

West Norfolk Monthly Bulletin June 2019

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Parent and Child

1. What's on In Downham Childrens Centre

P2P ante-natal courses [Pathway to Parenting]

Contact your midwife, Health visitor or Children Centre for more information.

Adult Education

Are you interested in improving your Maths or English skills? For more information regarding this and other opportunities, contact the Children's Centre.

Look out for other services on offer at your Children's Centre

Information on weaning and healthy eating, First Aid, Safety awareness, workshops, Job Centre Plus, Benefit Support and Family Learning.

Family Voice

We are currently in the process of rethinking our parent's forum to give you, as parents/carers, a chance to support the centre by giving your feedback.

Norfolk Portage Service

A free home education service for pre-school children with additional needs aiming to support development of young children's play, communication, relationships and full participation in day to day life within the family and wider community.

Interested in Volunteering?

We are looking to recruit volunteers to help at the Children's Centre. If you are interested please visit the Action for Children website at: <https://www.actionforchildren.org.uk/how-to-help/volunteer-with-us/>

23rd April -24th July 2019

Monday

Tadpoles

10.00am–11.30am A parent-led group for parents with children up to 5 years.

Take Action Outdoors

Contact the Children Centre for more details

01366 387403

Chatterbox

1.30pm-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

Understanding your Child – A Solihull Approach

A 10-week course to help you understand your child's behaviour.

Starting 7th of May at Southery Academy

To find out more and book your space, contact the Children's Centre.

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Wednesday

Watlington Health Clinic

10.00am -11.00am 2nd Wednesday Monthly Watlington Village Hall

Triple P – Positive Parenting Programme

A programme designed to help parents improve their parenting skills and build positive relationships with their children. Please call the children's centre for more information.

Booking is essential

Midwife Clinic

Ask your midwife for more details.

Taking place Monday, Wednesday & Friday

Baby Buddies

1.30pm – 2.30pm A group for parents with pre-walking babies.

Thursday

Child Health Clinic

12.00pm-2.00pm 2nd Thursday Monthly

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

Infant Massage

A bookable 5-week course designed for families with a new baby (0- 6months)
for more information please call the Children's Centre on **01366 387403**

Ante-natal Course Pathway to Parenting (P2P)

Starting 6/6/19 and Starting 1/8/19

Call your midwife for information.

Friday

Young Explorers

10:00am-11.00am A stay & play session a variety of activities for all developmental stages
for families with children aged 0-5 years.

Swap and Shop

9.15am-11.00am Donate your pre-loved children's clothes to receive tokens to spend in our
shop or you can use cash to buy some bargains!

Infant Massage

A bookable 5-week course designed for families with a new baby (0- 6months) 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

2. Family Action ASD/ADHD Support

Family Action is a national charity which is working in partnership with local health services to provide support to the families of children awaiting assessment for, or recently diagnosed with, ASD or ADHD.



What can we offer?

- We run Positive Behaviour Strategies courses to help families understand and manage their child's challenging behaviour.
- A Family Support Worker can meet you to discuss the key areas where you need support or perhaps you would prefer a weekly telephone call to chat about the week's challenges and successes.
- With your consent, we can speak to your child's school on your behalf or accompany you to meetings with the school.
- We can signpost you to other services locally or provide further information on common issues such as sleep problems, sensory issues or speech and language difficulties.

For more information please contact Susan or Mary on 01760 720302 or email

Susan.wood@family-action.org.uk

3. Positive Behaviours Strategies Course

ASD/ADHD SUPPORT POSITIVE BEHAVIOUR STRATEGIES COURSE

Monday 10th, 17th and 24th June 2019 10:00am to 12:00pm

To be held at Swaffham Community Centre, The Campingland,
Swaffham PE37 7RB

Monday 8th, 15th and 22nd July 2019 10:00am to 12:00pm

To be held at St James' Clinic, Extons Rd, King's Lynn, PE30 5NU



Come along and meet other families and share your concerns and your successes. The course will help you to understand your child's challenging behaviour and give tips and advice on how to manage it. This course was devised by clinical psychologists working in West Norfolk and they recommend the course to all families awaiting assessment for ASD/ADHD or who have recently had a diagnosis.

To book a place please contact Clare Peak on 01760 720302 or email

clare.peak@family-action.org.uk

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4. SEND E-Learning Course

Improve your knowledge and understanding of SEND

We are pleased to inform you that there is now a new SEND E-Learning course. It has been developed to improve the knowledge and understanding of special educational needs and disability (SEND) and associated responsibilities for parents/carers or professionals working with children and young people with SEND.

The course was co-produced by a small group with representation from Norfolk County Council, the Clinical Commissioning Groups and Family Voice Norfolk.

Norfolk County Council employees should access the course via the Learning Hub website.

Everyone else can access the course on the SEND Local Offer.

<https://www.norfolk.gov.uk/children-and-families/send-local-offer>

5. Special Care Dental Services

Special Care Dental Services

Special Care Dental Services offers dental treatment on referral for patients with special care needs, such as learning difficulties, where treatment with a general dentist has not been possible. Home visits are provided for those who are housebound and unable to receive domiciliary care from general dental services. Patients are encouraged to obtain dental care through general dental services unless their disability or condition prevents them from being able to attend and receive treatment in a general dental practice setting.

<https://www.heron.nhs.uk/heron/organisationdetails.aspx?id=19284>

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6. Hospital Passport for Autism

'My Hospital Passport' is a resource for people with autism who might need hospital treatment.

The passport is designed to help autistic people to communicate their needs to doctors, nurses and other healthcare professionals. It was developed by Baroness Angela Browning – a National Autistic Society Vice President – in collaboration with The National Autistic Society. It was independently reviewed in 2017 and updated following comments by autistic people and professionals about how they were using it or wanted to use it.

Download the autism hospital passport (PDF)

Before making your passport, please read our guidance to assist you in completing and using it.

Download the autism hospital passport guidance (PDF)

Please either:

- complete the passport online and print it out; or
- print it out and complete in writing.

Once you have completed the passport, you should either:

- staple the pages together to form a booklet; or
- keep them in a clear plastic folder.

You might find it useful to make a spare copy for your own records.

When you have completed your passport, take it with you whenever you visit hospital and show it to the doctors, nurses and any other healthcare professionals you come into contact with.

When admitted to hospital for treatment overnight or for a long stay, you should:

- give the passport to the doctor or nurse responsible for your care
- ask them to make sure the passport is kept with the patient notes at the end of your bed.

The passport is endorsed by the Department of Health and promoted by NHS England. It is one of the projects referenced in the adult autism strategy, Think Autism."

<https://www.autism.org.uk/hospital-passport>

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7. ASD Helping Hands Update

Family Support Update

Back in September, we updated how our Family Support service was delivered, with the introduction of the new website and referral system as well as our Family Support Clinics things are running a lot smoother and we are able to see those families we need to support a lot quicker.



After reviewing this service, we have noticed somethings we need to change and adapt to make it even better, therefore we are making some minor changes to how things are run.

Since we set up our Family Support Clinics we have seen over 80 families in our clinics and made over 120 phone calls to those who requested phone support. However, for every 3 appointments made only see 2 were attended, this means that we have families waiting for support who can't receive it sooner due to missed appointments.

Therefore, we are now introducing a £5.00 refundable on request deposit on all future clinic bookings to ensure that clinic appointments are kept. These deposits are refundable and can be requested at the appointment or within 7 days after the appointment. Any missed appointments or those cancelled within 48 hours of the appointment start time will result in the loss of the deposit and will be used towards the organisations other charitable activities.

We understand that this may upset some of our families, but it is a step we feel we need to take to ensure that our services run as efficiently as possible.

The second change we are making is that you can now book a time slot to receive your phone call. We know that having a phone call at inconvenient times isn't the best especially when you aren't expecting it. From today you can now book a phone call between 10:00-15:00 every Wednesday (excluding school holidays). That way you can be prepared with all the information you need to make full use of our advisors. There is no charge or deposit for this service.

For full details on the changes to our Family Support Service our Family Support policy can be found [here](#)

Our Family Support service is run completely by volunteers, who give their time to help others who have been in the same position as you are now. They are fully trained to deal with a number of ASD relating issues as well as give advice on Educational support and issues relating to Social Care.

We hope you can understand why we have made these changes and thank you for your understanding.

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8. Girls on the Spectrum

New E-Learning Course Girls on the Spectrum

Why is it that we know a lot about the presentation of autism in boys, yet comparatively little about these conditions in girls? Although girls presenting with autism were noted by Kanner as far back as the 1940s, past research on autism has mostly focused on boys. Kopp (2010) has attributed this situation to the prevalence of developmental disorders in males coupled with a much higher rate of clinical referral in males.



Could it also be that they weren't being picked up because the presentation of autism in girls differs from that in boys?

This course aims to answer some of these questions while looking at sex and sexuality, Mental Health Issues and what lies in Adulthood for Girls on the Spectrum.

You will need access to a desktop or laptop to complete this course. The E-learning software will not work on a mobile or tablet device.

Cost £12.99

https://www.asdhelpinghands.org.uk/product-page/e-learning-girls-on-the-spectrum?utm_campaign=6d311d8f-bd6a-4422-8ead-7e72632d8a2f&utm_source=so

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Carers

9. Carers Support Day Norwich



Carers Support Day
The Forum, Norwich, 14 June 10am – 4pm

On Friday 14 June Norfolk County Council is holding a [Carers Support Day](#) at The Forum Norwich to recognise and celebrate the huge contribution that carers play in people's lives and promote the support that is available to them across Norfolk.

[Carers Support Day](#) in Norfolk coincides with [Carers Week](#), a national campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

An estimated 100,000 people in Norfolk provide unpaid care. That's around one in nine people. We want carers of all ages to come together as a community, learn about the support available to them and try new activities. We will be filling The Forum with organisations, groups and networks from across Norfolk who can help with the difficulties, stresses and challenges of caring.

Facebook

We have created a Facebook event page which we'll be updating with details on activities and stands up to the 14 June. You can follow and re-share the page, as well as provide the link to others in your community. www.facebook.com/events/1191028137737547/

Twitter

You can tweet your support for Carers Support Day on [#thinkcarers](#)

You can [find out more on our Carers Week event page](#) or [follow our Facebook page](#) for updates on the exciting activities we are planning.

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Health and Well Being

10. Creativity and Wellbeing Week

Norfolk Creativity and Well Being week 10th- 16th June

A big thank you to all the organisations and to all the artists who have collaborated so generously to create this week-long celebration across Norfolk show-casing the many ways in which creativity impacts positively on our health and wellbeing. In this inaugural programme for people of all ages, you will find over 75 events including: open days, craft and print-making taster sessions, film and theatre performances, singing workshops, stitching and writing for wellbeing, exhibitions, talks, professional development sessions and more.

The week is part of our ongoing work to encourage and support greater collaboration between our arts, culture, heritage and health partners. It is also part of a series of events promoted by London Arts in Health Forum and the Culture, Health and Wellbeing Alliance who are working together to build on the enormous success of the London Creativity and Wellbeing Week which has been expanded to become a national event from 2019.

The programme for Norfolk Creativity and Wellbeing Week 2019 can be downloaded from the Norfolk Arts Forum page of the NCC website, here: <https://www.norfolk.gov.uk/what-we-do-and-how-we-work/policy-performance-and-partnerships/partnerships/norfolk-arts-forum> . We are printing a small run of hard copies of the programme, please let us know if you would find it useful to have some of these.

As part of Norfolk Creativity & Wellbeing Week 2019, Norfolk Arts Service has developed two days of **FREE** professional development sessions on the 12 and 13 June focusing on creativity and wellbeing. The sessions are aimed at creative practitioners and cultural professionals as well as those working in the health and wellbeing sector. Full details are included in the Norfolk Creativity & Wellbeing Week 2019 programme and tickets can be booked using the links below

Day 1, Wednesday 12 June: <https://www.eventbrite.co.uk/e/norfolk-creativity-wellbeing-week-2019-professional-development-day-1-tickets-61565650518>

Day 2, Thursday 13 June: <https://www.eventbrite.co.uk/e/norfolk-creativity-wellbeing-week-2019-professional-development-day-2-tickets-61570375651>

We are working with the Communications Team at Norfolk County Council to promote the programme of activities as well as publicising the events through the Norfolk Arts Forum and other networks. We have also set up a Norfolk Creativity and Wellbeing Week 2019 Twitter account @CreativeNorfolk and the hash tag #NCWW19. If possible, we would also appreciate it if you can share this information with your own networks.

If you have any questions, please email arts@norfolk.gov.uk

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11. Support for Trans Children

Mermaids supports children and young people up to 20 years old who are transgender and/or gender diverse, and their families, and professionals involved in their care.

Transgender and gender variant children and young people need support and understanding, and freedom to explore their gender identity whatever the outcome. Mermaids is committed to helping them and their families to navigate the challenges that they may face, and to provide a sense of community.



We work to:

- Reduce isolation and loneliness for gender variant and transgender children, young people and their families.
- Empower families and young people with the tools they need to negotiate the education and health services.
- Reduce suicidality and self-harm in the young people who contact Mermaids, equip their parents to support their children to the same end.
- Improve self-esteem and social functioning in gender variant and transgender children, young people.
- Improve awareness, understanding and practices of GP's, CAMHS, Social Services and other professionals

We have a [helpline](#), an email support service, a [parents forum](#) and a separate [teens forum](#), plus we organise multiple residential weekends per annum, and have several support groups. We can also give you information and links to other local organisations

<https://www.mermaidsuk.org.uk/about-mermaids.html>

MERMAIDS HELPLINE: 0808 801 0400

Open Monday - Friday; 9am - 9pm (Bank Holiday opening times may vary)

If your call is not answered, you can either leave a message and we can call you back or you can email us at info@mermaidsuk.org.uk. We understand that you may only be able to receive a call from us at a specific time, so please let us know when it would be convenient to call and we will try to call you at that time. We won't call you outside of that time.

Mail: Suite 4, Tarn House, 77 the High Street, Yeadon, Leeds, LS19 7SP

Email: You can email us at info@mermaidsuk.org.uk

Please can you ensure when you are contacting us by email that you include the age of your child (or your age if you are a young person contacting us) and where you are from.

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12. Wellbeing Socials

Wellbeing Associates Workshops & Socials



Date and Time:	What and Where:
Monday 3 rd June 11am – 12:30pm	Coffee and a Catch up Market Cross 15A Market Place Swaffham PE37 7AB
Monday 10 th June 3- 5pm	Associate Workshop Introduction to Water Colours with David Cook Providence Street Community Centre Kings Lynn PE30 5ET *** Booking Essential*** For more info and to book a space contact Josh - Call on (01553) 817 200 or 07765 897 458 or email josh.elms@nsft.nhs.uk
Monday 10 th June 5:30 – 7pm	Coffee and a Catch up (Associate led) Sainsbury's Café, Hardwick Industrial Estate, Scania Way, King's Lynn, PE30 4LR
Wednesday 19 th June 11am – 12:30pm	Coffee and a Catch up The Whalebone Public House 58-64 Bridge Street Downham Market PE38 9DH
Thursday 20 th June 11:00- – 12:30pm	Wellbeing Walk & Talk at Sandringham Meet outside the Visitors Centre Sandringham Estate Princess's Drive PE 35 6AB
Thursday 27 th June 5:30 – 7:00pm	Coffee and a Catch up Sunshine Café, 20 Wales Court, Downham Market, PE38 9JZ
Friday 28 th June 10:30am – 12:00pm	Coffee and a Catch up (Associate led) The Globe Public House King Street Kings Lynn PE230 1EZ

To book a space or for more information contact
LACreferrals@nsft.nhs.uk or call 01553 817 200

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13. Narcotics Anonymous

Public Information Open Event for Professionals

Friday 7th June 2pm-4:30 pm

Norwich Central Baptist Church

Duke Street

Norwich NR3 3AP

A free training and information event designed to increase awareness of Narcotics Anonymous as a community resource

Limited places will be allocated on a first come first served basis please respond by e-mail to lscnasa@ukna.org for more information or to book a place

N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only ONE requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that **THEY WORK**. There are no strings attached to N.A. We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious or law enforcement groups, and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion or lack of religion.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean

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14. One-off Well-being Workshops

Successful Study

Suitable for: anyone who is undertaking study whether it be GCSEs, A Levels or Further Education. It is written and produced by the Youth Wellbeing Service for under 25s, however the content will benefit any student regardless of age and level of study. 1-hour sessions by workshop or webinar. Designed to teach a broad range of techniques for managing anxiety & stress.



Wellbeing in Later Life

Suitable for anyone who is in, or is approaching later life, whether you are retired or moving into retirement. It recognises and supports the challenges that exist at this stage of your life. Wellbeing in Later Life is a workshop designed to help people to manage their mental health in later years. 1-2-hour sessions by workshop.

Improving Sleep

Suitable for: anyone who is experiencing problems with their sleep regardless of age or physical health difficulties. Research tells us that poor sleep can negatively affect both our mental and physical wellbeing. If this is something that you experience, then why not join us for a one-off evidence-based workshop that can help you to understand and manage your sleep better. **1.5-hour** sessions by workshop

Introduction to Mindfulness

Suitable for anyone wanting to reconnect with their body, mind and environment. It teaches you to focus on the present moment rather than being concerned with the past or worrying about the future. By doing so you can learn to notice signs of stress and anxiety and how to cope with them. **1.5 - 2-hour sessions** by workshop or webinar

Everyday Wellbeing

Suitable for anyone who wants to manage their mental health in a more positive way. The workshop looks to explain the most common mental health difficulties in a simple but effective way. Good and poor mental health is something that everyone experiences. If your mental health is good, then join us to learn techniques to maintain it. If not, then join us to learn techniques to help you to improve it. **1 - 2-hour sessions** by workshop or webinar

Wellbeing in the Workplace

Suitable for: organisations supporting staff through stress, emotional challenges, and poor mental health. Offering support to combat stress, anxiety, low mood problems and to build resilience **Designed for** people experiencing mild to moderate symptoms of stress, anxiety, low mood who are ready to work with these symptoms in a practical way. **1-2-hour** sessions by workshop.

For more information or to book please contact: communications.wellbeing@nsft.nhs.uk

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Domestic Abuse and Victim Support

15. ST Giles Trust Networking

Join Us for the Three C's

COFFEE, CAKE, CHAT

ON

Wednesday 26th June 2019

1000hrs-1200hrs

AT

North Lynn Discovery Centre

Do spread the word – the more the merrier

Please note this is a professionals meeting only

For more information please contact

Jodie Stevens Link Worker (North)

T: M: 0738 741 0983 **E:** Jodie.Stevens@stgilestrust.org.uk

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16. Scams Prevention Service

Being a victim of scam/fraud can have a large scale and lasting impact on a person both financially and emotionally. SPS is a new project operated by Norfolk Constabulary and hosted by Norfolk and Suffolk Victim Care (NSVC). The service provides a joined up, multi-agency response to the needs of vulnerable victims of scams in Norfolk.

The main aim of SPS is not to investigate but to reduce the likelihood of repeat victimisation of vulnerable victims of scam and further targeting by working with partners to provide appropriate advice, guidance and support. This could be achieved by providing an immediate support over the phone or arranging for a trained Police Volunteer to visit at home and talk through about what has happened, offer support and help to ensure that it never happens again. We can provide advocacy, practical advice and information to develop confidence and safety, and we can offer follow-up support to help to cope and recover.

Raising awareness of scams in Norfolk is also a big part of the project. SPS team members take the responsibility to go outside and talk to the public and professionals about scams, providing advice and scams prevention information in events open to the public and delivering friends against scams training so that less of the population become victims of scam.

To contact SPS please dial the Police Non-Emergency Number 101 and then extension 5483, please leave your name and contact details to be contacted back if the SPS coordinator was not available. Alternatively, you could email SPS on scamspreventionservice@norfolk.pnn.police.uk

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17. Childhood Trauma Group

NEW GROUP / CAN WE HELP YOU?

WITH CHALLENGING CHILDHOOD TRAUMA

FREE PEER/FRIENDSHIP SUPPORT GROUP

YOU CAN speak to us by appointment if you wish. We have
lived experienced.



ARE YOU STUCK or YOU FEELING HELPLESS ABOUT A MEMBER OF YOUR FAMILY WHO HAS
BEEN SEXUALLY ABUSED

TOGETHER WE ARE STONGER TOGETHER WE CAN MAKE A DIFFERENCE

READY FOR NEW BEGINNINGS

NEVER UNDESTIMATE THE POWER OF SPEAKING OUT

PLEASE CONTACT JEAN or TINA

Jean.rochford@btinternet.com or tztransform2@gmail.com

Jean Mobile 078257 74181 please use text if is more comfortable

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18. Updated Domestic Abuse Champions Training

(Free Training Open to Education and Healthcare Professionals)

2019

10th & 18th June, East Tuddenham Village Hall, near Dereham

14th & 21st June, Broadland District Council, Thorpe Road

15th & 19th July, QE Hospital, Kings Lynn (QEH Staff ONLY)

10th & 17th September 2019, The Willow Centre, Cringleford

19th & 26th November 2019, South Norfolk District Council, Long Stratton

From: 10am-4pm

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

- ✓ Be the key domestic abuse contact for your agency
- ✓ Disseminate up to date information about domestic abuse to your team
- ✓ Raise awareness in your organisation
- ✓ Be the link between your organisation and the Champions Network
- ✓ Free two-day training
- ✓ Access to advice and consultancy
- ✓ Regular Network Events Monthly Newsletters

Day One

What is Domestic Abuse?

The Dynamics of Power and Control

The Impact of Domestic Abuse

Barriers to Leaving

The Impact on Children

Honour Based Abuse, Forced Marriage, and Female Genital Mutilation

Day Two

Workplace Domestic Abuse Policy

Encouraging Disclosures

Responding to Disclosures

Supporting Children and Young People

Safety Planning

Local Support Agencies



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Groups

19. Fensong Funding Bid

FenSong is The Community Theatre Company, in Nordelph which has children from 6-15 and adults from 16- mid 70's!

They have children who have wanted to learn keyboard who are not in the position to afford lessons and have promised to give them group tuition after Fensong on a Saturday (free, obviously), Fensong need keyboards which are identical so that, in a group situation there is no confusion.

Cate Markwell, the Organiser has applied to the Calor Community Fund for funding and she has been asked to secure voters and should a voter register for the Calor rural Community fund, that secures 10 votes. If you have time, please read the bump as it will explain what they are trying to achieve. Cate is appealing to ask as many people as you know who might be able to vote with us to secure this funding, and for them to spread the net wider. Is this something you would feel comfortable doing?

Please feel free to contact Cate if you wish to discuss this. 07943523437

To register and vote please go to



https://www.calor.co.uk/shop/communityfund?utm_campaign=2364965_CRCF%20-%20Voting%20opens%20reminder&utm_medium=email&utm_source=Calor%20Gas%20Ltd&dm_i=28Q7,1EOTH,96DY7P,4NUYA,1

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20. Update on Musical Keys Services

We have been busy forging new partnerships and developing new and innovative projects, as well as ensuring our current activities continue to provide a high quality, reliable service.



Perhaps our most adventurous project to date, 'Music on the Water' in partnership with the **Nancy Oldfield Trust** and **Asperger's East Anglia** is a truly one-of-a-kind project. We'll be making music on Nancy Oldfield Trusts wonderful cruisers, whilst floating about Barton Broad. What fun!

We've started regular sessions for adults with learning disabilities with recently opened and progressively-minded residential setting, **Independent Lives** and a great care home for adults in Watton run by **Kalmia and Mallow**.

Earlier this year we started providing weekly music making sessions for members of **Barrington Farm**; a wonderful setting in north Norfolk whose ethos is focused on reaching individual's creative potential. A little further round the coast our new UNITE group (Early Years) at **Suffield Park Infant and Nursery School** opened in March.

Our Equaliser project, in partnership with the National Autistic Society West Norfolk Branch, finished earlier this year. As a result, we have been working with NAS and local funders to develop a provision for disabled young people at the recently renovated **Discovery Centre** in King's Lynn. Watch this space!

If you are interested in joining any of these groups and projects, please get in touch info@musicalkeys.co.uk

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21. Street Smart Event



YOUTH-WEST PARTNERSHIP
LED BY YMCA NORFOLK

YMCA

The Discovery Centre, King's Lynn
18th June 2019, 5:30pm to 8pm
11 to 18 year-olds
Free of Charge

STREET SMART EVENT

Helping you stay and feel safe in your Community

Stall holders include; The Matthew Project, Terrence Higgins Trust, Victim Care, Prevent, King's Lynn SOS Bus and many more

Norfolk Constabulary Bike Tagging

First Aid sessions – booking essential through Eventbrite

Defence/Protection sessions – booking essential through Eventbrite

For more details please contact Tracy on tracy.ellis@ymcanorfolk.org

YOUTH-WEST PARTNERSHIP
Funded jointly by Department for Digital, Culture, Media and Sport and the Big Lottery Fund

Department for Digital, Culture Media & Sport

COMMUNITY FUND

Swan Youth Project

The Benjamin Foundation

YMCA

national youth theatre

mind
for better mental health
West Norfolk

THE GARAGE NORWICH

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22. Downham Market SPARK Event

A vibrant poster for the Downham Market SPARK Event. The background is a bright blue with yellow dotted patterns. At the top left, the text 'You're invited to the...' is in yellow, followed by 'DOWNHAM MARKET SPARK EVENT' in large, bold yellow letters. Below this, a dark blue circle contains the text 'An information opportunity, a chance to meet others and find out what's happening near you!'. To the right, the 'CAN' logo (Community Action Norfolk) is in a red speech bubble. Below the logo, a white cup of tea with steam is shown next to the text 'Free tea, coffee and cake!'. Three large circles in the center contain the event activities: 'Discover local support networks' (blue circle), 'Take part in a free creative workshop!' (green circle), and 'Learn about volunteer opportunities' (teal circle). At the bottom left, a white box contains the event details: 'Friday 14th June, 10am - 12.30pm', 'Downham Market Town Hall', and '6 Market Place, Downham Market, PE38 9DE'. Below this, it says 'Can't make it along? For more information on future events call 01362 698216'. At the bottom right, it says 'FREE EVENT' in bold, followed by 'No need to book, just turn up!'. The website 'CommunityActionNorfolk.org.uk' is at the bottom left of the poster.

You're invited to the...
DOWNHAM MARKET SPARK EVENT

An information opportunity, a chance to meet others and find out what's happening near you!

CAN
Community Action Norfolk

Free tea, coffee and cake!

Discover local support networks

Take part in a free creative workshop!

Learn about volunteer opportunities

Friday 14th June, 10am - 12.30pm
Downham Market Town Hall
6 Market Place, Downham Market, PE38 9DE

Can't make it along? For more information on future events call 01362 698216

FREE EVENT
No need to book, just turn up!

CommunityActionNorfolk.org.uk



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23. Hunstanton SPARK Event

You're invited to...

**THE HUNSTANTON
SPARK EVENT**

An information opportunity, a chance to meet
others and find out what's happening near you!

CAN
Community
Action
Norfolk

**Free tea,
coffee and
cake!**

**Discover
local support
networks**

**Take part in a
free creative
activity!**

**Learn about
volunteer
opportunities**

Monday 10th June, 10am - 12.30pm
Hunstanton Community Centre
Avenue Road, Hunstanton, PE36 5BW

Can't make it along? For more information
on future events call 01362 698216

FREE EVENT
**No need to book,
just turn up!**

CommunityActionNorfolk.org.uk



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24. King's Lynn Men's Shed has moved

Kings Lynn Men's Shed has moved! We are now based at Unit 7, Bryggen Road, North Lynn Industrial Estate, Kings Lynn PE30 2HZ.

We are really excited about moving to this new venue. We have been working really hard over the last couple of weeks, and have moved across all our tools, equipment and furniture and are now settling in well to our new home. The workshop space is a really good size, we already have workbenches set up and we are quickly getting ourselves organised again. We are really excited about having a large social area, and a space which will be dedicated to model building and other similar activities.

Our opening times remain unchanged, Tuesdays 12-6pm and Thursdays 10am-4pm. Everyone is welcome, so please drop in and we will show you round our new home!



**a community space for men
to connect, converse and create**

reducing loneliness and isolation, but most importantly, having fun

Unit 7 Bryggen Road,
North Lynn Industrial Estate,
Kings Lynn PE30 2HZ

**Find out more on Facebook: @kingslynnmensshed
or call Jon on 07768043641**

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25. RAF Benevolent Fund

The RAF Benevolent Fund is the RAF's leading welfare charity with a proud tradition of looking after its own. We are there for all serving and former members of the RAF as well as their partners and dependent children

We provide a range of support aimed at serving and former RAF personnel and their dependants. This includes welfare breaks, grants to help with financial difficulty and getting about inside and outside the home, specialist advice on benefits and support with care needs, as well as support for young people through our Airplay programme.

Serving RAF

We understand the pressures our serving men and women and their families can feel under. Deployment, separation and frequent moves can all take their toll. As the RAF's leading welfare charity, we provide a range of support and advice for serving RAF personnel and their dependants. Whether the need be financial, emotional, or assistance with childcare and youth support, our welfare provision is there to alleviate the pressures.

Veterans

We support both young and older veterans and immediate family members with everything from injury or illness, to financial hardship, disability, emotional wellbeing, transitioning back to civilian life and living independently. We can consider any request for assistance and we provide a tailor-made approach to each individual situation.

If you need our help and support

If you need our help with a welfare concern, for example:

- if you are in financial need
- need support in maintaining your home
- have care or mobility needs

Please complete our online form or call our helpline on 0800 1692942. Alternatively, please email welfareservices@rafbf.org.uk

Please note, that to be eligible for assistance, savings must be less than £16,000 (or £23,250 in respect of Care Home Top Up grants), and the eligible Service person must have served in the Royal Air Force for at least one day.

For more information please see the website <https://www.rafbf.org/about-us>

From Monday 3 June 2019 our telephone helpline will be operational between 8am until 10pm, Monday to Sunday for general welfare-related enquires.

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26. Asset Mapping with Time Credits

Join award-winning timebanking social enterprise Tempo for an interactive workshop on asset-based working techniques and the principles of co-production.

Our team will demonstrate practical, informal asset-based exercises that we regularly use as part of our Time Credits programmes and which you will be able to use as part of your future day-to-day delivery. These will help you to work more efficiently with your volunteers and service users to identify solutions to problems and empower your volunteers to become more involved in the planning of future activities and events.

At the workshop, we'll also be sharing more information about our new subscriptions package, **DIY Time Credits**. Tempo has been delivering Time Credits in Norfolk since 2013 and will be able to answer any questions you may have about Time Credits.

Please do share this invitation with your networks and colleagues!

For queries about any of our events, please contact DIYTimeCredits@wearetempo.org

Date and Time Thu, 13 June 2019 14:30 – 16:00 BST

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

To Book <https://www.eventbrite.co.uk/e/practical-asset-mapping-techniques-diy-time-credits-tickets-61686274307>

27. Impact Measurement of Youth Work

Momentum, www.momentumnorfolk.org.uk are running free 'bite sized' impact measuring training throughout June and July that some of you may be interested in.



There are four sessions available at the below locations, unfortunately there are no sessions in Broadland or North Norfolk however I've been told that anybody in these locations are welcome to join the Norwich or Kings Lynn sessions. Details can be found using the below links:

Norwich: 13th June 17:30 <https://www.momentumnorfolk.org.uk/partner-services/upcoming-events/measuring-the-impact-of-your-work-with-young-people-3/>

Thetford: 18th June 17:30 <https://www.momentumnorfolk.org.uk/partner-services/upcoming-events/measuring-the-impact-of-your-work-with-young-people/>

King's Lynn: 4th July 17:30 <https://www.momentumnorfolk.org.uk/partner-services/upcoming-events/measuring-the-impact-of-your-work-with-young-people-4/>

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28. Voluntary Sector Forum Meeting

5th June 2019, 09.00

The Voluntary Sector Forum (Children & Young People) holds four meetings a year in March, July, September and December at the Dereham Town Football Club. The format includes guest speakers (often from other sectors) to address key current issues, reports back from multi-sector meetings and a networking lunch.



Our meetings will continue to be held at **Dereham Football Club**, Dereham, NR20 3PX. You are welcome to arrive from 9.00am for a tea/coffee; meetings start at 9.30am and finish at 12.30pm. This is a great opportunity to highlight your work - please let us know if you wish to have a stand at the next Forum meeting.

<https://www.momentumnorfolk.org.uk/partner-services/upcoming-events/forum-june-2019/>

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29. Call for Children Arts & Culture Projects

PEACH West Norfolk

A Partnership for Education, Arts, Culture & Heritage

Mission: A rich and varied offer of cultural education activities for children and young people across West Norfolk with which to raise their ambition, wellbeing and skills.

Call for Proposals and Ideas

What we are looking to support:

New and/or evolving projects which contribute to one or more of our 4 core aims:

- Every child, every year, has a positive cultural experience (active and as audience) as part of a broad and balanced curriculum in school;
- CYP are supported to access and participate in an extra-curricular cultural offer;
- The LCEP provides the resources for CYP to develop independent creativity;
- Cultural education is continuously championed and developed by an area-wide, strategic partnership which is fit for purpose.

PEACH West Norfolk, is a Local Cultural Education Partnership (LCEP) seeking to support a range of activities and bold ideas which can help to realise its mission (above) between 2019 – 2025

The Partnership has a small pot of money to invest during 2019 and expects to support between 4-8 projects based on the needs and ambitions of the wider community. Proposals can range from the small-scale trial of a new idea to a large-scale project for which this proposal is only a small part, and everything in between. You might be interested in delivering activity directly or offering support and guidance to other delivery providers. As well as a cash contribution, the Partnership will provide strategic support as required and representatives from funded projects will be expected to participate in the wider Partnership meetings.

If you have an idea or suggestion, you are advised to contact Natalie Jode at Creative Arts East for an informal chat as soon as possible prior to beginning a proposal – 01953713390 or natalie@creativeartseast.co.uk to schedule an appointment.

We will accept proposals before the following deadlines:

- 14th June 2019 for activity starting no earlier than 15th July 2019

To discuss your ideas, any access needs or to request a prospectus please contact Natalie Jode, Executive Director at Creative Arts East (lead for PEACH West Norfolk) on: natalie@creativeartseast.co.uk / 01953713396

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Housing & Finance

30. Money Advice Hub

Money Advice Hub is a not for profit community interest company based in King's Lynn, with charitable objectives to provide genuinely free, regulated debt advice and other related services to the community. We work in [partnership](#) with advice organisations to provide joined up services, making life easier for you when you need help most.

We strive to help people organise their lives better through free community services, including debt advice, money advice, wellbeing & digital inclusion. Our social objectives are to promote equality, empowerment & to reduce poverty.

Our Head Office is based in [King's Lynn Innovation Centre](#). We also operate face to face advice services from a number of other locations in conjunction with our referral partners & enterprise network.

Outreach locations available:

- Broadland Housing Association - Pleasant Ct, King's Lynn PE30 5PR
- Rouen House Rouen Road Norwich Norfolk, NR1 1RB
- Cambridge Citizens Advice - 66 Devonshire Rd, Cambridge CB1 2BL
- Riverside Business Centre, Riverside Road, Lowestoft, Suffolk, NR33 0TQ
- Beacon Innovation Centre, Beacon Park, Gorleston-on-Sea, Great Yarmouth NR31 7RA
- The Suffolk Enterprise Centre, Felaw Maltings, 44 Felaw Street, Ipswich, Suffolk IP2 8SJ

Opening times

(24hr messaging: ☎ 0333 305 7648)

Mon: 9am to 5pm (Callbacks* 5pm to 7pm)

Tue: 9am to 5pm (Callbacks* 5pm to 7pm)

Wed: 9am to 5pm (No callbacks)

Thu: 9am to 5pm (No callbacks)

Fri: 9am to 5pm (Callbacks* 5pm to 7pm)

Sat: 9am to 5pm (Callbacks* 9am to 1pm)

Accessible Services

- Face to Face (by appointment)
- Telephone Advice

Email help@moneyadvicehub.org.uk

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Training and Employment

31. Pathway to Employment Training

SEETEC are able to provide Work Routes training courses in King's Lynn. They need a minimum of 12 people to set up a course. The only eligibility is 16 or over and unemployed



Course available

Group A- Vocational Pathways

Retail Pathway

- A/502/5756 Understanding the business of retail -
- T/502/5819 Understanding customer service in the retail sector
- R/502/5780 Understanding how individuals and teams contribute to a retail business
- J/502/5808 Understanding the control, handling and replenishment of stock in a retail business
- T/502/8505 Understanding the retail selling process

Hospitality Pathway

- M/502/4894 Introduction to the hospitality industry
- J/502/4898 Customer service in the hospitality industry
- Y/503/9583 Health & Safety & Food Safety awareness in catering
- F/504/7631 Menu Planning
- H/504/7606 Handling Money in a Sales Situation

Sport and Active Leisure Pathway

- A/504/7661 Working in sport and active leisure
- R/504/7665 Working with customers and clients in sports and active leisure settings
- D/501/7245 Assisting at a sport or active leisure event

Creative Media Pathway

- M/505/1989 Working in creative and media
- M/505/0881 Creative writing skills
- R/505/1893 Creative media skills

Business Admin Pathway

- Y/504/7828 Creating Business Documents
- J/504/7839 Dealing with Queries and Requests
- R/504/7844 Professional Behaviour in an Office Environment
- K/504/7980 Working in Business and Administration

Travel and Tourism Pathway

- H/504/80027 UK Travel and Tourism Destinations
- T/504/8002 The UK Tourism Industry
- A/504/8003 The UK Travel Industry
- F/504/8035 Working in Travel and Tourism

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Group B - Employability

Employability Pathway

H/507/1338	Positive attitudes & behaviours at work
D/503/2831	Searching for a job
F/503/2854	Preparing for a work placement
K/503/2833	Preparing for an interview
R/503/2843	Working in a Team
K/504/6327	Time Management
F/506/3487	Health & Safety in the workplace (instead of Searching for a job and Preparing for an interview units on Sport & Active Leisure pathway only!)

603/2033/3 **Award in Food Safety in Catering (With QA team permission only)**

600/2887/7 **Award in Introduction to the Facilities Industry**

Mandatory Unit	Introduction to working in the Facilities Industry (7612-103)
Mandatory Unit	Health, safety and security in the Facilities Industry (7612-101)
Mandatory Unit	Workplace hygiene in the Facilities Industry (7612-102)

603/0753/5 **Award in Social Media for Business**

A/615/3344	Using Social Media for Business
J/615/2911	Understanding Social Media for Business

600/9214/2 **Award in Skills for Hospitality and Catering**

M/502/4894	Introduction to the Hospitality Industry
J/502/4898	Customer Service in the Hospitality Industry
Y/5039583	Health and Safety and Food Safety Awareness in Catering

600/9220/8 **Award in Skills for Retail**

T/502/5819	Understanding Customer Service in the Retail Sector
R/502/5780	Understanding How Individuals and Teams Contribute to the Effectiveness of a Retail Business

T/502/5805 Understanding the Retail Selling Process

600/9770/X **Level 1 Award in IT User Skills**

Unit: Using Collaborative Technology - A/502/4378
Unit: Website Software - L/502/4630
Unit: IT Communication Fundamentals - D/502/4292
Unit: Audio & Video Software - H/502/0177

To find out more and register an interest for someone please contact

Danine Staines Danine.Staines@seetec.co.uk

07860924195/ 01553774619

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32. IT course for the unemployed

Seetec are running a basic IT Course

10 th June 2019	11 th June 2019	12 th June	13 th June	14 th June
Full induction Initial Assessments (English, Maths and ICT)	Learning how to use hardware and software (Using keyboard, mouse, turning PC's on, logging on, loading the internet, opening MS Office and browsing the web)	Learning how to use hardware and software (Using keyboard, mouse, loading the internet, opening MS Office and browsing the web, using email accounts, how to send emails, how to attach documents, using USB sticks)	E-Safety – how to use the internet safely, installing internet security, how to identify phishing emails, understanding how to avoid and prevent viruses)	MS Word – how to create documents, navigate formatting, changing text and using bold, underlined and italics. MS PowerPoint – how to create presentations, using animations, copy & paste, how to use snipping tool and insert attachments
17 th June	18 th June	19 th June	20 th June	21 st June
MS Excel – creating basic budget sheets, input data, basic formulas, creating tables/graphs	Browsing the internet for research purposes, using search engines, being able to navigate search engines and use effective search parameters Using MS Office	Browsing the internet – job searching online, emailing CV's, completing online application forms Using MS Office	FS Exams	FS Exams

spaces available for the IT course, in order to refer you just need to call Danine on 07860924195/ 01553774619 and then Danine will book the customer in to register on the Work routes program.

Danine Staines Danine.Staines@seetec.co.uk

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33. Business Skills Training

Be Your Own Boss

Free Business skills Training Workshops

Are you 16 or over and live in Norfolk or Suffolk?

**Do you want to start your own business or have been in business for less
than 12 months?**

**Then don't miss out on MENTA's free star-up, Start Right workshops in Kings
Lynn Library**

Start Right Business Planning Mon 3rd June

Successful Marketing 10th June

Bookkeeping and Self-Assessment Wednesday 26th June

**Our experienced and professional trainers will guide you through the early
stages of starting up with free business skills training sessions**

Kings Lynn workshops begin at 9:15 am and end 1:30pm

Book your three four-hour workshops online at

www.menta.org.uk or call 01284 760 206

Please note you must commit to a minimum of 12 hours of support

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34. Personal Assistant Carers Training

Training for personal assistant carers

We offer training for anyone currently working as a personal assistant (PA) carer, or who wants to work as one.

This training is free if you earn less than £15,736 a year and have lived in the UK, EU or EEA for three years before the start of the course.

You may also be eligible for funding if you don't meet these criteria but do support someone who has their care needs met through a direct payment.

The training is provided through Norfolk County Council Adult Education and at the end of the course you'll have accredited qualifications.

The course covers the following subjects:

- Safeguarding (children and adults)
- Moving and handling
- Positive handling
- Health and safety
- Lone working
- Safe medicine management
- Dealing with conflict
- Epilepsy awareness
- Infection control
- Intervenor training (if necessary) for people with multi-sensory impairments

The training offered will be a combination of face-to-face study and online self-study learning. If you don't have access to a computer at home you can use [Norfolk libraries](#) for any online study.

The training will be available at various locations around Norfolk:

- Norwich - Mile Cross Norman Centre
- Wroxham - venue to be confirmed
- King's Lynn - Involve training rooms, Boat Quay
- Dereham - Breckland Business Centre
- Swaffham - Community Centre
- Great Yarmouth - Kings Centre
- Cromer - Merchant's Place

[Find out more about the courses and book your place](#)

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35. Get Started with Robotics

BRAND NEW Robotics programme in Norwich in June 2019.

This will be a 5-day programme, aimed at helping YP learn about Robotics, Engineering and Science Technologies whilst also building confidence and self-esteem – it also comes with a **CREST Discovery Award Qualification** accredited by the **British Science Association**.

Places will be limited, so please get in touch ASAP to prevent your YP missing out.

Get Started with Robotics in partnership with Proctor Learning Technologies

This **Robotics** programme is available to any YP that is interested in learning skills within the Robotics, Science and Engineering industry.

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

Are you 16-25? Want to learn about Robotics? NOT in Education, Employment or Training?

Programme: Monday 24th June - Friday 28rd June 2019

Location: Norwich City Centre

Interviews: week commencing 10th June 2019

- Learn about Science, Engineering and Robotics
- Gain a British Science Association CREST Discovery Award
- Complete STEM workshops to learn some of the engineering and technology behind robotics
- Build and support your robot to complete an assault course and challenges
- 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

To apply for this programme, please call our Customer Service Team for FREE on
0800 842 842

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36. Get Started with Outdoor Adventure

Get Started with Outdoor Adventure in partnership with **Ascend Adventure**

The Prince's Trust, in partnership with **Ascend Adventure**, are offering a FREE one-week training course which gives you a fantastic opportunity to have fun in the **Great Outdoors**.

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

Are you 16-25? Want to take part in an Outdoor Adventure? NOT in Education, Employment or Training?

Programme: Monday 24th June - Friday 28rd June 2019
Location: Norwich City Centre
Interviews: week commencing 10th June 2019

- Spend 5 days in the wild, learning about yourself through mindfulness in nature
- Take part in Bush craft, Raft building, Canoeing, Archery, Orienteering and Arts and Craft
- You will also spend 1 night setting up a camp and staying overnight in the wild
- Enjoy a fun week Improving your Teamwork, Communication Skills and Confidence
- Doesn't affect your benefits & travel expenses paid on programme (or by your Job Centre)
- Receive 3 months support after the programme
- Lunch provided everyday

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

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37. Level 3 Early Years Diploma

Achieve a Level 3 Early Years Educator Diploma. This nationally recognised, advanced level course is suitable for those working in a keyworker role in a childcare setting.

Applicants should ideally have a year's experience, completed the Level 2 course and be working in a setting for a minimum of 10 hours a week.

How much does this course cost?

All of the fees we charge are based on the level of government subsidy we get for you as a learner. We get these subsidies from the Education & Skills Funding Agency, a central government agency that is responsible for funding schools as well as adult learning. The level of subsidy we get is based on a combination of the type and the level of course that it is and your personal situation (how long you have lived in the EU for, your age and employment status, etc.). Some courses are fully subsidised, so you do not have to pay anything, others are partly subsidised, and some have no government subsidy whatsoever so are funded entirely from your course fees.

Don't worry if you are in any doubt as to how much you will need to pay as we will invite you to an information session before the course begins. At this session we will discuss all aspects of the course with you including fees.

Code: EY3CW3518Z Course: Level 3 Early Years Educator Diploma Info session: Wednesday 22nd May 2019 Start Date: Wednesday 12th June 2019 Time: 9.30am to 12.30pm
Sprowston Diamond Centre, School Lane, Sprowston Norwich, NR7 8TR

To book your place, visit the website: www.norfolk.gov.uk/adultlearning
or call: 01603 306606

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Training for Professionals

38. Signs of Safety Development Sessions

New Start Times!

These sessions are open to all Partners who would like to know more about the Signs of Safety approach and how it fits into the Family Support Process.

The sessions will run from 1:30pm 3:00pm

Tea and biscuits available!

Venue: King's Lynn Fire Station (North), Kilhams Way, King's Lynn, PE30 2HY
Roadside parking available on Kilhams Way

Tuesday 2nd July	<i>Worry Statements & Safety Goals</i> <i>How to identify the level of risk and measure improvements over time.</i>
Tuesday 24th September	<i>Words & Pictures</i> <i>Child friendly plans to fully involve every member of the family</i>
Tuesday 12th November	<i>Partner & Community focus and mop-up session</i> <i>Key information to support our partners with Signs of Safety.</i>

Any questions or queries please don't hesitate to contact us on 01553 669276

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

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39. Suicide Intervention Training

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

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

A two-day Applied Suicide Intervention Skills Training (ASIST) workshop in suicide first aid
Suicide Prevention workshops (3 hours) and
Suicide Prevention for GP's (1.5 hours)

Applied Suicide Intervention Skills Training (ASIST)

This course is free to those who have regular contact or a key staff member working directly with people at risk.

Course outline

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

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

Upcoming Dates:

20th and 21st June

The King's Centre Norwich

To book your place contact us today!

www.norwichmind.org.uk

T: 01603 432457

e: learnwithus@norwichmind.org.uk

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40. Couple Conflict Training

Free Couple Conflict Training (Norwich)

Adfam, [Tavistock Relationships](#) and [One Plus One](#) have been funded by the Department of Health and Social Care to deliver free training in different areas of the country for practitioners who supports families affected by problematic alcohol use.

We're delivering a session next month in Norwich which will focus on reducing the impact of inter-parental conflict on children in families affected by alcohol misuse.

- **Dates:** Monday 10th & Wednesday 12th June
- **Location:** Conference Room 2, The King's Centre, King Street, Norwich, NR1 1PH
- **Cost:** Free
- **Find out more - and register** - <https://tavistockrelationships.ac.uk/forthcoming-events/1219-alcohol-training>

Please note this is a TWO-DAY programme (participants are asked to attend both days).

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41. Cultural Training for Local Agencies

Free Cultural Sensitivities training for local agencies

Local charity, ACCESS – supporting migrants in East Anglia, is offering agencies (charitable, statutory and private) in King’s Lynn and Wisbech areas FREE introductory level cultural sensitivities training. Many of us work with people from other cultures, countries and backgrounds – both colleagues and the clients we are trying to support. Oftentimes, the experience is one of shared learning, one that is interesting and enriching. Sometimes, however, we might feel that things could go better, that maybe we are unable to communicate effectively to one another and there could be confusion. It’s important to understand the different cultures so that we can work more effectively.



This training introduces the concept of cultural sensitivity and provides useful examples that can help in the workplace, both understanding colleagues and team dynamics as well as the clients you assist. Helping you to better understand the needs and sensitivities of working with clients from migrant communities. Providing you with a model to help you work better with people from diverse cultures. The presentation also presents some very practical tips for improved communication.

Delivery can be tailored to the needs of agencies in terms of time / content.

Available dates:

Tuesday 4th June	Tuesday 17th September
Thursday 6th June	Thursday 19th September
Thursday 13th June	Thursday 26th September
Tuesday 18th June	Tuesday 1st October
Wednesday 26th June	Friday 4th October
Thursday 4th July	Tuesday 29th October
Wednesday 11th September	Thursday 31st October

To book a session(s) for your organisation, please e-mail:

emma@accessmigrantsupport.org.uk

Emma Humphrey

(01553) 773905

www.accessmigrantsupport.org.uk

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42. Solihull Foundation Training

Two Day Solihull Approach Foundation Training

The Solihull Approach is a widely used approach to working with parents, children and young people. We are delighted to be able to offer this training to our partner agencies so that we can all share similar language and ethos when working together with our Norfolk families.

The approach brings together psychodynamic theory and child development to provide the professional with a framework for their conversations and work with parents, children and young people. Use of the approach takes the emphasis away from the behaviour or child as the problem and reframes the work within the parent/child relationship.

There is **NO COST** for people to attend this training however it is **essential** that your organisation purchase at least one Solihull resource pack which supports the two-day training and helps embed the approach into practice afterwards. Depending on your role and the age of the children you work with; The first five years resource pack is £77, and the school years resource pack is £76. Your organisation can purchase these manuals by clicking on this link http://solihullapproachparenting.com/order/#resource_packs



Unfortunately, we are not able to offer this training to anyone who has previously attended the two-day training course. Two-day trainings will be available throughout the year, booking is essential. Places are allocated on a first come first served basis and fill up very quickly,

Date: 3rd & 17th July 2019

C&YP HS, Vancouver House, County Court Road, Kings Lynn PE30 5EJ

Date: 5th & 19th August 2019

C&YP HS Suite 3, Cringleford Business Centre, Intwood Road, Cringleford NR4 6AU

Date: 5th & 19th September 2019

C&YP HS, Northfields House, Northfield Road, North Walsham NR28 0AS

Date: 14th & 28th November 2019

C&YP HS, 448-452 Breckland Business Centre, St Withburga Lane, Dereham NR19 1FD

Please email Karin Bibby, Solihull Training Co-ordinator, at karin.bibby@nhs.net

to book your place, providing your name, telephone number, email address, the name of your employer and your job title when booking. Confirmations will be emailed back to you.

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43. Safer Training

Introduction to Child Protection Training

Saturday 15th June 9.30am – 1.00pm

South Lynn Community Centre, Kings Lynn

Saturday 22nd June – 9.30am - 1.00pm

Room 2, Abbey Conference Centre, Norwich

Wednesday 26th June 6.00-9.30pm

Room 2, Abbey Conference Centre, Norwich

Thursday 4th July 9.30am – 1.00pm

Room 2, Abbey Conference Centre, Norwich



Core Programme for Voluntary Organisation & Independent Agencies Training 2019-2020

Wednesday 18th September

Dereham Town Football Club

Wednesday 20th November

Meeting Room 3, Woodside Centre, Witard Road, Norwich

Thursday 16th January

South Lynn Community Centre, King's Lynn

Designated Officer 2019-20

Thursday 9th May - 9.30 am - 1.00 pm

Room 15, Abbey Conference Centre, Bracondale, Norwich

Wednesday 12th June - 6.00 – 9.30 pm

Room 15, Abbey Conference Centre, Bracondale, Norwich

Saturday 28th September - 9.30 am - 1.00 pm

Meeting Room 3, Woodside Centre, Witard Road, Norwich

Wednesday 30th October - 6.00 – 9.30 pm

Royal Masonic Assembly Rooms,

Tuesday 19th November - 9.30 am - 1.00 pm

Meeting Room 3, Woodside Centre, Witard Road, Norwich

Wednesday 22nd January - 6.00 – 9.30 pm

Meeting Room 3, Woodside Centre, Witard Road, Norwich

Saturday 7th March - 9.30 am - 1.00 pm

South Lynn Community Centre, King's Lynn

Safer Training Programme

01603 228966/ 222209

safer@norfolk.gov.uk

All applicants must be over 18 years of To book onto one of these courses go to our website www.norfolkscb.org and hover over the People Working with Children drop down menu and select Safer Programme, then scroll down to Click Here to Access our Safer Programme Booking System which takes you to our booking system.

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44. Family Networking Briefings

Norfolk Family Networking General briefing session



We know:

- Children grow to become more resilient and are more likely to achieve better outcomes when they have the support of a naturally connected network
- A meaningful connection to a family and/or network helps to develop a sense of belonging
- Every child or young person has a family and/or network and we can find them if we try

These briefing sessions will look at the importance of involving the wider family and network in all case work with children - from children in need of early help to young people leaving care.

We will look at what will be different in practice, what will be different for young people and what we are trying to achieve as a partnership. It will also help you decide if you or your team need further training.

These briefings are relevant to foster carers, partner agencies, commissioners, strategic leaders and all staff who work directly or indirectly with children / young people.

All sessions take place 10am to 12.30pm

Tues 4 June 2019 – Queens Hall, Watton

Thurs 4 July 2019 – Willow Centre, Cringleford

Weds 18 Sept 2019 – Cliftonville Hotel, Cromer

Fri 11 Oct 2019 – Royal Assembly Rooms, Great Yarmouth

Fri 15 Nov 2019 – South Lynn Community Centre

Weds 4 Dec 2019 – Breckland Council Offices

Please book on via the [NSCB website](#)

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45. Criminal Exploitation Briefings



Child Criminal Exploitation Briefings

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.

This briefing session is free of charge.

Date	Location	Start Time	
06/06/2019	The Royal Assembly Rooms Great Yarmouth	1000	BOOK
18/06/2019	Willow Centre Cringleford	1300	BOOK
02/07/2019	South Lynn Community Centre, Kings Lynn	1000	BOOK
16/07/2019	Willow Centre Cringleford	1000	BOOK

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46. 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.

Breckland locality

- 4 July 2019, 9.30am-4.30pm, Breckland Council, Elizabeth House, Walpole Loke, Dereham NR19 1EE

West locality

- Wednesday, 26 June 2019

Training will take place at the North Lynn Fire Station, Kilhams Way, King's Lynn, PE30 2HY between 9.30am and 4.30pm.

Although the courses are free they do have a cost implication for Children's Services if people don't attend.

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

- Breckland – cs.earlyhelp.breckland@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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Links to useful sites, reports and surveys

47. Voluntary Sector Partner Survey

Community Action Norfolk, Momentum and Voluntary Norfolk work in partnership with Norfolk County Council to deliver the Voluntary Community and Social Enterprise (VCSE) 'Working Together' framework designed to support voluntary sector organisations and help recruit volunteers. The Framework was developed in October 2017 and it helps fund the support offered by CAN to VCSE's in West Norfolk.

NCC would like to find out more about how the framework supports VCSE organisations. They have developed a short survey and would value your feedback as VCSE organisations – positive or negative. Please can you make clear when responding in the survey that you are referring to the West Norfolk area?

To access this survey, please click on the following link

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

48. Perinatal Mental Health Survey

The Wellbeing service is keen to continue to improve the support we provide to women who are pregnant and people who have recently had a baby who are experiencing emotional distress.

If you have experienced any kind of difficulty with your mental wellbeing during pregnancy (or your partner's pregnancy) or in the early years of having a baby, we would be very grateful for your feedback. **Your feedback is anonymous.**

To complete the survey, click here: <https://buff.ly/2ISnjK9>

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49. Safeguarding Adults Website

Please take a few minutes to look at the

NEW news items & important updates posted on Norfolk SAB's website

- *NSAB to discuss BBC Panorama programme at next meeting* | 28 May 2019
- *Whorlton Hall: Former inspector says warnings were ignored* | 28 May 2019
- *Independent review of the Modern Slavery Act: final report* | 25 May 2019
- *Reaction to BBC Panorama programme into abuse at learning disability hospital* | 25 May 2019
- *National week of action on modern slavery, child trafficking and exploitation* | 25 May 2019
- *Stop Loan Sharks Community Fund* | 23 May 2019
- *Government response to HASC report on domestic abuse* | 22 May 2019
- *New programme to protect children at risk of exploitation* | 22 May 2019
- *Review of learning disability deaths - 2018 annual report published* | 21 May 2019

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 June?

50. Norfolk Libraries

Dersingham Library Events in June

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

Join in a friendly game of scrabble and a cuppa.

Just a cuppa – Thursdays 2pm-3pm

Fancy making some new friends? Come along to this FREE drop in session for a chat and a cuppa.

Knit and natter - Thursdays 10.30-12

Join the friendly knitters for a cuppa, conversation and some knitting.

Bounce and Rhyme – Thursdays 10-10.30am

Join us for rhymes and songs for pre-school children.

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 4th June 1pm-3pm

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

Colour yourself calm – Wednesday 5th June 10.30-12

Just bring along your colouring books and pens and join our relaxing group for adults. Tea and coffee is available.

Dersingham Library Friends

Could you help organise and promote events/activities for Dersingham library? Come along and join us! Please see staff for more information.

Crime Book Club - Monday 10th June 5.45-6.45pm

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

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Gardening Club- Wednesday 12th June 2pm-4pm

Can you spare some time to help keep the library garden blooming? Help always welcome, no experience required

Police Engagement Surgery – Wednesday 12th June 2pm-4pm

PC Lee Anderton will be holding a Community Engagement Surgery at Dersingham Library. You can discuss any concerns you may have in your local area, get advice on staying safe online or find out about working/volunteering with Norfolk police. No need to book an appointment just come along.

Book Club - Monday 17th June 5.45-6-45pm

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

Walk and talk group – Thursday 20th June 2pm

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.

Great get together coffee morning- Saturday 22nd June 11am-12pm

Come and join us for a cuppa and a chat in memory of Jo Cox.

Dersingham writer's group- Tuesday 25th June 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

Embroidery and needlework group

Bring your own project and equipment. Everyone welcome. This group meets in Open Library time so customers will need a library card with open access to enter. Please see staff for dates, times or for more information or call 01485 540181.

Need help with your computer, phone or tablet?

Why not book a one-to-one session with our computer buddy? Please ask staff for details.

Family History volunteer

If you are interested in finding out more about your family history, you can book an hour one-to-one session with our family history volunteer. All ranges welcome from complete beginners or people just looking for a little help or advice.

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Downham Market Library Events June 2019

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?
- Do you play Bridge? Would you like to be involved in setting up a bridge club at the library?

Please contact Fran at the library on 01366 383073 or email fran.valentine@norfolk.gov.uk if you'd like to find out more.

Regular events:

Mondays:

Community Job Club - 9:30am till 1pm drop in for CV support, job applications, interview Techniques and more

Tuesdays:

Mini Movers – Fortnightly. 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, booking essential

Chair Yoga – 2 pm till 3pm booking essential £3 per session

Wednesdays:

Diamond Art Club Diamond Art Club - 10am till 12 noon, call the branch for more details, booking essential

Knit and Natter - 1st & 3rd in month, 1.30pm – 3pm, drop in [except during school summer holidays]

Thursdays:

Baby bounce and rhyme - Thursdays – 10:00am till 10:30am, come along and enjoy some songs and rhymes. Drop in no need to book.

Stay and Chat after bounce and rhyme – enjoy a cuppa and chat while the little ones play

English Course for speakers of other languages 12.30 till 2.30 – FREE booking essential.

Need help with your computer or tablet? 1 to 1 sessions with our Computer buddies are available, booking essential

Fridays:

Just a Cuppa – 10am till 12noon 50p suggested donation. Enjoy a chat over a tea, coffee & a biscuit. Drop in no need to book

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NEW

Hardy Perennials Gardening group - let your green fingers get to work turning some of library grounds into a vegetable garden plus enjoy a cuppa, biscuit and gardening chat in the library. Ask in branch for more details

**Bounce and Rhymetime will be all year round now
10.30am till 11am, fun and rhymes for pre-schoolers.**

This June....

22 June 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

21 June Downham Market Earth Day FREE event, various groups will be at the library showing how you can help towards preserving the planet, plus make a smoothie using you very own pedal power – 10 till 2

22 June 40s Tea Dance £5 per person includes afternoon tea – sandwiches, cake and refreshments 2pm till 4pm – with live music from duo 'Back Two' – call the library 01366 383073 to book

Coming Up

Monday 22 July - 2pm - The Real Life Silent Witness

Leisa Nichols-Drew, Forensic Science Senior Lecturer talks about forensic science from the crime scene to the laboratory, to court - based on her career experiences in a major crime casework unit

Tickets £5 - Refreshments included

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Gaywood Library Events June 2019

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

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

Gaywood 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.

New Events

Human Story Theatre presents Connie's Colander Tuesday 11th June 1pm

A compelling play about the effects of Dementia on a Mother and daughter. Free performance and post show Q&A with a Dementia specialist. Donations welcome. Booking essential Call 01553 768498 or ask a member of staff.

Gaywood Poetry Club: 1st Tuesday of every month 7pm – 8.30pm If you a passion for poetry then come and share with us, whether it is reading poems or writing them. Refreshments provided.

Pajamarama Bookstart Bounce and Rhymetime: Tuesday 4th June 10.30am – 11am

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

Pajamarama Rhymes, Stay and Play Thursday 6th June 10.30am

Join us in celebration of Pajamarama Bookstart week for rhymes, musicals instruments, bubbles and more! Stay after for a cuppa and chat. Pre-school, no need to book

Regular Events

Scrabble Group: Every Mondays 10am – 12pm (except Bank Holidays)

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

Board Gaming Sessions: Every Monday and Friday 4pm – 6pm

Come and play board games with us: Dino Bite, Buckaroo, Harry Potter Cluedo, DC Comics Monopoly, Scrabble, Chess, Jenga, and so many more! You can bring your own too. No need to book, just drop in.

Just A Cuppa with In Good Company: Every Thursday 10.30am

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

Knit and Knatter: 4th Friday of the Month 10am – 12pm

All welcome to come along to our knitting session, refreshments provided.

Colour Yourself Calm with In Good Company: Every Friday 1.30pm – 3.30pm

Pens and colouring provided.

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West Norfolk Early Help Monthly Bulletin June 2019



Chess Club: Every Saturday 10am – 12pm

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

Make Noise in Libraries NNAB Audio Book Club: 1st Thursday of the Month 2pm – 3.30pm
Thursday 6th June

Come along and listen to the books ordered each month, refreshments provided, donations welcome

Bounce and Rhymetime: Every Tuesday 10.30am – 11am

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

Rhymes, Stay and Play Every Thursday 10.30am

Join us for rhymes, musical instruments, bubbles and more! Stay after for a cuppa and chat. Pre-school, no need to book

Fenland Computer Club: 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 Friday afternoons, the other which meets Thursday evenings.

Contact the library on 01553 768498 to find out more.

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The library also hosts **Paper Folding, Quilling and Sewing Groups.**

Paper Folding 7th June

Quilling 14th June

Sewing 21st June

Contact the library on 01553 768498 for further information.

Arthritis Care Support Group: 1st Monday of the Month 10am – 12pm

Are you living with Arthritis? Whether you have arthritis or care for someone with the condition, join our group to share your experiences; refreshments provided.

For more information contact Chris Preston on 07834 418472 or email chrisp@arthritis.org.uk

Gaywood Carer Support Group: 1st Tuesday of the Month 1pm – 3pm

Whatever your caring role, support, advice, information and a friendly ear can be found here.

You can contact Carers Matter Norfolk Freephone 0800083148 or email www.carersmatternorfolk.org.uk

Pop-Up Concert - Maria Gilicel (Violin)

Tuesday 23 July 1.30pm Free. The Festival's annual series of 30-minute informal concerts in community spaces.

Event sponsored by: Eastern Daily Press



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HUNSTANTON LIBRARY EVENTS JUNE

Could you help develop ideas for events held at the library as a Library Friend volunteer and promote the library and its services within the local community?

For further information about events, bookings and volunteer opportunities, please call 01485 532280 or email Helen at helen.senior@norfolk.gov.uk

Stay and Play Every Tuesday 10.30am Drop in and have fun with a selection of games, toys, and colouring available for children and their parents or carers to enjoy together. Stay and Play is a self-serve activity held every Tuesday morning 10.30am. Tea and coffee available.

Hatha Yoga Saturday 18th and 25th May and 1st, 8th, 15th and 22nd June 1.30-2.30pm
Learn how to move your body with awareness, improve your posture, alignment and energy flow with Anna, our trained yoga volunteer. All you need to do is bring a non-slip mat and a blanket, and wear suitable, comfortable clothing. Suitable for those aged 18 and over. Booking essential. £30 for all sessions or £5 per session.

Seated Exercise with Active Norfolk Thursday June 20th and 27th, July 4th, 11th, 18th and 25th and August 1st, 8th, 15th and 22nd all at 2pm in Hunstanton Library

Come and join us for a free 10-week course of gentle chair exercise. Please wear comfortable clothes and bring a bottle of water or soft drink. Booking essential – contact us on 01485 532280 to book a place.

Paper Plants Saturday 1st June 10.30am Come and create your very own paper plant and pot to celebrate National Gardening Week. Paint a rock as a little bug friend! Booking essential. £3 per child.

Pyjamarama! Saturday 8th June 10:30am Come along in your pyjamas or comfy clothes to hear some bedtime tales. Colouring and treasure hunt afterwards. All children receive a free book! No need to book.

Jo Cox's Great Get Together Friday 21st June 10:30am

Join us for a coffee morning and enjoy some cake to celebrate Jo Cox's Great Get Together.

REGULAR EVENTS

Find My Past Support Every Tuesday 10am Our experienced volunteer will be able to assist you with any find my past support or queries you may have. Just book in at Hunstanton library.

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.

IT help session Every Wednesday 4:45-6:45pm (Booking essential) Want help to learn ICT basics, get help with emails and other online facilities or familiarise yourself with a new device? Then why not book in for a 1hour session with our volunteer to get you started.

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More Old Stuff No Old Stuff this month but we'll be back with lots of interesting memorabilia on Thursday 4th July – bring your own old treasures to share!

Hunstanton Book Club – Monday 10th June 2.30pm New members always welcome. Ask staff for details of the books being discussed
Refreshments provided, donations are welcome.

Board Games with In Good Company every Saturday 10am. Come and enjoy cards/chess/board games and jigsaws. For all ages Refreshments provided, donations welcome.

Walk and Talk group Tuesday 4th June 2pm 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 13th June 10.30-12.30pm Come along and knit with our group, have a chat, swap patterns and ideas. Refreshments provided, donations are welcome.

Get Crafty Monday 10th and 24th June 10.30am -12noon Join our group for calming colouring, and postcard design, writing postcards to the housebound and isolated. All cards will be sent via West Norfolk Befrienders. Bring along crafts you are interested in too. Refreshments provided, donations are welcome.

Who Dunnit? Wednesday 19th June 5.30pm Come and join the new crime book club, held on the third Wednesday of the month at 5.30pm

Friends of the Library meeting Wednesday 26th June 5pm We meet every 4th Wednesday of the month to organise events and activities for Hunstanton library, come along and join us.

Crochet Along Monday 3rd and 17th June 10.30am – 12 Come along and crochet, share tips and ideas, with the experienced, novices welcome too. Refreshments provided, donations are welcome

Top Tips Gardening Group Wednesday 5th June 10.30am A monthly group run by the Friends of the Library to share ideas and tips for gardening Refreshments provided, donations are welcome.

Quiet Time Wednesday 12th June 5pm – 6pm A quieter time to visit, ideal for people who may have autism, dementia or if you would like a calm environment.

Coding Club - Chat Bot and Paint Box Wednesday 26th June 5pm – 6pm

Come along and learn about coding by creating your own space themed animation and a paint box you can draw with! Have fun and share your skills with others.

Journaling for Wellbeing Friday 28th June 1:30-2:30pm

Come along and make your own journal with monthly/weekly diary plans, mood and sleep trackers, colouring pages and more for March. Catch up at the following session on Friday 26th July and create the next month's section. Refreshments provided.

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Kings Lynn Library Events June

**Please note we will be closed on the 10th – 13th June for the installation of open library.
We will be open again on the 14th of June at 9am**

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 2pm - 3pm

Fancy making some new friends, or just to have a good old chat? Then come along to this FREE drop in session. Have a good old fashion chatter with a cup of tea and biscuit

Baby bounce and rhyme – Mondays and Thursdays NEW TIME! 10.30-11am

Join us for rhymes and songs for pre-school children.

Colour yourself calm – Tuesdays 10.30-12

Join in with our fun and relaxing adult colouring group.

Scrabble club – Wednesdays 10 – 12pm

Come and join us for a friendly game of scrabble and a cuppa.

Job Help - Fridays 2-5pm – Please book with Library staff.

Free 30 minute 1:1 sessions with library staff, we can help you write your CV, write cover letters and help you search for jobs. We also offer 1:1 support with setting up and using universal credit.

Let's talk — Wednesday 2-3pm, Friday 6-7pm

English conversation for speakers of other languages, join our friendly group to practice speaking English.

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

Police Engagement Surgery- Mondays 10am-12pm June 3rd & 17th

PC Lee Anderton will be holding a Community Engagement Surgery at King's Lynn Library. You can discuss any concerns you may have in your local area, get advice on staying safe online or find out about working/volunteering with Norfolk police. No need to book an appointment just pop in for an informal chat.

Knit and Knatter – Tuesday 4th June 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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Hayes + Storr business advice- Wednesday 5th June 1pm-4.30pm

Free advice session for anyone looking to start up or is currently running a business and wants legal advice. Strictly appointment only so booking essential by calling the library on 01553 772568.

Local History Club –Thursday 6th June 10am – 12noon

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

NWES business advice- Friday 7th June 2pm-5pm

Free advice and support for anyone looking to start or has just started their own business. No need to book just drop in.

Ready Steady School- Friday 7th, 14th, 21st & 28th 10.30am-11.30am

A program of activities for pre-school children aged 3-5 and their families to help your child be ready for school. Booking essential as spaces are limited, please call 01553 772568.

Read and Rabbit – Friday 7th June 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.

Be Your Own Boss- Free business skills training workshop- 10th, 26th June & 5th July 9.15 - 13.30 Do you want to start your own business or have been in business for less than 12 months? Then don't miss out on MENTA's free, start-up, Start Right workshops. Our experienced and professional trainers will guide you through the early stages of starting up with free business skills training sessions. For more information please visit www.menta.org.uk or call **01284 760 206**

National Autistic Society West Norfolk Branch 'Just a Cuppa' - Friday 14th June 10am

We are holding a Just A Cuppa event at Kings Lynn Library for people with Autism and their friends or family please join us.

Autism friendly Youth Group- Saturday 15th June 11am-1pm

Come join us for board games, card games, PC access, free WIFI and making friends.

Storytime- Saturday 15th June 10.30-11.30

Join us for a story and some colouring no need to book just come along.

Mini movers – Tuesday 18th June 1.30pm-2.30pm

Free sessions for pre-school age children and their carers to encourage movement with music and songs.

Great get together coffee morning- Saturday 22nd June 10am-11am

Come and join us for a cuppa and a chat in memory of Jo Cox.

Friends of the library

Could you help organise events and activities for Kings Lynn library? Come along and join us! For more information ask at the library or call 01553 772568

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Friday Night Book club- Friday 21st June 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

Coming in July....

This Noisy Isle

A treasure-hunt style theatre show giving 7-11-year-olds and their families an adventure through a strange, magical new world.

You've washed up on a new shore...

Can you navigate through this world where nothing is quite what it seems? The inhabitants of this island make strange noises and sprites hide around every corner. Where do you belong?

Discover your own magical powers in this truly interactive family experience. Join us for a mission which will lead you through puzzles, meeting mysterious characters and steering your team through the choppy seas to search for your new home.

Come prepared for the elements as much of this adventure takes place outdoors!

Created in partnership with Creative Arts East, The Garage, Norwich and Arts Council England.

Further details to follow.

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51. Universal Credit Networking Group

You are invited to the

WEST NORFOLK UNIVERSAL CREDIT NETWORKING GROUP

on Wednesday 5 June 2019
10am - Midday

at Providence Street Community Centre
Providence Street
King's Lynn
Norfolk PE30 5ET

Please RSVP to universal.credit@freebridge.org.uk



52. Celebrate Kings Lynn

Celebrate King's Lynn is a Christian charity that provides free and fun events for the King's Lynn community. Our goal is to bring the King's Lynn community together to be blessed by the Church.

What better way to do that than to have a free and fun day for the whole community to come and enjoy with the family.

Learn about what fun initiatives the local churches put on and participate in these initiatives. Meet and make new friends and join in on the fun!

We aim to provide a range of activities for every age group and the best thing is... the event is FREE, and when we say FREE, there is no financial obligation at all. Everything from the music, to inflatables and food is provided by Celebrate King's Lynn.

Come and join us at this year's totally FREE event on Saturday June 8th, 2019!

Visit www.celebratekingslynn.com



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53. ASD Just Diagnosed Course

ASD Helping Hands are proud to announce our New post and pre-diagnosis course: [Just Diagnosed? A four-week workshop](#) for those who suspect or have just received a diagnosis of Autism. This is open to both parents and carers, running for just 2 hours a week.

Cost is £15.00 including course material and refreshment

We are due to begin this course next term, beginning in Dereham and expanding out across Norfolk. Subjects we are going to cover are:



Week 1 Looking at and understanding the Train of Impairment

- triad of impairment
- the autism spectrum
- Comorbid conditions and mental health

Week 2 The Anger Mountain and Managing Behaviour

- the anger mountain
- the brain
- how to support behaviour
- understanding how parenting can affect behaviour
- ABC charts

Week 3 The Sensory World of ASD

- the seven senses
- hypersensitivity vs hyposensitivity
- arousal states
- supporting sensory difficulties

Week 4 Visual Aids and communication

- difficulties with communication
- using visual aids to help communication

No referral needed from a professional you can just sign up yourself through our [training section](#) on the website. We are also looking at an online version for those parents who are unable to make it to training during the week.

Dates will be released soon so keep an eye on the [website](#)

Dereham 13th, 20th, 27th June 4th July

Dereham 19th, 26th September 3rd, 10th October

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54. Hunstanton Hard of Hearing Club

Hunstanton Methodist Church

1-3pm (unless otherwise stated)

13th June - Summer outing

11th July - Quiz

8th August - Sarabec assistive equipment demonstration

12th September - Lily talk

30th October - We join Downham Market Hard of Hearing Club
for a Bollywood afternoon– Transport provided

14th November - Christmas card making workshop and games

12th December - Christmas meal

9th January - TBC

13th February – TBC

We will have a hearing support volunteer at every group who can re-tube, maintain, fault find and issue batteries for NHS hearing aids issued by the QEH Kings Lynn

We hope that even if the listed activity isn't to your taste you will still come along and join us for a coffee and a chat.

This club has been kindly funded by West Norfolk CCG and Lily

West Norfolk Deaf Association

Railway Road

Kings Lynn

Norfolk

PE30 1NF

Telephone: 01553 773399

Fax: 01553 660483

Web: www.wnda.org.uk



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55. Suicide Prevention Event

Norfolk and Suffolk Foundation Trust would like to invite you and or representatives of your teams to a networking morning between the NSFT Adult services of West Norfolk and Third Sector Organisations.

The theme of the morning will be **Suicide Prevention** and the clinical teams will work with representatives of the Third Sector and Voluntary Organisations to raise awareness of what teams do and begin to talk about how they can work together to improve patient safety by working through areas of learning identified by the patient safety team.

The Networking Day will be held on **Tues 4th June 2019 09:30hrs- 13:30 at South Lynn Community Centre, 10 St Michaels Road, Kings Lynn PE30 5HE**

The Trust will aim to have clinical representatives from each Mental Health Service across West Norfolk.

We would very much value your attendance and input at this event. Please could you confirm your place before the 20th May 2019 by emailing Liz.Howlett2@nsft.nhs.uk. Please do share the invitation with your networks.

Liz Howlett

Suicide Reduction Plan Implementation Lead

Norfolk and Suffolk Foundation NHS Trust Hellesdon Hospital NR6 5BE

56. Dementia Theatre Tour

CONNIE'S COLANDER BY GAYE POOLE

Connie is a retired domestic science teacher. Emily, her daughter, is enjoying hosting her first TV cookery show, Connie's Colander, bringing her mother's recipes onscreen and up to date. Sensitively, with humour and tenderness, this newly written play traces the evolving relationship throughout their lives and the impact of Connie's Alzheimer's. Can their relationship, and the TV show, survive?

Running time 50 mins. Followed by a 20 minute [post-show Q&A](#) with a dementia specialist.

An informal atmosphere is created for the Q&A, facilitated by the two actors, with local dementia specialists able to signpost people to their local services. Building on the story within the play, the audience is also encouraged to share their own experiences, both to 'offload' and also to help support fellow audience members, if appropriate.

11 JUNE 2019, 1.30PM (Cast: Gaye & Amy)

Gaywood Library, River Ln, King's Lynn PE30 4HD **TICKETS:** Phone [01553 768 498](tel:01553768498)

13 JUNE 2019, 11AM (Cast: Maggie & Anna)

Dereham Library, 59 High St, Dereham NR19 1DZ **TICKETS:** Phone [01362 693 184](tel:01362693184)

14 JUNE 2019, 3.30PM (Cast: Maggie & Anna)

Thetford Library, Raymond St, Thetford IP24 2EA **TICKETS:** Phone [01842 752 048](tel:01842752048)

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57. WNDA Bookshop Events



16 January
**'Neil Cousin
and the Julia Sounds'**
with Mark Remington
www.neilcousin.com

20 February
**The Basstree String
Band**
with support from Tangles
www.basstreestringband.co.uk

20 March
Rhythm Travellers
with support from
Tony Yates and Titch
<http://www.rhythmtavellers.com>

17 April
**Steve Smith &
Daria Kulesh**
www.daria-kulesh.co.uk

15 May
**Tom Malachowski
and James Morgan**
[https://en-gb.facebook.com/
tomalachowskimusic/](https://en-gb.facebook.com/tomalachowskimusic/)
<https://en-gb.facebook.com/xjamesxmorgan/>

19 June
Bernard Hoskin
with support from
Iain and Lynn Miller
www.bernardhoskin.com

17 July
**Wilson &
Mc Gladdery**
with support from
Mike Prior
www.wilsonmcmcgladdery.co.uk

21 August
Dan Webster
with support from
Ross and Claire
www.danwebster.co.uk

18 September
The Tildens
with support from
Birdsong
www.thetildens.co.uk

16 October
Steve O'Kane
with support
www.steveokane.co.uk

20 November
**Stella Hensley & Chris
Newman**
with support from
Gordon Allin
www.chrisnewmanmusic.co.uk

18 December
**Tommy Loose and
Dan Donovan**
www.tommyloose.co.uk
www.dandonovan-muso.com

Doors open at 7:15pm

Raising money for local Deaf and Hard of Hearing adults and children in West Norfolk

No8 The Old Bookshop. 8 High Street . Downham Market . PE38 9DB . 01366 387874

www.wnda.org.uk

Follow us on Facebook . Instagram . Twitter

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58. Autism Anglia Conference

Conference & Information Day 2019

Join us on Thursday 27th June for a day learning, sharing and revitalising your knowledge of autism. We have the honour of welcoming two keynote speakers in the morning, with a Q&A session before lunch. In the afternoon there will be a choice of 12 workshops with various specialists. These will be aimed at separate categories of delegates, to make them as relevant as possible to you: - Education sector; Health/Social/Public service sector; parents/carers; and individuals.



We will have a vibrant marketplace packed with autism-friendly services and information, which will be accessible at numerous times throughout the day.

The venue is the whole of the Lecture Theatre Building at the University of Essex, which is fully accessible for wheelchair users. Please do let us know in advance if you require wheelchair access. There will be FREE parking at the venue.

Please note that in order to keep ticket prices down and welcome as many people as possible, lunch is not included in the price. You are welcome to make use of the many catering outlets at the University, or you can bring your own lunch to enjoy a picnic in the beautiful grounds. You can see what is available at the University by clicking on the link below: -

<https://www.essex.ac.uk/information/food-and-drink#colchester-food-outlets>

You will need to select your workshop choices when making the booking, so please read these carefully before going through the booking process. **Please choose a MAXIMUM OF 3 WORKSHOPS, that do not clash in timings.**

Please [click here](#) for details of the Timetable.

Please [click here](#) for the Workshop categories and choices.

Please [click here](#) for details of our Keynote Speakers.

Please [click here](#) if you need to request an invoice or need to pay by cheque.

This Conference is kindly sponsored by [Swanstaff Recruitment](#)

Please click here to book a place <https://www.autism-anglia.org.uk/Event/conference2019>

Category	Ticket Price
Professional employee	£50.00
Non-Profit employee	£40.00
Individual parent/carer	£25.00
Autism Anglia Member	£20.00
Essex University SU member	£20.00

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59. Writing Good EH&CP Assessments

Writing good health advice for an Education Health and Care Needs Assessment

Do you provide health advice for children and young people that are having an EHC needs assessment?



Providing good outcome focused advice is fundamental for the EHC needs assessment and, if issued, the quality of the final EHC plan.

These workshops will explore the different ways this advice is being provided and ways this can be improved.

Booking is through Eventbrite - click on the appropriate link below:

[Thursday 27 June, 9.30am to 12.30pm](#) **St James Clinic, Kings Lynn**

There will also be a session in Norwich when a venue can be secured (November or December).

60. Save a Baby's life Course

**Save a Baby's life course on 26th June 10.30.to 12.30
at the Seabank Chapel, North Lynn
on behalf of the North Lynn Children's centre. For more information please contact
North Lynn, Gaywood North Bank and the Wootton's Sure Start Children's Centre**

T: 01553 668505

E: northlynncc@nchc.nhs.uk

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What's on July and Beyond?

61. Child Bereavement Training for Professionals

TUESDAY 2 JULY 1 P.M. - 3.30 P.M. at Emneth & West Walton Children's Centre

Nelson's Journey are delivering a training session on childhood bereavement. This is for professionals and we welcome colleagues.

'The session includes a therapeutic activity and information pack for every participant. The training aims to raise awareness of the issues concerning grief and loss faced by children and young people and consider effective ways of working with this group. By the end of each session participants will have:

- gained information on the prevalence of childhood bereavement and outcomes for those affected
- recognised a range of experiences related to loss and bereavement
- increased their awareness of the issues faced by children and young people experiencing bereavement
- gained confidence in working with bereaved children and young people, and their parents and carers
- identified resources and organisations available to support bereaved families'

I will need to know numbers of those who wish to attend.

Mary Hutson
Family Support Worker
Emneth & West Walton Children's Centre
Hollycroft Road
Emneth
Wisbech
Cambridgeshire
PE14 8AY

Please note my usual working days are Tuesday-Friday

Tel: 01945 582401 Option 2/Mobile: 07761014579

Email: mhutson6qrm@nsix.org.uk

Website: www.emneth-nur.norfolk.sch.uk

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62. Pandora Who's in Charge? Course Dates

Who's in Charge? Is an 8-week programme combining educational and therapeutic sessions for children parents of children, who are verbally or physically abusive and beyond parental control. The courses run in King's Lynn on a Wednesday

10-12pm by referral only. Courses for 2019 are



"I am now a stronger person"

"I have learnt different ways of coping and life now is less stressful"

24th July

4th September

For more details and a referral form please contact

info@pandoraproject.org.uk

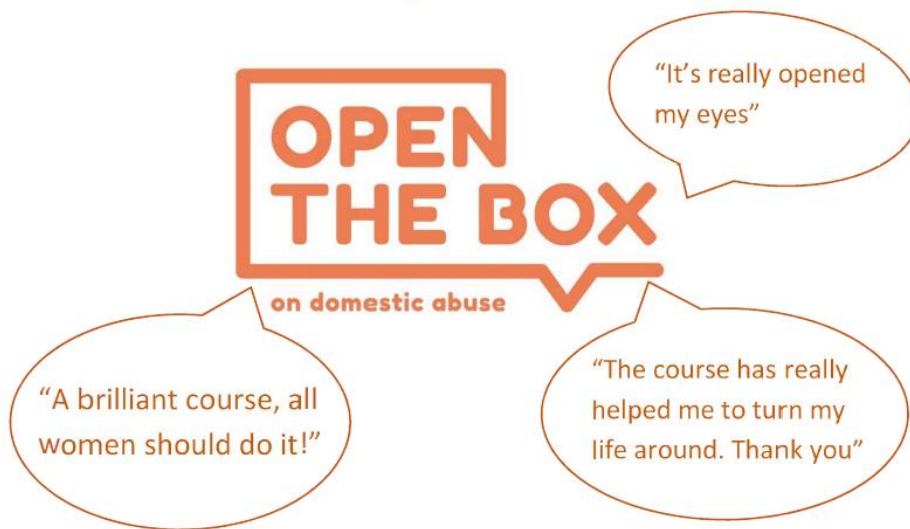
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63. Pandora Open the Box Course Dates

A free 10-week recovery programme, for women who have left an abusive relationship, helping them to understand more about the abuse they have suffered.



The courses for King's Lynn are on a Thursday 10-12 by referral only. Course dates are as follows

5th September

21st November

For further details and a referral form please contact

info@pandoraproject.org.uk

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64. Carers Voice Locality Networks

The Locality Network meetings are for carers and people working with carers to come together and share information about services and support for carers. To identify what works well, what could be improved and co-develop local solutions to gaps in support'.
(Carers can attend all meetings or drop in and out as suits your circumstances)

All meetings are from 10.30am – 12.30pm

Norwich
Costessey Centre,
1 Longwater Lane,
Costessey, Norwich,
NR8 5AH (Lions Room)

South Norfolk
South Norfolk House,
Cygnet Court,
Long Stratton, Norwich
NR15 2XE

West Norfolk
A Piece of Mind King's Lynn,
Saunders Yard, Austin Street,
King's Lynn,
Norfolk, PE30 1PH

2nd July
1st October

9th July
8th Oct

4th July
3rd October

Contact: Laura Middleton, Carers Voice & Co-Production Facilitator,
laura.middleton@carersmatternorfolk.org or 07968 316265

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Volunteering & Job Opportunities

65. One to One Project Volunteers



One to One Project
Counselling • Mentoring • Group Work

Could you join our team of volunteer mentors to support vulnerable adults experiencing mental health difficulties? We are looking for enthusiastic volunteers with good communication skills, empathy and reliability, to work out in the community.

Next 5-day training course starts September 2019

To find out more visit www.onetooneproject.com.

66. Match and Mentor Volunteers

VOLUNTEERING MATTERS

MATCH AND MENTOR NEEDS YOU!

Match and Mentor in Norfolk enables individuals with additional support needs to access community activities and opportunities. Through the help of volunteer mentors, these individuals can get involved in volunteering, training, work experience and social activities.



- Enabling individuals to become the best version of themselves
- Supporting individuals to become independent
- Increasing an individual's self confidence and self esteem
- Encouraging integration into the local community
- Providing a platform for individuals to have a voice

You don't need any experience to be a volunteer mentor, you just need to have a few spare hours a week, and a desire to help others thrive. Full training is provided and ongoing support from Volunteering Matters project staff. Get in touch to find out more today!

01366 385839 | HELEN.COOPER@VOLUNTEERINGMATTERS.ORG.UK | VOLUNTEERINGMATTERS.ORG.UK

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67. Norfolk & Norwich Association for the Blind

The NNAB has a wonderful team of some 220 volunteers, providing visiting services, advice and support in the community. Our volunteers are a crucial mainstay of our help in the community. Our offices in West Norfolk, Norwich and Great Yarmouth offer a wide range of equipment, services, activities and support across the county



We could not offer all of this without the support of our many fantastic volunteers who assist us in bringing our services, activities and support into communities all across Norfolk.

There are so many ways you can help:

- Sports and leisure activities
- Eye clinic information advisors
- Driving
- Fundraising
- Equipment and information centres
- Escorting and guiding
- Administration
- Special events

Volunteering is a great way of gaining confidence, new skills, of meeting people and of taking part in the local community.

If you would like to discuss the opportunities we have at the NNAB, please contact the Volunteer Engagement Co-Ordinator's:

Rachael Green (Norwich) 01603 973377 or Penny Parker (King's Lynn) 01553 660808 or email **volunteers@nnab.org.uk**

or apply online:

https://TestVolunteerFrom.formstack.com/forms/volunteer_application

We will train you and give you all the support you require to make volunteering with us a mutually happy and successful experience.

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68. Young Volunteers Summer Reading Challenge

Young volunteers needed to help with Libraries' Summer Reading Challenge

Young reading enthusiasts are needed to help Norfolk children choose reading books, and help them complete an exciting challenge, at the county's libraries this summer.

Norfolk County Council's Library and Information Service is looking for volunteers aged 13-25 to get involved in this year's Space-themed "Space Chase" Summer Reading Challenge, due to start in July. Last year, more than 11,500 children took part.



The annual reading event for primary school children involves borrowing and reading at least six different books, getting rewards including stickers and a certificate and medal when the challenge is complete. The scheme relies on the help of up to 150 young volunteers who support Norfolk library staff at each of the 47 libraries.

Imogen Pearce, a UEA student aged 20 volunteered her time last year at Norfolk and Norwich Millennium Library:

'I absolutely love reading and I love talking to people about novels. I believe it is incredibly important to encourage individuals to read both for educational purposes and as a relaxing, stress-relieving pastime. So, when I was looking for work experience and I came across the volunteer scheme for the Summer Reading Challenge I knew it would be perfect. It gave me the opportunity not only to encourage reading, but also to help develop my interpersonal skills. Volunteering has been a fantastic addition to my CV; I've developed key skills such as communication and responsibility, which employers are really impressed by. The experience has also led to further opportunities to volunteer with the library, which is very exciting!'

Volunteering sessions take place between mid-July and beginning of September, during the school holidays. We ask for a commitment of 2 hours per week although there can be scope to do more, depending on the activities which are running.

Volunteers who are undertaking a Duke of Edinburgh award can use their volunteering towards the awards with a volunteering element. All young volunteers will receive a certificate to recognise their contribution and the library service offers young volunteers a reference for applications for work or further study.

If you are interested in helping out this summer, speak to staff at your local library or email volunteercontact@norfolk.gov.uk to request an application pack.

For more information on other volunteering opportunities, please visit www.norfolk.gov.uk/libraryvolunteers

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