Ages: 4 to 11 years

Cost: £16.50 per day, discounts for siblings

Times: 9am – 3.30pm

Contact: playscheme@gissingchildrenscentre.co.uk

Location: The Old School, Lower Street, Gissing, Diss, IP22 5UJ

Website: <http://www.gissingchildrenscentre.co.uk/content.aspx?pld=146>

Status: **Available**

Holiday Playscheme: Jack in the Box Nursery

Ages: 5 to 11 years

Cost: £5 per hour

Times: 7.30am – 6pm

Contact: 01508 499611

Location: Jack in the Box Nursery, Hempnall Road, Hempnall, Norwich, NR15 2LL

Website: <http://www.jack-in-the-box-nursery.co.uk>

Status: **Available**



Summer Holiday Playschemes 2018

South Norfolk and the surrounding area

Holiday Playscheme: Kaleidoscope Out of School Childcare

Ages: 4 to 11 years

Cost: £19 per day, £12 half day

Times: 8am – 6pm

Contact: 07884 187967

Location: Browick Road Infant School, Browick Road, Wymondham, NR18 0QW

Website: <http://www.kaleidoscopeosc.co.uk/>

Status: **Available**

Holiday Playscheme: Kids Camp (Long Stratton)

Ages: 5 to 15

Cost: £27 per day, £18 half day

Times: 8.15am – 6pm

Contact: 01508 531444

Location: Long Stratton Leisure Centre, Swan Lane, Norwich, NR15 2UY

Website: <https://www.south-norfolk.gov.uk/visitors/childrens-activities/kids-camp>

Status: **Available**

Holiday Playscheme: Kids Camp (Wymondham)

Ages: 5 to 15

Cost: £27 per day, £18 half day

Times: 8am – 6pm

Contact: 01953 607171

Location: Wymondham Leisure Centre, 25 Norwich Road, Wymondham, NR18 0NT

Website: <https://www.south-norfolk.gov.uk/visitors/childrens-activities/kids-camp>

Status: **Available**



Summer Holiday Playschemes 2018

South Norfolk and the surrounding area

Holiday Playscheme: The Beehive Childcare Group

Ages: 2 to 11 years

Cost: £25 full day, £14 half day

Times: 8.30am – 5.30pm

Contact: 01603 259193, beehives@btconnect.com

Location: Eaton Parish Hall, Colman Road, Norwich, NR4 7AW

Website: <http://www.thebeehivechildcaregroup.co.uk/index.shtml>

Status: **Available**

Holiday Playscheme: The Swan Nursery

Ages: 2 to 8 years

Cost: £4.20 per hour

Times: 8am – 4.30pm

Contact: 01379 644588

Location: The Swan Nursery School, Hall Lane, Roydon, Diss, IP22 5XL

Website: <http://www.swannursery.co.uk/holidayclub.php>

Status: **Available**

Holiday Playscheme: TimeOut Holiday Club

Ages: 3 to 11 years

Cost: £24 per day, £12.50 half day

Times: 9am – 5pm

Contact: 01508 492947

Location: The Village Hall, The Street, Poringland, Norwich, Norfolk, NR14 7RE

Website: <http://www.timechildcare.org.uk/classes#sumercamp>

Status: **Available**



Steps to Work

Steps to Work is an informal online webinar for people experiencing mild to moderate symptoms of low mood or depression who are ready to start thinking about making steps towards training, education, voluntary work or employment.

When:

**On the first Wednesday
of every month**

Time: 10am – 11am

To book:

Call: 0300 123 1503

Email: admin@wellbeingandw.co.uk

Or via our website:

wellbeingands.co.uk/courses



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A survey for over 55s to support research into physical activity levels at retirement

Are you aged 55 or over?

Are you starting to think about retirement, or have you already retired/reduced the hours you work? If the answer is yes, then Active Norfolk would like to hear from you.

At Active Norfolk we want to support everyone to be active through all stages of their life. We are working with the University of East Anglia to run a study on physical activity at and around retirement age.

Using a short 10-15 minute survey, we want to learn about your interests in physical activity at or in the lead-up to retirement, as well as what would help you to remain physically active during this time of transition in your life.

By sharing your views you will be contributing to the research base around how activity levels are affected by retirement. This will be used to help shape local and national understanding, and inform future policies and services that can help others transitioning into retirement to be active.

Plus if you complete the survey, you have the option of being entered into a prize draw to win one of ten £15 One4all gift cards that can be spent at a range of high street stores and online!

The survey link is below, and it will close on 8 October.

<https://www.smartsurvey.co.uk/s/PARTS2018/>

Wavelength - Free TVs and Radios for the Elderly



For people who are lonely, a simple radio or television can feel like a lifeline. We help people who have become lonely through lots of different circumstances. Some of these include: the death of a loved one; illness or injury; disability; homelessness; domestic abuse; becoming a refugee or moving away from friends and family.

Loneliness affects millions of people across the UK. We believe that the best solution to this problem is for people to connect with each other and spend time together. And TV and radio can bring people together like nothing else. Even when there is no-one else around, they can be a friendly voice in an empty room and a window to the world.

For further details please visit:

<http://wavelength.org.uk/what-we-do/>

Children & Young People's Health Services – Survey



Dear Colleague,

As part of the on-going review and evaluation processes of our services we are asking partner agencies to complete a short Stakeholders feedback survey.

The results from this survey supports us in identifying areas of good practice, being able to offer equitable services across the county, continue to development services to meet local need, whilst maintaining and developing partnership working.

The direct link to the survey is included below;

bit.ly/norfolkcypsurvey.

If you require any further support with this or would like a copy of the 2016 stakeholder 360 feedback report please contact michelle.walker6@nhs.net

Thank you

A handwritten signature in black ink, appearing to read 'Michelle Walker', with a long horizontal stroke extending to the right.

Michelle Walker
Co- Production and Service User Lead
Norfolk Children and Young People's Services
Mobile: 07633524216
Email: michelle.walker6@nhs.net
Website: www.cambscommunityservices.nhs.uk