

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
42**
15/03/2019

Digital Health Profiles Workshop - Cringleford



JustOneNorfolk.nhs.uk

Tuesday 30th April 2019
1:30pm to 3:30pm

DIGITAL HEALTH PROFILES WORKSHOP



Please join us at:
Willow Centre
1- 13 Willowcroft Way
Cringleford
NR4 7JJ

Digital Health Profiles - Developing a new digital tool for schools and professionals to enable early intervention/management of identified health needs in your local community.

The aim of the event is to:

- Introduce you to the digital health profiles vision
- Seek your help in this new offer so it is useful to you
- Help you consider how you can be involved with future development

If you would like further details or would like to join us at this event please email:
ccs.norfolkserviceredesignteam@nhs.net

Money Maximiser course - Wymondham



Money Maximiser

Join us on a FREE Money Maximiser course. Explore money saving tips and techniques that will help you get the most out of your income.

Start date: Tuesday 23 April 2019
End date: Tuesday 28 May 2019
Time: 10am to 12noon
Cost: Free



Morrisons,
Postmill Close,
Wymondham,
Norfolk,
NR18 0NL



**For further information and to book
your place, please contact:**

Helen Haynes:
CLDO@norfolk.gov.uk
01603 306504

[Norfolkadultlearning](#)

[@NorfolkCLS](#)

You know
where
to turn

Family Support Process & Signs of Safety training for professionals in South Norfolk

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Family Support Process training (South Norfolk)

About the 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.

What does the training cover?

- Introduction to the family support process and how the process is used to support families
- An overview of Working Together 2018, information sharing and consent and other relevant legislation and guidance
- How to support children and families with a family support process and early help assessment and planning
- Discussing and reviewing thresholds of safeguarding for children and young people
- Support to understand how early help partners can work together to ensure children receive the right support, at the right time, for the right duration

Who should attend?

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.

We recommend that at least one worker from your agency attend, even if you have previously attended either common assessment framework or family support process training. This is because the family support process now incorporates the Signs of Safety approach.

Course length, cost & date

The core training is a full day course from 9.15am-4.30pm, except where stated. The course is free, however if you need supply cover your agency will need to fund this.

Wednesday 1st May 2019

Colman and Cavell Room, South Norfolk Council, Cygnet Court, Long Stratton NR15 2EX.

Booking

Please book a place via the Early Help website link 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>

Family Support Process & Signs of Safety training for professionals in South Norfolk

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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....

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 15 October	Signs of Safety Briefing Session (two hours) <i>An introduction to all aspects of the SoS model</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 your place, please email:
cs.earlyhelp.south@norfolk.gov.uk

South Norfolk Community Awards

South Norfolk **COMMUNITY AWARDS**

2019



**Say thank you to local
volunteers in your community**

Nominate a shining star for a **South Norfolk Community Award** and they could be in with a chance to receive £250 for a charity or community group of their choice.

Award categories are:

- ★ Volunteer of the Year
- ★ Young Volunteer of the Year
- ★ Community Group of the Year
- ★ Lifetime Community Hero
- ★ Community Wellbeing Champion or Group of the Year
- ★ Community Fundraiser of the Year
- ★ Environmental Champion of the Year
- ★ Business Community Champion of the Year

Nominate today at:
south-norfolk.gov.uk/champions
or call: 01508 533945



Stomach & Bowel Health Information Event – Long Stratton

Tuesday 2nd April 2019 7.00pm – 9.00pm

Long Stratton High School

**LEARN MORE ABOUT YOUR
STOMACH AND BOWELS FROM
HEALTHCARE
PROFESSIONALS**



Special Guest Speakers:

- Dr Mark Tremelling Consultant Gastroenterologist NNUH
- Nickie Fisher IBD Nurse NNUH
- Patients own experience of Crohn's Disease

**Join us and learn more
open to everyone**

Evening organised by Long Stratton and
Newton Flotman Patient Participation Group

NNUH Dementia Information and Advice Fayre

NNUH Dementia Information and Advice Fayre

Join us on **Monday 13 May 2019** from **10am - 4.30pm** for the third NNUH Dementia Information and Advice Fayre with a host of speakers, information stands and pop-up café in the **East Atrium**.



The line-up of speakers for the Benjamin Gooch Lecture Theatre is:

- **10.30am - 11.00am** - Dementia Support in Norfolk & Waveney, Future Plans - Anne-Louise Schofield, South Norfolk CCG
- **11.00am - 11.30am** - A community approach to living well with dementia - Dr Adrian Leddy, NNUH Clinical Psychologist
- **11.40am - 12.00pm** - Life on a Carousel: a carer's viewpoint - Dianne Furnee, Wymondham Dementia Support Group
- **12pm - 1pm** - 'How about the carers? Supporting family carers in dementia' - Eneida Mioshi, Professor of Dementia Care at UEA
- **1.30pm - 2.30pm** - 'Turn around when possible: getting lost in dementia' - Michael Hornberger, Professor of Applied Dementia Research at Norwich Medical School
- **3pm - 3.30pm** - The Herbert Protocol - Superintendent Jason Broome, Head of Community Safety & Citizens in Policing, Norfolk Constabulary
- **3.30pm - 4.30pm** - 'We need to talk about assistive technology!' - Chris Metcalf, Norfolk County Council



World Autism Awareness Week 1-7 April (Page 1 of 2)

Happy World Autism Awareness Week

Autism is a lifelong disability which affects how people communicate and interact with the world. There are approximately 700,000 autistic adults and children in the UK.

Autistic people:

Have communication challenges, from not speaking to needing longer to process information
Can experience intense anxiety in social situations
Prefer routines and can engage in repetitive behaviour
Have sensory issues with noise, light, smell and touch

Autistic strengths:

Intense focus and attention to detail
Considered and reflective approach
Honesty and integrity
Creative thinking



How to help your autistic colleagues:

- Give clear instructions and put important points in writing for clarification
- Don't rely on body language or facial expressions to communicate
- Give anxious or agitated colleagues space and time to recover
- Offer to be a buddy for work social events

"With just a little more acceptance, understanding and a few simple adjustments, more autistic people would be able to enter the workforce and put their amazing talents to use."

Chris Packham CBE, National Autistic Society Ambassador



National
Autistic
Society | World Autism Awareness Week 1-7 April

Help create a society that works for autistic people

www.autism.org.uk/waaw

World Autism Awareness Week 1-7 April

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“To mark World Autism Awareness Week, Norfolk Autism Partnership Board is holding a special event at the Forum on Friday 5 April. A wide range of partners will be there to share information and offer guidance and advice about the support on offer to autistic people in Norfolk. This is an opportunity to find out about Autism Spectrum Disorder, take part in activities and hear from autistic people. Everyone’s welcome – drop in any time between 10 and 4pm.

Then on Saturday 6 April, there’s an Open Doors discovery event at Norwich Castle, including accessible tours and relaxed performances of Hiccup the Viking which are suitable for families who might benefit from a more peaceful theatre environment. Full details are available on the Norwich Castle Museum and Art Gallery facebook page.”

Source: Norfolk County Council Your Norfolk Extra

Better Days, Orbit



have a good day, every day

Want to know what your real skills are and want to know how to use them during your job search?

Have you thought about your job choices now and in the future and not sure if they are realistic?

We can help.

Come and join us for a Free session.

When: Wednesday 24 April

**Start Times: Marketing Me; 9:30am until 12:00pm,
Realistic Job Goals Starts: 1:00pm until 3pm.**

Where: Orbit Office, Fourth Floor, Yare House, 62-64 Thorpe Road, Norwich, NR1 1RY

To reserve a place: Complete the employment matters enquiry form on our website: Betterdays.orbit.org.uk or call Amanda 07901102765 or Debbie on 07583009664

To find out more, visit:
www.orbit.org.uk/betterdays



Friends of the Tud Valley – Conservation Volunteers



Conservation Volunteers

need

New Members



Join our "Green Gym"!

- Free membership
- Fresh air
- Friendly company
- Fun
- Physically and mentally beneficial - a great "stress-buster!"

Help us maintain and improve Costessey's
beautiful Green Spaces

For more details, contact Pauline Williamson

01603 742491

p_m_williamson@hotmail.com

Norfolk Safeguarding Children Board – Updated Threshold Guide

The Norfolk Threshold Guide has been revised to explain the transformations Children's Services have implemented to the way social care provide support, advice and guidance at the 'front door'.

The new edition is located on the Norfolk LSCB website via the following website link: <https://www.norfolklscb.org/people-working-with-children/threshold-guide/>



**Norfolk Safeguarding
Children Board**

Young Carers, drop-in sessions with MTM Youth Services – Hethersett

Young Carers

Young Carers living in Breckland and South Norfolk can access support and opportunities with a new service starting in April 2019. If you are a **Young Carer**, aged between 5 and 19 years old, you can:

- Meet other Young Carers
- Get one-to-one support
- Ensure your voice is heard
- Access training and socialising opportunities
- Make sure your family is getting the help they need

We are holding two open **Drop-in Sessions** for you to come and **meet workers**, have some **fun**, and tell us how we can **help you**. There will be lots of people to chat with you, plenty of activities to do while you are there, and some lovely snacks and drinks. And it's all **free**!

Hethersett Jubilee Hall

Back Lane, Hethersett, NR9 3JJ

**Wednesday 10th April, 11am – 2pm or
Wednesday 17th April, 1.30pm – 4.30pm**



You can drop-in at any time, but it would be great to know if you are coming! Please contact us on info@mtmyouthservices.org.uk

Or contact the Carers Matter Norfolk Advice Line on 0800 083 1148

Leeway, The Anchor Project launch



ANCHOR PROJECT LAUNCH

Tuesday 2nd April 2019

9am - 1:30pm

The Space, Norwich, NR7 8SQ

The Anchor Project is a new pilot project working in partnership with **Leeway, The Matthew Project, Orwell Housing, and Change, Grow, Live** to support any victim of Domestic Abuse across Norfolk, who has additional needs including poor mental health & substance misuse.

To find out more on how the service will be delivered and how to refer, come to the launch event.

To book your free place go on www.eventbrite.co.uk and search for 'Leeway' in Norwich, UK.



Lunch will be provided.



0300 561 0077



www.leewaysupport.org

Charity No. 1079214

What to do if you believe a child / young person might be at risk of suicide?

In 2017 new guidelines were published by the Norfolk Safeguarding Board: "[What to do if you believe a child or young person might be at risk of suicide](#)".

We would now like to review the guidelines and would be grateful if you could complete this short questionnaire:

[Suicide-prevention-guidance-feedback](#)

Thanks,
Bianca

**Dr Bianca Finger-Berry, Critical Incident Lead Officer
(Doctorate in Education, MA in Advanced Social Work)**

Educational Psychology and Specialist Support

Tel: 01263 739064 | Dept.: | Mobile: 07887 832413

Children's Services, North Norfolk District Council, Holt Road, Cromer, NR27 9EN, U.K.



www.norfolkepss.org.uk/information/schoolsacademies/critical-incident-trauma-bereavement/

Carers Matter Norfolk – Young Carers

Do you know a young person - 18 & under - who has caring responsibilities for a family member?

From 1st April 2019 Norfolk County Council has funded Carers Matter Norfolk to provide support for young carers and their families, including:

- 7 day a week Freephone Advice Line
- 1:1 support for young carers and their families
- Life skills and social development
- Connecting carers with other young carers for activities and support

For more information and to refer a young person:

- Use our Online Referral Form
- Visit: www.carersmatternorfolk.org.uk
- Call 0800 083 1148

The Young Carers & Families Support Service is funded by Norfolk County Council Children's Services and is delivered by Carers Matter Norfolk in partnership with local youth and young carers organisations.



info@carersmatternorfolk.org.uk

Text Only – 07537417850

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

[@CarersMatterNorfolk](https://www.facebook.com/CarersMatterNorfolk)


Carers Matter Norfolk
'with Carers at the heart of everything we do'

Kids Camp – Easter Holidays



Easter Kids Camp is back

Week one: 8 - 12 April

Week two: 15 - 18 April

Our exciting jam packed kids school holiday club takes place every school holiday at [Wymondham Leisure Centre](#) and [Long Stratton Leisure Centre](#). Children aged 5 to 15 can enjoy a programme full of activities. Kids Camp is Ofsted registered, which means we accept childcare vouchers, making it more affordable for everyone.

Just £27 per day, £18 per half day*

Important times to remember

- Earliest drop off is 08:00
- Latest collection is 18:00
- Full day activities run from 09:00 - 17:00
- Half day activities run from 09:00 - 12:15 or 14:00 - 17:00
- Half day attendees are welcome to arrive/leave Kids Camp at any time during the lunch break, please view the programmes for times.

A lunch box is available from the café for just £4 and includes a sandwich, crisps, fruit and a drink. Orders can be placed at [Wymondham cafe](#) and [Long Stratton cafe](#) on the day.

*Discounted rate available for Leisure Passport holders

For further information visit the website here: <https://www.south-norfolk.gov.uk/visitors/childrens-activities/kids-camp>

All Aboard! The Hub, Wymondham

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All Aboard!



**FREE
EVENT**

**10.00am - 3.00pm Tues 9 April - Thurs 11 April 2019
The Hub, Ayton Road, Wymondham, NR18 0QJ**

Home alone this Easter?

Three days of activities for those feeling lonely and in need of some company.
Come along to have some fun and meet new friends. inclusive of:

Refreshments & lunch • Activities & entertainment • Coach outing

Transport can be provided from Wymondham Market Place.

For more information contact Linda
email linda.bradbeer@lineone.net
or tel 01603 812619

www.hubproject.org.uk

To book please contact
Debbie Rose, tel 01953 798505
The Hub, Ayton Road,
Wymondham, NR18 0QJ

All Aboard! is part of Hub Community Project. Registered charity no 1131485

Thank you to our sponsors:



All Aboard! The Hub, Wymondham

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All Aboard! (Local community responds to isolation issues)

Following the success of last August's event, Hub Community Project is repeating it's All Aboard! project this Easter.

Easter is another of those times in the year when families gather for food, fun and companionship. For those who are alone, the Easter holiday period can highlight their loneliness and All Aboard! offers an opportunity for them to get together with others.

This will be in the format of a 'holiday at home' with 3 days of activities and entertainment in a very relaxed and informal setting with a coach outing on the middle day. Participation in the activities is by choice and anyone wishing to come along but not join in will be very welcome. Refreshments and lunch will be provided. The project is supported by the Co-Op and Norfolk Community Foundation.

Loneliness can affect people of all ages but for the elderly it can be an issue which leads to emotional & mental health problems. Many older people live alone and are not often visited by their children or other relatives. They can also often lose touch with their other contacts, as they or their friends become increasingly ill and less able to leave their homes, or they suffer bereavements which leave them feeling less able to make connections with new people. This isolation is widespread among those over 75, with nearly half saying that television or pets are their main form of company, and with as many as 13% of over 75 year olds admitting that they are either often or always lonely.

If you are aware of someone who is isolated, maybe a neighbour, friend or relative, we would ask you to encourage them to come along.

All Aboard will take place Tuesday 9 April to Thurs 11 April 2019 at the Hub, Ayton Road, Wymondham, NR18 0QJ. The project aims to gather older people and connect them with those with similar interests so that lasting friendships can be formed. At the close of the project people will be signposted to local activities; with a companion it is hoped that they will be able to play a fuller part in the community. Evidence shows that combatting loneliness in this way will have a positive and beneficial effect of the health of those attending.

The project is free to attend and is inclusive of refreshments, lunch, coach & entry fees. Transport to the Hub from Wymondham Market place can be arranged, please request at the time of booking. Places are limited so booking is essential, for a booking form please call 01953 798505. For more information please contact Linda, email linda.bradbeer@lineone.net or call 01603 812619.

Hub Community Project runs a number of support activities for families in the community, see their website www.hubproject.org.uk for full details.

Holiday play schemes over the Easter Holidays



The Norfolk Community Directory is the best place to find a wide variety of holiday play schemes over the Easter Holidays.

For further information, click here: <https://www.norfolk.gov.uk/children-and-families/childcare-and-early-learning/childcare-advice-and-guidance/types-of-childcare/out-of-school-clubs-and-holiday-play-schemes>



Easter Adventure – Norwich Millennium Library

Join us for an Easter Adventure with Little People's Drama Company! Just £5 per child for this professionally run session with games, songs, stories and role play.

Booking in advance ESSENTIAL, please book before Friday 12th April (so we know numbers). To book email millennium.lib@norfolk.gov.uk and our admin team will get in touch.



Easter Adventure

Join Little People's Drama Co for a fun-filled Easter session
of drama and adventure for children aged 2-4.

Games, songs, role-play and storytelling with a professional tutor.

Monday 15th April // 10:30am - 11:15am
Early Years Children's Library

To book: email millennium.lib@norfolk.gov.uk

Booking in advance essential, payment on booking. £5 per child, ages 2-4 only.

Last day of booking is Friday 12th April.

No refunds for customer cancellation.