

West Norfolk Monthly Bulletin November 2018

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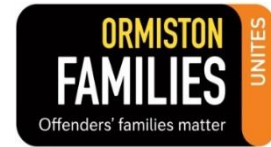
Parent and Child

1. Support for Children of Offenders

Breaking Barriers

A free service to support children of offenders

***Do you work with a family where there is a child
who would benefit from our support?***



Ormiston Families have been funded to provide free, dedicated 1:1 support to children and young people (5-16 years) who are affected by having a close family member in prison. We would like to work with you to identify children and young people who would benefit from the support which our *Breaking Barriers* service can offer. The children and young people may typically be experiencing:

- **Anxiety:** limited understanding or false perceptions of prison and prison life, difficulty sleeping, concentrating or socialising.
- **Changes in behaviour:** poor behaviour in school or home, low school attendance, risk of exclusion, bullying.
- **Social exclusion:** loss of friends and family; change of school and community.

By providing a safe space to talk, play and express themselves, we enable them to explore their feelings. We help them to break down some of the barriers that may prevent them from engaging with school or family, and from maintaining positive ties (as appropriate) with their imprisoned family member.

If you know of a child or young person who you think may benefit from *Breaking Barriers*, please do get in touch:

claire.dixon@ormistonfamilies.org.uk Tel: 07787 404 385

We can initially talk through the referral to make sure that *Breaking Barriers* is the right service for the child before I contact the parent and arrange to meet with the child (usually in school) for a series of weekly 45-minute sessions over 6 - 8 weeks.

I would be very happy to hear from you – either about a particular child, or just to let you know more about the service.

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2. Get Me Out the Four Walls

Get Me Out The Four Walls was created to ensure that no mother, father or carer feels alone and isolated at home after the birth of their children. By creating informal social meets we aim to give as many people in Norfolk the opportunity to escape their house and meet others which we believe helps prevent the on-set of Maternal Mental Illness such as Post Natal Depression and to help aid stabilisation of mental health and social prescription. We also strive to support as many mothers that become known to us that are struggling with a mental illness by offering 1 to 1 peer support and post-natal depression specific social meets delivered by our friendly non-judgemental ambassadors."

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

If you would like to contact us for some support please contact us on referrals@getmeout.org.uk and we will endeavour to respond in 72 hours.

For any other queries or to volunteer for us please contact admin@getmeout.org.uk

3. Nelson's Journey Funding Opportunity

Nelson's Journey have been shortlisted in the Aviva Community Fund awards. They are hoping to secure up to £25,000 to pay the salary of a Child Bereavement Support Worker for one year. Their role is to provide appropriate support to children and young people, living in Norfolk, who have experienced the death of a significant person in their life e.g. sibling, parent, best friend etc.

As you know, the Child Bereavement Support Workers are an amazing team who are currently supporting over 500 children and young people.

Nelson's Journey is not government funded and relies on the Norfolk community to secure the funds required to provide its services year on year. All of their services are free and can only be provided thanks to people who fundraise or vote in schemes like this.

To vote for the Nelson's Journey project, view the instructions below and click the 'Vote Now' button.

[Vote Now](#)

HOW TO VOTE:

- 1) Click the button above
- 2) Click 'Log in/Register' in the top right-hand corner
- 3) Enter your details in the relevant sections
- 4) Type in 'Nelson's Journey' into the box titled 'Search project titles and organisations'
- 5) Click on the Nelson's Journey listing
- 6) Submit your votes

[Register and log in](#) now to get your 10 votes - you can cast them for one project or spread your support across multiple projects.

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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. Transport & Travel for SEND Event

Family Voice Norfolk are holding an event at the **South Lynn Community Centre 10 St Michael's Road Kings Lynn PE30 5HE** on Monday 5th November, arrival from 10am for 10.15 start, and would love to encourage as many parent carers/families of children and young people with special needs and/or disability (SEND) to come along. The topic is Transport and Travel for SEND and we will have the transport lead from NCC there, together with other persons involved with transport and travel options for our youngsters. Additionally, we will also have an adviser there from Norfolk SENDIASS who can advise on all things SEND for families and has lots of helpful leaflets for parents. It is entirely free to attend. Teas and coffees will be provided, and we expect the sessions to finish at around 1-1.15pm. There will be lots of opportunities to ask questions, find out about all things transport and travel related.

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

For queries about membership or to give us your views and news, contact Kate, our Membership Secretary, on 07950 302937 or membership@familyvoice.org.uk

To inform us of meetings or events that Family Voice representatives or ambassadors should attend, or for anything to do with the administration of Family Voice Norfolk, contact Bernadette, our Administration Manager, on 07535 895748 or admin@familyvoice.org.uk

6. ADHD Programme for Parents

Being an ADHD parent can be a challenge, taking incredible patience and strength. Our ADHD Programme for Parents is specifically about ADHD parenting.



Many parents understand the basic principles of parenting, but we believe this isn't enough to effectively support our children. ADHD children perceive, process and learn things very differently. When there is a lack of working memory and up to 90% of ADHD cases having genetic links we now know that generic parenting courses will not work for ADHD. We need a deeper understanding of ADHD which will allow parents to reframe the way we look at it and identify any genetic links

For more information and to book go to our website and it's under Training & Qualifications.

Locations: Norwich, Kings Lynn & Great Yarmouth

Here is the link to full details and booking:

<https://www.adhdnorfolk.org.uk/services/adhd-parenting-programme/>

Email – enquiries@adhdnorfolk.org.uk

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7. Mencap Learning Disability Helpline

The Learning Disability Helpline is our free help and advice line. Our advisors can offer you advice and information about learning disability and help you find the right support and services in your area.

Our advisors are available from 9am to 5pm, Monday to Friday.

You can get in touch by:

- phoning 0808 808 1111
- emailing helpline@mencap.org.uk.

Alternatively, please let us know your query by completing this online form and we'll get back to you as soon as we can.

Who can access the Learning Disability Helpline?

Anyone can contact the Learning Disability Helpline about anything to do with learning disability. We provide information and advice for people with a learning disability, families and carers. The Learning Disability Helpline also provides information and advice to anyone wanting to know about learning disability issues and services.

<https://www.mencap.org.uk/advice-and-support/learning-disability-helpline>

8. Musical Keys Funding Opportunity

At Musical Keys we are passionate about enabling people with additional needs to access music and creativity. Established in 1990, the charity has developed a comprehensive programme of music and arts-based activities designed to enable participants to learn new skills, build confidence and improve motor skills and coordination through participatory, co-produced groups and sessions where self-expression can thrive.



Musical keys are a charity for people of all ages with a disability or additional needs across Norfolk which offer music, movement and arts based activities (more information can be found at <https://www.musicalkeys.co.uk/>).They have been shortlisted for the Avia Community Fund

They are hoping to win this funding to run their classes out of the Discovery centre, so please could you vote for them using the following link.

<https://www.avivacommunityfund.co.uk/voting/project/view/4-2204>

Register and log in now to get your 10 votes - you can cast them for one project or spread your support across multiple projects.

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9. Transition Event East

The Transition Event East is the East of England's dedicated conference and exhibition on the future of young adults with additional needs.

Offering inspirational stories and essential practical advice, the Transition Event East helps parents/carers, teachers and practitioners supporting disabled young adults navigate the path to adult services, with the aim of securing a successful future.

Speakers will share their knowledge about Education, Health and Care Plans, finding meaningful employment and choosing the right kind of housing to make your young person as independent as possible.

In between hearing all the advice and information you need, you can get to know other delegates and explore our exhibition of organisations offering local and national products and services for young people with disabilities.

New for this year's Transition Event East is an Employment Fair run in conjunction with Mencap. So come along and meet companies actively employing young people with additional needs, get advice on how to enter the workplace, and hear from other young people who have successfully been through the process. Check back soon for a list of confirmed employers.

Everything you need to know, all under one roof. To get a taste of previous Transition Events, follow the hashtag [#TransitionEvent](#) on Twitter.

Make sure you keep checking back as we reveal more of our confirmed [agenda](#).

School Groups

Please [contact us](#) on 01223 206953 for more information and to register your school's attendance

Details

Date: November 15 Time: 9:30 am - 4:00 pm

Cost: Free – £59.94

Event Category: [The Transition Event](#)

Venue

Newmarket Racecourse Rowley Mile Stands Newmarket, CB8 0TF United Kingdom

Phone: 01638 675500 Website: <http://newmarket.thejockeyclub.co.uk/>

Organiser

My Family, Our Needs

Phone: 01223 206953 Email: events@carechoices.co.uk

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Carers

10. Supporting Young Adult Carers

Our Transitions project is designed to help young adult carers reach their full potential in life. A Young Adult Carer is somebody aged between 16 and 24 years old who cares for, or is affected by, a family member who has any of the following: Physical disability, Long-term physical illness, mental health problem, Learning difficulty, and Drug or alcohol misuse problem



Transitions

Caring can mean giving someone practical help, like helping a parent to get dressed, but it can also be in the form of emotional support, for example caring for someone with mental health problems.

Someone to talk to

It can be really helpful to offload or talk through the things that are worrying you. This might be about money worries, bereavement, or your emotional wellbeing. We offer confidential one to one appointments with specialist Young Adult Carer Support Workers, and can meet at home or in the community at a time that suits you. We can also provide direct access to our counselling service.

Time for you

We run regular socials and days out for Young Adult Carers to offer a break from their caring role and the opportunity to meet other young people with similar experiences. This also provides a chance to learn new skills and have new experiences. We can explore arranging extra support for the person you care for to allow you to have a break.

Family support

We understand that the person you care for or other people in your family may need support as well. We can provide specialist support to improve family relationships and referrals to other agencies who may be able to help members of your family.

Advice

We can help you to make sure you and your family are accessing the right benefits and support, and apply for specialist funding including driving grants and education bursaries.

Claudia Sonaglio – Young Adult Carer Support Worker in West Norfolk

Mobile: 07745308638 T: 01603 219924

E: claudia.sonagliotransitions@norfolkfamilycarers.org

Vikki Edmonds - Young Adult Carers Support Worker – Breckland & South

M: 07518 527760 T: 01603 219924

E mail Vikki.Edmonds@norfolkfamilycarers.org

Facebook: [facebook.com/NFCTransitions](https://www.facebook.com/NFCTransitions) Twitter: [@NFCTransitions](https://twitter.com/NFCTransitions) Our Young Adult Carers services are generously funded by the Big Lottery Fund and Comic Relief

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Health and Well Being

11. Mental Health Review Event

Developing Norfolk and Waveney's 10-year mental health strategy

by Norfolk and Waveney Sustainability and Transformation Partnership

Come along and be part of our review of local adult mental health services. We want to talk with you about why we're reviewing mental health services, how they are currently operating and what you think needs to change.

Your feedback will help us to draft our ten-year strategy for mental health care in Norfolk and Waveney. This is one of a series of events we're organising as part of our review. We look forward to seeing you there

DATE AND TIME WED 14 November 2018 10:00 – 12:30 GMT

King's Lynn Town Hall
Saturday Market Place
King's Lynn
PE305DQ

[Please Register with Eventbrite](#)

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12. Adult Epilepsy Nurse in Norfolk

Adult Epilepsy Specialist Nursing (Norfolk Community Health & Care NHS Trust)

Address: Dereham Hospital,

Northgate Dereham

Norfolk NR19 2EX

Telephone: 01362 655 244

Direct Line Helpline & Answerphone: 01362 655 244

Fax: 01362 695 457

Website: www.norfolkcommunityhealthandcare.nhs.uk/The-care-we-offer/Service-search/epilepsy-nurse-young-people.htm

The community-based Adult Epilepsy Specialist Nurse (ESN) service provides initial assessment and ongoing management of the patient's epilepsy.

Nurse specialist reviews based on patient need for adults with and without a Learning Disability.

The Adult ESN service is responsible for:

- * Providing counselling, support, information and education for patients and families on:
Risk and safety* Triggers and lifestyle* Medications* Driving* Employment* Benefits*
Education* Family planning and pregnancy* Care plans written with the patients and families
- * Avoiding inappropriate hospital admissions
- * Liaising with Neurologists, GPs, social care, Continuing Health Care and Learning Disability services
- * Training of healthcare professionals, students, teachers, employers and care/voluntary organisations
- * Working with GP practices to ensure that all patients in the four Norfolk localities are registered with the adult community epilepsy service

An information leaflet about the service is available and can be obtained by telephone or letter request.

Age Range: 16 and over

Referral Procedure: GPs, consultants, health and social care professionals, private or voluntary organisations and self-referral.

- * Home visit
- * Residential home
- * Ward visit
- * Telephone contact
- * Nurse led clinic

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13. Coroners Court Support Service

The Coroners' Courts Support Service (CCSS) is an independent voluntary organisation whose trained volunteers offer emotional support and practical help to bereaved families, witnesses and others attending an Inquest at a Coroner's Court.

Our organisation was set up by the Founder Trustee who attended an Inquest with her cousin whose son, David, had tragically died in a road traffic collision abroad. As David's body was brought back to this country an Inquest had to be conducted.

An Inquest can be a traumatic experience for anybody involved. Our aim is to help, guide and support everyone attending an Inquest. The CCSS's trained volunteers will guide people through the often complicated and bewildering process and explain the Inquest procedure to you, helping you have a much better understanding of your role with this often unfamiliar environment.

The volunteers at Court meet anxious people every day from many different backgrounds, circumstances and lifestyles and understand the importance of supporting everyone attending with a non-judgmental attitude.

If you would like to talk to a volunteer before the day of the Inquest we have a telephone helpline available Mon – Fri 9.00 am – 7.00 pm and Saturday 9.00 am – 2.00 pm.

Please call **0300 111 2141** or e-mail helpline@ccss.org.uk

Please contact the office on 0300 111 2140, the **Helpline on 0300 111 2141** or info@ccsupport.org.uk to find out more or to receive information about our organisation or attending a Coroner's Court.

<https://coronerscourtssupportservice.org.uk/>

We can also signpost you to other organisations that may be able to help in the longer term

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14. Young Minds Charity Helpline

Young Minds charity are the UK's leading charity committed to improving the wellbeing and mental health of children and young people.

Parents Helpline

Our Parents Helpline is available to offer advice to anyone worried about a child or young person under 25.

You may have questions about a child's behaviour, emotional wellbeing, or mental health condition. You may have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit them.

Our trained advisers are here to give you help and advice, whatever the question.

Under 25? Our helpline is there for parents, but there's plenty of help and support for young people too whether it's our expert guides or the various organisations and helplines we work with. Find out where to get help.

Call the Parents Helpline

Call us for free Mon-Fri from 9.30am to 4pm – available in England, Scotland, Wales and Northern Ireland.

0808 802 5544 Calls may be recorded for monitoring or training purposes.

Outside of the Parents Helpline hours

Out of operating hours, you can contact the Parents Helpline via our online contact form. We will endeavour to reply to emails received within three working days. If you are in need of urgent help, these contacts can help you.

What happens when you call the Parents Helpline?

- You'll get through to a trained adviser who will talk through the problem and listen to your concerns and questions in complete confidence.
- Your adviser will help you to understand your child's behaviour and give you practical advice on where to go next.
- If you need further help, they'll refer you to one of our specialists whether it's a psychotherapist, psychiatrist, psychologist or mental health nurse. They'll arrange a phone consultation within 7 days."

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

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15. Everyday Wellbeing Group



Everyday Wellbeing

5:30pm – 7:30pm

Every 1st and 3rd Wednesday of the Month*



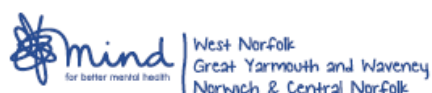
TESCO Extra Community Room**

Hardwick Industrial Estate
Kings Lynn
PE30 4NA

FREE to attend, no need to book, just turn up!

Wellbeing means more than just being happy and confident. It means feeling able to cope when things get tough in our lives. Pick up tried and tested techniques from NHS staff to aid emotional wellbeing in a relaxed friendly environment. There is no expectation to talk about yourself, come along and find out more about what the wellbeing service can offer you. Feel free to bring a friend.

*Excluding 02/01/2019. ** Located near the electrical department.



West Norfolk
Great Yarmouth and Waveney
Norwich & Central Norfolk



Norfolk and Suffolk
NHS Foundation Trust

Wellbeing is commissioned by Great Yarmouth and Waveney, North Norfolk, Norwich, South Norfolk and West Norfolk Clinical Commissioning Groups.

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16. 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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17. Wellbeing Socials

Wellbeing Associates Workshops & Socials



Date and Time:	What and Where:
Every 2 nd Monday 3:00-5:00pm Next Session 12th November	Well Being Art Group Providence Street Community Centre Providence Street, King's Lynn PE30 5ET
Thursday 8 th November 10.30am – 12:00pm	Coffee and a Catch up (Ambassador led) Chives Brasserie, 11 High Street, Hunstanton, PE36 5AB
Monday 12 th November 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 21 st November 10:30am – 12:00pm 	Coffee and a catch up The Whalebone Public House 58-64 Bridge Street Downham Market PE38 9DH
Thursday 22 nd November 11:00am – 12:30pm	NEW SOCIAL Wellbeing Walk & Talk at Sandringham Come along and join our volunteers for a walk in the Queens estate followed by a drink in the restaurant. Meet outside the Visitors Centre Sandringham Estate Princess's Drive PE 35 6AB
Thursday 27 th November 5:30pm-7.00pm 	Associate Workshop –Your Lifestyle, Your Wellbeing! –Providence Street Community Centre, PE30 5ET Join us for a two-hour session with Diane West. She will talk about ways to improve your mental wellbeing with small lifestyle changes! *Booking req.*
Thursday 29 th November 5.30pm –7.00pm	Coffee and a Catch up Sunshine Café, 20 Wales Court, Downham Market, PE38 9JZ
Friday 30 th November 10.30am–12.00pm	Coffee and a Catch up (Ambassador led) Alive Leisure Lynnsport Café Greenpark Avenue, King's Lynn PE30 2NB

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

18. Domestic Abuse Law Clinic

Norfolk Community Laws Service run a weekly Domestic Abuse Advice Clinic on a Wednesday in Norwich (and via Skype if a client can go to a supported environment) which is by appointment. At this service, supported by Law students, clients can have up to 45 minutes with a solicitor for free advice on Civil Law remedies.

The link to our website is www.ncls.co.uk which lists our other services.

Please do get in touch if you need further information.

Judi Lincoln
Advice & Volunteer Manager
Norfolk Community Law Service
St Clements House,
2-16 Colegate, Norwich, NR3 1BQ
tel 01603 496623
fax 01603 618320
<mailto:judi@ncls.co.uk> www.ncls.co.uk

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Groups

19. Artist in Residence Opportunity

A community artist based in West Norfolk is looking to develop an artist-in-residence collaboration with a local organisation. Since 2000 she has worked with a wide variety of schools, charities, councils and businesses, creating artwork, developing outdoor spaces and running art workshops in a range of media. She can offer a range of media and skills such as painting, drawing, ceramics, mosaics, murals, Forest School, school grounds design & training, and others.

She is currently looking for a studio space in the King's Lynn area and is interested in talking to any organisation locally that would be interested in partnership working. She is looking for a large lockable room with natural light and access to water. In exchange she would offer art skills or services for a set number of hours a month plus be a sounding board for any creative projects the organisation is involved with.

If you would like to discuss this opportunity, please contact Nicola Marray-Woods on nicola@nicolamw.co.uk, or have a look at her website www.nicolamw.co.uk

20. King's Lynn Anime and Gaming!

King's Lynn Animé and Gaming!



Play the latest games and watch new and classic anime at the new Animé and Gaming Group!
First month will have PS4/Switch
Cowboy Bebop and Cells at Work
Due to age rating of games/animé minimum age 15+
Website: [meetup.com/KingsLynnAnimeGaming](https://www.meetup.com/KingsLynnAnimeGaming)

First Thursday
every month
6-8pm, £5.
starting 4th Oct
Meeting House
38 Bridge Street
King's Lynn
PE30 5AB

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21. HER Business Conference

HER Business, Body & Life Conference 2019 -

Hundreds of Women Will Celebrate International Women's Day in Style in 2019!

Norfolk's largest women's empowerment conference is back in 2019, with Inspirational speakers telling their success stories and educating about women-related issues on 8th March 2019, to celebrate International Women's Day!

Format of the Day:

9:30am Registration, refreshments, stand browsing & networking

10-11:30am Welcome and 3 x Business, Body & Life Inspirational Speakers

11:30am Speakers Q & A

12noon Lunch (provided)

1-4pm 6 x Business, Body & Life Masterclasses (delivered by empowering and educational independent hosts, stand browsing & networking

2:30pm Refreshments

4:30pm Close & goodbyes

FULL INFORMATION CAN BE FOUND AT

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

Ticket price includes a seat for all speakers and masterclasses, FULL BUFFET LUNCH, morning and afternoon refreshments, FREE PARKING & the chance to network with 200 women & browse stands from more than 40 women-related businesses & organisations (with exclusive offers and discounts).

Hand & arm treatments on offer for a small charitable donation.

There will also be a few little surprises on the day too!

Join us to celebrate being women together!

The event will also be raising money to support Freedom From Abuse.

Sponsorship and advertising opportunities are available. For more information visit

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

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22. Best Practice Inclusive Activities



Good Practice events

Inclusive Activities

Would you like to make your youth club, sports group or project more inclusive for young people with additional needs?

Our November Good Practice sessions will help you understand more about inclusivity and show you some new activities you can use with the young people you work with.

The sessions are informal, with plenty of group discussion and chances for you to ask questions. They are aimed at frontline staff and volunteers from youth clubs, sports groups and other projects for young people, although anyone working with 11-19 year olds is welcome to attend.

And as usual, the meetings will include an opportunity to meet other groups in your locality, hear about opportunities from Momentum, and find out about Ambition Quality or get your portfolio checked.

Norwich:

Friday 9th November, 4-6pm

Great Yarmouth:

Tuesday 27th November, 10am-12 midday

Breckland (Swaffham):

Monday 12th November, 4-6pm

West Norfolk (King's Lynn):

Wednesday 28th November, 10am-12 midday

North Norfolk and Broadland (Aylsham):

Thursday 15th November, 4-6pm

South Norfolk (Wymondham):

Thursday 29th November, 4-6pm

All dates, times and venues can be subject to change – please contact us if you are intending to come along so you can be kept up to date with any changes.

For more information or to book a place, contact Aimee Gedge, Supporting Excellence Officer.

Email: aimee@momentumnorfolk.org.uk | Phone: 01603 883869

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23. Norfolk Connect

Norfolk Connect



What we do!

Norfolk Connect is a responsive and tailored targeted youth support service, delivered by Prospects. The service provides support to young people who are displaying risky behaviour, and signpost them into a positive activity. Clients will be supported to increase resilience and overcome barriers.



Who we support!

Norfolk Connect supports people who are aged 13-19 and are at risk of statutory intervention. If you would like more information about the criteria, please use the email address below.

Where we work!

Norfolk connect have Youth Support Workers in every district in Norfolk. To make contact with your local Youth Support Worker, please contact us.



Contact us
E: Norfolk@prospects.co.uk

prospects

Inspiring People. Developing Potential

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24. Community Swap n Shop

Downham Market, Swaffham and Methwold Children's Centres **Donations for Community Swap n Shop**

Have you any children's clothes (ages 0-5 years old) that you would be happy to donate to your local Children's Centre?

You can bring your donations along to Downham or Swaffham Children's Centres between 9am and 3.30pm. If you want to donate at Methwold Children's Centre then please call 01366 387403 to check opening times.

Our new **Swap n Shop** will be open weekly starting in December 2018 at Downham Market Children's Centre and at Swaffham Children's Centre.

If you donate clothes you will be given tokens to spend in our 'shop'.

Look out on Facebook and at your Centre for more information.

Action for Children does what's right, does what's needed and does what works.

You can contact us on 01366 387403 at Downham Market Children's Centre, Snape Lane (off Paradise Road), Downham Market PE38 9JE or come in and see us.

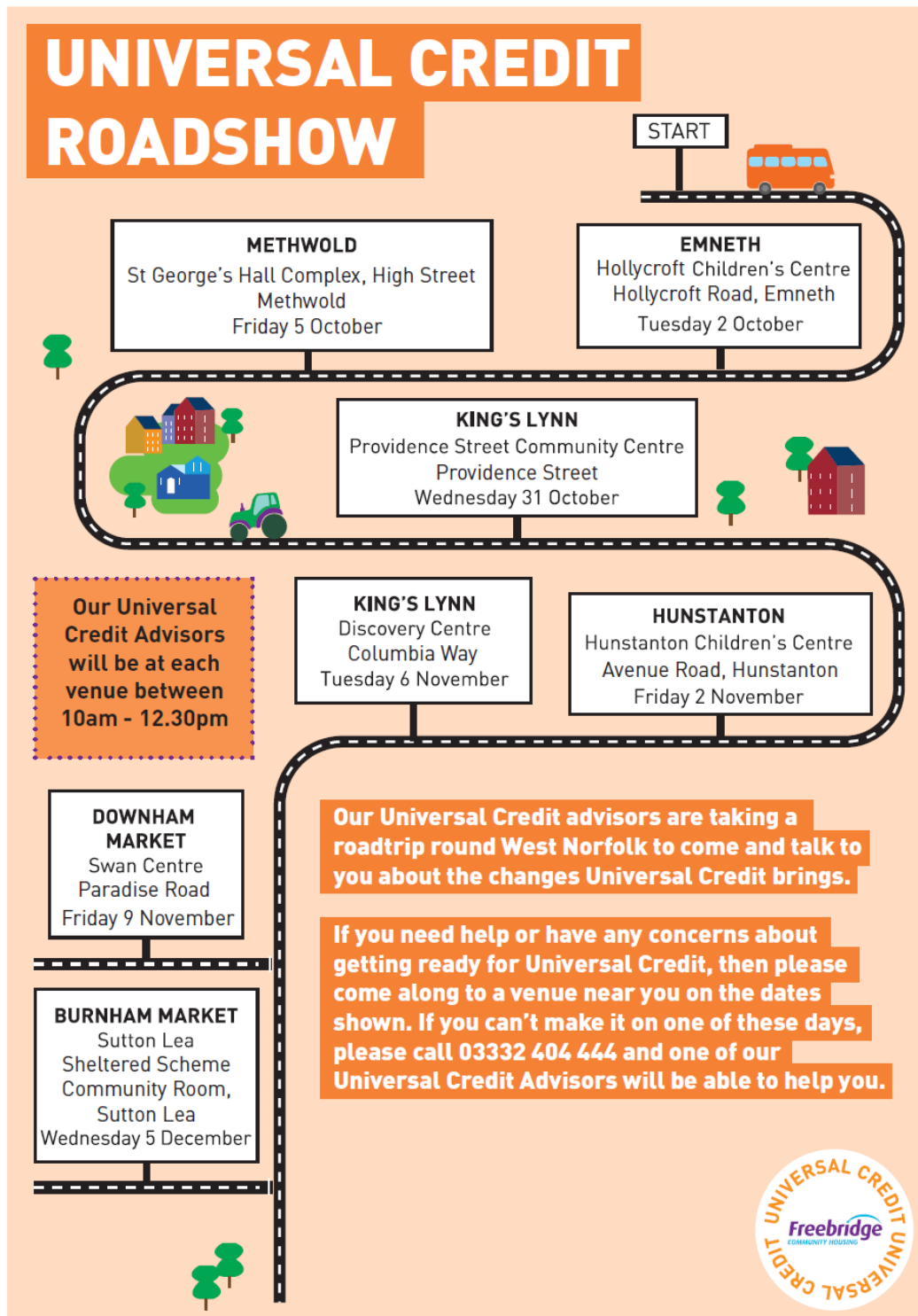
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Housing & Finance

25. Universal Credit Roadshow



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26. Universal Credit Escalation Process

Jobcentre Plus Escalation Routeway for Kings Lynn

Claimant Escalation Routeway

Working Age Benefits

(e.g. JSA, ESA, Income Support)

☒ Call Benefit Enquiry Line on **0800 169 0310**

Universal Credit Live Service

(Non-Digital UC)

☒ Call the Universal Credit Live Service - Service Centre on **0800 328 9344**

Universal Credit Full Service

(Digital UC)

☒ Digitally – via Journal Facility in UC Digital System

☒ Call the UCFS Service Centre on **0800 328 5644**

Sources of information on UC for customers & partner organisations (links enabled when viewed in slideshow mode):

- Unsure if you are in UC Live or Full service? Use the Citizens Advice eligibility checker
- www.understandinguniversalcredit.gov.uk & Universal Credit partner toolkit - useful guides to UC for claimants and partners
- www.youtube.com/channel/UC7Km4IXfVJB1n8SQUmkJD0Q - useful range of videos on UC full service

Partner Organisation Escalation Routeway

- Please note – this escalation Routeway is used to support Partner Organisations/Providers – **please do not issue this to claimants** as they will only be directed into the Routeway above.

- For UCFS we need **Explicit Consent** from the claimant to talk to a provider/partner organisation. The claimant can provide this via the Journal in their Digital Account or verbally to the Service Centre. They need to include the point of contact & name of organisation they give permission for us to speak to and details of the issue. For more information on disclosure follow this link **Universal Credit consent and disclosure of information**

General Queries & Questions

For generic queries that may affect multiple claimants

e.g. Does somebody need to claim UCFS if they move into this area?

Contact Local Partnership Adviser

Name Hayley Standen

Telephone number: 07901 915487

Email:

Hayley.Standen@dwpgsi.gov.uk

Individual Claimant queries or escalation

e.g. We are supporting Joe Bloggs who has not received his UC housing payments and is under threat of eviction, can you look into this so housing costs can be paid asap?

Contact the local Work Coach Team Leader for the relevant claimants office and benefit

Complaints

If a claimant has a complaint about DWP they can complain by phone, in person, or in writing

[How to complain](#)

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27. UC Network Group Invitation

Professionals who want to know more about Universal Credit are invited to the UC Networking Group on Tuesday 13th November at 10.00am at Providence Street Community Centre Providence Street Kings Lynn.

Please let Sarah Oakley Sarah.Oakley@freebridge.org.uk know if you intend to turn participate.

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Training and Employment

28. Racing Car Programme

Get Started with Racing Cars in partnership with Proctor Learning Technologies



PLT is a provider for STEM courses, with a focus on engagement of young people within Science and Engineering

This **Racing Car** programme is available to any YP that can travel to Kings Lynn. This **Get Started** programme is designed to support those who struggle with Anxiety, Depression, Low Confidence or Lack of Experience, as well as those who are looking to excel and develop new skills within the Racing Car Industry.

Eligibility: Aged 16-25? | NOT in Education, Employment or Training (or less than 14/hrs a week)

Programme: Monday 17th December – Friday 21st December 2018

Location: Discovery Centre, Kings Lynn

Interviews: W/C 26th November (King's Lynn and Dereham JCP's)

- Learn about racing car technology and engineering
- Gain an AQA qualification in design
- Race your car in a series of time trials
- Improve your teamwork, communication skills and boost your confidence
- Receive 3 months support after the programme
- Travel costs supported by The Prince's Trust or through your Job Centre
- Lunch provided every day

LIMITED PLACES AVAILABLE | To join the course or find out more call for Free on 0800 842 842

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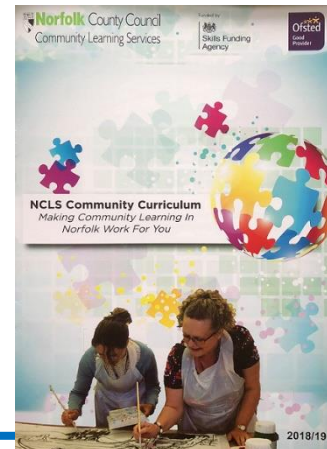
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29. Funded Learning Opportunities for Adults Aged 19+

Norfolk Community Learning Services is an adult education provider and offers courses to a wide range of learners aged 19 to 90+ years old. Our Community Curriculum is designed to bring learning to you and meets the needs of people who may have experienced educational or economic disadvantage.

Courses are flexible, friendly, interactive and can be offered as a short course or a two hour taster session Breckland and West Norfolk Locations.



Through our “*Community Curriculum*” Norfolk Community Learning Services (NCLS) contributes to this vision by encouraging people to:

Get it together - Build personal resilience and develop skills so they can contribute to their communities confidently

Get digital - Develop basic digital skills so they can be part of the digital economy

Get busy - Prepare for and make the most of opportunities for volunteering employment, enterprise and leisure.

Get out and about – Take the opportunity to explore and value our heritage, culture and environment.

Get healthy - Foster behaviors that promote good health and wellbeing

**To find out more information about the courses please contact
Bob Jordon Community Learning and Development Officer**

robert.jordan2@norfolk.gov.uk

Mobile 07788 566 496

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Community Based Taster Sessions

Crops in Pots	Learn about growing your own vegetables. Plant your own and see them flourish. Make a difference to your environment by creating an incredible edible growing machine.
Buying and Selling On-line	Discover how to buy and sell online. Learn how to present items and text, price an item and charge for postage. Set up an online auction or shop. By the end of this course you'll be on your way to starting your own small online business.
Connecting People	Ever feel lost for words or have trouble communicating a message? Explore how we communicate effectively, from speaking up at a meeting to talking to neighbours.
Community Buzz	Would you like to set up a new group in your community? Learn about tools and techniques to build a flourishing campaign, action or activity group in your neighbourhood.
Exploring the Digital World	Find your way around the digital world safely. Use your tablet or device to find out what is happening in your community, book a medical appointment, join a group or explore the latest offers online.
Food Shopping on a Budget	Learn hints for making the most of your food shopping budget. Compare prices and special offers or share tips with other members of the group. Best of all enjoy some tasty meals!
Money Maximiser	Join our fun course which will help you balance your income with your outgoings. Explore money saving tips and techniques that help you get the most out of your income.
Healthy Habits for Your Head (the 5 ways to Well-being)	We can't control the challenges that life throws at us, but we do have choices in how we deal with these situations. Explore some simple practical ways we can improve or maintain our mental health.
Healthy Habits for Your Body	Whatever our starting point we can all make choices – what we eat, when we sleep, what we do in our waking hours all make a difference to how we feel. Build simple habits into your daily routine to give you more zip!
Story Walking	Express your story through arts, photography and words. Find inspiration as we walk together and share our visions. From digital photography to creative writing, sketching to craft work there will be something for all!

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30. Free Rights Course

Aged 15 — 25?

Experienced issues with housing, money or employment?

Sick of the way you are treated by services?

Want to know more about your rights?

For information and to get involved, contact:

Gillian Rockey: 07703 317188

Danny Whitehouse: 07384 511104

MAP Youth Workers



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Training for Professionals

31. Harmful Sexual Behaviour Course

We have today added additional training dates from our Harmful Sexual Behaviour Team. Please note the Identifying workshops are being offered free of charge.

Applications for the below courses can be made via our website:

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

07/11/18	Identifying Harmful Sexual Behaviour in CYP Workshop (1.5 Hrs)	Thurlow House
20/11/18	*Assessment Skills with CYP Displaying Harmful Sexual Behaviours	Abbey
21/11/18	**Delivering Interventions to CYP Displaying Harmful Sexual Behaviours	Abbey
03/12/18	*Assessment Skills with CYP Displaying Harmful Sexual Behaviours	Great Yarmouth Racecourse
04/12/18	**Delivering Interventions to CYP Displaying Harmful Sexual Behaviours	Great Yarmouth Racecourse

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

**Participants on this course should have attended the 90 minutes workshops and the Assessment Skills course

nscbtraining@norfolk.gov.uk

www.norfolklscb.org

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32. Youth Work Week Event

CELEBRATING YOUTH WORK WEEK 2018

INVITATION TO PROFESSIONALSSUPPORTING YOUNG PEOPLE IN NORFOLK...

- ☐ An opportunity to Network with other like-minded professionals
- ☐ Find out more about Prospects new projects
- ☐ A free seminar with speakers from different areas of Youth Work
- ☐ A chance to celebrate National Youth Work Week
- ☐ Buffet lunch provided

WHEN? 11am to 2pm November 9th

WHERE? SHAW TRUST 85, Mountergate, Norwich NR1 1PY

ORGANISED BY: PROSPECTS

Times Sessions

11:00 to 11:15 Arrive and Registration

11:15 to 12:00 Networking, Stalls & Coffee

12:00 to 12:30 Lunch

12:30 to 12:40 Guest Speaker (TBC)

12:40 to 12:50 Launch of Prospects projects

12:50 to 1:50 What is your Youth Work? Seminar (Inc. guest speakers)

☐ Mike Clemo—NIYP

☐ Kal Mba—Boost App

☐ James Kearns—BUILD

☐ Jess Read — Norfolk Connect

☐ Tom Gaskin - The Missing Kind

☐ Followed by an open discussion about Youth Work

1:50 to 2:00 Evaluation and Close

PLEASE CONFIRM:

☐ Your attendance

☐ Any dietary requirements

☐ If you would like a table to set up your stall for the networking

To: participatenorwich@prospects.co.uk / 07773571182

By the 2nd November 2018.

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33. Peer Support Event

Norfolk Peer Support Celebration

Peer support is where individuals or groups of people with lived experience of a particular issue, get together in a balanced way to give and receive support, information and advice. This could be around a shared theme, impairment, issue or activity.



Equal Lives and a number of organisations who offer peer support, (including, The Matthew Project, The Benjamin Foundation, Carers Matter, Norfolk & Suffolk Mental Health Trust, LGBT Project and Get me Out of the 4 Walls), are coming together to hold a community event. The work is supported by Norfolk County Council. The first event will be in Norwich and will celebrate all the fantastic work that is done by local people to support each other around different issues in their locality.

The event will spotlight what community groups and organisations are doing but will also provide an opportunity to share learning and come up with some ideas for better joint working.

At the event you will be able to:

- Find out what support is available in your area
- Meet other people
- Find out how you can use your own experiences to support others in similar situation
- Find out about all the great work that people are doing in their locality

What will happen on the day?

Over the past few months people have been sending their suggestions to us via the survey and our event Facebook page and from what people have told us we will be having workshops, Café conversations, Talks, Films and information stalls. All your ideas will be used in our second planning workshop taking place on Sept 4th to help us come up with a more detailed programme of events. Please watch this space for updates!

If you live elsewhere in Norfolk, tell us if you would like a similar event and we can support you to work with others to organise what you feel is relevant for your locality.

You can post your ideas and comments on our [Facebook](#) page or email them to Hazel: hazel.simons@equallives.org.uk

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34. Norfolk Against Scams Partnership

You are invited to the Norfolk Against Scams Partnership Partner Event on:

Thursday 15 November 2018
09:30 – 13:00
Edwards Room County Hall
Norwich NR1 2DH



**Norfolk
Against
Scams
Partnership**

The event will see the official launch of the Norfolk Against Scams Partnership and an opportunity for partners and those interested in becoming partners to find out more about the partnership.

Why should you join us?

- Find out more about the partnership
- Understand your role as a partner
- Find out how to become a partner
- Find out how we can work together to protect and support residents and businesses in Norfolk from scams. Doorstep crime and fraud.
- Help to develop and take forward the partnership
- A great opportunity to network with different Norfolk organisations

Who should join us?

This event will be of particular interest to partners of the Norfolk Against Scams Partnership as well as organisations that are interested in becoming a partner and wish to find out more. We also welcome leaders, managers and representatives from businesses, banks and the finance sector, community voluntary and third sector organisations and charities.

Places at the launch and Partner Event for the Norfolk Against Scams Partnership are limited so to avoid disappointment please book early.

A very limited number of spaces to exhibit display stands on the day are available and will be allocated on a first come, first served basis. If you would like one of the spaces please complete this section on the booking form

To book your **FREE** place now please go to
www.smartsurvey.co.uk/s/AgainstScams/

For more information on the Norfolk Against Scams Partnership visit
www.norfolk.gov.uk/NASP

If you have any questions or queries regarding this event, please email NASP@norfolk.gov.uk

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35. 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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36. Self-harm & suicide training

Understanding self-harm and suicide prevention (twilight)

Outline

This training will cover self-harm and suicide prevention within the context of schools. It is free for all Norfolk and Waveney schools/academies.

Description

We will consider why young people may self-harm and what schools can do to offer support. We will think about when young people are at risk of suicide and consider carefully what schools need to do when they are worried about a young person.

Outcomes

Aims of the training are to

- increase knowledge about self-harm and suicide
- understand how you can support young people
- be confident in using the NSCB guidance 'What to do if you believe a child might be at risk of suicide'

Booking Information

This course is funded as part of our suicide prevention activities for Norfolk & Waveney- we expect attending schools to share the content of this course with all staff. Max. 2 delegates per school.

3rd December 2018 (Norwich area, tbc), 5th March 2019 (West, tbc), 29th April (Horatio House, Lowestoft): 16.00 – 18.00 <http://s4s.norfolk.gov.uk/Search/suicide%20prevention>

Cancellation Policy: For cancellations made by the school/establishment more than 14 working days prior to the course date, no charge will be made. A £20 administration fee will be levied per person for cancellations less than 14 days. Alternatively, you can arrange for a colleague to take your place.

Audience

Headteachers, senior leaders (schools), designated safeguarding staff, school mental health leads, pastoral staff, other school staff interested in self-harm and suicide prevention

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37. Teaching about bereavement

19/11/2018 16:00 - 18:00

Title: Teaching about death and bereavement

Venue: Professional Development Centre (Norwich)

(1 - Training Room), 144 Woodside Road, Norwich, Norfolk, NR7 9QL

Trainer: Bianca Finger-Berry

Outline

'Because at high school, it is going to happen, we lost three students, and I think the earlier schools can teach younger people about what's going to happen, and how to deal with things, and what could happen, the better it would be, to prepare them and that, when it does happen.' (Young person following the death of a school friend)

51% of young people tell us that they have had no teaching about bereavement, loss and separation or that they didn't find it at all useful. Yet loss and bereavement are an inevitable part of our lives, and it is important to prepare children and young people for this experience. We can teach this pro-actively, as well as allow natural discussion about death as it arises in everyday life. We can encourage children to see death as part of the natural life cycle.

Children and young people say that they want to learn about it, and we can teach them some valuable skills to help them deal with the most certain experience.

Description

During this short course we will talk about the role of teaching about death and bereavement throughout school, we will share teaching materials as we want to encourage all schools to help prepare children for the experience of death.

Outcome

Staff will be more confident in teaching about death and bereavement and have some ideas about how they can do that.

Audience

Class teachers in primary schools All staff teaching PSHE whether in dedicated PSHE lessons or through form time, off time-table days, etc. PSHE Co-ordinators Mental health well-being champions

Booking Information

This course is free for LA schools and all other settings that subscribe to Critical Incident Support. <http://s4s.norfolk.gov.uk/Event/76705>

Schools buying into EPSS pay £40, all other schools/settings £50.

Cancellation Policy:

For cancellations made by the school/establishment more than 14 working days prior to the course date, no charge will be made. A £20 administration fee will be levied per person for cancellations less than 14 days. Alternatively, you can arrange for a colleague to take your place.

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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

- 12th November Rosecroft Primary School, London Road, Attleborough, Norfolk, NR17 1BE. *Note: school has a No outdoor shoe policy so please bring indoor shoes.*

Norwich locality

- City and Eaton Children's Centre, Vauxhall Street, Johnson Place, Norwich NR2 2SA - Monday 3 December 2018

South locality

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

(All of the above South locality courses will be held between 9.15am and 4.30pm at the Colman and Cavell Room, South Norfolk Council, Cygnet Court, Long Stratton NR15 2EX.)

West locality

- King's Lynn Fire Station, North Lynn Bypass - 9 November 2018
- King's Lynn Fire Station, North Lynn Bypass – 31 January 2019

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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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

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

Restorative Approaches

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

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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. New CADS phone line

Children's Advice and Duty Service (CADS) – what to do if you need to make a call

If you are a **professional** concerned about a child in Norfolk and want to speak to someone, you can call the Children's Advice and Duty Service, on our direct line **0344 800 8021**.

If you are a **member of the public**, you can do this through our Customer Service Centre on **0344 800 8020**.

For any call raising concerns about a child, CADS will ask:

- all of the details known to you/your agency about the child;
- their family composition including siblings, and where possible extended family members and anyone important in the child's life;
- the nature of the concern and how immediate it is;
- Any and what kind of work/support you have provided to the child or family to date.

They will also need to know where the child is now and whether you have informed parents/carers of your concern.

- Consent: It is good practice and the expectation that you seek consent from parents. We acknowledge that there are occasions when to do so could put a child at risk or undermine the investigation into a serious crime. In these instances, we would accept a call without consent from the parents. Reasons for not seeking consent should be clearly stated when speaking with CADS and recorded on internal systems for your records.

The service will run Monday to Friday from 8am to 8pm.

You can continue to contact our Emergency Duty Team on 0344 800 8020.

If you think it is an emergency call 999

For more information see the Norfolk Threshold Guide

<https://www.norfolklscb.org/people-working-with-children/threshold-guide/>

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41. Adult Mental Health Review

Norfolk and Waveney Sustainability & Transformation Partnership (STP) are currently reviewing mental health services for adults in Norfolk and Waveney. This review is the first step in our work to develop a 10-year strategy to offer a clear vision for the future delivery of and model for local mental health services. It is extremely important to ensure you take the opportunity to share your views and suggestions with us about local mental health services, as your feedback will help us to shape the future of these services for local people.

Why are we holding a review?

We have listened to feedback from our patients and service users on the level and quality of services and recognise the urgent need for change both now and into the future.

Our vision

Developed with your input and that of service users/ carers and other stakeholders, our Strategy will take into account the varied local needs of the communities we serve and will be underpinned by the fundamental aims to;

1. Improve prevention and well-being to minimise mental health issues and reduce the burden on common mental illness where possible
2. Improve outcomes and quality levels to national average
3. Improve ease of access to services, and providing services in the correct setting and with smooth hand-overs from a service user perspective

Scope of the review

This review will focus on adult mental health services commissioned locally by the NHS from NHS providers and others, such as third sector organisations. Child and Adolescent Mental Health Services (CAMHS) and learning disabilities and autism pathways are not in scope.

Your views matter

The review will include an extensive engagement programme whereby service users, carers, staff, linked professionals and stakeholders will have the opportunity to have their say, in a number of ways over the coming weeks. As colleagues working within services locally we want you to share your views with us and help shape mental health services for the future.

You can do this in a number of ways. For example, you can attend a local information engagement event or complete the survey here:

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

Through your normal communications channels we will share further information about the events you can attend soon and the survey offers you the chance to share your contact details with us so we can keep in touch directly. Thank you for taking the time to be part of this important piece of work and we look forward to hearing your views. Norfolk and Waveney STP

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42. Free Social Work Tools

Links to two websites containing useful tools and resources for direct work with children and adults by social workers

<http://www.socialworkerstoolbox.com/>

<https://www.onestopsocial.co.uk/social-work-social-care-resources/>

43. 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

44. Consultation Impact assessment

Community Action Norfolk have been asked to carry out an independent Community Impact Assessment to find out what impact the proposed changes to the Children’s Centre Services could have on local organisations, services and groups.



Impacts can be positive or negative and could include things like a former Children’s Centre building becoming available for other uses or a reduction in the sense of community as a result of people no-longer meeting at the Children’s Centre.

We would be very grateful if you could take the time to complete this short survey about the proposed changes.

The survey can be found here: <https://www.surveymonkey.co.uk/r/SD9RMJ5>

There is a precis of the proposed changes at the start of the survey, but should you wish to read the full proposal, please click

here. <https://norfolk.citizenspace.com/consultation/childrenscentres-2/>

Thank you for your time.

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45. Safeguarding Adults Website

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

NEWS ITEMS

- *Minister's speech to Modern Slavery and Homelessness conference* | 16 October 2018
- **IMPORTANT** - *Government publishes updated hate crime action plan* | 16 October 2018
- *Local conference to explore approaches to reducing domestic abuse* | 16 October 2018
- *Slides from NSAB's recent events* | 14 October 2018
- *Norfolk man jailed after stealing thousands from elderly mother* | 14 October 2018
- *Norfolk care worker jailed for sex offences against vulnerable woman* | 14 October 2018
- *CQC's State of Care report for 2017/18* | 11 October 2018
- *Government responds to report on Universal Credit and domestic abuse* | 10 October 2018
- *Safeguarding people in faith communities* | 10 October 2018
- *Safeguarding people in faith communities* | 10 October 2018
- *The numbers of Deprivation of Liberty Safeguards (DoLS)* | 23 October 2018
- *Home Affairs Committee urge Government to widen forthcoming bill on Domestic Abuse* | 22 October 2018
- *Mental capacity / modern slavery: being discussed in Parliament* | 21 October 2018
- *Norfolk's new Children's Advice and Duty Service (CADS)* | 19 October 2018
- *Open up on modern slavery or face further action - Home Office tells business* | 19 October 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: [Norfolk Safeguarding Adults Board: Training](#)

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What's on November?

46. Norfolk Libraries

Dersingham Library Events in November

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 has 'Open Library' meaning you can access the library between **8am and 7pm Monday to Friday and 10-4 Saturday and Sunday**. To use this service, you need to sign up to open access at any library during staffed times.

Weekly events:

Scrabble club - Mondays 1.30-3pm

Jigsaw club – Wednesdays 2-3pm

Knit and natter - Thursdays 10.30-12

Bounce and Rhyme – Thursdays 10-10.30 am

Bounce and Rhyme is back Thursday mornings 10am-10.30am

Come and join us for songs and rhymes for under 5's

Volunteers needed!

- Could you make hot drinks and talk to people at our just a cuppa group?
- 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 6th November 1pm-3pm

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

Colour yourself calm – Wednesday 7th November 10.30-12

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

Crime Book Club - Monday 12th November 5.45-6.45pm

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

Free Talk - MR Lynch and the Cutty Sark – Saturday 17th November 3pm-4pm

Come and meet Mr Lynch, hear about his fascinating life and marvel at the model of the Cutty Sark he has built to scale with the use of a library book!

Free entry but booking is essential by calling the library. (Donations to the Alzheimer's Society)

Book Club - Monday 19th November 5.45-6-45pm

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

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Walk and talk group – Thursday 15th November 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 27th November 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 November 2018

For further information about events or to book where necessary 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 or regular events?
- 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.

3 November: Code Club come along a learn to code or improve your existing skills – for children of all ages – under 8s must have an adult to work with them – FREE but booking essential as places are limited

6 November: Chair Yoga 2pm till 3pm - booking essential £3 per session

9 November: Ian McFayden author visit - 2pm booking essential £3 per ticket

13 November: Chair Yoga 2pm till 3pm - booking essential £3 per session

14 November: Pre-school Yoga - 10.30 till 11.30 booking essential £3 per child

Crafternoon - 2pm - 4pm making decoupage bottles in aid of Mind - booking essential £10 – <https://www.mind.org.uk/crafternoon>

17 November: Code Club come along a learn to code or improve your existing skills – for children of all ages – under 8s must have an adult to work with them – FREE but booking essential as places are limited

20 November: Chair Yoga 2pm till 3pm - booking essential £3 per session

24 November: Library Friends Group Annual General Meeting 10am – elections for chairman, secretary and treasurer, plus find out about being a library friend and supporting Downham library.

27 November: Chair Yoga 2pm till 3pm - booking essential £3 per session

Regular events

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

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.

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West Norfolk Early Help Monthly Bulletin November 2018



Knit and Natter – 1st and 3rd Wednesdays in month. 1.30 – 3pm [except during school summer holidays]

Mini Movers – Fortnightly 6 & 20 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 November 2018

For further information about events or to book where necessary please call 01553 768498 or email Helen at helen.senior@norfolk.gov.uk

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 helen.senior@norfolk.gov.uk 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.

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

Colouring in Good Company – Fridays 2pm – 4pm

Pens, colouring in provided.

Chess Club – Saturdays 10am – 12 noon

Chess sets provided but you can also bring your own if preferred.

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

Just A Cuppa - Every Thursday 10.30am. Bring a friend or meet new people and chat over local news or topical subjects with a cup of tea and a biscuit. Booking not necessary

GAYWOOD BOUNCE AND RHYMETIMES Every Tuesday 10.30am Join us for our fun rhyme time with puppets, scarves, and bubbles. No need to book, just come along for the session.

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

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

Reading groups – the library hosts 2 groups – one that meets Thursday/Friday afternoons, the other which meets Thursday evenings. Contact the library on 01553 768498 to find out more. The library also hosts **Paper folding, bookfolding** and **Quilling groups**. Contact the library for further information. Tel: 01553 768498

Arthritis Care Support Group - Monday 5th November 10.30am – 12 noon

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

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Introduction to Harm Free Caring with Carers Matter Norfolk – Tuesday 6th November 1.30

– **3pm.** Free talk and welcome to anyone who has an interest or looks after someone.

The workshop includes information on preventing falls and urinary tract infections.

Also information on nutrition and the importance of keeping the cared for hydrated

If you are interested please call Joyce on 07384257422 as spaces are limited.

Festive Bookfolding Thursday 8th November 1pm

Come along and learn how to book fold, with a festive twist.

For further details please talk to a member of staff or call 01553 768497

Booking Essential

£2 per person including refreshments

World COPD Day Easy Breath Help and Information Desk Thursday 15th November

Breath Easy Kings Lynn is your local support group for anyone with a lung condition, including carers, friends and family.

Come along to the Breathe Easy Awareness and Information stand.

For further information call BLF Helpline: 03000 030555

Christmas Easel Cardmaking Thursday 22nd November 10am – 12 noon

Learn how to make your own Christmas cards this year at Gaywood Library.

Booking essential

£2 per person including refreshments

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HUNSTANTON LIBRARY EVENTS NOVEMBER

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

Volunteers needed! Please contact the library on 01485 532280 if you'd like to find out more
Or email helen.senior@norfolk.gov.uk

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 Commemorating the Centenary – Thursday 1st November 10 – 12.30pm
Come and take a trip down memory lane with lots of interesting memorabilia including medals, war pictures, rations – bring your own old treasures to share!!

Book Club – Monday 12th November 2.30pm

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

Walk and Talk group - Tuesday 13th November 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 8th November 10.30-12.30pm Come along and knit with our group, have a chat, swap patterns and ideas. Refreshments provided

Colour yourself calm – Monday 12th & 26th November 10.30am -12noon Join our group for calming colouring, refreshments provided

Friends of the Library meeting – Wednesday 28th November 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 - 15th November all welcome. 10.30 – 11.30. Come and join in hearty discussion about books, pick up your copy at the meeting.

Community Banker – Thursday 29th November the Natwest Community Banker is here to help you with staying safe and secure online and making you aware of all the options. Pop along anytime between 10.30am – 12 noon

NEW Postcard design and writing with the Friends of Hunstanton Library Saturday 24th November 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.

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West Norfolk Early Help Monthly Bulletin November 2018



NEW In Good Company Crocheting session Monday 5th November 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 7th November 10.30am A new monthly group
run by the Friends of the Library to share ideas and tips for gardening Refreshments provided

**Gratitude 43 Crafts Charity Crafternoon but in the Morning for the Mind Charity –
Wednesday 14th November 10am – 12 noon**

Book in to learn about Decoupage with refreshments. This session looks at decoupage and will
be making a decoupage bottle. All materials supplied, £10 per person, all monies will be
donated to the Mind charity Because nobody should have to face a mental health problem
alone. Booking essential.

Hatha Yoga sessions to be continued, dates to be confirmed.

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Kings Lynn Library Events November

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 2nd 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.

Tune into Words – Thursday 8th November 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 8th November 10am-12 noon

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

History Discussion Group - Wednesday 14th November 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.

Local History Club –Thursday 15th November 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 16th November 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

Knit and Knatter – Tuesday 20th November 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.

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47. 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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48. 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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49. 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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50. 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/>

51. 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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52. 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.

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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What's on December and Beyond?

53. 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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54. 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

55. Community Swap N Shop Volunteers

Downham Market, Swaffham and Methwold Children's Centres are starting a Community Swap n Shop.

Would you to consider volunteering with us?

Be rewarded and have new experiences, volunteer with us.

Can you:

- have a friendly and approachable manner
- be reliable
- have an understanding of confidentiality
- support the community
- work well in a team
- give up to 4 hours a week to volunteer in our new Swap n Shop

What you can expect:

- arranging sale events
- sorting clothes and giving them a value
- dealing with customers in person
- taking payments for purchases

What we can offer:

- developing communication skills
- improving your confidence
- getting to meet lots of new people in your local area
- being part of our friendly team
- the opportunity to gain experience in retail and customer service
- full induction into the work of Action for Children and our values
- training in Action for Children's Safeguarding procedures for children and young people, Health & Safety and Equality & Diversity
- supervision and support from the project staff
- reimbursement expenses/mileage as quickly as possible

Action for Children does what's right, does what's needed and does what works.

If you are interested in volunteering with us please contact Jane Frusher on 01366 387403 at Downham Market Children's Centre, Snape Lane (off Paradise Road), Downham Market PE38 9JE or come in and see us.

56. 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>

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