

West Norfolk Monthly Bulletin March 2018

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Parent & Child

1. Children effected by Imprisonment

It is estimated that at any given time up to 200,000 children in the UK are affected by having a parent or close family member in prison. This is more than the number affected by divorce.

Ormiston Families Breaking Barriers is a non-judgemental, early intervention service providing support for children and young people affected by the imprisonment of a close family member.

Through offering tailored one to one support Breaking Barriers aims to reduce anxiety around prison, support emotional wellbeing and assist in engagement with school. We work in schools, family homes, or wherever a young person feels safe, to help them come to terms with the emotional trauma.

By providing a safe space for them to talk, play and express themselves, we enable children and young people to explore their feelings and break down some of the barriers which may prevent them from maintaining positive ties with their imprisoned family member or relative.

As well as helping children and young people cope with separation from a loved one, there is evidence that prisoners who maintain ties with their children are less likely to re-offend, and the children themselves are less likely to become involved in offending behaviour.

Our Breaking Barriers workers can also provide talks and presentations to teachers, social workers, police officers and other professionals, to help them understand the 'hidden sentence' which is often endured by children and young people with a parent or family member in prison.

<https://www.ormiston.org/what-we-do/our-programmes/the-unite-programme/breaking-barriers-prison-outreach/>

2. Parentline

Are you a parent or carer of a child or young person (0-19 years) living in Norfolk?

In addition to our just one number service you can now text our messaging service where you can talk to our practitioners for health related advice or information



07520 631 590

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Additional needs and disability

3. New Disability Champion

People of all ages who may be vulnerable or have a disability now have a new champion in their corner. Cllr Susan Fraser has been appointed as the borough council's new Disability Champion and she is eager to hear from people who may be experiencing any difficulty accessing council services.

By acting as a single point of contact for people to help them access the services they need as well as taking on board any feedback which may help us improve the services we provide.

For example, letting people know about our assisted lift service for people who can no longer manage to put their bins out, or the option of additional bins for people who have certain medical needs.

Cllr Fraser is also interested to hear from people living with or caring for someone with dementia.

Cllr Fraser can be contacted at cllr.susan.fraser@west-norfolk.gov.uk. She has set up a [Facebook page \(@MyVo1ce\)](#) for people to get in touch and to share ideas, and will be launching a drop-in session in the near future for people to come along and have a chat about any issues they may be experiencing with accessing borough council services.

4. ASD Support Session

ASD and ADHD Support information Session

Managing Stress: Coping and Support

Friday 23rd March – 10 until 12

Swaffham Community Centre,

The Campingland, Swaffham, PE37 7RB

contact *For families
with disabled children*

Family Action and Contact are running a free session for parents and carers to share information about managing stress and accessing support for families who have a child with a diagnosis of, or suspected ASD or ADHD.



Come and share your experiences, meet other families, and pick up advice and support.

To book a place please contact Natalie Webb

01760 720302 natalie.webb@family-action.org.uk

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5. Positive Behaviours Support

The Positive Behaviour Support Course (PBS)

Is a 3 week course (2hrs a week) for parents or carers of a child they believe may have ASD or ADHD, or who is on the waiting list for assessment of ADHD or ASD.



Developed by Stephanie Summers and Melanie Bruce from NCH&C, the PBS course looks at the child's behaviour as communication. Families have the opportunity to discuss their own situation, as well as meeting other people in similar situations. The aim is to help identify possible internal and external triggers for behaviour, and from there, consider strategies to support the child to manage this.

By the end of the three weeks, parents will have completed the PBS plan, which a personal plan is built upon the child's individual needs. This can be used to support the child's behaviour at school, with grandparents and in other settings.

14th, 21st, 28th. March. Wednesdays at Swaffham Community Centre. 10-12.

9th, 16th, 23rd. April. Mondays at St James. 10-12.

9th, 16th, 23rd May. Wednesdays at Swaffham Community Centre. 10-12.

12th, 19th, 26th June .Tuesdays at Downham Market Children's centre. 10-12.

9th, 16th, 23rd.July. Mondays at Swaffham Community centre. 10-12.

6th, 13th, 20th, August. Mondays at St James. 10-12.

10th, 17th, 24th September. Mondays at Swaffham Community Centre. 10-12.

11th, 18th, 25th.October.Thursdays at Downham Market children's centre. 10-12.

To book your places or for further information, please contact:

Natalie 01760 720302 Natalie.Webb@family-action.org.uk

Or **Dawn High** at NCH&C 01553 668669.

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6. Sensory Arts & Crafts Session

The Kings Lynn Local People Programme are hosting their first workshop with the Vancouver Quarter. The day will be focused around the sensory enjoyment of activities such as face painting, colouring and ceramic and fabric painting.

The session has been planned for those with an interest in the creative, including individuals who may have mixed capabilities.

This will run from **10:00am – 3:00pm** at **27 New Conduit Street, Vancouver Quarter Shopping Centre, Kings Lynn**. For any further information or queries please **Chloe Yianni (nee Scotney)** Scope Community Engagement Project Coordinator for West Norfolk chloe.yianni@scope.org.uk 07734133056

7. Independent Living Skills

**Providing Independent Living Skills for
adults with learning difficulties 2018**



**Learn for work, Learn for skills, Learn for
fun**

Our programme supports the development of Independent Living Skills in a way that relates to everyday uses - and is fun too! English and maths go hand in hand with all of these skills.

FUN, HANDS ON ACTIVITIES

Activities we cover:

Gardening - seed counting/planting skills

Cookery - buying ingredients, using money skills

Arts & Crafts - measuring skills, matching

For more information please contact:

Email: independent.living.skills@norfolk.gov.uk

8. E-learning for Managing Behaviour

ASD Helping Hands are currently developing and trialling a range of online courses for parents.

They have just completed the first module of our Managing Behaviour and would like people to try it out and let them know what you think.

Follow the link below, Password is Autism (case sensitive)

<https://www.asdhelpinghands.org.uk/test>

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9. ASD Helping Hands Contact details

The contact details for ASD Helping Hands have changed

General enquiries: Tel: 01362 288110 Email: asdhelplinghands@gmail.com

Operations and Events Email: lee.gibbons@asdhelplinghands.org.uk

Family Support Email: emma.grimbly@asdhelplinghands.org.uk

HR and Volunteering Email: tracy.sabberton@asdhelplinghands.org.uk

Finance Email: finance@asdhelplinghands.org.uk

Training (both online and in house) Email: training@asdhelplinghands.org.uk

Trustees Email: trustees@asdhelplinghands.org.uk

Social Media platforms

ASD Helping Hands Main Page

facebook.com/ASDHelpingHands

We use this to promote our events and pass on any messages or updates on the work we are doing. Make sure to like this page to keep up to date with everything we are doing.

ASD Helping Hands Group

facebook.com/groups/714706161877172

This is a chance for you to talk to other parents/carers of children with ASD, an online support group you could say. Lots of helpful advice and a listening ear when you need it.

Thetford Family Group

facebook.com/groups/1326283407478812/?ref=group_browse_new

This page is used for the Thetford Family group to let you know what is going on at group that week, as well as a way of keeping in contact between groups.

ASD Helping Hands Norwich Family Group

facebook.com/groups/1936339433361003

This page is used for the Norwich Family group to let you know what is going on at group that week, as well as a way of keeping in contact between groups.

ASD Helping Hands Norwich Youth Group

facebook.com/groups/ASDNorwichYouthGroup

This page is used for the Norwich youth group to let you know what is going on at group that week, as well as a way of keeping in contact between groups.

twitter.com/ASDHelpingHands

Keep up to date with everything we are working on in small bite sized chunks

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Carers

10. Swaffham Wellbeing Group

Are you a carer? Feeling lonely or isolated? Want to make friends? Come and join us at the Wellbeing Group every Tuesday from 10.30-12.45 at Swaffham Community Centre.

We gather and meet for coffee from 10.30, the talk or activity is from 11-12.30 and we draw the weekly raffle at 12.15.

You can purchase lunch from the Iceni Community Café for those who want to stay.

Upcoming events:

6th March: Teenie Iceni games/puzzles

13th March: Social morning

20th March: Scam updates

27th March: Teenie Iceni Easter Egg painting

3rd April: Lip Reading

To obtain details about any of our projects and services, please telephone 01760 720302 or 725801. Otherwise, please drop into Swaffham Community Centre, Monday to Friday during business hours

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Health and Well Being

11. New Link Service from Point 1

Welcome to the Link Service from Point 1!

Working together to improve children and young people's mental health

Could you be a Mental Health Champion?

Are you a frontline professional working with children and young people?

Would you like to feel more confident in responding to their emotional wellbeing and mental health needs?

Would you like to know more about the specialist support services available to them in Norfolk and Waveney?

If so, be part of the new Link Service from Point 1 and be trained to become a Mental Health Champion. We are currently developing and training a network of Mental Health Champions who will share their new knowledge amongst their colleagues of the mental health issues affecting children and young people and the types of support available. For more information about this role and whether you are eligible to apply, download the [Mental Health Champion Role Specification](#).

Mental Health Champion Foundation Training

If you would like to be a Mental Health Champion you will need to attend our free 2-day foundation Training. We will run a number of these Foundation sessions across Norfolk & Waveney, starting in April 2018. These initial sessions form part of the Link Service's rolling programme of free training events and consultations which will include specialist topics such as self-harm, attachment, anxiety and working with families.

Further details of training events with dates and locations will follow in due course.

Referrals to Point 1

Please note that the Link Service cannot offer support for specific referrals into the Point 1 service. If you have any queries regarding referrals, either current or pending, please contact SPOC on 0800 977 4077 or email [Point 1](#).

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12. Mental First Aid Event in Norwich

Serenity training an N&SCS endorsed learning provider is hold a free mental health first aid event on 20th March 9am- 1230pm

The Space
Norwich
NR7 8SQ

The event seeks to raise awareness and provide information on the following

- Different types of mental health problems and their impact
- The cost of mental health problems
- How to recognise somebody who is suffering in silence
- Providing first aid to somebody with a mental health problem
- Preventing mental health problems in adults and children
- Support available

TO BOOK PLEASE CALL 01508 447311 OR

Email ENQUIRIES@SERENITYTRAINING.CO.UK

13. Gardening 4 Health Project

Discover outdoor wellbeing!

If you're interested in regularly visiting or volunteering to help at our Gardening 4 Health Project

We are introducing non-gardening related social and creative sessions to help people rebuild their confidence and learn new skills

Pop down on our open day for a BBQ and a chat to find out more

Tuesday 27th March 11am- 1pm

Gardening for4 Health Allotment

Off Front Way

North Lynn

PE30 2LU

Placements are limited and arranged by referral

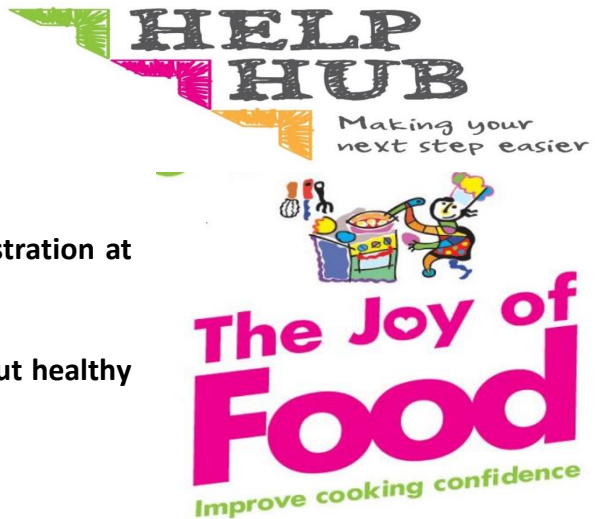
FOR MORE INFORMATION CALL Sharon on 01553 772952



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14. Joy of Food at Gaywood

Joy of Food will be doing a cookery demonstration at Gaywood Library

Why not come along and find out more about healthy eating and improve your cooking confidence

Gaywood library

Wednesday 7th March

10.30 – 12.00 noon

Booking Essential call 01553 768 498 to book

www.joyoffoodnorfolk.co.uk

15. Introduction to Mindfulness

– 07 Mar 9:30 AM to 11:00 AM – King's Lynn

It is easy to stop noticing the world around us, to become caught up in our own minds and overwhelmed by our thoughts and feelings. When those thoughts and feelings are anxious or stressed, we can quickly develop a cycle of negative thinking that is hard to break.

Techniques of mindfulness aim to help you to reconnect with your body, your mind and your environment. They teach you to focus on the present moment rather than being concerned with the past or worrying about the future. By doing so you can learn to notice signs of stress and anxiety and how to cope with them.

Introduction to Mindfulness is a one-and-a-half hour workshop that provides an overview of the principles and techniques of mindfulness.

<https://www.wellbeingnands.co.uk/courses/search/5507/>

16. Dove Self Esteem Project

Welcome to the Dove Self-Esteem Project

At Dove, we believe that no young person should be held back from reaching their full potential – but in the UK, 9 out of every 10 girls with low body esteem put their health at risk by not seeing a doctor or by skipping meals.

Since 2004, Dove has been building self-esteem in young people – and by 2020, we'll have helped 40 million through our educational programmes.

To help a girl you know, download our Uniquely Me tool for free [here](#)

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17. Wellbeing Socials

Wellbeing Associates Workshops & Socials



<i>Date and Time:</i>	<i>What and Where:</i>
Thursday 8 th March 10.30am – 12.00pm	Coffee and a Catch up Chives Brasserie, 11 High Street, Hunstanton, PE36 5AB
Wednesday 14 th March 10:30am – 12:00pm	Coffee and a catch up Reeds Café Nelson House Bridge Street Downham PE38 9DS
Wednesday 14 th March 5.00pm – 7.00pm	Wellbeing Art Workshop Providence Street Community Centre Providence Street, King's Lynn PE30 5ET
Monday 19 th March 5.30pm – 7.00pm	Coffee and a Catch up Sainsbury's Café, Hardwick Industrial Estate, Scania Way, King's Lynn, PE30 4LR
Thursday 22 nd March 5:30pm- 7.00pm	Coffee and a Catch up Sunshine Café, 20 Wales Court, Downham Market, PE38 9JZ
Wednesday 28 th March 1:00pm-3:00pm	Associate Workshop – Art & Environment with Veronica Sekules from Groundwork Gallery At: Groundwork Gallery, 17 Purfleet Street, King's Lynn, PE30 1ER An opportunity to engage with a series of simple mindful activities so that we can connect art with the environment. This is suitable for anyone regardless of your previous experience. *This is a rebooked workshop due to previous cancellation in December '17* *Booking is essential as spaces are limited.
Every Friday 1.00pm – 3.00pm	Peer Led Discussion Group Providence Street Community Centre Providence Street, King's Lynn PE30 5ET Contact Stewart Oddie – stewart.oddie@nsft.nhs.uk

To book a space contact Gary Freeman on gary.freeman@nsft.nhs.uk or 07341 867105

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Domestic Abuse and Victim Support

18. Tool Kit for Male Victims

Toolkit for Work with Male Victims of Domestic Violence

Respect has published the second edition of a toolkit for professionals working with men experiencing domestic violence. The purpose of this toolkit is primarily to support and inform work with male victims of domestic violence.

Hard copies are available at £10 per copy, including postage and packing. Please complete the online [Men's Advice Line publicity material order form](#).

Download the Toolkit for free chapter-by-chapter (PDF format):

[Toolkit for Work with male victims of DV 2nd ed 1. TITLE PAGE, INTRODUCTION](#)

[Toolkit for Work with male victims of DV 2nd ed 2. MEN AND DV. Respect©](#) (What do men tell us about their experiences of domestic violence? Male victims and diversity. Categories of clients who may approach services for male victims)

[Toolkit for Work with male victims of DV 2nd ed 3. IDENTIFYING. Respect©](#) (Value and purpose in identifying who is doing what to whom. The dangers of incorrectly identifying someone. Brief assessment process-gathering evidence during a short meeting or telephone call. Checklist tool to use to help identify who is doing what to whom and with what consequences. Analysis and coming to conclusions)

[Toolkit for Work with male victims of DV 2nd ed 4. ASSESSING. Respect©](#) (Longer assessment tools and forms for work with men presenting as victims of domestic violence)

[Toolkit for Work with male victims of DV 2nd ed 5. RESPONDING. Respect©](#) (Suggested responses to clients following assessment)

[Toolkit for Work with male victims of DV 2nd ed 6. CASE STUDIES. Respect©](#)

[Toolkit for Work with male victims of DV 2nd ed 7. RESEARCH, BIBLIOGRAPHY Respect©](#) (Information from UK national research about the incidence, scale and effects of domestic violence on men. Information from other research on gender and domestic violence. Analysis of monitoring calls to the Men's Advice Line 2010 and 2011. Reports of sexual abuse experiences on the Men's Advice Line from heterosexual and gay men. Bibliography and further reading)

For more information see the website <http://www.mensadvice.org.uk/>

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19. DA Champion Training Events

For Education Staff Only

7th & 19th March - Breckland Council, Dereham
16th & 23rd March - Victory Housing, North Walsham
13th & 20th June - The Willow Centre, South Norfolk
2nd & 10th October - Swaffham – venue TBC

For Healthcare Staff Only

9th & 10th July 2018 - Lecture Theatre, Queen Elizabeth Hospital, Kings Lynn
19th September & 3rd October - The Willow Centre, Cringleford

From: 10am-4pm no cost attached

What Do Champions Do?

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

What do Champions Get?

Free two day training
Access to advice and consultancy
Regular Network Events
Monthly Newsletters

Day One

What is Domestic Abuse?
The Dynamics of Power and Control
The Impact of Domestic Abuse
Barriers to Leaving
The Impact on Children

Day Two

Workplace Domestic Abuse Policy
Encouraging Disclosures
Responding to Disclosures
Risk Assessment & Safeguarding
Safety Planning
Local Support Agencies

Request to book: da.change@norfolk.gov.uk

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Groups

20. Downham Market Men's Shed

MEN'S SHED OPEN MEETING

WHEN Monday 12th March 2.00pm-3.30pm

Find out what a Men's Shed is

Time for questions and discussion

Refreshments provided

WHERE Downham Market Library

78 Priory Road, Downham Market PE38 9JS



ALL WELCOME NO NEED TO BOOK, JUST TURN UP

COME ALONG AND GET INVOLVED • Find out more about Men's Sheds • Meet your local Men's Shed Ambassador • Tell us your ideas • Tell us how you'd like to be involved •

WHAT IS A MEN'S SHED?

A larger version of a typical man's shed in their garden

A space to get together

Share knowledge and learn skills

Meet new people

Work on projects and hobbies

Get involved in your community

Relax, chat, laugh, drink tea and eat cake

CONTACT 07450 655538

21. Hanseatic Union Drop-in

Are you unemployed?

Targeted support for migrants

FREE CV, and help getting a job

Monday 9.30-11 noon

Access 41, Old Hospital Mews, Hospital Walk, King's Lynn PE30 5RU

Facebook: hansos unija



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22. Farming Help Charities

Farming Help 03000 111 999

(7am - 11pm)

Confidential help for all in the farming community

Struggling to get by and not sure where to turn? Times can get hard for everyone but the good news is that farmers can reach three farming charities, with just ONE CALL

Addington Fund

Provides homes for farming families who have to leave their farm and by doing so will lose their home. In times of emergency, and where hardship prevails, Addington may be able to support a farm business through its Trustees' Discretionary Fund with a short term grant. In certain counties the Fund may be able to accommodate farm workers through its Affordable Rural Housing Scheme.



[Visit the Addington Fund website](#)

The Farming Community Network

A UK network of volunteers from the farming community and rural churches. FCN provides a Helpline and a visiting service to farming people and families who are facing difficulties. FCN's volunteers provide pastoral and practical support for as long as it is needed, helping people to find a positive way through their problems. Callers to the Helpline who need FCN support are put in touch with a local volunteer.



[Visit the FCN website](#)

R.A.B.I (Royal Agricultural Benevolent Institution)

A grant-making charity that provides confidential help to retired and working farming people in financial difficulty. Support covers all ages and is tailored to the individual, including one-off and regular grants, replacing essential household items, funding for disability equipment, care home fees, relief farm staff and training grants to help people develop skills to bring in off-farm income.



[Visit the RAB I website](#)

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23. Trusthouse Grants

Trusthouse gives grants for running costs or one-off capital costs to charities and not-for-profit organisations in accordance with criteria that are regularly reviewed and decided by the Trustees. Our overarching themes are Rural Issues and Urban Deprivation.

Rural Issues:

We are looking for applications from organisations which are addressing issues in rural areas. 'Rural' in this context means cities, towns, villages and areas with 10,000 or less inhabitants which are classified in the latest government Indices of Multiple Deprivation as being in the most deprived 50%. We are interested in, for example, projects providing transport for the elderly, disabled or disadvantaged; contact networks for the young disabled; projects which encourage a sense of community

Urban Deprivation:

We are seeking applications from local charities or not-for-profit organisations which are working with residents of urban areas (i.e. more than 10,000 inhabitants) which are classified in the latest government Indices of Multiple Deprivation as being in the most deprived 20%. We are interested in, for example, youth clubs; training schemes to help people out of unemployment; drop in centres for the homeless.

Within these overarching themes, we are interested in three areas:

Community Support

For example: work with young people; community centres; support for carers; older people's projects; help for refugees; family support; community transport; sports projects; rehabilitation of ex-offenders; alcohol and drug misuse projects; domestic violence prevention and aftermath.

Disability and Healthcare

For example: projects in deprived areas for people of all ages with physical and/or sensory disabilities; support for people with mental health issues; hospices.

Arts, Education and Heritage

For example: arts projects for people with disabilities; performance or visual arts with a clear and strong community impact; alternative education projects; supplementary teaching; heritage projects in marine or industrial areas which involve local people and have a demonstrable community benefit.

<http://trusthousecharitablefoundation.org.uk/grants/>

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24. Community Funding Grants

This Prince's Trust

Web page has a number of useful links to funding opportunities. Some of which I was already aware of, but others were new

<https://www.princes-trust.org.uk/help-for-young-people/who-else/employment/grants-funding/community-projects>

The Percy Bilton Charity

Only registered charities in the U.K. whose primary objectives are to assist one or more of the following groups:

- Disadvantaged/underprivileged young people (under 25 years of age)
- People with disabilities (physical or learning disabilities) or mental health problems
- Older people (aged over 60)

Large grants – one off payments for capital expenditure of approximately £2,000 and over (the majority of grants fall within the range of £2,000 to £5,000) Preference is given to specific items of furniture and equipment (excluding office items) which the Charity can fund in their entirety. Please bear in mind that the Trustees prefer to use the Charity's funding to complete projects in order to maximise effectiveness and ensure grants are taken up as quickly as possible.

Small Grants (up to £500)

For further details regarding eligibility please visit:

<http://www.percy-bilton-charity.org/percy-bilton-organisations>

For information about grants for individuals please visit: <http://www.percy-bilton-charity.org/percy-bilton-individuals/>

Turn2us

Turn2us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services

Grants may involve:

- Regular amounts of money to help you with your bills and other living expenses.
- One-off grants (sometimes called specific gifts) to help you pay for a specific item you need
- Educational grants to help with the costs of educational and training courses.
- Vouchers or an amount paid in credit to a shop to allow you to obtain specific items you need, such as food or clothing.
- Funding to improve your job prospects or quality of life, e.g. respite breaks and travelling expenses.
- Help with house repairs, adaptations and decorating.

<https://www.turn2us.org.uk/>

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Housing and Finance

25. Housing & Homeless Community Support

King's Lynn and West Norfolk Community Support

The new King's Lynn and West Norfolk community support service will commence on 1st March 2018. The team will work with customers 18+ who have complex needs in order to prevent and reduce the risk of homelessness to ensure a reduction in the number of individuals currently rough sleeping in the Borough.



The service will also reduce the impact of homelessness and crisis on statutory and other voluntary and specialist agencies in the King's Lynn and West Norfolk area working with partners to meet their Homelessness Reduction Act obligations.

The service aims to achieve these outcomes by supporting service users to remain in their homes and aid those who are rough sleepers to find accommodation. This will include attending assessments and appointments with benefits and debt management agencies, mental health community support teams, local voluntary and specialist providers, housing providers, drug and alcohol support services, probation and the Community Rehabilitation Company. Once the service user has attained a level of stability either by securing or maintaining accommodation, or reduction in mental ill-health crisis, the team will deliver preventative actions, including building resilience and skills to prevent the risk of future homelessness through our Home Achievement Programme (HAP), employability pathway and peer support groups. We will also support attendance at the Recovery College and engagement with other local community projects.

The team will be based in King's Lynn with facilities to meet service users on site, offering drop in sessions in King's Lynn and other areas across the Borough where a need is identified. Group sessions will be held to meet the need of those using the service as will face-to-face contact. The service will operate Monday to Friday 9-5 with scope to work in the evenings and on Saturday mornings; enabling the team to reach out to individuals that are already classed as rough sleepers.

The service will complete risk assessments, person-centred planning support plans and use the outcomes star to determine progress. Service users will receive intensive support to enable fast progress in meeting outcomes and engage with others involved in the service user's life. The service will be delivered using the psychologically-informed environment approach.

For more information and to request a referral form please contact

Tracy Baker by email: Tracey.Baker@homegroup.org.uk or Telephone: 07525 904278

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26. Mental Health & Debt Guide

Get the free Mental Health & Debt guide

This is a free 44-page PDF booklet supported by Mind, Rethink, CAPUK and others, for people with mental health problems and those caring for them.

It covers how to handle debts when unwell, work with banks, free debt counselling, specific tips for bipolar disorder or depression sufferers, whether to declare a condition and more.

PDFs require you to have Adobe Acrobat reader.

<https://www.moneysavingexpert.com/credit-cards/mental-health-guide>



27. E.ON Energy Fund

“The E.ON Energy Fund has been set up to help the most vulnerable existing or previous customers of E.ON Energy, and who live in England, Scotland or Wales. The Fund can help pay current or final E.ON energy bill arrears. It can also help E.ON customers by providing replacement household items such as cookers, fridges, fridge-freezers and washing machines – and also help to replace and repair gas boilers as well as e-learning vouchers. The e-learning vouchers can support them in managing their finances, stay out of debt, help earn a qualification and if needed help them back to work. “

<https://www.eonenergy.com/for-your-home/help-and-support/energy-fund>

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Training and Employment

28. Young Women's Trust Partnership

The Young Women's Trust is a charitable organisation funded to offer tailored support to young women aged 16-30, living in England or Wales.

Youth Obligation

Although this service is available to young women aged 16-30, it will be of huge benefit to our customers aged 18-21, that need support and help to move them into work. It is a free service that has great success in motivating young women. The coaches that are employed by the trust, actively promote apprenticeships, especially in sectors where they are looking to attract more women such as construction and engineering.

Work It Out is a service they offer for young women aged 16-30 who are looking for employment, training or an alternative job/progression. The service is particularly suited for any young woman who is looking for support with:

- Confidence
- Wellbeing
- Employability

They can receive up to 6 sessions of coaching, these are:

- Free and fully flexible – they can be delivered in evenings or weekends, over the phone, text, whatsapp or skype but not face to face
- Solution focused, delivered by professional qualified coaches
- Designed to help the person figure out what they want to do, recognise their best skills, stay motivated, help with mental health, relationships, family or money issues, build confidence, help them perform better in interviews, plan for the future and signpost to other helpful services.

They also offer a service where young women can send a copy of a job application or CV along with the job advert and person spec and they will offer feedback on this before they submit it. The feedback is provided by HR Professionals which is on-line service, free and easy to use.

You can register or signpost a young woman in any of the following ways:

Call: 0808 808 8099

Text/WhatsApp: 07500 553 880

Sign up online: www.youngwomenstrust.org/workitout

Email: workitout@youngwomenstrust.org

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29. Career Clinic at the QEH

Career Clinic to help potential new recruits to join Team
QEH

9.30am to 11.30am on Thursday, March 8th
in the Inspire Centre
Queen Elizabeth Foundation Trust Hospital



Promoting the variety of options the Hospital has to offer.

Learn more about the scores of career opportunities which exist at The Queen Elizabeth Hospital along with how to make your application stand out.

During the event, we will be sharing advice to help steer people through the recruitment process along with promoting the wide range of careers and apprenticeships development opportunities which are available within the NHS.

Along with opportunities in healthcare, the Hospital also has a number of support staff roles including administration, catering, estates management, communications and finance.

Departments from across the Hospital, including psychology, day surgery, project management and theatres, will be promoting their work with stands at the Careers Clinic.

The Hospital's Recruitment Team will also be taking part in the event to promote the latest vacancies within the Trust.

We are encouraging people of all ages to attend and we are hoping that this event will help people to gain confidence when submitting their applications and offer oversight of how they can develop with Team QEH.

We would like to stress that attending the event is not a guarantee for gaining a position here.

The event is a drop-in but the team would appreciate if people left a message on 01553 613101 stating their intention to attend. The Hospital would also appreciate if those attending could use public transport where possible.



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30. Get Started with Horse Racing

This **Horse Racing** programme is available to any YP that lives in Norfolk, Suffolk or Cambridgeshire and willing to spend 5 days away from home.

Get Started programmes are designed to support those who struggle with Anxiety, Depression, Low Confidence or Lack of Experience, as well as those who are looking to excel and develop new skills within a specific industry.

We are proud to say that this programme is being supported by **The British Racing School**. As a Centre of Excellence for training in the horseracing world, they aim to provide a range of training of the highest standard to meet the needs of the racing industry, and to meet the needs of their learners.

Places will be limited for this programme, so if you know of anyone that might be interested, please make sure they get in touch.

Are you 16-25? Want to work with Race Horses? NOT in Education, Employment or Training?

Programme: Monday 19th March - Friday 23rd March (**RESIDENTIAL**)

Location: The British Racing School, Newmarket

Interviews: W/C 5th March

- 1 week Residential Experience with The British Racing School
- Learn about horse behavior, horse handling and practical horse care, riding, tour of a professional racing yard, yard work, best turned out training and enjoy an evening at the Races
- Possible progression options afterwards into the Horse Racing Industry
- **Riding element cannot exceed 11stone, however all other areas available**
- Improve your teamwork, communication skills and boost your confidence
- Receive 3 months support after the programme
- Accommodation, Travel and all Meals provided for FREE

To apply for this programme, please call our Customer Service Team for FREE on 0800 842 842 or Text 'CALL ME' to 07983 385 418

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31. Norfolk Community Learning Services

Here at Norfolk Community Learning Services, we offer a wide range of courses which are designed to help you achieve the qualifications you need, whether you are looking for work, a change of career or to progress in the job you have. We also offer courses for those wishing to learn something new and start a fantastic hobby or pastime.

- English and maths courses that range from beginners through to GCSE.
- ESOL courses for speakers of other languages who would like to improve their English speaking and listening, reading and writing skills.
- Apprenticeship opportunities for organisations wishing to take on an apprentice and for those who would like to become an apprentice.
- Qualifications in Accounting, Childcare, Education and Training, Fitness, Supporting Teaching and Learning, ICT and Health and Social Care
- Free family learning courses that involve all family members exploring, discovering and learning together.
- Independent living skills to help people with learning difficulties and/or disabilities learn everything they need to know to get along in their day to day lives.

There's something for everyone at Norfolk Community Learning Services, whether you have lots of free time or very little. To find out more and take your first step towards a brighter future, visit: www.norfolk.gov.uk/adultlearning or call our dedicated helpline: 0344 800 8020

32. NOVA Open Day

Looking for an alternative to School or College?

**24 Bergen Way, North Lynn Industrial Estate, Kings Lynn,
PE30 2JG**

**Come along to our centre in Kings Lynn to see what we have on
offer for students between the ages of 16 to 18.**

Book an Appointment or drop in and speak to our staff about courses.

For more details or to book an appointment contact our centre on: 01553 764100

novatraining.co.uk info@novatraining.co.uk



Hospitality

Customer Service

English

Maths

Business Admin

Retail & More

10:00 – 14:00 open to Schools, Business's & External Agencies

17:00 – 19:00 Open to Parents

Novatraining.co.uk

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33. Talent Match

Are you aged 18-24?
Living in King's Lynn & West Norfolk?
Unemployed for a year or more?

You can you can get the
support of an experienced
and dedicated Talent Match
Advocate who can help you
to get back on the right track.

Talent Match is completely free and
won't affect your benefit entitlement.

King's Lynn
Talent Match
team: Kirsty,
Mel & Phil

Discovery Centre
Columbia Way
King's Lynn
PE30 2LA

T: 07739 516371

E: talent@voluntarynorfolk.org.uk

www.voluntarynorfolk.org.uk





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NORFOLK**

34. Rural Moped Scheme

The Kickstart Norfolk, Rural Scheme is only available to individuals residing across Norfolk and certain Suffolk areas who are unemployed and working with a Jobcentre Plus Advisor to move towards employment.

The Rural Scheme will provide the individual with the following:

- Issue of a 50cc Moped – The Scheme will provide the moped at a discounted price of £17.
 - Issue of 110cc Scooter – The Scheme will provide the scooter at a discounted price of £25.
- By providing transport at a discounted price the Kickstart Norfolk, Rural Scheme is accessible to those on benefits. At present there is no funding available to provide the individual with Compulsory Bike Training (CBT) or to issue them with Safety Clothing and Equipment.

Prior to joining the Rural Scheme, the individual will agree to both an Individual Action Plan and Communication Plan that will require them to speak to Kickstart on a weekly basis.

Or more information contact Matthew Page at Kick Start 8 Royson Way Dereham Norfolk NR19 1WD 01362 699923 www.kickstartmopeds.org.uk
<mailto:matthew.page@kickstartmopeds.org.uk>

Kickstart
the moped hire people

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35. New Anglia Careers & Enterprise Conference

‘Bridging the Gap’ - The New Anglia Careers & Enterprise Conference 2018 Thursday 15th March 2018 Center Parcs, Elveden Forest, Brandon IP24 3TR

The Conference aims to:

- Strengthen the bridge between schools, colleges and business across Norfolk and Suffolk
- Inform about latest Government, Careers & Enterprise Company and LEP strategies and programmes for careers and enterprise education, employer engagement in education and 21st century workplace skills
- Create alliances between business and education that promote students’ employability, work readiness and entrepreneurship
- Showcase best practice taking place in education-employer engagement with particular focus on programmes developing through the New Anglia Enterprise Adviser Network, the Network of East Anglian Collaborative Outreach (NEACO) and the Norwich and Ipswich Opportunity Areas
- Hear about the exciting experiences of young people, teachers and businesses involved with innovative local employer engagement activities in settings

To register see <http://www.smartsurvey.co.uk/s/NACE-Conference2018-RegForm/>

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Training for Professionals

36. Family Support Process Training

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.

Full day course (9.15am - 4.30pm) except where stated

Breckland locality

- Dates to be announced

West locality

- Kings Lynn Fire Station, North Lynn Bypass - 19 March 2018
- King's Lynn Fire Station, North Lynn Bypass - 19 April 2018
- Hunstanton Children's Centre - 9 May 2018
- King's Lynn Fire Station, North Lynn Bypass - 18 July 2018
- King's Lynn Fire Station, North Lynn Bypass - 9 October 2018

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West Norfolk Early Help Monthly Bulletin March 2018



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 get in touch with the locality contact

Please complete a [booking form](#) and return it to us by email at:

- Breckland – nicola.secker@norfolk.gov.uk
- West – cs.earlyhelp.kingslynn@norfolk.gov.uk

Please note without a booking form we will be unable to book you onto the training.

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37. Prevent Strategy Momentum Good Practice Events

Prevent strategy; - What you need to know and what it means for your group or organisation

Prevent is a national government counter-terrorism strategy and aims to prevent people from joining extreme organisations including some political and faith-based groups. Understanding the prevent strategy forms a key part of safeguarding young people who can be vulnerable to approaches from extremist groups

We will be joined by a guest speaker at each event to run a short workshop about prevent and to answer any questions

Breckland Swaffham Wednesday 7th March 4pm -6pm

West Norfolk Kings Lynn Tuesday 13th March 10am-12pm

South Norfolk Diss 20th March 4pm-6pm

Dates times and venues subject to change – please contact to confirm your place so you can be kept up to date with any changes

Aimee Gedge Supporting Excellence Officer 01603 672333

aimee@momentumnorfolk.org.uk



38. Healthy Weight Workshop

Developing pathways that support a healthy weight for families and young people

20 March 2018 (9.30am to 12.30pm)

Anita Roddick Room,

The Green Britain Centre

Turbine Way, Swaffham PE37 7HT



As someone working with Children and Young People and involved in the promotion of maintaining a Healthy Weight/Lifestyle, we would like you to attend the above workshop.

The aims of the workshop are:

- To hear about our new Healthy Weight Pathway,
- Contribute your views and ideas on how we could work together to make this project a success, in supporting children and young people and their families in Norfolk.

Discussions will focus on:

- The benefit of working together for these families/ individuals,
- To explore what joint resources/skills and opportunities are available through this joint working.

We would like you to join us at this event.

For further details or to book a place please email: ccs.serviceredesignteam@nhs.net

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39. Adverse Childhood Conference

You are warmly invited to attend **Thriving Communities: Responding to Adverse Childhood Experiences** on 13th March 2018, a partnership event between the East of England Local Government Association, the East of England Police and Crime Commissioners and Public Health England.



The event will bring together colleagues from across local government, education, police, health and the voluntary sector. Expert speakers will present the latest research evidence on adverse childhood experiences and early intervention, and share examples of local practice in developing trauma informed services.

[Click here to book your place](#)

Speakers:

Professor Mark Bellis, Research and International Development, Public Health Wales
Lucy Bowes, Associate Professor of Experimental Psychology, University of Oxford
Nicci Marzec, Director of Early Intervention, Crime Commissioner Northamptonshire
Superintendent Justin Srivastava, Health and Social Care Project Manager
Stephanie Cash, Flying Start Programme Manager, Luton Borough Council
Vicki Hurling, Positive Choices Service Manager, Suffolk County Council
Adam Hayes, County Lead, Hertfordshire Steps

40. Parental Conflict Conference

Children, Parental Conflict & Public Service Conference London

How local services must reduce parental conflict to improve outcomes for children and young people

This important half-day conference, organised by the Early Intervention Foundation in partnership with the Department for Work and Pensions, will explore why and how public services must address destructive conflict between parents if they are to secure better outcomes for children.

Attendees will hear EIF set out the case for change, illustrated by senior public service leaders, to show the relevance of this agenda to local government, the NHS and schools. DWP will describe the support and resources available through the National Programme to Reduce Parental Conflict, and issue a call to action in local areas. There will also be mobilisation workshops to help participants apply planning tools and take the first steps towards local implementation.

For more information on the event's schedule please [view the agenda](#) (subject to change).

Attendance is free of charge. 22 March 2018 **09:00 - 13:00**

Coin Street conference centre, central London

Tickets are now available for this event <https://www.eventbrite.co.uk/e/children-parental-conflict-public-services-london-tickets-41945667621>

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41. Supporting ASD Training

Level 3 Supporting Children and Young People with Autism

The Gateway Qualifications Level 3 Award in Supporting Children and Young People with Autism is intended to provide continuous professional development (CPD) for both support and teaching staff who are responsible for facilitating the learning of children or young people with autism. Learners will gain an in-depth understanding of strategies that can be used to support the learning and development of children and young people with autism.

This qualification has been developed with the support of professionals offering CPD to staff working with children and young people with special educational needs. There are no restrictions to entry, other than that learners must be working in an environment where they are responsible for supporting the learning of one or more children or young people with autism

For full course specification please [click here](#)

The price for this course is £299.00 per learner and includes enrolment and course materials. Payment can be made through ASD Helping hands website or contact Helping Hands if this is not possible. Full payment will need to be received before Helping Hands can enroll you on this course. Funding maybe available for this course [check here](#)

Delivery will be through our online classroom and all information regarding setting this up will be delivered once your enrolment is complete. All you require is internet access, laptop or desktop computer and headphones (a microphone is suggested but optional)

Evening Classes (6:00-8:00)

Session 1

April 18th 2018

April 25th 2018

May 2nd 2018

May 9th 2018

May 16th 2018

May 23rd 2018

Session 2

October 31st 2018

November 7th 2018

November 14th 2018

November 21st 2018

November 28th 2018

December 5th 2018

For more information see <https://www.asdhelpinghands.org.uk/copy-of-level-4-supporting-learners>

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42. NSCB Training Programme

Norfolk Safeguarding Children Board Spring/Summer 2018 Training

Effective Multi-Agency Working

25th April 2018 – Kings Lynn Innovation Centre

Emotional Harm

18th April 2018 – Kings Lynn Innovation Centre

14th June 2018 – Dereham Town Football Club

Neglect

23rd April 2018 – Dereham Town Football Club

15th June 2018 – Kings Lynn Innovation Centre

Physical Harm

18th April 2018 – Green Britain Centre, Swaffham

Sexual Abuse – Introductory Level

6th June 2018 – Green Britain Centre, Swaffham

Child Sexual Exploitation

13th March 2018 – Kings Lynn Innovation Centre

16th May 2018 – Dereham Town Football Club

18th July 2018 – Green Britain Centre, Swaffham

Managing Risk when Working with Children and Young People who have experienced Child Sexual Abuse

7th June 2018 – Green Britain Centre, Swaffham

Assessment Skills with Children and Young People Displaying Harmful Sexual Behaviour

6th March 2018 – Hellesdon Hospital, Norwich

27th March 2018 – Hellesdon Hospital, Norwich

Delivering Interventions to Children and Young People Displaying Harmful Sexual Behaviour

7th March 2018 – Abbey Conference Centre, Norwich

28th March 2018 – Hellesdon Hospital, Norwich

Effective Participation at Child Protection Conferences

4th May 2018 – Green Britain Centre, Swaffham

18th July 2018 – The Woodside Centre, Norwich

Domestic Abuse and its Impact on Families

9th May 2018 – Abbey Conference Centre, Norwich

7th June 2018 – Green Britain Centre, Swaffham

Substance Misuse within the Family

19th June 2018 – Kings Lynn Innovation Centre

Awareness of Challenges when Working with Parents

14th June 2018 – Abbey Conference Centre, Norwich

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Safeguarding Disabled Children (for Non Specialist Professionals)

4th July 2018 – Abbey Conference Centre, Norwich

Parents with Mental Health Issues

15th March 2018 – Green Britain Centre, Swaffham

Understanding the Importance of Attachment in Assessment

15th March 2018 – Green Britain Centre, Swaffham

Graded Care Profile and Assessing Parental Capacity to Change

2nd May 2018 – Abbey Conference Centre, Norwich

18th July 2018 – Green Britain Centre, Swaffham

Voice of the Child

19th March 2018 – Abbey Conference Centre, Norwich

13th June 2018 – Dereham Town Football Club

Professional Curiosity and Challenge

17th April 2018 – Abbey Conference Centre, Norwich

11th July 2018 – Green Britain Centre, Swaffham

Restorative Approaches

27th March 2018 – Abbey Conference Centre, Norwich

24th April 2018 – Green Britain Centre, Swaffham

5th June 2018 – Abbey Conference Centre, Norwich

19th June 2018 – Green Britain Centre, Swaffham

10th July 2018 – Abbey Conference Centre, Norwich

Signs of Safety 2 Day Course

5th and 6th June 2018 – Kings Lynn Innovation Centre

18th and 19th July 2018 – Abbey Conference Centre, Norwich

Reflective Supervision Skills

13th and 14th March 2018 – Green Britain Centre, Swaffham

27th and 28th June 2018 – Abbey Conference Centre, Norwich

Aims and learning outcomes for all these courses and information regarding charging are available on the training pages of the NSCB website.

Applications for courses are via the NSCB website:

<https://www.norfolklscb.org/nscb-booking/nscb-booking-training/>

Education places should be booked via Educator Solutions.

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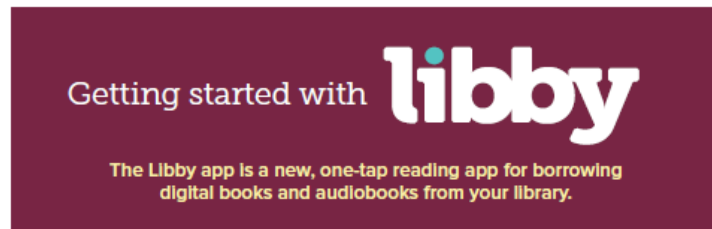
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Links to useful sites, reports and surveys

43. Borrow eBooks from the Library

Borrow eBooks and eAudio books from Norfolk Libraries using the brand new Libby app from OverDrive.



To borrow and download eBooks and eAudio books from Norfolk Libraries, all you need is your Norfolk library card, you sign up with your library card number and PIN.

If you're not already a member of Norfolk libraries, you can visit any library in Norfolk to join, or join online at www.norfolk.gov.uk/libraries

You can borrow eBooks on your tablet by downloading the new Libby App from your device's App store. For more information about Libby and to watch an introductory video visit <https://meet.libbyapp.com>.

44. Reducing Parental Conflict Hub

The Early Intervention Foundation are an independent charity and What Works Centre which champions and supports the use of effective early intervention for children with signals of risk. EIF receives support for our activities from a wide range of funders, including individual donors, businesses, charitable trusts and foundations and local and national government. Some of this funding goes towards our core running costs, while most is used to fund projects on key issues:

Families: supporting relationships, parents and the early years

Promoting social and emotional skills and resilience

High risk: protecting vulnerable children and young people

Creating system change to support early intervention

Investing in early intervention

The charity hosts the Reducing Parental Conflict Hub

This hub is for local leaders, commissioners, practitioners and researchers who are looking to reduce the impact of parental conflict on children. It provides a central repository of key 'what works' evidence and tools, including why parental conflict matters for children's outcomes, and guidance on how to take action. The hub will continue to grow as new evidence and tools are created.

<http://reducingparentalconflict.eif.org.uk/>

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45. Citizens Advice Contacts

Main locations web site links

- [Norfolk Citizens Advice \(Kings Lynn\)](#)
- [Norfolk Citizens Advice \(Great Yarmouth\)](#)
- [Norfolk Citizens Advice \(North Walsham\)](#)
- [Norfolk Citizens Advice \(Attleborough\)](#)
- [Norfolk Citizens Advice \(Wymondham\)](#)
- [Norfolk Citizens Advice Bureau \(Norwich\)](#)
- [Citizens Advice Diss](#)
- [Citizens Advice Thetford](#)

<http://www.midnorfolkcab.org.uk/contact.html>

Dereham

Watton

Holt

Outreaches Website links

- [Marham Outreach](#)
- [Reepham](#)
- [Lawson Road Health Centre](#)
- [Cromer Outreach](#)
- [Aylsham Drop In](#)
- [Stalham Outreach](#)
- [Cromer Foodbank Outreach](#)
- [Fakenham Outreach](#)
- [Harleston Information Plus](#)
- [Loddon Library](#)
- [Eye Health Centre](#)

<http://www.midnorfolkcab.org.uk/contact.html>

Swaffham

Sheringham

Sheringham Foodbank

Melton Constable

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46. NHS Self-help Leaflets

There are a wide range of self-help leaflets available which cover a number of issues, including mental health and common experiences (e.g. health anxiety, and sleeping problems). Each leaflet is available in a wide range of formats, including easy read, large print, British Sign Language and Audio. The leaflets are listed on the Northumberland, Tyne and Wear NHS foundation website.

<https://web.ntw.nhs.uk/selfhelp/>

47. Leaflets and poster service

Norfolk's living well website offers **a wide range of free, high quality health promotion materials to display and distribute in your community.**

If you work in a health or community setting you play an important role in helping people to make informed choices about their lifestyle. Printed materials such as leaflets and posters act as handy visual prompts and are a useful way to complement information given verbally. Displaying posters on noticeboards or in communal areas such as waiting rooms enables you to proactively promote the campaigns that are most important to your community. Leaflets can be taken home to be digested at the reader's own pace and saved for future reference – as well as acting as a tangible reminder to act on any advice that may have been given.

Most items also have a downloadable file so you can view the content before you order (we'll always try to keep items in stock but if for reasons beyond our control an item is unavailable, you may wish to print this file off as an alternative).

To see the full catalogue go to <http://brochure.norfolklivingwell.org.uk/leaflets-and-posters>

If you think something is missing drop a line to [request a new item](#)

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48. Safeguarding Adults Website

NEWS ITEMS

- *Oxfam scandal: Penny Mordaunt to meet National Crime Agency* / 14 February 2018
- *Oxfam sexual abuse scandal spreads to UK charity shops* / 13 February 2018
- *Men's Shed Fakenham - open meeting 12 March* / 13 February 2018
- *Human trafficking and Modern Slavery - FREE training* / 13 February 2018
- *Church of England 'facing two years of abuse revelations'* / 12 February 2018
- *Royal College of General Practitioners - Safeguarding Adults at Risk of Harm Toolkit* /
- *Homelessness Reduction Act to come into force* / 12 February 2018
- *Failed NHS trust caused 'unnecessary harm' to patients* / 11 February 2018
- *One in five women have been sexually assaulted, analysis finds* / 11 February 2018
- *Review of autism home abuse condemns out-of-area commissioning failings* / 11
- *West Norfolk: New disability champion ready to listen and help* / 9 February 2018
- *Review into abuse at Mendip House, Somerset published* / 9 February 2018

Please go to: [Norfolk Safeguarding Adults Board \(NSAB\) then click on news](#)

Also see the training page: **Open courses 2017-18: Mental Capacity Act & Safeguarding Adults - places still available** [Norfolk Safeguarding Adults Board: Training](#)

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What's on March?

49. Library Events



Dersingham Library Events in March 2018

For further information about events and to book please call 01485 540181

Dersingham now has Open Library meaning you can access the library **between 8am and 7pm Monday to Friday**, as long as you are registered. This gives customers self-service access to library materials, public computers and quiet, creative spaces even while the building is unstaffed. Please contact the library for more information and to find out how to register for Open Libraries.

Please note that staffed hours of library are now:

Monday 2-7pm

Wednesday 10-1, 2-7pm

Thursday 10-1 2-7pm

Saturday 10-1

Weekly events:

Scrabble club - Mondays 1.30-3pm

Just a cuppa – Wednesdays 2-3pm

Knit and natter - Thursdays 10.30-12

Baby bounce and rhyme – Thursday term time 10-10.30am

Volunteers needed!

- Could you help inspire the next generation of computer coders? We want to run an after school **Coding Club at the Library**, using projects from the Code Club website.
- Could you spare some time to help tidy up the **library garden**?
- Could you help develop ideas for events held at the library as a **Library Friend** and promote the library and its services within the local community?

Please contact Alison at the library on 01485 540181 if you'd like to find out more.

Peer support group for Carers led by the Alzheimer's Society – March 6th 1-3pm

For further information contact the Alzheimer's Society on 01603 763556

Colour yourself calm - Wednesday 7th March 10.30-12

Just bring along your colouring books and pens. Tea and coffee is available.

Big Garden Weed – Friday 9th March 10-12

Could you spare some time to help tidy up the library garden? Just bring along your gloves, a trowel or fork, and we'll supply the tea and cake. Contact Alison for more information.

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West Norfolk Early Help Monthly Bulletin March 2018



Crime Book Club - Monday 12th March 5.45-6.45pm (please note new start time)

New members always welcome! Ask staff for details of the books being discussed.

Walk and talk group – Thursday 15th March 2.30pm

Join our volunteers for a short walk around the village and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina.

Book Club - Monday 19th March 5.45-6-45pm (please note new start time)

New members always welcome. Ask staff for details of the books being discussed

Volunteer afternoon – Thursday 22nd March 2-5pm

Come along and see the volunteer opportunities we have on offer at Dersingham Library. For more info call the library on 01485 540181.

Need help with your computer or tablet?

Why not book a one-to-one session with library staff? Charges apply. Please ask staff for details.

Family History and Computer volunteer

You can also book one-to-one sessions with our volunteers. Just ask staff for details.

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Downham Market Library Events March 2018

For further information about events or to book where necessary please call 01366 383073
Volunteers needed!

- Could you help inspire the next generation of computer coders? We want to run an after school **Coding Club at the Library**, using projects from the Code Club website.
 - Could you help develop ideas for events held at the library as a **Library Friend** and promote the library and its services within the local community?
 - Could you help with refreshments at our coffee mornings?
- Please contact Elena at the library on 01366 383073 if you'd like to find out more.

Regular events

Baby bounce and rhyme - Thursdays – 10-10.30 term time only
Come along and enjoy some songs and rhymes.

Knit and Natter – 1st and 3rd Wednesdays in month. 1.30 – 3pm

Brew and Banter – Every Friday 10am – 12 noon. 50p suggested donation.
Enjoy a chat over a tea or coffee.

Job Help – free help with using the Universal Jobmatch website. Wednesday mornings or Friday mornings/afternoons. Booking essential.

Active Minds – Puzzles, board games and colouring. Every Thursday 1.30 – 3.30pm.

Let's Talk Together

Come along and practise your English conversation.
Every Friday (during term time)
No need to book just come along.
1.30—2.30pm

Special events

Men's Shed Open Meeting – Monday 12th March 2 – 3.30pm

Open to all and all welcome. Come along and find out more about our new Men's Shed and join in! Refreshments available. For further information call 07450655538

Coding Club Taster! – Saturday 17th March 10.30am – 11.30am

Come along for this Coding Club taster to try out some simple programming! This event is suitable for 8 – 11 year olds. Places are limited so booking is essential. For further information or to book call 01366 383073

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Murder Mystery Event – Saturday 17th March 2.30pm – 3.30pm

Following on from the success of Bannocks and Blood...here's another murder mystery afternoon, once again written by Ann Cleeves, but this time set in Northumberland. Tickets £5 per person (inc refreshments) Booking essential, call the library on 01366 383073

The History of Castle Acre Priory - Monday 19th March 1.30 - 2.30pm

A talk by Julie Enefer and Jo Murfitt of English Heritage

Tickets £3, refreshments included, payable on booking.

Booking essential. For further information or to book contact the library on 01366 383073

Charles Darwin: A Life in Letters - Monday 26th March 1.30 - 2.30pm

A talk by Sally Stafford of the Darwin Correspondence Project

Tickets £3, refreshments included, payable on booking.

Booking essential. For further information or to book contact the library on 01366 383073

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Gaywood Library Events March 2018

For further information about events or to book where necessary please call 01553 768498

Volunteers needed!

- Could you help inspire the next generation of computer coders? We want to run an after school **Coding Club at the Library**, using projects from the Code Club website.
 - Could you help develop ideas for events held at the library as a **Library Friend** and promote the library and its services within the local community?
- Please contact Elena at the library on 01553 768498 if you'd like to find out more.

Regular events

Baby bounce and rhyme - Tuesdays – 10-10.30 term time only
Come along and enjoy some songs and rhymes, no need to book.

Scrabble group Mondays - 10 to 12 (except Bank Holidays)
Enjoy a game of scrabble! Places on a first come basis.

Just a Cuppa – Mondays 10 – 12 (except Bank Holidays)
Come along and enjoy a cuppa for a small donation.

Knit and Knatter – 4th Friday in month 10am to 12 noon – 23rd March

Colouring in Good Company – Fridays 2pm – 4pm
Pens, colouring in provided.

Chess Club – Saturdays 10am – 12 noon
Chess sets provided but you can also bring your own if preferred.

Audio Book Club – 1st Thursday in month 2 to 3.30pm – 1st March

Fenland Computer Club – meets at the library every Thursday from 7pm. For further information speak to Barry on 01553 672698

Slimming World meets at the library on Wednesday afternoons. For further information see www.slimmingworld.com

Reading groups – the library hosts 2 groups – one that meets Thursday/Friday afternoons, the other which meets Thursday evenings. Contact the library on 01553 768498 to find out more.

The library also hosts **Paper folding, bookfolding** and **Quilling groups**. Contact the library for further information.

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Need help with your computer or tablet?

Why not book a one-to-one session with library staff? Charges apply. Please ask staff for details.

Special events

Arthritis Care Support Group - Wednesday 21st March 12 – 2pm

Are you living with Arthritis?

Drop in to Gaywood Arthritis Care Support Group to get Peer Support, Information, Tips on Living well with Arthritis. All are welcome including partners/carers without Arthritis

For Details please contact Cassandra: 0207 380 6515 or email cassandrak@arthritiscare.org.uk or Colin Kellie 01553 829836

Charles Darwin: A Life in Letters Wednesday 28th March 1pm – 2pm

A talk by Sally Stafford of the Darwin Correspondence Project

Tickets £3, refreshments included, payable on booking.

Booking essential. For further information or to book contact the library on 01553 768498

Hunstanton Library Events March 2018

For further information about events and to book please call 01485 532280

Regular weekly events

Baby Bounce and rhyme –every Monday (term time) from 2-2.30pm

Board Gamers – every Tuesday 2-3pm. Come and enjoy some card and board games. Refreshments provided.

Job help session - Every Wednesday 3-5pm (Booking essential) - Want help to update your CV, using Universal Jobmatch, and searching for jobs online? Then why not book in for a 30 minute session with staff to get you started. Please call 01485 532280 to book!

Just a cuppa – every Friday from 10.30-11.30

The Library Lads – every Friday 2-3pm. Relax, make friends, enjoy some card and board games, discuss a hobby or just stop by for a chat and a cuppa.

Chess Club – every Saturday 10.30-12.30

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Volunteers needed! Please contact the library on 01485 532280 if you'd like to find out more

- Could you help inspire the next generation of computer coders? We want to run an after school **Coding Club at the Library**, using projects from the Code Club website.
- Could you spare some time to help during **Job Help** supporting people writing a CV, job searching and using universal jobmatch?
- Could you help develop ideas for events held at the library as a **Library Friend** and promote the library and its services within the local community?
- Could you help motivate under 5s by hosting **Mini Movers**, keeping kids active with some activities and rhymes? Or be a **Saturday Storyteller**, reading stories to a small group?
- Could you help support people learning to read? Enquire about becoming a **Reading Pathways Coach**.

Yet More Old stuff – Thursday 1st March 10-12

Come and check out some seriously old stuff and have a trip down memory lane on the first Thursday of every month. There's no need to book—just come along. Refreshments available for a small charge.

Knit and Natter- Thursday 8th March 10.30-12.30

Colour yourself calm – Monday 12th and 26th March 10.30-12

Book Club – Monday 12th March 2.30pm

New members always welcome. Ask staff for details of the books being discussed.

Walk and talk group - Tuesday 13th March 2.30pm from the library

A short walk around the town and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina.

Sci-fi and Fantasy Book Club – Thursday 22nd March 10.30-11.30

Come along to the first meeting of this new book club where we will be discussing *The Martian* by Andy Weir. The club will meet on the third Thursday of the month thereafter.

Mini Movers Taster Session – Monday 26th March 10.30-11.30

Enjoy getting up and moving to music with the Sticky Kids. Mini movers is for walking pre-school age children to encourage movement to music and song whilst developing numeracy and literacy skills.

For further information and to book, talk to a member of staff or call 01485 532280

Booking essential. Please wear comfortable clothing and shoes and bring water.

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West Norfolk Early Help Monthly Bulletin March 2018



Need help with your computer or tablet?

Why not book a one-to-one session with library staff? Charges apply. Please ask staff for details.

Family History and Computer volunteers

You can also book one-to-one sessions with our volunteers. Just ask staff for details.

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Lynn Library Events March 2018

For further information about events and to book please call 01553 761393

Regular weekly events

Just a cuppa - Mondays 2.30pm - 3.30pm

Baby bounce and rhyme – Mondays and Thursdays 10-10.30am

Colour yourself calm – Tuesdays 10.30-12

Scrabble club – Wednesdays 10 – 12pm

Job Help - Fridays 2-5pm

Let's talk – English conversation for speakers of other languages – Wednesday 2-3pm,
Friday 6-7pm

Just a Cuppa – Every Saturday 11am-12 noon

Games Time – Every Saturday 2-4pm

Join us every Saturday afternoon for fun and games. Bring a friend and play some of the new games that we now have, including Trivial Pursuit, Mexican Train and Dobble!

Trivial Pursuit Thursday 1st March 10-12

Come and join us for a lively game of Trivial Pursuit.

Read and Rabbit –Friday 2nd March 10.30 – 11.30am

This fun book group meets on the first Friday of the month. There is no set book and it is open to all readers. So come along make friends and talk about the books you love reading.

Tune into Words – Thursday 8th March 2.30pm-3.30pm

A monthly get together for all those who love listening to words....stories, poems. Plays or whatever!!!

Come along, listen and chat. Refreshments provided

History Discussion Group - Wednesday 14th March 2.30 – 3.30pm

Enjoy History? Like to share and hear other people's thoughts and views? Then come to our discussion group on history's top issues.

Local History Club –Thursday 15th March 10 – 12pm

Use the library's wide collection of resources. Photographs, school logs, books, newspaper cuttings and much, much more.

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West Norfolk Early Help Monthly Bulletin March 2018



Friday Night Book club- Friday 16th March 6-7pm

Looking for a good read? Want to discuss books with others? Then join our monthly book group at King's Lynn Library which meets on the third Friday of the month at the library from 6-7pm

Knit and Knatter – Tuesday 20th March 10 – 12pm

If you haven't picked up those needles for a while or want to learn, come along and join us for a knit and knatter.

Volunteer morning – Friday 23rd March 10-1pm

Come along and see the volunteer opportunities we have on offer at Kings Lynn Library. For more info call the library on 01553 772568.

Need help with your computer or tablet?

Why not book a one-to-one session with library staff? Charges apply. Please ask staff for details.

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50. Training Workshops for Carers

Come and learn in an informal and relaxed atmosphere with fellow carers. Each workshop costs £5 and will run from 10:30am to 12:30pm at Providence Street Community Centre Providence Street, Kings Lynn PE30 5ET and will be delivered by professional tutors from LMW Training, Contact and MoneySense.



Thurs 8th March 2018 Goals Setting For Carers

Being a carer can be life changing – having to reassess your whole way of living and the future plans you once had. This can often generate a sense of loss around once valued goals, leading to possible feelings of resentment. However goals can still be achieved it's just about thinking of different ways of approaching them. This workshop will give carers the time and space to explore the goal setting process.

£5 per workshop (cheques payable to West Norfolk Carers). For further information and to book a place on any workshop please contact

West Norfolk Carers

20 Thorsby College

Queen Street

Kings Lynn

PE30 1HX

01553 768155 www.westnorfolkcarers.org.uk

Or see the website page

<https://static1.squarespace.com/static/57ed3aaee3df2887627a9c3c/t/59d7551c32601e7a1ef6af46/1507284256151/workshop+for+carers+19+Sept+2017.pdf>

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51. Autism Information Day Norwich

Autism Anglia are pleased to announce that on **Thursday 8 March 2018**, we will be holding an **'Autism Information Sharing Day'** at The Theatre Royal, Norwich.

The day will provide:

Opportunities for sharing

Discovering and celebrating through meeting others

Networking

Information stands

A programme of information sessions running throughout the day

Whilst the main focus of this event will be **Autism and Females** we will have lots more that will be of interest to everyone. It will also be an opportunity to **meet, hear from and learn from people with Autism**.

Designated **quiet areas** will be provided throughout the day for anyone wishing to get away from the hustle and bustle of the day. Workshop topics include:- Education, Autism Awareness, Sensory Strategies, Diagnosing females, Personal insights of the female experience of autism, Personal experience of parenting an autistic daughter, including puberty Early findings from Autism Spectrum Cohort - UK into life experiences of adults and relatives of adults on the autism spectrum and Autistic females and ageing .

Ticket Prices range from £60 for a full day for a professional to £15 for a half day for a parent for more details see <https://www.autism-anglia.org.uk/Event/sharing2018>

52. SEND Conference

Free conference for all parents and carers of
children (0-25) with Special Educational Needs
and or Disabilities

Saturday 10th March 2018 10_15:30

John Innes Conference Centre Norwich NR4
7UH



Hear about Developments in Mental Health and Well Being for Children & Young People in Norfolk

Participate in informative workshops and individual sessions with service providers
charities and others

Free to Attend free buffet lunch

BOOKING ESSENTIAL

For more information and to book a place

www.familyvoice.org.uk

Email admin@familyvoice.org.uk

Call/text 07535 895748

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53. HER Conference

To celebrate International Women's Day 2018, Her Business Brew are hosting Norfolk's largest women's empowerment event, the HER Business, Body & Life Conference.

Thursday 8th March 9£0-4:30 Epic Studios Norwich

We've booked some fantastic speakers, have a range of exhibitors and several free masterclasses.

This event is being run by [Her Business Brew](http://herbusinessbrew.co.uk/), a women's networking organisation based in Norfolk, who offer fun and friendly business networking along with other events such as an annual retreat.

We're so excited to bring you the HER Conference, and especially to hold it on International Women's Day at the amazing Epic Studios in Norwich. We'd love to see you there!

<http://herconference.herbusinessbrew.co.uk/>

Need to get in touch? You can [contact us here](#)

54. Carers Matter Norfolk

Carers Matter Norfolk is the new carer's service for the county of Norfolk which started in October. The service will provide 1:1 support, carers groups (they are hoping to use libraries) and an on-line pod to provide advice. They are intending to build a network of volunteers to offering continuing support. Referral by Freephone number 0800 0831148 or via website www.CarersMatterNorfolk.org.uk

Locality Networks

'The Locality Network meetings are for carers and people working with carers to come together and share information about services and support for carers. To identify what works well, what could be improved and any gaps in services'.

All meetings are from 10.30am – 12.30pm

Norwich	South Norfolk	West Norfolk
Costessey Centre, 1 Longwater Lane, Costessey, Norwich, NR8 5AH (Lions Room) All Thursday's 2018 22nd March 24th May 19th July 20th September 22nd November	South Norfolk House, Cygnet Court, Long Stratton, Norwich NR15 2XE All Tuesday's 2018 15th March (Thursday) 15th May 10th July 11th September 13th November	A Piece of Mind King's Lynn, Saunders Yard, Austin Street, King's Lynn, Norfolk, PE30 1PH All Thursday's 2018 8th March 10th May 5th July 6th September 8th November

Contact: Louise Goold, Networks Facilitator, louise.goold@carersmatternorfolk.org
Or 07508 035428

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55. Speech & Language Drop-ins

Speech and Language Therapy Drop-in for Preschool Children January-March 2018

No appointment necessary

☐ Worried about your child's speech, language or communication skills?

☐ Would you like some help and advice?

☐ Drop in for a friendly, informal chat with a Speech and Language Therapist

☐ We will listen to you & play with your child to screen their speech, language and communication skills

☐ We are able to offer specialist advice and recommend a referral if follow-on appointments are needed. If your child already attends school please contact the East Coast Community Healthcare helpline on 01493 809977 to arrange to speak to a Speech and Language Therapist (for Norfolk addresses only)

Other parents/carers & children may be present. We see children on a first-come, first-served basis. Sessions are around 15-20 minutes each. You will be given an approximate appointment time on arrival. If our session is full we will ask you to come back on another date. Please see our website for further advice and future drop-in dates

<https://www.ecch.org/our-services/services/cf-speech-and-language-therapy-for-children-and-young-people/drop-in-sessions/>

Swaffham Children's Centre White Cross Road, Swaffham, PE37 7RF

Wednesday 7 March 9:30-11:00am

Emneth Children's Centre Hollycroft Road, Emneth, Wisbech, PE14 8AY

Tuesday 13 March 1:15-2:45pm

Fakenham Children's Centre Norwich Road, Fakenham, NR21 8HN

Wednesday 21 March 9:30-11:00am

St Michael's Family Centre Saddlebow Road, King's Lynn, PE30 5BN

Tuesday 27 March 9:15-10:45am

Thetford Kingsway Sure Start Children's Centre Kingsway, Thetford, IP24 3DY

Wednesday 7th March 9.30-11.30

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56. Reflective Supervision Training

Target Staff: For Supervisors of those who Safeguard Children from Harm

Attendees: Maximum number of attendees - 20

Frequency of Course: Three per year

Course Duration: This 2 day course, delivered on consecutive days, will offer a mix of learning methods including role play and individual work exercises. It is a two day taught course.

Course Aim: To effectively equip supervisors to deliver a child centred restorative approach and evidenced based safeguarding supervision to others in the children's workforce.

Learning outcomes - By the end of the course participants should be able to:

- Understand the different elements and functions of supervision.
- Use engagement skills to build a facilitating relationship enabling a supervision process.
- Create a supervision atmosphere that can safely be, challenging, exploring, reflective and analytical whilst ensuring the staff members well-being.
- Use knowledge and reflect on the current research of what works in relation to effective supervision.
- Use models of supervision practice to inform their work.
- Describe the impact that child protection work may have on front line workers in all agencies involved in safeguarding children and be able to use their supervision skills to manage this impact.
- Help workers to analyse information and use this analysis to inform decision making in situations where there are concerns regarding the safety of a child.
- Understand the risks and implications surrounding the supervision process and the supervisor's responsibilities including the duality of roles.
- Understand the responsibilities of supervisees and be able to clarify their contribution to making supervision effective.

PLEASE NOTE: IF THE DATE YOU ARE LOOKING FOR IS NOT HERE THEN THIS COURSE HAS PROBABLY ALREADY BEEN SHORTLISTED, SO PLEASE CHOOSE AN ALTERNATIVE

DATE. These courses can be applied for online at <https://www.norfolkscb.org/nscb-booking/nscb-booking-training/>

Date	Location	Start Time	
13/03/2018 - 14/03/2018	The Green Britain Centre, Swaffham	0930	BOOK

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57. Importance of Attachment Training

Understanding the Importance of Attachment in Assessment

Target Staff:

Practitioners who work with children and young people, who have responsibility for early help or permanency planning.

Attendees: Maximum number of attendees- 25

Course Duration: One day

Aims:

- To provide participants with an opportunity to increase knowledge, and understanding about the importance of developing secure attachments, and the impact of insecure attachments on children's development.
- To provide participants with the necessary knowledge and understanding about child development and attachment, to help them improve skills in supporting children and ultimately improving outcomes for them.

Outcomes: Participants will be able to:

Gain knowledge and understanding about research on attachment and the neuroscience of attachment.

Understand why attachment matters.

Reflect on how poor attachment impacts upon children in their development.

Consider implications for work with children who have not experienced secure attachment.

Understand how early care giving might have a long lasting impact on children's development and how children might internalize their experiences of attunement with caregivers.

Gain knowledge about the risk factors affecting attachment and which groups of children are vulnerable.

Demonstrate an understanding of different types of secure and insecure attachment.

Consider what neuroscience tells us about how trauma can affect emotions and learning.

Appreciate and demonstrate the importance of considering the attachment of children in critically reflective practice and in undertaking good assessments.

Consider what is needed to help children recover from trauma.

These courses can be applied for online at <https://www.norfolkscb.org/nscb-booking/nscb-booking-training/>

Date	Location	Start Time	
15/03/2018	The Green Britain Centre, Swaffham	0930	BOOK

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58. Engaging Fathers in Safe Guarding

Target Staff: This workshop is for multi-agency staff and is relevant for all practitioners and managers who are involved in child protection work.

Attendees: Maximum number of attendees - 20

Frequency of Course: These workshops are only available in March 2018

Course Duration: Half day 09:00 - 13:00

NB: There will be the opportunity between 13:00 and 14:00 to participate in practitioner action learning to explore ways of developing work with fathers within their own practice.

Aim of the workshop:

To provide managers and frontline staff with confidence and knowledge to develop and deliver practical strategies to work with fathers and father figures in order to protect children more effectively through strengthened safeguarding practices and improved risk management.

Learning outcomes: By the end of the workshop participants will have:

- Greater knowledge of the research evidence and legal framework concerning engagement with fathers
- Identified barriers to working with fathers and discussed strategies to improve practice
- Enhanced confidence and knowledge to support their work with fathers
- Increased understanding of the benefits of father inclusive practice.

Training Dates:

- 7th March – 9am to 1pm – Children and Young People’s Health Services Business Centre, Cringleford, Norwich
- 8th March – 9am to 1pm – Breydon Clinic, Northgate Hospital, Great Yarmouth
- 13th March – 9am to 1pm – North Walsham Health Centre
- 15th March - 9am to 1pm –Town Hall, Great Yarmouth
- 20th March – 9am to 1pm – Vancouver House, Kings Lynn
- 22nd March – 9am to 1pm – Sewell Room, County Hall, Norwich

(Please note: There is no parking available at County Hall so delegates must be able to sort their own transport arrangements.)

This training is being delivered free of charge and funded by the Public Health Directorate. You can book your place via our online booking system:

<https://www.norfolkscb.org/nscb-booking/nscb-booking-training/>

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59. Child & YP Health Survey Results Event

The Voices of Norfolk's Children and Young People

Wednesday 21st March 2018

John Innes Centre Norwich

The 2017 Norfolk Children and Young People Health and Wellbeing Survey was co-funded by NCC Public Health and the NSCB. The results provide us with the voices of 10,000 of Norfolk's Children and young people aged 9-19. They shared their feelings on topics such as school, bullying, healthy lifestyles, and relationships, staying safe on line, their emotional well-being and aspirations.

We would like to tell you what they said and discuss how we can all use the information they've provided.

This is an all-day event with free parking light lunch and certificates of attendance provided

60. DASH Refresher Courses

DASH Refresher Courses – Norfolk Wide

When and Where:

20th February – 9:30 – 12:30 – South Norfolk DC

13th March – 9:30 – 12:30 – South Norfolk DC

16th April – 1:30 -4:30 – Great Yarmouth Town Hall

2nd May – 9:30 – 12:30 – Breckland DC

19th June – 9:30 – 12:30 – North Walsham, Victory Housing Trust

TBC – Kings Lynn

You should come if you:

- ☐ Are a trained Domestic Abuse Champion
- ☐ Completed your DASH training a while ago
- ☐ Have not completed many/any DASH's
- ☐ Lack confidence in completing a DASH
- ☐ Complete DASH's regularly and want to touch base
- ☐ Complete DASH's regularly and want to share learning



Please e-mail da.change@norfolk.gov.uk to confirm attendance and specify date

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61. Wellbeing Webinars

Norfolk and Waveney run a series of on line Webinars aiming to support people experiencing mild to moderate symptoms of low mood or depression



All Webinar bookings must be made one week in advance prior to the start date to ensure a place on the course. Bookings received after the 7day cut off will automatically be placed on the next available date.

7th Mar [Online Mindfulness for Wellbeing – 4:00pm to 5:30pm](#)

An online programme for those who would like to do an extended mindfulness course for their general wellbeing.

8th Mar [Positive Wellbeing - Online Webinar – 1:00pm to 2:30pm](#)

Positive Wellbeing is a course of weekly two-hour sessions running over four weeks, designed for people experiencing mild to moderate symptoms of low mood or depression who are ready to work with these symptoms in a practical way

14th Mar [Introduction to Mindfulness - Online Webinar – 4:00pm to 5:30pm](#)

Introduction to Mindfulness is a one-and-a-half hour workshop that provides an overview of the principles and techniques of mindfulness.

15th Mar [Positive Wellbeing - Online Webinar – 1:00pm to 2:30pm](#)

Positive Wellbeing is a course of weekly two-hour sessions running over four weeks, designed for people experiencing mild to moderate symptoms of low mood or depression who are ready to work with these symptoms in a practical way

22nd Mar [Positive Wellbeing - Online Webinar – 1:00pm to 2:30pm](#)

Positive Wellbeing is a course of weekly two-hour sessions running over four weeks, designed for people experiencing mild to moderate symptoms of low mood or depression who are ready to work with these symptoms in a practical way

26th Mar [Successful Study - online webinar – 5:00pm to 6:00pm](#)

Successful Study is a single two hour webinar workshop written to help with the process of study. It provides practical advice and support to give the best chance of success.

29th Mar Positive

Positive Wellbeing is a course of weekly two-hour sessions running over four weeks, designed for people experiencing mild to moderate symptoms of low mood or depression who are ready to work with these symptoms in a practical way

To book: Call: 0300 123 1503 Email: admin@wellbeingnandw.co.uk

Or via our website: <https://www.wellbeingnands.co.uk/courses/>

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62. Sexual Behaviour Assessment Training

Assessment Skills with Children and Young People displaying Harmful Sexual Behaviour

Target Staff:

This is a full day course for professionals who work with children and young people in a role where they may be required as part of their role to make an assessment about a child's behaviour.

Participants on this course should have attended the 90 minutes workshop, 'Identifying Harmful Sexual Behaviour in Children and Young people' or have a good working knowledge of the Brook Traffic Light Tool and the Hackett continuum of harmful sexual behaviour in children and young people.

Attendees: Maximum number of attendees- 25

Course Duration: One day

Learning Outcomes - By the end of this course participants will be able to:

- Understand some of the reasons why young people might display harmful sexual behaviour
- Understand the skills and techniques to use when having conversations with children and young people and their parents/carers about harmful sexual behaviour (HSB)
- Understand what information to gather when assessing HSB in children and young people
- Know how to analyse information gathered about a child or young person's harmful sexual behaviour to support understanding of and begin to think about next steps for managing and addressing the behaviour

Spring 2018 Training Dates:

- 6th March 2018 – 9.30am to 4.30pm - Somerton Room, Hellesdon Hospital
- 27th March 2018 – 9.30am to 4.30pm – Dereham Room, Hellesdon Hospital

This course is being delivered free of charge by the Harmful Sexual Behaviour Project.

You can book your place via our online booking system:

<http://www.norfolkscb.org/people-working-with-children/nscb-training/>

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63. Sexual Behaviour Interventions Training

Delivering Interventions to Children and Young People displaying Harmful Sexual Behaviour

Target Staff:

This is a full day course for professionals who work with children and young people in a role where they may be required as part of their role to deliver interventions to children and young people with harmful sexual behaviour.

Participants on this course should have attended the one day 'Assessment skills with Children and Young People with Harmful Sexual Behaviour'.

Attendees: Maximum number of attendees- 25

Course Duration: One day

Learning Outcomes - By the end of this course participants should be able to:

- Understand how to use information gathered from assessment to formulate an intervention plan for children and young people with harmful sexual behaviour
- Explore some of the skills and techniques for engaging children and young people in interventions to address harmful sexual behaviour
- Understand a range of interventions that can be used to manage and reduce harmful sexual behaviour in children and young people

Spring 2018 Training Dates:

- 7th March 2018 – 9.30am to 4.30pm – Abbey Conference Centre, Norwich
- 28th March 2018 – 9.30am to 4.30pm – Brancaster Suite, Hellesdon Hospital

This course is being delivered free of charge by the Harmful Sexual Behaviour Project.

You can book your place via our online booking system:

<http://www.norfolkscb.org/people-working-with-children/nscb-training/>

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What's on April?

64. Signs of Safety 5 day Practice Lead Course

Signs of Safety 5-day Practice Lead course

Venue: Green Britain Centre, Swaffham

Dates: Monday 16th April – Friday 20th April 2018 (all 5 days to be completed)

Times: 9.30am - 4.30pm

Cost: £250 for the 5 days (this course would normally cost £750)



Places are limited – application does not necessarily mean that you will be allocated a place. There is an expectation that if you complete this training that you will act as a Practice Leader – please see the attached details on the role of a practice lead – and take responsibility for supporting and developing good practice in this approach.

If you are interested in attending this training and have the support of your manager, an expression of interest should be made to Genevieve Bouquet at

genevieve.bouquet@norfolk.gov.uk

You should hold the date in your diary –places will be allocated closer to the date.

The Role of Practice Leader

The role of Practice Leader is crucial to the successful implementation of Signs of Safety. Training has been received very positively, we now need to maintain momentum and go on to develop confident, skilled practitioners with a profound depth of practice. This will be the role of the Practice Leader -stimulating, challenging and driving the development of Signs of Safety through the whole organisation. You will need to work together and be pro-active planning developments in your teams and within localities and as a County.

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65. Nar Family Learning Courses

Family Learning Courses 2017/18
Nar & St Clements's Children's Centre
Saddlebow Road King's Lynn PE30 5BN

Family Learning covers a whole range of activities, courses and events that involve all family members exploring, discovering and learning together. Family Learning has proven to be a successful way of raising achievements of the whole family by providing learning opportunities for mums, dads, extended family members, carers and guardians.

All of our Family Learning courses are FREE to attend.

A Taste of Maths

FMXTM4717P

Tuesday 17 April 2018, 1pm-3pm (1 session)

Families take part in fun activities with their child and discover ways to support the children's learning at home

Keeping up with the Children – Maths

FMXKM4817P

Tuesday 24 April 2018, 1pm-3pm (5 sessions)

Discover ways to support children's development at home and understand how maths is taught in school.

www.norfolk.gov.uk/adultlearning 01603 306530

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Volunteering/ Job Opportunities

66. Home Visiting Volunteers

NEW YEAR, NEW CHALLENGE?

Help us to support families!

Can you spare a couple of hours a week for Home-Start Norfolk?



We are looking to recruit and train parents to become part of our home visiting volunteer team.

Volunteers offer one to one support to families finding it hard to cope for a wide range of reasons. This could be due to sleepless nights, isolation, loneliness, children's behaviour to struggling with the emotional and physical demands of a partner being away from the family home.

Our volunteers offer friendly, non-judgemental, confidential support visiting a family in their own home on a weekly basis.

To volunteer, we ask you to attend our free 8-week volunteer preparation course, which is accredited.

Our next course will be held at The Riverside Business Centre, Kings Lynn, PE30 2HD, starting on Tuesday 20th March 2018.

9.30am - 2.30pm, term time only.

If you are interested, we would love to hear from you

Please contact us on: 01603 977040 or admin@homestartnorfolk.org

Registered Charity no. 1106362

'Helping Children, Changing Lives'

67. Library Volunteers

Come along and see the volunteer opportunities we have on offer

- Local History
- Help with reading
- Rhyme Time
- Computer Help
- Book Groups
- Storytelling
- Plus many more

Dersingham Library Thursday 22nd March 2-5pm call) 1485 540 181 for more information

Kings Lynn Library Friday 23rd March 10am- 1pm call 01553 772568 for more information

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68. Volunteer Tenancy Mentor

Wonderful opportunity to become a Volunteer Tenancy Mentor –



Gain new skills, meet like-minded people and make a difference in your community.

Moving to independence is a really big step for any young person. Even more so if you've been in care, don't have lots of support or are struggling on a low income. A mentor can help to bridge the gap and be someone to chat to confidentially about goals, aspirations and difficulties along the way.

If you would like to become a mentor ...

We offer you

- a fun and interactive two-day training course covering topics such as what mentoring is and isn't, listening and questioning skills, using an asset based approach, money skills exercises and child/vulnerable adult protection
- a certificate, lots of on-going support, peer encouragement, further training and celebration events and the satisfaction of helping someone else.

Click here for [FAQs](#) about being a mentor and for more info about our work click [here](#)

We will be running one of our excellent training courses in Kings Lynn on 26th/27th March

Apply to be a Volunteer Tenancy Mentor [here](#).

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