

West Norfolk Monthly Bulletin October 2018

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Conditions and Privacy Policy

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Parent and Child

1. Children's Centre Activities App

Vancouver Children's Centre have launched a new 'app' which lets you find out what's on at the Vancouver & Hunstanton Children's centre; - to download the app please follow these instructions

DOWNLOAD OUR NEW APP



1. Go to the App Store on your phone



2. Search for 'Action for Children Services', click on install/get
3. In the search bar type Vancouver or Hunstanton, select
4. Register with your name, email and contact number
5. Create a 'pin' can be numbers or letters
6. Accept terms & conditions, select confirm
7. You will need to verify your email address

WHAT YOU CAN DO NEXT

- .. 'What's On' lets you see what activities are coming up at the centre including an option to add to your calendar
- .. 'Messages' allows us to contact you with an urgent messages or notification about activities at the centre
- .. 'News' contains bulletins that may be of interest to you
- .. 'Menu' allows you to explore the App further with useful links and a contact page so you can email us at any time. You can also add another centre in the settings



Vancouver & Hunstanton
Children's Centre
Sure Start Children's Centres



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2. Norfolk Healthy Child Programme update

Cambridge Community Services NHS Trust have release a you tube video giving further information about the additional needs annual contact for more information please follow the link to

<https://www.youtube.com/watch?v=jLqB0x95bc>

3. Group Triple P in Swaffham

Group Triple P Takes the Guess work out of Parenting

- 8 Week course which provides positive ways to manage negative behaviour, building your confidence in parenting skills
- An opportunity to meet and chat with other parents with similar worries

Date: Thursday 1st November 2018

Time: 9.30am- 11:30am

Venue: Swaffham Community Campingland Swaffham PE37 7RB

BOOKING INFORMATION; PLEASE CONTACT Hazel or Sarah at Swaffham Children's Centre for more information and to book a place

Swaffham Children's Centre

White Cross Road

Swaffham

PE37 7RF

01760 72110

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4. What's on In Downham Childrens Centre

Monday

Tadpoles

10.00am–11.30am

A parent-led group for parents with children up to 5 years.

Baby Buddies

1.30-3pm

A parent-led group for parents with babies up to 1 year.

Chatterbox

1.00-2.30pm

A 4-week programme for 0-3 years to promote language development through songs, books and rhymes

To book your interest on this course please call the centre.

Tuesday

Swap Rail

The children's Centre has a swap rail where you can bring clothes that your children have outgrown and you can swap them for other items of clothing.

Find the swap rail in the Reception Area

We also have a clothes bank outside the Children's Centre

Young Parents

1.30pm–2.30pm

Weekly group for young parents (up to age 24).

Starting on 18th Sept. Contact the centre for more information.

Understanding your Child – A Solihull Approach

A 10-week course starting in October. To find out more and book your space, contact the Children's Centre.

Wednesday

Watlington Health Clinic

10.00am -11.00am

2nd Wednesday Monthly

Watlington Village Hall

Midwife Clinic

Ask your midwife for more details.

Taking place Monday, Wednesday & Friday

Young Explorers

1.30pm – 3.00pm

A stay & play session inside and outdoors. Fun activities for all developmental stages for families with children aged 0-5 years.

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Thursday

Childminders' Support Group

9.30am – 11.00am Opportunity for childminders in the area to meet and share good practice in a learning environment.

Healthy Lifestyles Course

Coming Soon

A 4-week course for you and your child to discover the benefits of healthy lifestyles and how you can make small changes to your lifestyle.

Child Health Clinic

12.00pm-2.00pm

2nd Thursday Monthly

For all children's health and developmental advice from the Health Visiting Team.

Ante-natal Course Pathway to Parenting (P2P)

04/10/18

29/11/18

Call your midwife for information.

Friday

Southery Village Young Explorers

10.00am– 11.15am

A stay & play session a variety of activities for all developmental stages for families with children aged 0-5 years.

Baby & Me

A short course designed for families with a new baby (0-6months), which will include Infant Massage for more information please call the Children's Centre on **01366 387403**

Contact us at:

Downham Market Children's Centre

Snape Lane (off Paradise Road)

Downham Market

PE38 9JE

Tel: 01366 387403

www.actionforchildren.org.uk

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Additional needs and disability

5. Autistic Society West Norfolk Branch

Here at NAS West Norfolk we are all volunteers, and the branch is entirely self-funded.

The committee are all parents or carers of someone with autism, or are on the autistic spectrum themselves.



We fundraise for a range of autism specific activities, including:

- soft play sessions, both for children and adults
- swimming sessions
- trampolining
- bush craft
- music groups
- support groups
- workshops

We have also been involved in lobbying the government for services.

Becoming a member of NAS West Norfolk is easy and FREE! Just email in to the branch requesting to join.

Membership is open to anyone caring for someone with a diagnosis of autism, or on the waiting list for assessment for autism. If you are an adult on the autistic spectrum yourself you are also very welcome. Members can benefit from our autism friendly activities, as well as access our branch library and join in at our allotment. The coffee mornings are open to members and non-members alike, so do come and join us!

<mailto:naswestnorfolkbranch@nas.org.uk>

https://www.facebook.com/naswestnorfolk/?ref=aymt_homepage_panel

Mobile phone (please leave a message) 07717 271 702

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6. Autistic Society Coffee morning

Are you the parent or career of someone on the autistic spectrum?

Feeling isolated?

Meet up for Coffee

Join us for an informal get together on:

Tuesday 2nd October 2018

Between 9 and 11am

The Whalebone (Wetherspoons)

58-64 Bridge Street

Downham Market

PE38 9DH

Look out for us in our NAS T shirts!

A range of snacks and drinks are available to buy

Children Welcome



7. Communication Café

Open to anyone interested in knowing more about communicating with children/adults with a Learning Disability

Wednesday 10th October 2018 11am till 1pm

Marshfields

Our second Communication Cafe is being held during 'Intensive Interaction Week' which is a week when people across the world collectively do something 'a little bit extra' to help promote Intensive Interaction for those who need it.

Topics will include: An Introduction to Intensive interaction, Twiddle boxes and Music therapy.

Please bring an object that you are happy to bring.

The Cafe will be informal, over a coffee or tea and a cake and we hope will be useful to parents, carers and staff alike.

Please do join us at:

Marshfields, 48 Ferry Road, West Lynn Norfolk PE34 3NB

Email: marshfields@norfolk.gov.uk Tel: 01553 614980

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8. Ageing with Autism Ticket Prices

ASD Helping Hands

Ageing with Autism Birthday Sale Attendee Ticket Prices Slashed for a limited period

Confirmed Speakers for 2018:

Julie Adcock - Girls on the Spectrum:

Following on from last year's workshop that saw people queuing outside the door to hear Julie's experiences working with Girls on the Spectrum. This will be a full day workshop looking specifically at the difficulties Girls with ASD have and how we as professionals, Parents and Carers can help and support them.

Lynda Niles- Sensory Strategies:

Once again following on from the success of last year's sensory workshop Lina is returning to deliver a full morning on sensory difficulties and strategies to help and support

Doug Melia- Safer Handling:

New for this year! Doug joins us to discuss the legal implications of safer handling and physical intervention and what we mean by reasonable force

WHEN & WHERE

16 Oct 2018, 09:30 – 16:30,

The Space, Roundtree Way, Norwich NR7 8SQ, UK

To celebrate our 8th Birthday, we have dropped all Attendee Ticket prices to our Annual Ageing with Autism Conference on the 16th October. Was £30.00 now on £20.00.

This offer will be available until 9:00 pm on Friday 7th October. Find out all the information and how to book your tickets Click Below!

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

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Carers

9. Young Carers Advice Line

If you are a Young Carer or you think your child, relative or friend might be, we're here to help you:

- Find your way through local services
- Get support for the person you're caring for
- Get the right support at school or college
- Understand your rights
- Connect with local groups and services
- Look after your health and wellbeing



As a Young Carer, here are some things you might do to help:

- Helping with medication
- Cooking and cleaning
- Shopping
- Supporting with washing and dressing
- Going to appointments
- Helping sort out money and pay bills
- Encouraging, supporting and reminding

If you're ever unsure, please do contact us. We're here to help young carers and families and are contactable 7 days a week.

How can you access the support we offer?

We're creating a dedicated website for Young Carers & Families in Norfolk. It's full of information to help you make sense of being a carer and offering flexible support around you. Whilst we finalise the website, as a young carer and family you can still receive support from us, whether you would like to chat with someone online, we have **Advisors** available via 'ask' on the website or perhaps you want to talk to someone over the phone, you can call the **freephone Advice Line** on **0800 083 1148**, who can support you and your family with information and advice. If you need some more help or guidance they can connect you with a **Carer Connector in your local area**, who can sit down with you and your family to look at further support.

You choose how you would like support.

<https://carersmatternorfolk.org.uk/information-advice/support-carers/young-carers-and-families/>

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10. Young Carers Survey

Invitation from University of Sussex Deputy Vice-Chancellor, Professor Saul Becker

We would like to invite young carers aged 15-17 years old to take part in an exciting and ground-breaking research study on young carers and adolescent mental health

The "["ME-WE" project](#)" is an ambitious research and innovation project funded by the European Union under the Horizon 2020 programme, featuring the involvement of a European consortium of prominent universities, research institutes and civil society organisations. Over the next 39 months, the ME-WE project aims to **strengthen the resilience of adolescent young carers**, in order to positively impact their mental health and wellbeing.

With our joint UK partner Carers Trust, our first activity is a short online survey for young carers aged 15-17 years old, designed to learn more about their mental health experiences and preferences for support. The survey should only take 10 minutes to complete and can be accessed on a computer, tablet, or mobile phone. Please [contact us](#) if paper copies of the survey are needed. The survey can be accessed at <https://www.1ka.si/a/174991>.

Please invite young carers aged 15-17 years old in your project to take part in our survey. Their participation is greatly appreciated

11. Adult Services Care leaflet

Care and support in Norfolk

Many people can stay independent with little or no support from health and social care services, other people have a range of care and support needs and may need some help. We are working with voluntary organisations in Norfolk to help you to:

- Get the information and advice you need to plan for your current and future care needs
- Remain as independent as possible and stay in your own home
- Get the care and support services you need
- Carry on caring and look after your own wellbeing if you're a carer

How to contact us

There are a number of ways you can contact us to find out more about the support that's on offer. If you have an urgent need for support you can contact us at any time of the day or night.

Telephone: 0344 800 8020 Minicom: 0344 800 8011 Fax: 0344 800 8012

Email: information@norfolk.gov.uk

Web: www.norfolk.gov.uk

A copy of the new leaflet can be downloaded here:

<https://www.norfolk.gov.uk/care-support-and-health/looking-after-someone/carers-assessment>

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12. Carers Information day Norwich

“Carers Information Day”

Organised by Care for Carers

In Partnership with Norfolk & Suffolk NHS Foundation Trust

The Norwich Forum

Millennium Plain, Norwich, NR2 1TF

Monday 8th October 9.00am till 3.00pm

Learn more about Mental Health Awareness

Come along, meet people who offer, Help, Information, and Advice
for Carers, Young Carers, Ex-Carers, Older People and the Lonely

Including:

Fibromyalgia Support

AGE UK Norwich – Family Voice

Norwich Access Group - Sing Your Heart Out

Arthritis Care - Alzheimer’s Society – Pets as Therapy

Carers Matter Norfolk - Dementia Services - Equal Lives

Macular Society - BUILD – Musical Keys

Norfolk Family Carers – Headway

Plus, many more

For more information call:

Care for Carers – 0300 777 8880

Email: info@careforcarers.org.uk

www.careforcarers.org.uk

“Care for Carers” works in partnership with the Norfolk & Suffolk NHS Foundation Trust

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Health and Well Being

13. Anorexia & Bulimia Care

ABC is national UK eating disorders organisation with over 25 years of experience. We are passionate about people and recovery.

We provide on-going care, emotional support and practical guidance for anyone affected by eating disorders, those struggling personally and parents, families and friends. ABC works tirelessly to increase awareness and understanding of eating disorders through talks, training and campaigns for change.

Our telephone helplines are open from 9:30-5.30pm Monday-Friday.

- **Help for you**
 - Ongoing Support
 - Adult Befriending
 - Nutritional Guidance
 - Young People
 - Related Self Harm
- **Family and Friends**
- **Professionals**
- **Help Directory**

Contacts

Support line: 03000 11 12 13 Option 1

Family & friends: 03000 11 12 13 - Option 2

Office and general enquiries: 03000 11 12 13 - Option 3

If **YOU** are struggling with an eating disorder or you're worried that you might be, please email us at: support@anorexiabulimiare.org.uk

For information on our **BEFRIENDING SERVICE**, please contact us at: befriending@anorexiabulimiare.org.uk

If you're a **PARENT, FAMILY MEMBER OR FRIEND** of someone struggling with an eating disorder and you need support and advice, please email us at:

familyandfriends@anorexiabulimiare.org.uk

For **GENERAL ENQUIRIES**, please email us at: mail@anorexiabulimiare.org.uk

<http://www.anorexiabulimiare.org.uk/>

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14. Wellbeing at Work Webinar

Struggling at Work?

1/3 of *employees* are *struggling* with health and wellbeing issues at work.
You may have been off sick with mental health and worrying about going back to work.
This webinar is aimed at giving you support information

Tuesday 20th November 11am – 12pm

Presented by Christine Mattin Disability Employment Advisor DWP & Anita Wren Wellbeing Employment Support

To book call 0300 123 1503 Email admin@wellbeingnandw.co.uk
website <https://www.wellbeingnands.co.uk/get-support/norfolk/courses/>

15. Wellbeing Webinars Employment Skills

Our Wellbeing services offer a range of courses to help you recognise and develop strategies to cope with the stresses and strains we all experience in life, mental health and emotional issues.

Our courses will help you learn relevant cognitive behavioural therapy (CBT) techniques to help you break out of negative patterns and make positive steps forward. Different courses focus on unhelpful thinking styles, physical symptoms of anxiety and panic, and patterns of responding to thoughts and feelings that can keep us stuck. The strategies you learn will be useful well beyond the duration of the course to prevent and manage bouts of stress, anxiety and depression.

See the course details below for information about how you can access courses in your area. If you would like more information about a specific course, please contact your local team: Norfolk & Suffolk **0300 123 1503**

- | | |
|--|-------------------------------|
| • Employment Retention | Find out more |
| • Wellbeing Employment Support | Find out more |
| • Wellbeing in the Workplace | Find out more |
| • Introduction to Mindfulness Workshop | Find out more |
| • Online Carer Support | Find out more |
| • Successful Study | Find out more |
| • Learning and Education | Find out more |
| • Volunteering | Find out more |
| • Steps to Work | Find out more |
| • Online Mindfulness for Wellbeing | Find out more |
| • Introduction to Mindfulness | Find out more |

If you have any queries about this course or would like more information about booking onto one of our courses please contact us

Email: admin@wellbeingnandw.co.uk <https://www.wellbeingnands.co.uk/courses/>

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16. Wellbeing Socials

Wellbeing Associates Workshops & Socials



Date and Time:	What and Where:
Every 2 nd Monday 3:00-5:00pm Next Session 11th September	Well Being Art Group Providence Street Community Centre Providence Street, King's Lynn PE30 5ET
Thursday 6 th September 10.30am – 12:00pm NEW Time!	Coffee and a Catch up (Ambassador led) Chives Brasserie, 11 High Street, Hunstanton, PE36 5AB
Monday 10 th September 5.30pm – 7.00pm	Coffee and a Catch up (Ambassador led) Sainsbury's Café, Hardwick Industrial Estate, Scania Way, King's Lynn, PE30 4LR
Wednesday 19 th September 10:30am – 12:00pm	Coffee and a catch up Reeds Café Nelson House Bridge Street Downham PE38 9DS
Wednesday 26 th September 5:30pm – 7:30pm 	Associate Workshop – Board Games! A free session to come along and play an old favourite or try something new. Games will be provided or bring your own! Free tea coffee and biscuits Keep learning and making new connections are two of the five ways to wellbeing! *Booking essential* -at Providence Street Community Centre, King's Lynn, PE30 5ET
Thursday 27 th September 5:30pm- 7.00pm	Coffee and a Catch up Sunshine Café, 20 Wales Court, Downham Market, PE38 9JZ
Friday 28 th September 10:30am- 12:00pm	Coffee and a Catch up Alive Leisure Lynn sport Café Green park Avenue Kings Lynn PE30 2NB
Peer led discussion	It is with regret that the Friday peer led discussion group trial has come to an end. Any feedback from current or past attendees on the group would be greatly appreciated. Any feedback can be sent towellbeingresearch@nsft.nhs.uk

To book a space or for more information contact

Gary Freeman on gary.freeman@nsft.nhs.uk or 07341 867105

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Domestic Abuse and Victim Support

17. Service Users Coffee Morning

YOU ARE INVITED TO A
**LEEWAY COFFEE MORNING AND ARTS AND CRAFTS
SESSION**

We are holding a coffee morning and Arts and Crafts session
for our current service users.

2nd Monday of every month
Hunstanton

Please call 0300 561 0077 for time and venue



18. Leeway Power to Change

Become the person you want to be Plan for a brighter, safer, happier future

The Power to Change is run specifically for women who are survivors of domestic abuse or who are still living in an abusive relationship. It's based on the idea that women working together in a safe, friendly and supportive environment can change their lives for the better.

The Power to Change sessions are free. They run in various locations across Norfolk and Waveney. They are held over a period of 6 weeks in weekly 2 ½ hour sessions and refreshments are provided.

The main aims of the programme are to:

- Build your self-esteem, self-determination, confidence and assertiveness
- Understand the effect domestic abuse has on families and children
- Recognise why it's so hard to leave an abusive relationship
- Raise your awareness of your rights
- Develop healthy relationships
- Safety planning

For more information contact: 0300 561 0077 Or email: referrals@leewaynwa.org.uk

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19. Domestic Abuse Poster

Please cut out and display in a safe space



Are you a victim of domestic abuse?

**Do you know someone who needs
support?**

***If so, please tear off the telephone number on
the bottom of this page and call 0300 561 0077
to access the Leeway 24hr HELPLINE.***



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20. Leeway DA Conference

National Domestic Abuse Conference 2018

Supporting people affected by domestic abuse who have complex needs

Wednesday 3rd October

9:00—16:00

Holiday Inn—Norwich Airport Cromer Road Norwich NR6 6JAT

£70pp Includes lunch

(£63 voluntary organisations)

To book: www.leewaysupport.org/events/conference2018

fundraising@leewaynwa.org.uk

0300 561 0077 (option 4)

Speakers include:

- Welcome: Nina Nannar—Leeway Patron & ITV News Correspondent
- Mike Ward—Alcohol Concern
- Janet McDermott—Women's Aid Federation England
- Katy Jon Went—Gender Agenda
- Jashmin Patel—Imkaan
- Illary Valenzuela Oblitas - Latin American Women's Rights Services
- Kelly Semper—Norfolk County Council Public Health Team
- Suzi Heybourne—Magdalene Group
- Coast to Coast Theatre Company
- Leeway Service Providers
- Close & Thanks: Chrissie Jackson—Leeway Patron & BBC Radio Norfolk Presenter

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Groups

21. Youth West Partnership Launch



The poster features a dark blue and green background. On the left, a green square contains a white logo with a left-pointing arrow and a 'Y' inside a circle. Below this, the text 'YOUTH-WEST PARTNERSHIP' is written in white, followed by 'LED BY YMCA NORFOLK' in smaller white text. On the right, a photograph shows four young people (three girls and one boy) sitting in front of a red wooden wall, giving thumbs up. The 'YMCA' logo is overlaid in large white letters on the wall. Below the photo, the text 'You are invited to the launch of the Youth West Partnership' is written in bold green. Further down, the location 'Where: Freebridge Discovery Centre, 8 Columbia Way King's Lynn, PE30 2LA', the date 'When: Friday 5 October, 2.00pm - 4pm', and the RSVP email 'RSVP: tracy.ellis@ymcanorfolk.org' are listed in green.

YOUTH-WEST PARTNERSHIP
LED BY YMCA NORFOLK

You are invited to the launch of the Youth West Partnership

Where: Freebridge Discovery Centre, 8 Columbia Way
King's Lynn, PE30 2LA

When: Friday 5 October, 2.00pm - 4pm

RSVP: tracy.ellis@ymcanorfolk.org



The Youth Investment Fund is Funded Jointly by the Department for Digital, Culture, Media and Sport and the Big Lottery Fund

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22. Stories of Lynn

Saturday 6 October 2018

Scars of War Art Workshop 10am – 2pm



Join this art workshop, run by specialist Rebecca Hearle, focusing on Lino cutting and printing designs that are based on soldier's graffiti and other iconic elements of the First World War. The aim is to create one of six unique permanent memorials being made in one of the six heritage sites in King's Lynn.

The workshop at Stories of Lynn is completely **free**. To book your, please contact Stories of Lynn on 01553 669287. This is suitable for adults and for children 8+ years.

If you can't make this date, look out for the workshops at King's Lynn Library, St Nicholas Chapel, True's Yard, Lynn Museum and the Custom House. They are all taking part in this special event.

Friday 12 October 2018

Bedtime Stories at the Place to Be! 6pm – 10.30pm

Picture this, if you can... **you** in your pyjamas in a museum at night!

If you can't... come and join us for an exciting evening on tour in King's Lynn, the *Place to Be!* **You** will be *generating art* in the gallery, *looking* at the light shows in the town and *silhouetting* skies in Stories of Lynn museum... all in your pyjamas and for **only £5 per child!**

Book your place for "**Bedtime Stories at the Place to be!**" by phoning Stories of Lynn on 01553 669287.

Remember to wear your pyjamas; bring a snuggly blanket, a warm coat and sensible walking shoes; and come ready to tour Lynn at night!

This is suitable for children 8 years+ with an accompanying adult (one adult with up to two children or one child with up to two adults!)

Tuesday 23 October 2018

First World War workshops (join either 10am – 12.30pm or 1.15pm – 3.45pm)

100 years ago, this year, the First World War ended. Come and meet costumed characters and learn about life at "the Frontline" and on "the Homefront".

You can handle replica objects, see if you would have been fit enough to join up, find about local heroes and learn about life in the trenches.

Suitable for children age 8+ years (no accompanying adult needed). **£3 per child** for this event and includes entry into the museum space.

Book your place by phoning Stories of Lynn on 01553 774297

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23. Fensong Youth Theatre Group

Fensong is a Youth Theatre Group, centred in Downham Market and Nordelph area of West Norfolk.

We have just performed our own, self-written version of the Bible story of Joseph, which included rap, country and western, Indie, and Elvis, (To name but a few of the genres we explored), and toured the production to four different churches, Watlington C of E, Upwell Methodist Church, St Edmund's Downham C of E and Wisbech Baptist Church.



We have about 20 young people aged from 8 years upwards, and have four young leaders aged 21-28 (all DBS'd) encouraging the students, as well as several enhanced DBS'd adults, including me, Cate Waters, former Head of Drama at Downham Market Academy for 20 years, with 35 years' experience at teaching English, Drama and Music.

We aim to train students to enhance their Drama skills, and explore Biblical and Ethical stories (we are partly sponsored by Ely Diocese). We perform once a month at an Evensong within the Priory Benefice, giving children a chance to do public readings, sing and do some British Sign language with the songs, and Drama sketches.

The Young leaders, we are hoping will gain a qualification which will enhance their CV's and are currently working with Ely Diocese, and hopefully, Durham University to develop a course which involves on-the-job training.

We meet at Downham Market Methodist Church every Saturday, alternating from 11am-1pm sessions and 2-4pm sessions on alternate weeks, and we have a midweek rehearsal at 6.30pm for 1 1/2 hours at Nordelph Village Hall.

We are currently working on the Bethlehemian Rhapsody (The Nativity with puppets) for Christmas, when we shall be doing an entire programme, including carols, (one signed), some Drama, some readings and with a candlelit element to celebrate the season.

All tuition is free, and there is the possibility of free recorder tuition if there is an interest in the recorder group I should like to set up.

We are trying particularly to reach out to the home-schooled; children who are under-confident; or who may have learning disabilities; or who have experienced bullying; and of course, any child who wishes to learn new Drama skills, improve their communication abilities, or wishes to learn to read Music.

Any interested adults who would like their children/grandchildren to join, or indeed themselves to become members, should contact Cate on: 01366 324559 or 07943523437 or write to: catemarkwell@yahoo.co.uk

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24. Mini Museum Club

This autumn Lynn Museum are launching 'Mini Museum Club' for children aged 4 and under. These sessions will allow the children to take part in activities aimed specifically for their age group.

To coincide with the current exhibition 'Animal ABC' the first six sessions will be focused on amazing animals, and will be full of singing, exploring, communication and play.

50p per child, per session - with all accompanying adults free. Older and younger siblings are also welcome. No need to book, just drop in to any session.

All dates can be found [on our events calendar](#).

Advance booking

Telephone: 01553 775001

Email: lynnmuseum@norfolk.gov.uk

Online: www.artickets.org.uk

25. Hunstanton Drop-in Youth Club

Youth West

Hunstanton Drop-In Youth Club

FREE drop-In Youth Club with indoor and outdoor activities for young people aged 11 - 18 years.

Hunstanton Community Centre,
Avenue Road, Hunstanton, Norfolk
PE36 5BW

Time: 6:00pm-8:00pm

Day: Mondays

More information at <https://benjaminfoundation.co.uk/youth-west>
or telephone **01603 615670**



The **Benjamin** Foundation



**YOUTH-WEST
PARTNERSHIP**
LED BY YMCA NORFOLK



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26. G.O.Y.A

G.O.Y.A. (Get Off Your A*)**

**FREE sport and physical activity sessions open to
young people aged 14 - 19**

Wednesday's 5pm – 7pm Multi-sports

Thursday's 5pm – 7pm Skateboarding

Freebridge Discovery Centre, 8 Columbia Way, King's Lynn PE30 2LA

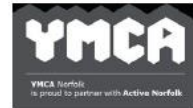
All abilities welcome, just turn up and have a go!

For more information or to find your local youth club please contact:

YMCA Communities - Telephone: 01603 340865 or

Email: youthclubs@ymcanorfolk.org

www.ymcanorfolk.org/what-we-do-2/youth-projects



27. King's Lynn Men's Shed

Unit 7 Paxman road
Hardwick industrial Estate
Kings Lynn PE30 5GB

Find out more Facebook: @kingslynnmensshed

Or call Jon 07768 043 641



Extended opening!

Their opening times are now Tuesday 12noon-6pm and Thursday 10am-1pm.

Anyone is welcome to drop in and find out more about the shed. There is always lots of things to do, and the kettle is always on!

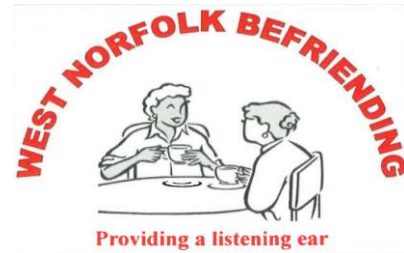
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28. West Norfolk Befriending

West Norfolk Befriending aims to reduce social isolation by providing a link to the outside world. We match isolated and lonely older people with trained, and CRB DBS checked volunteer befrienders who will visit on a regular basis.



Our service helps clients

- enhance their quality of life
- maintain their independence
- reduce isolation
- improve their physical and mental wellbeing
- identify risks to health and environment

We facilitate reintegration to community life wherever possible. Clients are frequently signposted to other services and organisations that may be able to help them.

West Norfolk Befriending does not currently charge for its services. It is funded through a variety of grants and donations.

West Norfolk Befriending accepts referrals from professionals working with Clients or we are happy to except self-referrals. You are welcome to contact the office to discuss a possible referral.

Referrals can be made over the phone.

For more information about our service or to become a befriender please contact us.

West Norfolk Befriending,
12 Thoresby College,
Queen Street,
King's Lynn. PE30 1HX

Our telephone number is: 01553 763500 info@wnbefriending.org.uk

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Housing & Finance

29. Purfleet Trust

The Purfleet Trust was set up as a charity in 1993 to provide help for single homeless people in King's Lynn and West Norfolk. Its services now include housing advice to help people find accommodation, support to help them maintain their tenancies, and a Health and Wellbeing Centre providing a daily hot meal and the opportunity to gain some essential life skills. The centre can be used as a postal address and there is free access to both computers and the telephone.

Housing Services

As part of our commitment to reducing homelessness in West Norfolk we operate services to single people who are homeless or vulnerable to homelessness with housing related issues. The Housing Services Team support people who are homeless including rough sleeping and those who are vulnerable to homelessness into suitable, secure, affordable and sustainable accommodation.

The Housing Services Team provide a range of pre- and post- tenancy specialist housing services for people who are vulnerable to becoming homeless and who have housing related needs. Our provision includes:

- Support for rough sleepers to move off the streets.
- Housing advice and assessment for offenders / or people using substance misuse treatment and mental health services locally
- A tenancy support service providing housing support to enable people to remain in their home.

Health and Wellbeing Centre

The Health and Wellbeing Centre is often the first point of contact a homeless person has with Purfleet. We provide a safe, supportive, welcoming environment where single homeless can access a range of services.

Our services include:

- Accommodation
- Showers
- Laundry facilities
- Change of clothes
- Benefit support
- Job search support
- Functional skills courses
- Basic life and social skills support

Contact Us

We are here to help, whether you are homeless, under threat of becoming homeless, or would like to refer a homeless person. You can contact us by coming into the Centre, by telephone or email. **Please note the new address FROM 17th September 2018.**

Pathway House Austin Fields

Kings Lynn PE30 1PH

Tel: 01553 767829 General Enquiries: enquiries@purfleettrust.org.uk

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30. Turn 2 Us Financial Support

Turn2us is a national charity helping people when times get tough. We provide financial support to help people get back on track.

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

The charity is offering specific advice to parents about help with costs of sending your kids back to school

As the school holidays start to wrap up and children get ready to head back to the classroom, there may be a large shopping-trip on the cards for some parents.

The cost of school uniforms, new shoes and stationery as well as other things can add up quickly. We have listed below some resources that may be able to help if you are on a low income.

Benefits

There are many benefits out there to help parents with the costs of raising a child. Use [the Turn2us Benefits Calculator](#) to find out what you might be entitled to.

Charitable grants

If you are on a low income, help may be available through a charitable grant to help you with the costs of sending your kids to school. Use [the Turn2us Grants Search](#) to find a grant for you.

Food

Over a million children are eligible for [Free School Meals](#). To find out if you can apply, you need to get in touch with your local council.

Childcare

There are a range of Government and employer childcare schemes to help families with the costs of childcare. Read our news story about [Help with childcare news article](#) for more information on your options.

School uniform

In addition to grants and other funds, many local councils have their own schemes to help with the cost of buying new school uniforms. Find out if [your local council can help you with the costs of school uniforms](#).

Transport

Some children will also be eligible for help with the cost of home to school transport. Find out if [your local council can help you with the costs of transport to and from school](#)

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Training and Employment

31. Apprenticeships Website

Apprenticeships Norfolk have updated their website. There are now sections available for people thinking about becoming an apprentice, employers looking to take on an apprentice, apprenticeship training providers and people working within a school and/or giving careers advice.

<https://www.apprenticeshipsnorfolk.org/>

32. 18-24's Jobs Support

DWP are offering additional support to 18 to 24-year olds.

WN4J provides help and support for 18 / 24-year olds, linked with local Council and local employers – looking at Jobs, Work experience, Apprenticeships, confidence building, mock interviews, CV advice etc.



This support is voluntary and can be flexible to suit the young person's needs. We offer one to one interviews, e-mail and telephone contact and also a weekly group session where we cover a different subject each week. These include guest visits from employers, training providers and specialists in certain areas.

Interviews and group sessions are held at Kings Lynn Jobcentre each Thursday, the group session takes place 1pm – 3pm and travel expenses can be reimbursed for those in receipt of Jobseekers Allowance, Employment Support Allowance, Income Support or Universal Credit.

If you or a customer would like further information or to be referred please contact Nikki David at nikki.david@dwp.gsi.gov.uk or Keith Brandon at keith.brandon@dwp.gsi.gov.uk.

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33. Norwich Science Festival



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Training for Professionals

34. Safeguarding Adults & Coercive Control

Safeguarding adults & coercive control – an Introduction
Thursday 4 October 2018 (choice of two sessions)

Following the success of the June workshops series we are repeating this training, facilitated by RiPfA. This **FREE*** half day workshop aims to increase practitioner and manager confidence in recognising and working with people who have care and support needs and are experiencing coercive control, to lead to better outcomes for this group. The workshop will discuss recent developments in legislation around controlling and coercive behaviour as linked to domestic abuse, and consider how this can be understood in a wider context of adult safeguarding. We'll look at messages from research to inform practice before considering how to make safe enquiries, and how coercion can impact on mental capacity.

[Click here to book a place.](#)

The workshops will take place at **The Willow Centre, 1-13 Willowcroft Way Cringleford, Norwich NR4 7JJ**

***PLEASE NOTE:** A late cancellation / non-attendance fee of £75 will apply to: cancellation within 72 hours of the event or non-attendance on the day.

For further information see [Training: courses & strategy on the NSAB website](#)

35. Neglect Best Practice Event

28th November 2018

9.30am to 1pm

Woodside Centre, Norwich



**Norfolk Safeguarding
Children Board**

Target Audience:

This half day event is aimed at supervisors and managers from across the statutory and voluntary sector.

Learning Outcomes

By the end of the session participants will:

- Understand the role of managers/supervisors in the NSCB Neglect Strategy
- Be up to date on how neglect features in recent Norfolk Serious Case Reviews
- Be aware of developments in Norfolk around Dental Neglect
- Understand the role of managers/supervisors in ensuring consistent and beneficial use of the Graded Care Profile, including how this tool can be used in supervision

The Best Practice Event is free of charge.

To book your place visit the NSCB website training page:

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

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36. Mental Health Champions Training

The Link Project is part of the Point 1 service and is a consortium which comprises Ormiston Families, MAP and Norfolk & Suffolk Foundation Trust (NSFT).

Together, we aim to improve children and young people's mental health through increased collaborative multi-agency working, improved communication and by offering training around CYP mental health to staff in universal settings in Norfolk and Waveney.

We are offering staff from universal settings, who work with non-targeted children and young people i.e.:

School staff (primary, secondary, sixth form and colleges),

Early years providers,

GP practice professionals

The opportunity to attend a free two-day foundation training to become a Mental Health Champion for children and young people. The training covers topics such as child development, communication, information sharing, common mental health issues and guidance on how to refer into specialist services.

Once qualified, Mental Health Champions are eligible to attend our specialist training sessions which are offered on a wide range of issues on a rolling basis throughout the year. They also have access to in-house consultations, our extensive LINK resource and information database as well as receiving a regular newsletter with service updates, training dates and other CYP Mental Health news.

If you want to find out more about the LINK project or how you can join us as a Mental Health Champion or Associate, please contact us on: linkwork-point1@ormistonfamilies.org.uk

training start in October and run until Dec.

3rd and 9th October- Norwich

4th and 12th Oct- Kings Lynn

31st October and 6th Nov- Lowestoft

1st and 9th Nov- Norwich

12th and 20th Nov- Kings Lynn

15th and 23rd Nov- Thetford

26th Nov and 3rd Dec- Acle

28th Nov and 4th Dec- North Walsham



Norfolk and Suffolk
NHS Foundation Trust



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37. Picture Exchange (PECS) Training

The Picture Exchange Communication System (PECS) is a tried-and-tested approach that uses pictures to develop communication skills. It's appropriate for children and adults with a wide range of learning, speech and communication difficulties, including autism.



Easy to access, affordable to implement and scientifically supported as one of the most effective communication interventions, PECS is an opportunity to open the door to spontaneous communication.

- Identify key components to designing an enriched learning environment using the Pyramid Approach to Education
- Learn how to implement the six phases of PECS
- Intensive 2-day interactive Level 1 training
- Suitable for parents and professionals

13th & 14th December 2018

Roundwood Function and Conference Centre

44 Ringland Road, Taverham, Norwich, NR8 6HY

Parents and Carers £185 (includes lunch and manual)

Students £295 (includes lunch and manual)

Professionals £330 (includes lunch and manual)

To apply, visit:

<http://www.ecch.org/our-services/services/cf-children-and-young-peoples-speech-and-language-therapy/training/>

For more information, contact:

ECCH.SALTtraining@nhs.net

01493 808630

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38. FSP Training New Dates!

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

- 4th October Rosecroft Primary School, London Road, Attleborough, Norfolk, NR17 1BE. *Note: school has a No outdoor shoe policy so please bring indoor shoes.*
- Breckland Council, Elisabeth House, Walpole Loke, Dereham - 8 October 2018
- 12th November Rosecroft Primary School, London Road, Attleborough, Norfolk, NR17 1BE. *Note: school has a No outdoor shoe policy so please bring indoor shoes.*

Broadland locality

- The Trafford Room, Broadland District Council - 5 October 2018

North locality

- North Walsham Children's Centre, Manor Road, NR28 9HG - 2 October 2018

South locality

- TBC

West locality

- King's Lynn Fire Station, North Lynn Bypass - 9 October 2018
- King's Lynn Fire Station, North Lynn Bypass - 9 November 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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39. NSCB Training

Click on the course that you are interested in for more information and the booking prompt.

- *Child Criminal Exploitation Briefings
- *Professional Curiosity Best Practice Event
- Assessment skills with Children and Young People Displaying Harmful Sexual Behaviour
- Awareness of Challenges when Working with Parents
- Child Sexual Exploitation
- Delivering Interventions to Children and Young People Displaying Harmful Sexual Behaviour
- Domestic Abuse
- Effective Multi-Agency Working
- Effective Participation at Child Protection Conferences
- Emotional Harm
- Graded Care Profile and Parenting Capacity
- Managing risk when working with Children and Young People who have experienced Child Sexual Abuse
- Neglect
- Parents with Mental Health Issues
- Physical Harm
- Reflective Supervision
- Restorative Approaches
- Safeguarding Disabled Children (Non Specialist Professionals)
- Sexual Abuse Introductory Level
- Signs of Safety 2-Day Training
- Substance Misuse within the Family
- Understanding the Importance of Attachment in Assessment

Autumn/ Winter programme 2018/19 listed below

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Early Help Monthly Bulletin October 2018



Effective Multi-Agency Working

6th February 19 – Abbey Conference Centre, Norwich

Emotional Harm

13th November – South Green park, Mattishall

Neglect

3rd December – Swaffham Assembly Rooms

11th January 19 – Abbey Conference Centre

11th February 19 – Swaffham Assembly Rooms

Physical Harm

16th January 19 – Abbey Conference Centre, Norwich

Sexual Abuse – Introductory Level

1st November – Abbey Conference Centre, Norwich

16th January 19 – Kings Lynn Innovation Centre

Child Sexual Exploitation

15th November – Great Yarmouth Racecourse

22nd January 19 – Abbey Conference Centre, Norwich

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

2nd November – Abbey Conference Centre, Norwich

17th January 19 – Kings Lynn Innovation Centre

Effective Participation at Child Protection Conferences

11th October – Kings Lynn Innovation Centre

5th February 19 – The Woodside Centre, Norwich

Domestic Abuse and its Impact on Families

8th November – Great Yarmouth Racecourse

22nd November – Kings Lynn Innovation Centre

14th January 19 – Dereham Town Football Club

Substance Misuse within the Family

26th February 19 – George Hotel, Swaffham

Awareness of Challenges when Working with Parents

11th January 19 – Swaffham Community Centre

Safeguarding Disabled Children (for Non-Specialist Professionals)

7th February 19 – Kings Lynn Innovation Centre

Parents with Mental Health Issues

22nd January 19 – Kings Lynn Innovation Centre

Graded Care Profile and Assessing Parental Capacity to Change

17th October – Abbey Conference Centre, Norwich

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Early Help Monthly Bulletin October 2018



Restorative Approaches

17th October – Abbey Conference Centre, Norwich
15th November – George Hotel, Swaffham
5th December – Abbey Conference Centre, Norwich

Signs of Safety 2 Day Course

28th & 29th November – Great Yarmouth Racecourse
8th & 9th January 19 – Abbey Conference Centre, Norwich
11th & 12th February 19 – George Hotel, Swaffham
27th & 28th March 19 – Kings Lynn Innovation Centre

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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Links to useful sites, reports and surveys

40. Consultation Early Childhood & Family Service

Consultation: Early Childhood and Family Service – Transforming our children’s centres

Norfolk County Council has been working on the re-design of a proposed new service for children’s centre services which reflects national and local changes as to how families are supported and considers the needs of parents with children aged 0-5 years across Norfolk.

The proposed new service aims to:

1. Bring the services out of the buildings and into the community, to the children and families who need them the most.
2. Help communities and parents offer local activities and groups.
3. Make it easier for families to access the information and advice they need, through providing better joined up online and digital services.
4. Change how we work to make sure we deliver in the best way for today’s families.

To find out more please go to: www.norfolk.gov.uk/childrenscentres

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41. Consultation Events- Voluntary Sector

Early Childhood and Family Service - Transforming our children's centres

Voluntary Sector - Consultation Events



Norfolk County Council has been working on the re-design of a proposed new service for children's centre services which reflects national and local changes as to how families are supported and considers the needs of parents with children aged 0-5 years across Norfolk.

Norfolk County Council would like to hear from VCSE sector colleagues about your views on the proposed model. They are interested in your ideas and thoughts on the proposals as a contribution to the overall public consultation process.

A series of consultation events have been set up across the localities to provide VCSE colleagues with the opportunity to contribute.

Please be aware that this is not a market-shaping event or procurement event.

Date	Time	Venue
Tuesday 2nd October	9:30 - 11:30	Great Yarmouth The Kings Centre, 30 Queen Anne's Road, Great Yarmouth, NR31 0LE (Tel. 01493 442861)
Friday 5th October	14:00 - 16:00	North Norfolk Oddfellows Hall, 4 Lifeboat Plain, Sheringham, Norfolk, NR26 8BG (Tel. 01263 822016)
Monday 8th October	14:00 - 16:00	South Norfolk The Hub, Ayton Road, Wymondham, Norfolk, NR18 0QJ (Tel. 01953 798505)
Tuesday 9th October	14:00 - 16:00	Broadland Jubilee Family Centre, Norwich Road, Aylsham, Norfolk, NR11 6JG (Tel. 01263 734801)
Wednesday 31st October	9:30 - 11:30	West Norfolk North Lynn Discovery Centre, Columbia Way, King's Lynn, PE30 2LA (Tel. 01553 667777)
Thursday 1st November	9:30 - 11:30	Norwich Elms Business Space (Age Concern), 7 The Elms, St Faiths Road, Norwich, NR6 7BP (Tel. 01603 785226)
Monday 5th November	14:00 - 16:00	Breckland Charles Burrell Centre, Staniforth Road, Thetford, Norfolk, IP24 3LH (Tel. 01842 779867)

If you wish to attend one of the following events please complete the consultation booking form and return it to training@momentumnorfolk.org.uk You can contact the Momentum team on (01603) 883869.

WorkingTogether



Please complete the booking form below or contact training@momentumnorfolk.org.uk for further help and information

Thank you for your contributions If you would like some information to appear in the November Bulletin please send it to keith.mawson@norfolk.gov.uk by 29th October

To unsubscribe or report an error please contact keith.mawson@norfolk.gov.uk

Children's Centre Consultation Booking Form

*These sections **must** be completed.

*Consultation Venue / Locality	*Date

Delegate Details		
*Your Name:		
Organisation:		
*Your Email address: For correspondence		
*Please provide a daytime telephone number in case we need to contact you urgently:		
*Your Organisation's Details:	Address and Postcode:	
Do you have any particular requirements?	If yes, please see the back of our booking form:	
How did you find out about the consultation events?	☐ Forum email ☐ Momentum Website ☐ Enews	☐ Twitter ☐ Community Action Norfolk communication ☐ Voluntary Norfolk communication ☐ Other
Which District Council area do you work in?		
All booking confirmation letters are sent via email, unless requested otherwise Please tick the box if you want confirmation sent by post ☐ (if ticked, please provide an address and postcode)		

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Your Access Requirements

Which format would you prefer information in?

- ☐ Electronic document
- ☐ Standard print
- ☐ Large print
- ☐ Coloured paper (please specify your colour) _____

Do you require a disabled parking space?

- ☐ Yes
- ☐ No

Do you require step-free access?

- ☐ Yes
- ☐ No

Do you have any specific dietary requirements?

Do you have any medical conditions that may require urgent attention during the session such as epilepsy, diabetes or allergies?

Do you need a prayer room during the day activities?

- ☐ Yes
- ☐ No

Is there anything else that you would like to tell us about that might be a barrier to your learning?

Please return all completed booking forms to: training@momentumnorfolk.org.uk



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42. Commissioner reports on 'toxic-trio'

"Are they shouting because of me?" Voices of children living in households with domestic abuse, parental substance misuse and mental health issues (Children's Commissioner)

This report presents the views of children being supported by three projects (based in London, Doncaster and Hertfordshire), all set up to support children and families living in households with mental health, parental substance misuse and domestic abuse.

Estimating the prevalence of the. 'toxic trio'. Evidence from the adult psychiatric morbidity survey. Vulnerability technical report 2 (Children's Commissioner)

New quantitative analysis on the numbers of children in England living in households where the 'toxic trio' of factors affecting adults may be present. The 'toxic trio' is the interaction of:

- Domestic violence and abuse (DV&A) within the household
- Parental substance misuse (alcohol or drugs)
- Parental mental health issues

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43. Lily On-line Directory

Lily provides a comprehensive range of support in west Norfolk to combat loneliness and social isolation in adults of all ages. The project is linked to the 'No Lonely Day' initiative, and encourages our residents to develop friendships and engage in our local community. Lily has a strong focus on community development, by:

- helping groups to arrange activities and encouraging volunteering
- providing community events and onsite information sessions
- providing support for employers, schools, and colleges



Accessing Lily

You can access Lily in a variety of ways:

- the Lily online directory www.asklily.org.uk
- by emailing asklily@west-norfolk.gov.uk
- by telephoning 01553 616200 option 6
- at community groups, locations and events
- home visits from a Lily advisor

Why use the Lily online directory?

The Lily online directory lists organisations, services and activities that help people to live healthy, active and independent lives. It is expanding to include more and more information relevant to adults of all ages. Topics include:

- a. [Things to do](#)
- b. [Housing and care homes](#)
- c. [Transport and getting around](#)
- d. [Learning, work and volunteering](#)
- e. [Health and wellbeing](#)
- f. [Money matters](#)
- g. [Care and support for you](#)
- h. [Caring for others](#)
- i. [Staying safe](#)
- j. [Advice and advocacy](#)
- k. [Childcare and family support](#)
- l. [Lily in your community](#)

Lily advisors

Our Lily advisors are from five local voluntary organisations:

- West Norfolk Befriending
- West Norfolk Carers
- West Norfolk Deaf association
- Family Action Swaffham
- West Norfolk Mind

Adults over the age of 18 who are lonely and socially isolated can be referred to us and have up to five one-to-ones with a Lily advisor who will identify any barriers and support them to connect with our community.

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44. Self-neglect & Hoarding Service Survey

Calling all practitioners: Your chance to influence a business case for a self-neglect & hoarding service

We know there is a county-wide gap for a service that can work for a sustained period with individuals with *complex and long standing self-neglecting and/or hoarding behaviours*. Norfolk Safeguarding Adults Board (NSAB) has been working with a number of key partners to develop a business case for a service to work with these cases. **Here is your opportunity to influence the business case.**

We want to hear from as many frontline practitioners from all sectors to help shape the service specification. Please take a few minutes to complete this survey. Then please share it with a colleague and encourage them to fill it in.

Here is the link to the survey:

[Norfolk Safeguarding Adults Board: Self-neglect and hoarding](#)

There is also a link from the NSAB news page (news story dated 16 September 2018).

The survey opens on Monday 17th September and closes on Monday 29 October 2018.

45. Safeguarding Adults Website

Norfolk SAB website: **NEW** news items posted

NEWS ITEMS

- *Leeway National Domestic Abuse Conference: Norwich* | 21 September 2018
- *Final SALLY Seminar* | 21 September 2018
- *The state of play with deprivation of liberty in the community* | 21 September 2018
- *Social work with d/Deaf people: key issues in adult safeguarding* | 21 September 2018
- *Government response to LD deaths report 'will not tackle pervasive discrimination'* | 21 September 2018
- *SCIE Mental Capacity Act / Mental Health Act webinar recording* | 20 September 2018
- *Latest alerts from Norfolk Trading Standards* | 20 September 2018
- *Transitional safeguarding: a RiPFA strategic briefing* | 17 September 2018

Please go to:

[Norfolk Safeguarding Adults Board \(NSAB\) then click on news](#)

You can follow NSAB on Twitter – @NorfolkSAB

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 October?

46. Norfolk Libraries

Dersingham Library Events in October

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

To be added to the mailing list please contact Kerry Lingwood by emailing

Kerry.lingwood@norfolk.gov.uk

Dersingham now has 'Open Library' meaning you can access the library **between 8am and 7pm Monday to Friday and 10-4 Saturday and Sunday**, 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.

Weekly events:

Scrabble club - Mondays 1.30-3pm

Jigsaw club – Wednesdays 2-3pm

Knit and natter - Thursdays 10.30-12

Volunteers needed!

- Could you sing nursery rhymes to preschool children?
- 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 Kerry 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 – Tuesday 2nd October 1pm-3pm

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

Colour yourself calm – Wednesday 3rd October 10.30-12

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

Friends of Dersingham Library meeting – Thursday 4th October 16.30pm

Come along and help support your library by being a 'friend of the Library' Help us by promoting, supporting or organising events.

Crime Book Club - Monday 8th October 5.45-6.45pm

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

Coding club – Thursday 11th October 5pm-6pm

Come along and learn how to code or improve your existing coding skills. The coding club will consist of scratch based coding and Micro:bits.

Book Club - Monday 15th October 5.45-6-45pm

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

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How To save a Life- Tuesday 16th October 7pm-9pm

Join Carl Smith (critical care paramedic) at Dersingham Library for an informal, friendly demonstration on what to do if someone has collapsed or gone into cardiac arrest and how to use a defibrillator. This is a free event but booking is essential, please call the library on 01485 540181 to book your place.

Walk and talk group – Thursday 18th October 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.

Dersingham writer's group- Tuesday 30th October 1.30pm-3.30pm

Did you enjoy writing at school? Do you enjoy writing now? If so come along and join our friendly writing group and take part in some fun activities. This event happens in open library time so please see staff for details how to sign up or call 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 October 2018

For further information about events or to book please call 01366 383073

Volunteers needed!

- Could you support our new Lego club, encouraging creative play with Lego?
- 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?
- Could you spare some time to help during Job Help supporting people writing a CV, job searching and using universal jobmatch?
- Could you help support people learning to read? Enquire about becoming a Reading Pathways Coach.

Please contact Fran at the library on 01366 383073 if you'd like to find out more.

4 October ESOL course – FREE 4, 11 October [not during half term] 1, 8, 15 & 22 November
Free six-week course for people whose first language isn't English wanting to improve and gain confidence.

Week One
Meeting people and
getting to know them

Week Two
Food, drink and
shopping

Week Three
How are you?
Going to the
doctor's

Week Four
Our town; living in
Downham Market

Weeks Five and Six
Topics requested by
the class

6 October - 40s Tea Dance – 2pm till 4pm a Silver Sunday Fun Palace event.
with music from Back Two, step back into the 40s and enjoy an afternoon
tea dance £1 Booking essential

9 October Chair Yoga 2pm till 3pm – second Tuesday of the month
– with Lisa £3 – booking essential

10 October Pre-School Yoga
- with Kids Yoga Tree under 5s £3 – booking essential

22 October Chair Yoga 2pm till 3pm – second Tuesday of the month
– with Lisa £3 – booking essential

24 October Sleeping Beauty Storytime and activities with Alive corn exchange
- 10.30 till 11.30 – colouring competition to win tickets for Sleeping beauty in December

25 October Family Art Workshop for Black History Month 10.00-12.30pm

25 October Halloween Storytime and crafts 10.30-11.30pm

27 October Cake Sale in aid of the Stroke association 10am till 12 noon

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West Norfolk Early Help Monthly Bulletin October 2018



Regular events

Just a Cuppa – Every Friday 10am – 12 noon. 50p suggested donation.
Enjoy a chat over a tea or coffee.

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

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 [except during school summer holidays]

Mini Movers – Fortnightly 9 October, 6 November. Let's get active with the music from the Sticky Kids. Mini Movers is for preschool age 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 01366 383073. Booking Essential

Need help with your computer or tablet?

1 to 1 sessions with our Computer buddies are available Tuesday's, Thursday's and Saturday's – Booking essential

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Gaywood Library Events October 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 a **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 Helen at the library on 01553 768498 if you'd like to find out more.

Regular events

Scrabble group Mondays - 10 to 12 (except Bank Holidays)

Enjoy a game of scrabble! Places on a first come basis.

Just A Cuppa Every Thursday morning 10.30am In Good Company

Fancy making some new friends, or just come in for a chat? Then come along to this drop-in session for a cuppa and a biscuit

Knit and Knatter – 4th Friday in month 10am to 12 noon – 28th September, all welcome to come along to our knitting session, refreshments provided

Colour Yourself Calm with In Good Company – Fridays 1.30pm – 3.30pm

Pens, colouring 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 – 6th September

Friends of the Library Meeting Monday 22nd October 4.30pm Would you like to support your local library, help us with events, organise activities and fund raise? Come along to our meeting and meet our members

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

Bounce and Rhyme time – Every Tuesday 10.30am (Term Time)

Come along to Gaywood Library rhyme time and join in with rhymes, musical instruments, scarves and puppets for a fun sing along. Preschool age, no need to book

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

The library also hosts **Paper folding, book folding** and **Quilling groups**. Contact the library for further information. Tel: 01553 768498

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West Norfolk Early Help Monthly Bulletin October 2018



Arthritis Care Support Group - Monday 1st October 12pm – 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

FUN PALACES AND SILVER SUNDAY

Life Drawing Workshop - Sunday 7th October 10am – 1pm pop in and join our art class in Life Drawing

Crafting for Children - Sunday 7th October 10am – 12.30pm pop in and join us in our fun crafting session, all free

Library Week Events 8th & 12th October

Crafternoon in aid of Mind Charity - Tuesday 9th October 1pm – 2.30pm.

Raising money for the charity Mind giving us an afternoon lesson on decoupage. We will be decoupageing a bottle. All materials provided

Booking essential £10 per person

Talk on the Suffragettes with Orla - Wednesday 10th October 11am

Find out interesting facts on the Suffragettes and their world.

Booking Essential, £3 per person.



Monday 15th October 1pm – 5pm How Does It Work? Hughes Electrical Helpdesk. Come along to our drop in and seek advice from the experts on latest gadgetry.

Tuesday 16th October 11.30am – 12.30pm E-Services Session, come and learn about all the E-services available from your library service, e-books, e-audio, the Spydus mobile app. No cost, booking essential. For more information or to book call 01553 768498 or talk to a member of staff.

Saturday 20th October 10.30am – 11.30am Coding for parents and children, find out what it is and what you can do with it. No cost, booking essential. For more information or to book call 01553 768498 or talk to a member of staff

Half Term Activities

Crafternoon with Gratitude 43 for families Monday 22nd October 2pm Please call 01553 768498 for more details Booking essential

Ghosts v Monsters Storytime and Crafting Tuesday 23rd October 10.30am Come along and listen to stories and let's get making some ghosts and monsters for Halloween

Mini Movers and Rhymes Wednesday 24th October 10.30am Come along and join in some fun with musical instruments, scarves, music and bubbles

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HUNSTANTON LIBRARY EVENTS OCTOBER

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

Regular weekly events

Bored Games with In Good Company – every Saturday 10am. Come and enjoy cards/chess/board games and jigsaws. For all ages 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.

Just a cuppa with In Good Company – every Friday from 10.30-11.30am Come along to this vibrant group for a cuppa and a chat

More Old Stuff – Thursday 4th October 10 – 12.30pm

Come and take a trip down memory lane with lots of interesting memorabilia– bring your own old treasures to share!!

Book Club – Monday 8th October 2.30pm

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

Walk and Talk group - Tuesday 9th October 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.

Knit and Natter- Thursday 11th October 10.30-12.30pm Come along and knit with our group, have a chat, swap patterns and ideas. Refreshments provided

Colour yourself calm – Monday 8th & 22nd October 10.30am -12noon Join our group for calming colouring, refreshments provided

Friends of the Library meeting – Wednesday 24th October 5pm We meet every 4th Wednesday of the month to organise events and activities for Hunstanton library, come along and join us

Sci-Fi/Fantasy book group Thursday - 18th October all welcome. 10.30 – 11.30. Come and join in hearty discussion about books, pick up your copy at the meeting.

***NEW* Postcard design and writing with the Friends of Hunstanton Library Saturday 27th October 10.30am – 12 noon**

Come along and join the Friends of the Library in designing and writing cards for the housebound and isolated. All cards will be sent via West Norfolk Befrienders.

***NEW* in Good Company Crocheting session Monday 1st October 10.30am – 12 noon** – Come along and learn how to crochet or share tips and ideas with the Friends of the Library. Refreshments provided

***NEW* Top Tips Gardening Group – Wednesday 3rd October 10.30am** A new monthly group run by the Friends of the Library to share ideas and tips for gardening Refreshments provided

***FUN* PALACES Saturday 6th October** Come along and try out a fun Kids' Yoga class. Each session is based on a children's book and will end with short relaxation. Parents must remain with their children, and when booking they will need to fill out a medical form

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Very Busy Spider Yoga Session for 4-6-year olds, 10.30am - 11.15am

The Very Hungry Caterpillar Yoga Session for 7-10-year olds, 11.45am - 12.30pm

SILVER SUNDAY 7th October 1.30pm – 2.30pm

Seated exercise session with Crystal a qualified fitness instructor, from Active Norfolk. Pop along and join us for the afternoon of gentle seated exercise. There will also be Boccia and Room Bowls too

Scams and What to Do – Wednesday 10th October 10am – 12 noon

SCAM workshop provided by the NatWest Free Event Booking Essential Please call 01485 532280

Sing A Long with Members of the Hunstanton Choir Saturday 13th October 10.30am – Come along and join in or listen to the Hunstanton Choir Members. Refreshments provided

Friends of the Library Meeting Wednesday 24th October 5pm. Come along and Become a Friend of the Library and help organise events and activities for Hunstanton Library. We meet the 4th Wednesday of every month



**Get Online Week at Hunstanton Library 15th – 19th October
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.

Digital Safety Session Thursday 18th October 10.30am – Learn about how to be safe online, provided by the NatWest. Free events. Booking essential

Half Term Activities

Bored Games – Every Saturday 10.30am – Come along and have a go at our board games, Chess, Scrabble or cards. Refreshments provided

Money Sense for children aged 8+ Thursday 18th October 1.30pm – Fun activities about money, what to do with it and how to keep it safe. Goody bags for everyone completing the session

Mini Movers Monday 22nd October 10.30am - Come along and get active with nursery rhymes, exercises, scarves and bubbles. For preschool, booking essential
Call 01485 532280

Coding Club Wednesday 24th October 5pm – 6pm, Come along to our new coding club, and learn about scratch based coding and create your own code,
Booking essential

Ghost and Ghouls Storytime and crafting - Thursday 25th October 10.30am
Come and along for our stories and making ghosts activity

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

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Kings Lynn Library Events October

For further information about events and to book please call 01553 772568

To be added to the mailing list please contact Kerry Lingwood by emailing Kerry.lingwood@norfolk.gov.uk

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 – Please book with Library staff.

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

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!

Other Events

Read and Rabbit – Friday 5th October 10.30am – 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.

History Discussion Group - Wednesday 10th October 2.30pm – 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.

Tune into Words – Thursday 11th October 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 available.

Trivial Pursuit -Thursday 11th October 10am-12 noon

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

Can't Judge a book – Tuesday 16th October 10am-1pm

Come take part in a workshop that gives you the opportunity to learn more about yourself!

This **free** workshop will be held in several Norfolk's libraries and is open to everyone. Participants will be given the opportunity to try out question-based activities to explore their personality characteristics, thoughts and feelings, and consider how these link to our relationships and well-being.

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Local History Club –Thursday 18th October 10am – 12noon

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

Friday Night Book club- Friday 19th October 6pm-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

Scars of war lino cut workshop- Tuesday 23rd October 10am-2pm

To commemorate the centenary of World War One, the Library is one of the 6 Heritage Sites in King's Lynn who will be running Lino printing workshops. The aim is to create 6 unique permanent memorials for each location. The workshops will involve creating a unique design based on soldier's graffiti and reflect other iconic elements of World War One. They are completely **free to attend but booking is required**.

Knit and Knatter – Tuesday 23rd October 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.

Coding club- Friday 26th October 5pm-6pm

Come along and learn how to code or improve your existing coding skills. The coding club will consist of scratch based coding and Micro:bits

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47. Domestic Abuse Champions Training

(Open to Education and Healthcare Professionals)

2nd & 10th October, Swaffham Community Centre

6th & 13th November, Breckland Council Committee Suite, Dereham

20th & 27th November, South Norfolk Council (Long Stratton)

From: 10am-4pm

Request to book: da.change@norfolk.gov.uk (no cost attached)

- Be the key domestic abuse contact for your agency
- Disseminate up to date information about domestic abuse to your team
- Raise awareness in your organisation
- Be the link between your organisation and the Champions Network

☑ Free 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

Honour Based Abuse, Forced Marriage, and Female Genital Mutilation

Day Two

Workplace Domestic Abuse Policy

Encouraging Disclosures

Responding to Disclosures

Supporting Children and Young People

Safety Planning

Local Support Agencies

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48. Help to Fill in Forms



Are you finding it difficult to complete these online application forms?

- Housing Benefit
- Home Choice (Housing Register)
- Schools places for children
- Childcare funding

Or other online forms?

Sessions providing training and help are available at:

Access, Hospital Mews, Kings Lynn, PE30 5RU

Contact: Hanseatic Union

To book a space contact: Roberta.hanseatic@hotmail.com

Facebook: Hansos Unija -

Call mobile: 07960250114 Sessions are on between 1100 – 1300.

Date of next session is: October 1st, 2nd and 3rd 2018

49. Sensory Information Session



Is it Sensory?

Lynda Niles – Independent Occupational Therapist

Thursday 11th October – 10 until 12

The Dicken's Room Swaffham Community Centre, The Campingland, Swaffham, PE37 7RB
We are delighted that Lynda Niles is coming to Swaffham to offer a FREE information session to parents. If you would like a greater understanding of the sensory processing difficulties your child might be experiencing then come to our friendly informal session. Lynda will be sharing her experience and you will meet other parents of children with similar difficulties.

Lynda will also be telling you about the services she offers as an Independent Occupational Therapist and how you can access her services.

To book a place please contact

Swaffham Health Champions 01760 720302 Clare.peak@family-action.org.uk

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50. Positive Behaviour Support Courses

Positive Behaviour Support (PBS) is a course for parents or carers of a child who may have, or is under assessment for diagnosis of, Autistic Spectrum Disorder (ASD) or Attention Deficit and Hyperactivity Disorder (ADHD).

The PBS was created by Dr Stephanie Summers and Dr Melanie Bruce from Norfolk Community Health and Care to provide support for parents and carers of a child is awaiting assessment of, or who has suspected ADHD or ASD. The course is a 2 hour session, once a week for 3 weeks. It focuses on the child and 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. Families are able to develop personalised plans for their child, which will help develop strategies to avoid or diffuse situations. This plan can then be shared with schools and other settings. The course runs as a small group made up of parents, carers, grandparents, and anybody involved with the care of the child with additional needs. It also provides the opportunity to meet other people in similar situations, share experiences and learn new strategies.

There are still spaces on the following courses;

11th, 18th, and 25th October, from 10am until midday. This will take place at Downham Market Children's Centre, Snape Lane, Downham Market, PE38 9JE.

5th, 12th, and 19th November, from 10am until 12 midday. This will take place at St James Hospital, Exton's Road, King's Lynn, PE30 5NU.

3rd, 10th, and 17th December from 10am until 12 midday. This will take place at Swaffham Community Centre, The Campingland, Swaffham, PE37 7RB.

If parents/carers would like to attend, please ask them to book a place by calling Family Action, 01760 720302.

Family Action Swaffham
Swaffham Community Centre
Campingland
Swaffham PE37 7RB
www.family-action.org.uk

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51. Arts & Children in Challenging Circumstances

The focus of this year's *New Horizons* is to explore the barriers and difficulties that children in challenging circumstances face – hearing from and involving children themselves throughout, and to examine what best practice looks like, and what arts organisations need to think about in order to develop/deliver inclusive work well.

This event is a follow up to last year's really lively and energising *New Horizons* event that focused on arts and disability, during which we managed to crowdsource a '[manifesto for change](#)' that people were able to take home with them at the end of the day. There's a similar intention this year too, so that people leave armed with a whole host of practical 'take a ways'.

Our aim is to make the event as practically useful as possible, so that delegates go away more clued up - and more fired up - and with a clear idea of what they will do differently as a result of attending.

Across the day there will be a range of provocations, conversations, and how to sessions, so that, whether you're a senior manager or a practitioner there's something of value to you. Confirmed speakers include Nina Nannar (*ITV*), Rosie Millard (*Children and the Arts*), Dr Matthew Hill (*Centre for Youth Impact*), Philip Flood (*Sound Connections*), Jessica Middleton (*Children in Need*), Paul Webb (*MAP*), Anna Dever (*Family Arts Campaign*), and young people from The Garage Youth Forum and Sound Connections. Full details will be available here late August.

25th October

Book Tickets Here [new-horizons-the-arts-and-children-in-challenging-circumstances-](#)

Head to [our website](#) for the day schedule

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52. 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 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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53. Ageing with Autism 2018



ASD Helping Hands have now confirmed a new Venue and Date for the annual ageing with Autism Conference. Check out below and full details on how to book either a Attendees place or an exhibitor place for organisations wishing to get involved in our market place

16th October 2018 9:30 am- 16:30 pm

The Space Roundtree Way Norwich NR7 8SQ

Presentations from

Julie Adcock: Girls on the Spectrum

Linda Niles: Sensory Strategies

Doug Melia: Safer Handling and the use of reasonable force

Plus many more

Information for Exhibitors

As part of our Ageing with Autism Conference, we have a marketplace filled with services and organisations that offer support to those affected by ASD.

If you are such an organisation we would love to have you exhibit with us for the day.

Exhibitor's tickets cost £50.00 and include:

- Entrance for 2 staff members into the event
- Access to four talks/workshops throughout the day (dependent on availability)
- Light Lunch- Refreshments served throughout the day

Information for Attendees

Ageing with Autism Conference is perfect for anyone working or caring for those with ASD and is open to all.

Tickets cost £30.00 and include:

- Conference Pack
- Access to four talks/workshops throughout the day
- Light Lunch- Refreshments served throughout the day

For more information contact ASD Helping Hands on

T: 01362 288110

E: asdhelplinghands@gmail.com

W: www.asdhelplinghands.org.uk

<https://www.asdhelplinghands.org.uk/safer-handling-training>

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54. Professional Curiosity Event

Professional Curiosity Best Practice Event

15th October 2018 9.30am to 1pm

Abbey Conference Centre, Norwich

Target Audience:

This half day event is aimed at supervisors and managers from across the statutory and voluntary sector.

Learning Outcomes

By the end of the session participants will:

- Understand factors that contribute to our personal attitudes to risk taking in professional relationships
- Have identified strategies to create an organisational culture of learning and self-reflexivity
- Know how to manage difficult conversations around risk, exploitation and child abuse
- Know how to provide staff with a secure base to be professionally curious
- Have developed skills in upskilling practitioners to think the unthinkable and know how to ask the right questions.

The Best Practice Event is free of charge.

To book your place visit the NSCB website training page:

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

55. Save a Baby's Life

The North Lynn Children's centre will be holding a "Save a Baby's Life course "on the 10th October at 10.30 -12.30 at the Seabank Chapel North Lynn PE30 2PQ

Contact us

North Lynn, Gaywood North Bank and the Woottons Sure Start Children's Centre,
Mon – Fri, 9.00am – 5.00pm

T: 01553 668505

E: northlynn@nchc.nhs.uk

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What's on November and beyond?

56. ADHD Parenting Course Kings Lynn

Being an ADHD parent can be a challenge, taking incredible patience and strength. Our parenting programme is specifically about ADHD parenting. This six-week programme will show parents how to understand their child by tapping into their world. Learning ADHD specific techniques and strategies is the answer, in turn improving family life.

- **Unit 1: What is ADHD?**

Do we really understand what ADHD is? The programme will look into the symptoms, how they can present, including hyperactivity, anxiety, disorganisation, forgetfulness.

- **Unit 2: Understanding ADHD.**

How we manage frustration, aggression and loss of control, looking at the process and why it can happen. Strategies to minimise reaction and de-escalating.

- **Unit 3: Treating ADHD.**

Looking at medications used for ADHD, how they work, potential benefits and side effects. Understanding the importance of nutrition and medication. Exploring alternative therapies.

- **Unit 4: Supporting your children to reach their full potential.**

Giving you tips and tricks to teach or use with your young person including sleep, strategies for school, waking up and organisation. Ever wondered what your child feels like at school?

- **Unit 5: ADHD and the community around you.**

Where to go for help and support and what services are available. Including when a parent has ADHD and may need support too. Covering EHCP process.

- **Unit 6 Looking after YOU.**

This is all about you! To parent we need to be healthy and well and make sure we make time for ourselves.

Each weekly unit is 3 hours (term time only). The programme runs for 6 weeks.

The cost of this 6-week programme is £95per person.

10.30am – 1.30pm November 2nd, 16th, 23rd, 30th and Dec 7th, 14th

Venue:

Thoresby College
Queen Street
Kings Lynn
Norfolk
PE30 1HX

Email - enquiries@adhdnorfolk.org.uk Website - www.adhdnorfolk.org.uk

Facebook @adhdnorfolk

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57. Child Criminal Exploitation Briefings



Norfolk Safeguarding
Children Board

Target Staff:

This course is aimed at all front-line practitioners and managers working with children and young people.

Attendees: Maximum number of attendees- 25

Course Duration: Two hours

Course Aim: To increase professionals' awareness of Child Criminal Exploitation (CCE) linked to County Lines.

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

- Have gained an overview of the Child Criminal Exploitation team and their role.
- Have an increased understanding of what CCE / County Lines is, and what it looks like in Norfolk.
- Be able to identify why young people could be at risk of being criminally exploited.
- Be able to recognise and identify the signs and risk factors linked to young people vulnerable to CCE and those that are involved with County Lines.
- Have knowledge about what to do if there are concerns and next steps.
- Consider further reading and Information.

Date	Location	Start Time	
14/11/2018	The Royal Assembly Rooms Great Yarmouth	1300	BOOK
20/11/2018	Willow Centre Cringleford	1000	BOOK
28/11/2018	South Lynn Community Centre, Kings Lynn	1500	BOOK
06/12/2018	Sheringham Community Centre Room 5	1300	BOOK

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58. VCSE Annual Conference

Sustainability: What does this mean to your organisation and the VCSE sector?

Norfolk's annual VCSE Conference is being held on Wednesday 7th November 2018 at The Space, Roundtree Way, Norwich, NR7 8SG. The conference is organised by Norfolk's three infrastructure organisations – Community Action Norfolk, Voluntary Norfolk and Momentum (Norfolk), under our "Working Together" banner.

The annual conference aims to bring together representatives from VCSE organisations to provoke thought, provide an opportunity to consider issues from a national perspective and give delegates practical tools to use within their organisations through a mix of keynote speeches and practical workshops.

- **Date:** Wednesday 7th November 2018
- **Venue:** The Space, Roundtree Way, Norwich, NR7 8SG
- **Cost:** Members of CAN, Momentum (Norfolk), Voluntary Norfolk or the Voluntary Sector Forum (Children and Young People) will be entitled to one free place with additional or non-member VCSE places £20 each. Places for non-VCSE organisations will be £50 each.

Further booking details will be announced in August 2018

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59. Safer Handling Training

In conjunction with ASD Helping Hands

Safer Handling- are specialist providers of risk reduction solutions to those working in education, children's services and in the care sector. Our strategy is to empower organisations through professional legal guidance on the Use of force with children or vulnerable adults, enabling them to implement common sense and audit-able policies and procedures to minimise risk surrounding the management of challenging behaviours.

In the field of personal safety and the management of challenging behaviours, the government or governing body do not mandate a statutory course or promote a particular system. All of the training that we provide, however, is subject to legal and medical review and has been developed by experts.

Our training is fully legally compliant, accredited and is subject to legal and medical review.

Full Day Training £60.00

Session 1-Reasonable Force

This session will look at what is acceptable with regards to reasonable Force, the legal implications of Physical Intervention as well as carrying out dynamic risk assessments to ensure yours and others safety.

Session 2 Positive Handling

This Session will look at Physical Interventions within the home environment and how you can keep yourself and other safe. It will look at how to properly use physical intervention. This part of the course is physical and you will be required to be able to move about freely. It is not recommended for anyone with injuries or back pain.

December 15th 9:00am- 4:00pm

The Meet up Café

Thetford IP24 3PU

For more information please see

<https://www.asdhelpinghands.org.uk/safer-handling-training>

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Volunteering/ Job Opportunities

60. One to One Volunteer Mentors

Volunteer opportunities to help people in the local community

Could you join our team of volunteer mentors?

We are a local charity supporting people to overcome emotional and mental health difficulties.

We've been helping people in West Norfolk for 35 years

We are looking for enthusiastic volunteers with good communication skills, open mind, empathy and reliability who want to help people get back on their feet and reconnect with their community. No qualifications needed – all training provided

Get in touch and make a difference

One to One project

Kings Lynn PE30 2DE

www.onetooneproject.com

linda121project@aol.com

onetooneproject@aol.com

01553 770770

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61. Volunteers at Norfolk Libraries

Volunteering at Norfolk libraries

Volunteers help our library service to continue to develop activities and to support reading and learning. You can meet new people, learn new skills, gain confidence and give something back to the community, all in a friendly environment.

We will offer:

- Flexible but regular opportunities
- A variety of volunteering opportunities - something to suit everyone
- A welcome and an introduction to the organisation and the volunteer role
- Training, support and encouragement in the role
- A chance to be part of a team

What we expect from volunteers:

- Come to the library at the times agreed and let us know as soon as possible if you can't come in
- Maintain the standards of the library service, including health and safety, equal opportunities, data protection and confidentiality
- Take part in any training needed
- Be fair to others working in the library
- Talk to a supervisor about any problems

How to volunteer

Please register your interest in volunteering at <https://www.norfolk.gov.uk/jobs-training-and-volunteering/volunteering/libraries>

What happens after I register my interest?

We'll ask you to complete an application form and you'll need to give us the names of two people we can contact for references.

If you'll be working with under 18s or vulnerable adults we'll also ask you to complete a [Disclosure and Barring Service](#) (DBS) check.

When we've received your application form we'll invite you to visit the library to meet the library manager. We'll talk to you about:

- Your expectations
- How we will support you
- If this is the right role for you

If we agree that the role is suitable, we'll keep in touch while we get references and apply for the DBS check if necessary. If your skills or experience don't match the role, we'll try to suggest some other opportunities for you. Finally, we'll agree dates for training and induction and a start date

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62. King's Lynn Night Shelter Volunteers

King's Lynn Winter Night Shelter is expanding from 2 to 7 nights a week. They have lots of volunteering opportunities. Watch the video to get a feel for the project or simply [download an application form](#).

See the youtube story:- <https://www.youtube.com/embed/9Wde2o7gDQ8>

63. Sova Volunteer Mentors

Sova is a national charity which helps people to steer clear of crime and make better choices. We do this by working directly with those in trouble because of crime, drugs, unemployment, isolation or lack of skills.

With more than **140** staff and **850** volunteers, we deliver **more than 40** projects across England and Wales, working with some of the most disadvantaged people in society. During 2014/15, Sova supported more than **8,000** people, providing a range of services, including:

- Mentoring offenders
- Drug and alcohol support
- Helping people back into training and work
- Supporting children, young people and families
- Helping people improve their skills

Sova Norfolk Mentoring

Norfolk Mentoring provides fully trained volunteers in the community to support individuals with identified substance misuse issues as part of a wider behaviour change service. The service works closely with Change, grow, live (CGL), supporting individuals to address the multiple barriers they may face in overcoming their substance misuse. The service will increase engagement with and access to services for individuals across Norfolk, supporting an individual's social integration, building social skills and reducing substance misuse through positive activities, positive relationships and increasing social wellbeing.

For further information, please go to www.sova.org.uk

E mail Norfolkmentoring@sova.org.uk

Or call 01603 215

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