

South Norfolk Bulletin



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The hub bulletin is distributed bi-weekly. 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

37

18/01/2019

Pick 'N' Mix Bitesize Learning



Pick 'N' Mix

Bitesize Learning

Free information sessions
6:30pm - 9:00pm

How to get more volunteers and keep them
31 January, The Cock Inn, Diss IP22 4BE

CPR and defibrillator awareness
28 February, The Swan Hotel, Harleston IP20 9AS

How to set up a community group
28 March, The Crown, Costessey NR5 0EX

Promoting your group or activity
25 April, Queens Head, Wymondham NR18 0AR

Social media
30 May, Queens Head, Hethersett NR9 3DD

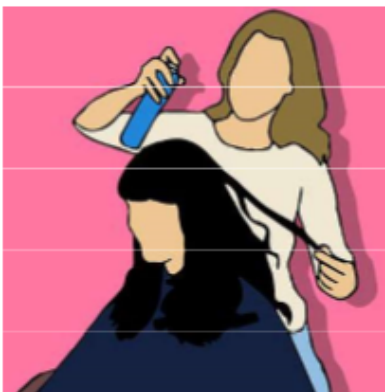
Funding options for community groups
20 June, The Old Feathers, Framingham Pigot NR14 7QB

Book your place at volunteering@s-norfolk.gov.uk
Find out more at www.south-norfolk.gov.uk/bitesize

Domestic Abuse Training for Hairdressers and Beauty Therapists



Norwich Domestic Abuse Training, for Hairdressers and Beauty Therapists



In the UK:

1 in 4 women experience domestic abuse

2 women are murdered a week, and 3 women take their own lives

1 in 6 men experience domestic abuse

Many of these women and men will open up to you! They might tell you information that they wouldn't tell their friends. Do you know what to do or say if they disclose domestic abuse? Would you recognise nonphysical abuse?

This **free** training, aims to provide basic awareness around domestic abuse, with tips on how to help someone stay safe.

Where:

Blackfriars Hall, St Andrews Hall, Norwich, NR3 1AU

When:

Monday 11th February. Doors at 6pm for a 6:30pm start. Finishes at 8pm. *With free nibbles and drinks.*

Parking:

There are lots of car parks nearby: St Andrews, Duke Street, Monastery are the closest

***** Please email da.change@norfolk.gov.uk to book a place*****

Prince's Trust – Self Employment course



Thinking About Self Employment?

Are you 18-30 years old, Unemployed or working less than 16 hours a week?

The Prince's Trust has a limited number of **FREE** places on its 2-day Enterprise courses, which are all about helping you plan and start your own business!

To find out more, you can book a place on one of our "Information Sessions" in Norwich, which tells you about:

- Free 2-day business start training
- Low-interest loans which may be available
- Help with market research and writing a business plan
- Free mentoring support for 2 years
- Other advice and help

Information Sessions start at 10:00 am and finish at 4.00 pm

Location: Kings Centre | Kings Street | Norwich – NR1 1PH

Upcoming Information Sessions in Norwich

Monday 18th February 2019 | Thursday 14th March 2019

To book an Information Session
Text 'Enterprise' to 07961 702 828
Email Sam.Howlett@princes-trust.org.uk



Prince's Trust

YOUTH
CAN
DO IT

Signs of Safety 2019 Development Sessions



Norfolk County Council

These sessions are open to all Partners who would like to know more about the Signs of Safety approach

The sessions will run from 15:30 to 17:00

Venue: South Norfolk District Council Offices, Cygnet Court, Long Stratton

If you have a venue available, so the session could be run more locally to you please get in touch....

Monday 25 February	Wishes and Feelings <i>Various tools to help you ensure a child's voice is heard</i>
Tuesday 2 April	Words and Pictures <i>Child friendly plans to fully involve every member of the family</i>
Thursday 9 May	Closures <i>Worry statements, goals and scaling</i>
Monday 17 June	Wellbeing/safety planning <i>Shorter term and long-term wellbeing/safety planning</i>
Wednesday 25 September	Wishes and Feelings <i>Various tools to help you ensure a child's voice is heard</i>
Tuesday 19 November	Genograms <i>What is included in one and why is it so important?</i>

**Any questions or queries please don't hesitate to contact us on
01508 533933**

To confirm you place, please email:
cs.earlyhelp.south@norfolk.gov.uk

Signs of Safety 2019 Briefing Session



Norfolk County Council

These sessions are open to all Partners who would like to know more about the Signs of Safety approach

The sessions will run from **15:30 to 17:30**

Venue: South Norfolk District Council Offices, Cygnet Court, Long Stratton

Tuesday 15 October

Signs of Safety briefing session

Where you will be introduced to the Signs of Safety model, principles, disciplines and tools; during the session you will have the opportunity to practice skills shared in the briefing.

**Any questions or queries please don't hesitate to contact us on
01508 533933**

To confirm you place, please email:
cs.earlyhelp.south@norfolk.gov.uk

MIND Suicide Prevention Training

Suicide is everyone's business; it devastates so many lives no matter who you are, where you work or where you live. In partnership with Norfolk County Council we are working to make Norfolk a place where people have the skills to help save a life from suicide.

Norwich and Central Norfolk Mind have partnered with the County Council to deliver free suicide prevention training throughout Norfolk. The training being delivered from late 2018 to May 2019 will include:

- A two-day Applied Suicide Intervention Skills Training (ASIST) workshop in suicide first aid
- Suicide Prevention workshops (3 hours) tailored to the construction & trades, and barber & tattooist occupation groups and
- Suicide Prevention for GP's (1.5 hours)

Thank you to our funders and partners:



West Norfolk
Great Yarmouth &
Waveney



Norwich and Central Norfolk



Norwich and Central Norfolk Mind
50 Sale Road
Norwich
NR7 9TP

norwichmind.org.uk
T: 01603 432457
e: learnwithus@norwichmind.org.uk

ASIST

MIND Suicide Prevention Training – continued...

Applied Suicide Intervention Skills Training (ASIST)

This course is free to those who have regular contact directly with people who may be at risk.

Course outline

An accredited two day, interactive training that prepares caregivers to provide suicide first aid interventions. After attending ASIST, you will be better able to:

- Be suicide alert – identify people who have thoughts of suicide
- Understand the reasons behind thoughts of suicide and the reasons for living
- Access risk and safety – develop a plan to increase the safety of the person at risk of suicide
- Recognise invitations for help
- Recognise potential barriers of seeking help
- Offer support – recognise other important aspects of suicide prevention including life-promotion and self-care
- Effectively apply a suicide intervention model
- Link people with community resources

Upcoming Dates:

To be confirmed, one to take place in the King's Lynn area and one in Norwich

To register interest contact us today!

www.norwichmind.org.uk

T: 01603 432457

e: learnwithus@norwichmind.org.uk



Promoting Asset Based Community Development Across Norfolk

Promoting **Asset Based** **Community Development** Across Norfolk



Asset Based Community Development builds on the assets that are found in the community and helps to bring together people and organisations to develop their strengths around issues that move them into action. It empowers people in communities by encouraging them to use what they already possess.

To find out more about ABCD go to www.nurtureddevelopment.org

Come along to this exciting event and find out more about how ABCD can work for you and your community. You can find out more about how people in Norfolk and elsewhere are using an ABCD approach, ask questions, join workshops, meet other like-minded people and be part of taking Asset Based Community Development forward across Norfolk.

To let us now you're interested in the event, visit www.bit.ly/ABCDevent

**Free Event on Monday 28th
January 2019 at 10am - 4pm**

Refreshments available



Follow the event on Twitter using #ABCDFolk

**The King's Centre
63 - 75 King Street
Norwich, NR1 1PH**

**NORFOLK COMMUNITY
DIRECTORY**

Carers Trust CPN - Young Carers Awareness Day 2019

Good afternoon,

I am writing to let you know about our Young Carers Awareness Day event which will be held at Dereham Town Football Club, Norwich Road, Dereham NR20 3PX on Thursday 31st January 2019 from 4.30-7.30pm. The theme for this event will be around mental health and there will be activities around this as well as the results of our [Getting Our Voices Heard 2018](#) survey.

There will be a buffet and refreshments therefore we will need to know how many people will be attending. Please could you RSVP to nycf@carerstrustcpn.org with name, job title and organisation.

Many thanks

Claire

Claire Rogers | Carer Awareness Mentor

Tel: 01553 750014 | Mobile: 07843 328565

Friday 30th November 2018 is Carers Rights Day. Find out more about your rights as a family carer by clicking to visit our website.

Registered Charity Number 1091522. Company limited by guarantee in England and Wales No. 4379948



www.carerstrustcpn.org | Follow us:  

Local Children's Activity Provider 'Bop Tots' Wins Award!



Bop Tots, local children's activity provider was one of the 14 winners of The Norfolk Pregnancy, Baby and Child Awards 2018 held at Voewood in December!

The Norfolk Pregnancy, Baby and Child Awards were organised by Alex at The Parent and Baby show which celebrated over 40 local small businesses dedicated to pregnancy, babies and children in December at Voewood, near Holt.

Bop Tots was the winner in the 18 months to 4-year olds toddler class/service category, sponsored by Langley School at Taverham Hall, the judges felt that Bop Tots was a well deserving winner due to Karen's passion & creativity developing a new toddler class in Norfolk.

Bop Tots was founded in 2017 by Karen Sidell, a local mum and experienced childcare practitioner, offering active, fun-filled music and movement classes for children aged 1-5 years. Karen said: "I am passionate about providing opportunities for local families to connect and enjoy activities together, and I am very proud to have won this award. It was fantastic to be shortlisted by my customers votes but for Bop Tots to be recognised by the judges too as a valued business and win is amazing!"

Bop Tots classes run at Lincoln Hall in Hingham during term-times only and booking is essential as spaces are limited each week. Bop Tots offers flexible booking with a pay as you go or a half term course option.

For more information on Bop Tots, please visit - www.boptots.co.uk or Facebook - @boptots



Street Life Soccer – Long Stratton



**COMMUNITY SPORTS
FOUNDATION**



**NATIONAL
LOTTERY FUNDED**

STREET LIFE SOCCER

Football sessions & learning opportunities



Street Life Soccer – Long Stratton

Free sessions · Learning opportunities with accredited qualifications ·
Great atmosphere · Kit reward scheme · Tournaments · FA-qualified coaches

VENUES AND DATES

MONDAYS 10AM - 12PM

Norwich - Carrow Park

WEDNESDAYS 1PM - 3PM

Norwich - Carrow Park

Academy Group

The chance to represent the club's programme against similar representative teams will be available for regular attendees who show the required attitude and desire to progress.

THURSDAYS 2PM - 4PM

Long Stratton - Leisure Centre

PRISON SESSIONS

Inmates only

Wednesdays 9am - 12pm

HMP Norwich

Tuesdays 9am - 11pm

HMP Wayland



“The Foundation has helped me change my life for the better by getting me fitter, giving me a better routine, and building my confidence.”

Brian Cook
participant

BOOK NOW!



INFO@COMMUNITYSPORTSFUNDATION.ORG.UK



01603 761122



VISIT THE CSF OFFICE

Follow us on: @NorwichCityCSF communitysportsfoundation norwichcitycsf

Norwich City Community Sports Foundation · Norwich City FC, Carrow Road, Norwich, NR1 1JE
www.communitysportsfoundation.org.uk / 01603 761122 / Registered charity number: 1088239

Harleston
information *plus*

JOBS CLUB

Every Wednesday
10am – 2pm

8 Exchange Street, Harleston

The Jobs Club is a friendly and informal club where you can drop in and enjoy free tea and coffee, look through local jobs, access the internet and chat.

Our aim is to help you find employment, so please come along.

- ✓ Get help with CV writing, covering letters and job applications
- ✓ Get tips and advice for job interviews
- ✓ Use the internet and latest Apps to search for work
- ✓ Find out about starting your own business
- ✓ Have private consultations with a Careers Adviser
- ✓ Get information on local training and courses
- ✓ Learn how to use a computer and the internet
- ✓ Find out how to improve your skills by volunteering

All our services are free and confidential

Phone: 01379 851920

E-mail: jobsclub@harleston-norfolk.org.uk

**Everyone
Welcome**

Funded by



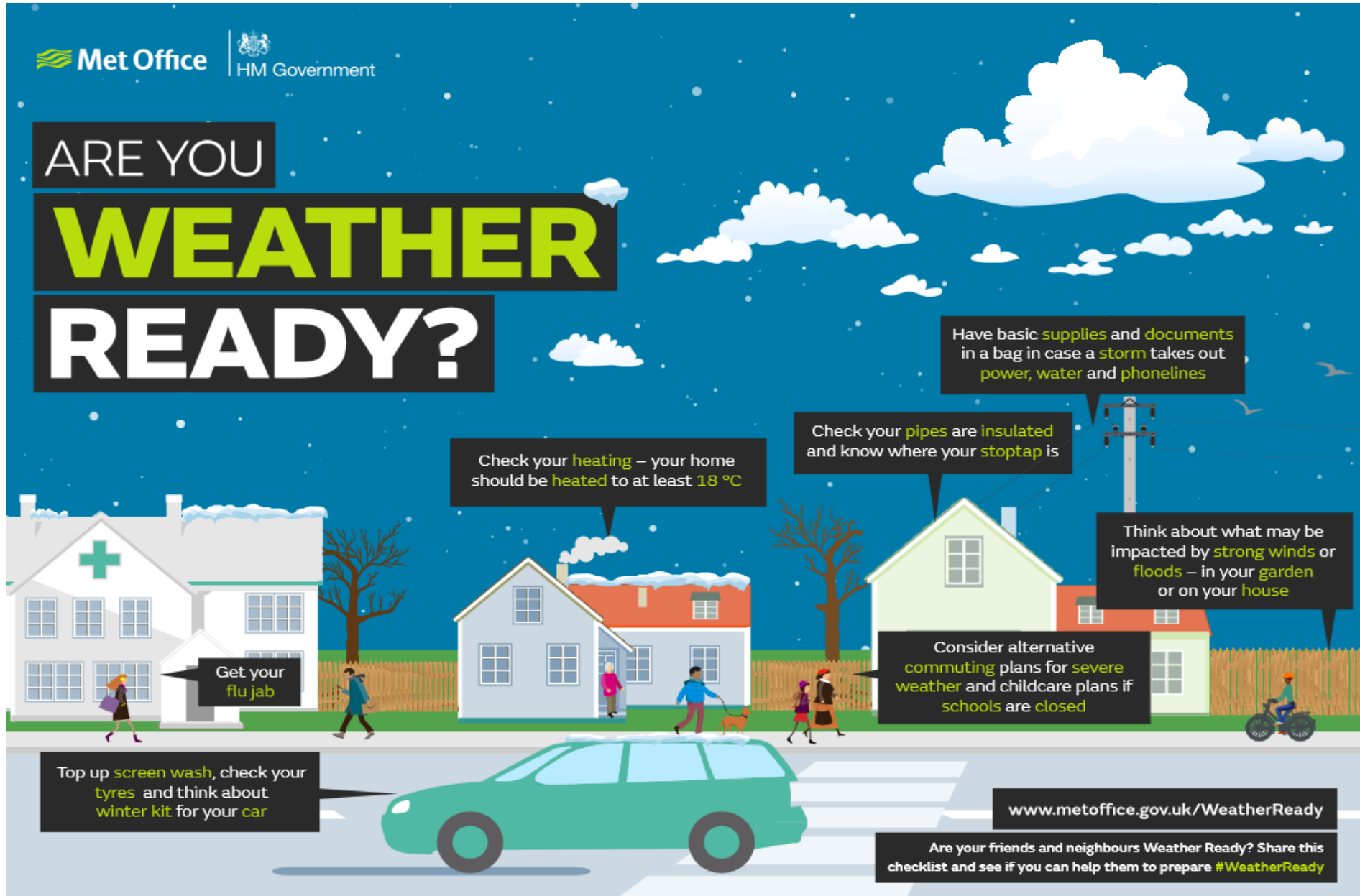
Harleston Information Plus
8 Exchange Street, Harleston,
Norfolk, IP20 9AB
HIP Charity Number - 1146735



Met Office - Winter Weather Ready

Met Office | HM Government

ARE YOU **WEATHER** READY?



Check your **heating** – your home should be **heated** to at least **18 °C**

Check your **pipes** are **insulated** and know where your **stoptap** is

Have basic **supplies** and **documents** in a bag in case a **storm** takes out **power, water** and **phonelines**

Think about what may be impacted by **strong winds** or **floods** – in your **garden** or on your **house**

Consider alternative **commuting** plans for **severe weather** and childcare plans if **schools** are **closed**

Get your **flu jab**

Top up **screen wash**, check your **tyres** and think about **winter kit** for your **car**

www.metoffice.gov.uk/WeatherReady

Are your friends and neighbours Weather Ready? Share this checklist and see if you can help them to prepare **#WeatherReady**

Met Office- Winter Weather Ready Continued...

The campaign overall

- Prepare your property and vehicle ahead of winter, and take responsibility for your own safety.
- Be aware of the latest weather forecasts and warnings from the Met Office and be prepared to alter your plans in times of severe weather. Listen to local radio for updates during times of bad weather.
- Check on the elderly and more vulnerable in your community and check on the safety of your neighbours in the case of an emergency.

Help communities

- Keep an eye on vulnerable members of your community this winter: check on them in times of severe weather; discourage them from going outside when it's icy; help them with errands/shopping if possible.
- Cold weather affects the health of the elderly and those with pre-existing health conditions. Snow and ice can result in slips and falls, and cold temperatures can affect circulation and breathing-related issues, which can be fatal. Keep an eye on those who might be vulnerable and ensure they are well looked after and warm.

Keep warm, keep well

- Cold weather brings with it bugs and viruses, many of which can be safely managed yourself.
- Keep warm and well this winter by taking steps to stay healthy, and prepare for potential illness, especially if you (or your loved ones) suffer from asthma, CoPD or other illnesses where sudden drops in temperature can affect health.
- Call 111 if you are concerned and want medical advice.
- Flu vaccinations are available free of charge to certain groups of individuals.

Protect your home and business

- Be prepared for bad weather, especially if you are at risk of flooding.
- Take preventative steps to protect your home and business ahead of the winter, your property is your responsibility.
- In case of bad weather or power cut, prepare a 'grab bag' of basic supplies including bottled water, medication, blankets, torches, batteries, key information and documents – don't forget that your smartphone may not work in the event of a power cut.
- Prepare a Business continuity plan so your business is prepared for potential weather disruption
- Call 105 in the event of a power cut.
- Consider backup childcare plans in case of school closures

Travel advice

- Check weather information before travel. Being informed is the best way to minimise disruption to your plans and to know if you might have to avoid travelling.
- Driving in hazardous conditions can be challenging, familiarise yourself with our dedicated pages on driving in the rain, snow and ice.
- Keep up to date with vehicle maintenance during the winter. Your vehicle is your responsibility. Have it serviced and check it before taking long journeys.
- When travelling – by road or rail - in potentially bad weather, prepare for the unexpected by packing a survival kit should you be stranded somewhere.



Met Office- Winter Weather Ready Continued...

10 Step winter readiness checklist – final content TBC and in depth info provided on website.

1. Get your flu jab
2. Top up anti-freeze screen wash, check your tyres and think about winter kit for your car.
3. Consider alternative commuting plans for severe weather and childcare plans if schools are closed.
4. Check your heating – your home should be heated to at least 18 °C
5. Consider how you would access vital information if a storm takes out power and phonedines
6. Think about what may be impacted by strong winds or floods – garden items, guttering, pipes, roof tiles/slates, items stored on your ground floor.
7. Check your pipes are insulated and know where your stoptap is.
8. Make sure you have basic supplies in case you have to leave home quickly or your power and water are disrupted.
9. Share this checklist with your neighbours, see if they have any other tips and tell them if you can help in severe weather.
10. Find out what else you can do to help your community prepare for severe weather.

[link to this page with more detailed information:

<https://www.gov.uk/government/publications/preparing-for-emergencies/preparing-for-emergencies>]

Domestic Abuse Advice – Norfolk Community Law Service

“Each Wednesday morning we offer 30- 45 minute appointments at our Norwich office. In certain circumstances we can provide advice to clients based in other locations by Skype.

The free, independent legal advice at these session is provided by local experienced solicitors and barristers who so generously give their time for free. The solicitors can give advice on injunctions, non-molestation and occupation orders and can sign post you to Legal Aid solicitors if appropriate.

The service is supported by a team of Law students who, under supervision, provide administrative support and follow up letters.

We work in partnership with Leeway who provide support to adults and young people looking to break free from domestic abuse in Norfolk and Waveney. To contact them for confidential advice and support call 0300 561 0077, a link to their website is [here](#).

We also work with Norwich City Council who offer advice about housing issues.”

<https://www.ncls.co.uk/domestic-abuse-advice/>

PING! – In the Community – Pop up Grant



Following the success of PING! in South Norfolk which saw 4 permanent table tennis located in the district, we are delighted to announce a new pop-up grant - **Ping! in the Community**.

Funding of £100 is available towards the cost of a table tennis package costing £200. This grant is available to community groups district wide, enabling them to purchase a complete kit including indoor table, bats and balls and resources to help set up a regular group.

Table tennis is a great way to bring people together, it's fun and physical and suitable for all ages. Details of the grant is on our website <https://www.south-norfolk.gov.uk/residents/communities/community-grants>

ARE YOU

UNEMPLOYED?



DO YOU LIVE IN

NR14, NR15, NR16,
NR17, NR31, NR32,
NR33, NR34, NR35,
IP18, IP19, IP20,
IP22, IP23 ?



WE CAN HELP YOU WITH

- ✓ *Job application support*
- ✓ *Business development support*
- ✓ *CV writing support*
- ✓ *Job interview coaching*
- ✓ *Job search support*
- ✓ *Work placement access support*

SPARK EMPLOYMENT ACCESS SUPPORT PROJECT

By Norfolk Centre for Social Development



European Union
European
Social Fund



074 8287 7930

spark@norfolksocialdev.org

www.norfolksocialdev.org/project/spark

Level 1 Childcare - Diss



Level 1 Childcare (beginners)

The course is aimed at anyone interested in working and caring for young children. You will learn about growth and development, practical health and safety, respecting children and craft activities for young children.

This is an 8 week course.

Free if you earn under £15,736.50 per year.

EY1CB1118Z

Info session: Tues 15 January, starts 22 January 2019
9.30am to 12noon

Diss Church, Vinces Road, Diss, IP22 4HG

To book your place, visit the website:

www.norfolk.gov.uk/adultlearning

or call: 0344 800 8020



You know
where
to turn

Family Voice Conference 2019

Family Voice Conference 2019

Family Voice Norfolk were delighted when **Sara Tough, Director of Children's Services**, agreed to be **the keynote speaker** at their conference on **Saturday 16 March 2019**.



The Director will speak about her vision for Norfolk to an audience of parents and carers of children and young people with special educational needs and/or disability (SEND).

This annual conference, is **free to all parents and carers of children (0-25) with Special Educational Needs and/or Disabilities (SEND)**.

Held at the **John Innes Conference Centre, Norwich, NR4 7UH** between **10:00-3:30**, the conference includes information stands, workshops and the chance to speak directly to service providers and others.

Open to members and non-members, free buffet lunch and activities for children with SEND at The Clare School.

It is always oversubscribed, so Family Voice Norfolk urges you to secure your place as soon as you can when **booking opens on 14 January** via:

- **Web** www.familyvoice.org.uk
- **Facebook** FamilyVoiceNorfolk
- **Twitter** @familyvoicenf
- **Email** events@familyvoice.org.uk
- **Call/text** 07535 895748 and leave a message with your contact details

ASSIST Trust Open Evening – 24th January



Assist Trust Information Evening

January 24th 2019
5pm - 7pm

**ASSIST
TRUST**

For people with learning disabilities in Norfolk

Benefits concerns? Housing questions? Not sure how to get the right support for an individual? Or just worried about what the future might hold?

Then come along to The Assist Trust Information Evening on Thursday January 24th 2019 at Assist Trust offices at Lazar House, 219 Sprowston Road, Norwich, NR3 4HX, from 5pm to 7pm.

It will be a great opportunity to meet Assist Trust members and staff and find out more about:

- Making friends and getting more confident
- Living well and getting active
- Travel training and getting into the community
- Preparing for work
- Daily living and housing (meet our new Housing Officer – Owen de Lacey)
- Services at Assist – find out how can we help you and tell us what more we could do

Vital Information for Families

Wayne Doman from the Norfolk County Council 'Local Offer' team will be giving a short presentation on services available to help people (from 5.30pm in the main hall). Expert advice will also be on hand on everything to do with the benefits system, throughout the evening.

Just call in for a brief visit or stick around and catch up with the many Assist Trust staff that will be on hand to answer your questions – and have some refreshments at the Assist Trust café while you're at it!

Free parking for this event is available just 50 yards away at St Georges Catholic Church on Sprowston Road, NR3 4HZ

www.assist-trust.co.uk

**ASSIST
TRUST**

Grant opportunity for carers



Together, Norfolk shines brighter



Grants for Carers

The Norfolk Millennium Trust for Carers aims to offer unpaid carers a better quality of life by giving small grants for practical items like washing machines and laptops, power packs for wheelchairs and short breaks. Every year the Trust helps hundreds of carers across the county, young and old alike, from pensioners looking after a disabled spouse to children juggling schoolwork and the needs of a poorly parent.

The Trust was born out of the We Care Appeal, launched through the Eastern Daily Press, in October 1998 after research identified the huge number of unpaid carers and the need to help them. The appeal's aim was simple – to establish an enduring charitable trust giving financial and practical help to unpaid carers in their crucial and often undervalued roles. In 2017 Norfolk Community Foundation was appointed to undertake the management and administration of the Norfolk Millennium Trust for Carers.

For more information about how a grant might help an unpaid carer living in Norfolk, please contact the grants team at Norfolk Community Foundation.

Tel: 01603 623958

Email: grants@norfolkfoundation.com

www.norfolkfoundation.com

Norfolk Community Foundation Registered Charity Number 1110817