

The pdf is in three sections;- an update on the children and young people's hub, updates from existing services, and useful advice and guidance:-

Children and young people's hub

Access advice and support from Norfolk county Council if you're a child or young person feeling scared or unsafe during the coronavirus pandemic

Children and young people's hub

These are difficult times and we hope you're safe at home.

If you're feeling unsafe or scared, then don't keep it to yourself. We're here to help, so contact us:

- Text: [07480 635060](tel:07480635060)
- Call: [0344 800 8029](tel:03448008029)

You'll also find links on this page to activities, support, advice and information to help you.

<https://youtu.be/rbYPG5qUpQ>

Updates from existing services

Family Action ASD/ADHD Support and Positive Behaviour Strategies

We have had some good news about our service which was previously only funded to serve families in West Norfolk and Swaffham and also in Great Yarmouth and Waveney. It has been decided that families all across Norfolk and Waveney should have access to the same kinds of support. This means that when we are able to re-start our courses, workshops and drop-in support sessions, they will be happening in Norwich and in towns across Norfolk so everyone can access them.

In the meantime, we continue to be available by phone or email to provide advice and support to families affected by ASD or ADHD. Wherever you live in Norfolk & Waveney you can ring or email:

Our Swaffham office on 01760 720302 Email Swaffham@family-action.org.uk

Our Gorleston office on 01493 650220 Email Gorleston@family-action.org.uk

OR JOIN OUR FACEBOOK GROUP - Become part of our growing Facebook community. We keep you regularly updated with our news, details of our support groups, courses and events and other things happening in your area.

We also provide you with lots of relevant information that we know you will find useful. Find us now at.... FAMILY ACTION NORFOLK & WAVENEY ASD/ADHD SUPPORT SERVICE.

Positive Behaviour Strategies Course Now On-line Interested? Maybe you attended a course a while ago but would like a refresher or perhaps you can think of a friend who would benefit. We have good news. The course has been made into six bite sized video sessions which will be available on the NHS website, **Just One Norfolk**. Click on www.justonenorfolk.nhs.uk and

search for **Positive Behaviour Support (PBS)**. The videos will also be available on YouTube/Family Action. We hope you will agree that watching the course at home is no substitute for attending a group in person, meeting other families, exchanging ideas and sharing worries but it is now accessible to anyone struggling to manage challenging behaviour while isolating at home, even if they do not suspect ASD or ADHD. **A big thank you to the families who agreed to appear on video talking about what the PBS meant to them. Thank you everyone.**

GamCare Free online training: - New Dates Added!

Women and Gambling-Related Harm – FREE online training – multiple dates available.

Book your place using Eventbrite: <https://bit.ly/2z7HgRP>

GamCare is a national provider of free information, advice and treatment for anyone affected by problem gambling. Our free online training is proving really popular, so we have added some new dates which are now open for booking. Individuals can register to attend the training at their convenience, using Zoom on a mobile phone, tablet, or laptop.

During the 1.5-hour training session, we will talk about women and gambling-related harm, risk factors, impacts, and how to identify and support people affected. Learn about our treatment network and how to refer clients to treatment services. This training is essential for any professionals who work with women and families.

Book your place using Eventbrite: <https://bit.ly/2z7HgRP>

Thursday 21 May	10.00am to 11.30am	FULLY BOOKED!
Wednesday 27 May	2.00pm to 3.30pm	FULLY BOOKED!
Monday 1 June	2.00pm to 3.30pm	A few spaces available
Thursday 4 June	2.00pm to 3.30pm	Spaces available
Wednesday 17 June	10.00am to 11.30am	Spaces available
Thursday 25 June	2.00pm to 3.30pm	NEW DATE!
Tuesday 30 June	2.00pm to 3.30pm	Spaces available
Wednesday 8 July	2.00pm to 3.30pm	NEW DATE!
Tuesday 14 July	10.00am to 11.30am	NEW DATE!
Friday 17 July	10.00am to 11.30am	NEW DATE!

New Horizons Project; - Help with money, finding work and getting online

New Horizons is still working with existing clients and open to new referrals. I am providing remote support to clients via phone, email, video chat or text.

Please find more info about New Horizons and how we are working remotely here: <https://www.voluntarynorfolk.org.uk/services/employment-skills-services/new-horizons/>

Evie Ross 07826 265854 evie.ross@voluntarynorfolk.org.uk

you live in King's Lynn & West Norfolk and are not working, we can help you with your money issues, help you get online and get closer to finding paid work.

We provide:

- **One to one support** at local venues for people who are not currently in work.
- Up to 20 hours coaching on **money, work or getting online.**

We want to help people move closer to the job market by helping them feel more confident and in control of their money, by helping them get on-line and by giving them the tools to be able to look for work.

We are a local charity and all of our support is completely **free** and **voluntary** – there's no hidden catches!

Norfolk Family Mediation Update

[Norfolk Family Mediation Service](#) is up and running and able to deliver all of its mediation, MIAM's and court forms through online systems.

Due to issues such as self-isolation, sharing a house with an ex-partner and co-parenting they are seeing increased pressure on separating couples. They are a vital service to support these parents.

To accommodate covid-19 issues they have also started delivering more out of hours sessions and are holding off on legal aid clients having to pay the booking deposit.

They've produced a helpful video which can be seen [here](#).

Referrals can be made through the [NCAN Referral System](#).

Pandora Domestic Abuse Project

Just an update to say we are still taking referrals and supporting women and children affected by domestic abuse, this is currently by phone and video calling. We also have a helpline number for anyone needing to access advice or support 07856 812610, this is for professionals as well as the public and we also have a live web chat facility on our website www.pandoraproject.org.uk

Princes Trust and NHS On line Adult Social Care Programme

Prince's Trust and NHS England online Adult Social Care programme is available to anyone aged 18-30 and living in the **East of England**.

This online programme can include YP from areas in and around **Hertfordshire, Bedfordshire, Essex, Suffolk, Norfolk, Cambridgeshire and Peterborough**.

We have now started to recruit for the next 2 **NHS England – Get into Adult Social Care Programme with Steadfast Training**.

This is a great opportunity for anyone aged 18-30, looking to start a career in the Health and Social Care sector – so get in touch quick to prevent them missing out.

FYI – Phone interviews and sign-ups will take the week before the programme start date.

Get into Adult Social Care in partnership with **Steadfast Training**

Next Programmes: Monday 18th May – Friday 29th May 2020

AND Monday 1st June – Friday 12th June 2020

Location: ONLINE

Interviews: Phone Interviews prior to programme start date

- Level 1 qualification in preparing to work in adult social care
- An introduction to different adult care services, including roles and responsibilities
- Learning the values, skills, and attitudes required for adult social care
- Guaranteed job interview if you complete and pass the course
- Boost employability skills and access employment opportunities
- Doesn't affect your benefits and up to 6 months mentoring support!

LIMITED PLACES AVAILABLE | To join the course YP must email: peter.hennessey@princes-trust.org.uk

The Workshop Project is looking for young performers

Our names are Holly and Dot and we are part of a performance company called 'Odd Comic'.

We would like to invite you to be involved in a radio project. It will be fun! It will involve a recorded telephone conversation between one of us and yourself and we will ask you some questions about living in Kings Lynn and what your favourite place is. We will listen to your words and create a poem for you. There is also the opportunity to make and play an instrument!

This is a chance for you to be on the radio as part of a project exploring Norfolk and its community. If you would like to be involved (or have any questions) please let us know by tomorrow (apologies for the short deadline) by emailing either Freddie freddie.main@theworkshop.org.uk or ourselves hollyanddot@live.co.uk

We would love to hear from as many of you as possible to get some really interesting descriptions of favourite places in Kings Lynn

Thanks, and Best Wishes, Holly and Dot (hollyanddot@live.co.uk)

Wellbeing Socials

Virtual socials update!

To our associates,

We require your passions, interests and talents!

As you may have seen, we have recently started hosting online virtual socials on Zoom which have been going really well. We now want to expand our offerings and get you more involved in the events that we offer.

So, we are asking whether you have any skills or interests that you would like to share in an online social that you could co-facilitate with us. This could include anything from rock climbing, knitting, singing to dog walking! And of course, our Community Development Team will be there to support in planning and co-facilitating the social with you and there is absolutely no pressure to do so.

If you are interested then please send an email socialsandvolunteering@wellbeingnandw.co.uk, making sure to include some details about what you like to share and one of the team will get back to you.

Please also see our new virtual socials, details of which will be going onto the [website](#).

Best wishes, **The Community Development Team**

Useful Advice and Guidance

On line Positive Behaviours Strategy Course

Please see below website link to Norfolk and Waveney's first ever online Positive Behaviour Strategies (PBS) course on the Just One Norfolk website. This was an excellent piece of work between stakeholders, in response to COVID and the new challenges facing parents who are supporting children with additional needs at home.

<https://www.justonenorfolk.nhs.uk/childhood-development-additional-needs/behaviour-sleep/positive-behaviour-support-pbs>

Advice for young people to stay safe on line

Here are some tips to stay safe online:

- Keep your device secure –do not share log-in information or passwords, check your settings and who can view your content.
- Don't share your personal details like your name, date of birth, age, address or school and think about posting content with school logos or door number in the photo.
- Think about who you are sending requests to and receiving them from – do you know them in real life? Only add people you know in real life.
- Think before you post – once the content is in a public space it can be shared with anyone.
- Think about who you are talking to – people can trick you into trusting them and sharing your information.

- Fake accounts – information and photos may have been stolen. You may be asked to meet up with someone who is pretending to be someone else. Make sure you check with someone in person they are who they say they are – don't arrange to meet anybody you've only spoken to online.

Further advice on sharing information and staying safe online here from our Safer Schools Partnership:

Internet safety - staying safe online

(Tory's video) <https://youtu.be/rUJbL639IO0>

Information sharing

(Tory's video) <https://youtu.be/NWztsvEfYFw>

Online bullying

(Hazel's Video) https://youtu.be/OTeQ_pTLCYY

Bullying Advice around - 'Don't post it forward' - Being kind on-line

(Tory's video) <https://www.youtube.com/watch?v=nuL16c2gp-0>

Youth Voice video with OPCC Bullying response video 10

<https://youtu.be/P-YzV2E6R5o>

Internet Safety - sexting

(Tory's video) <https://youtu.be/3YQTutdnrZI>

Internet Safety - gaming

(Hazel's video) <https://youtu.be/l728l9aTFK0>

Fun videos

phonetic alphabet

(Hazel's video) <https://youtu.be/gND9dh1YbJw>

Fingerprints

(Tory's video) <https://www.youtube.com/watch?v=RRxkObAYUEs>

Psychologists produce advice for key workers and their children

Psychologists from the **British Psychological Society** have produced guidance for key workers and their children on navigating the emotional effects of the Covid-19 pandemic.

[Click here for Psychologists' advice for key workers and their children.](#)

Mental Health Services for Young People

Just One Norfolk - www.justonenorfolk.nhs.uk/mentalhealth Phone number **0300 300 0123**

JustOneNorfolk is an NHS service open from 08.00 – 18.00 Monday to Friday, and 09.00 – 13.00 on Saturdays. They are a team of health professionals who can offer advice and signposting. Within the JustOneNorfolk service, there are lots of other services available such as ChatHealth (07480 635060) which is a text messaging support service that young people (aged 11-19 years) may find helpful. There is also Parentline (07520 631590) which is a parent text messaging advice service.

Point 1 - <https://point-1.org.uk/>

Map - <https://www.map.uk.net/>

The Mix - <https://www.themix.org.uk/>

Young Minds – Nationwide support for children and adolescents. They also have support for parents who are worried about their children. <https://youngminds.org.uk/> (Helpline for parents to access support: 0808 802 5544 (check times))

Information on

- Get urgent help
- Feelings and symptoms
- Conditions
- Looking after yourself
- Your guide to support
- Medications
- For parents

Tips, advice and guidance on where young people can get support for their wellbeing during the coronavirus pandemic can be found at.....

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Mood Juice - <https://www.moodjuice.scot.nhs.uk/professional/pdfGuides.asp> this is the link to really useful easy to use self-help guides that young people can use independently or alongside their practitioner.

Chit Chat

<https://www.facebook.com/chitchatbritain/>

chit-chat is a new non-profit organisation committed to connecting the nation through conversation. We aim to become one of the UK's best-known places for casual chats

Mental Health Awareness Week

Theme: Kindness

Since our first Mental Health Awareness Week in 2001, we've raised awareness of topics like body image, stress and relationships, reaching millions of people every year. Our theme this year is 'kindness' because of its singular ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health.

This year, with your support, we want to reach more people than ever before.

How can you get involved with Mental Health Awareness Week?

1. Simply download our [social media graphics](#) and share with your friends and family online.
2. Download your free [supporter pack](#) – filled with lots of fun and exciting ways to support during the week.

[For more ways to get involved click here](#)

Action Plan to support Adult Social Care

To ensure people relying on care still have access to the care they need throughout the pandemic, the government has published their action plan for the adult social care sector. The plan covers people in their own homes, residential / nursing homes, and community settings. For more information please click the link below.

<https://www.gov.uk/government/publications/coronavirus-covid-19-adult-social-care-action-plan>

Palliative care - carers advice line

The palliative carers advice line is a nurse-led telephone service offering advice, information and signposting.

The aim of the advice line is to help improve quality of life for patients, families and carers. It is open to patients, relatives and carers of palliative and end of life patients in the North, South, West and Norwich localities. It is also open for domiciliary care agencies and care homes.

01603 272760 (8am-5pm)

07867 156705 (24/7)

Supporting Bereaved Children in School Communities

Supporting bereaved children in school communities - free training for LA schools and CI subscribers

The Childhood Bereavement Network estimates that we have 2940 children in Norfolk who have experienced the death of a parent or sibling, this amounts to 1.7% of all children in the county. This training event is designed for all staff who work with children in schools.

It is free to all LA Schools and those schools/academies, which are subscribing to the CI Service.

For other settings the charge is £60.

Description

Children who are bereaved, often turn to adults they have a trusting relationship with, and within schools this can include their Class Teachers, Teaching Assistants, Instructors, Midday Supervisors, Administrative and other staff. Parents often talk to the School Secretary or the Parent Supporter in the school.

This course will give an overview of children's needs after a bereavement but will also explore the specific role that school staff can play.

03/06/2020 10:00 - 13:00

Title: Supporting bereaved children in school communities

Venue: Zoom - details to be emailed to delegates

Trainer: Bianca Finger-Berry

Booking Information

<http://s4s.norfolk.gov.uk/Event/115993>

This course is free for LA schools and all other settings that subscribe to Critical Incident Support. **For all other settings, the charge is £60.**

Free Bereavement Training for the VCSE Sector

As part of what CAN are doing to try and support VCSE sector organisations during Covid-19, we have developed a Bereavement Support Awareness Training session that we can offer to VCSE organisations in West Norfolk for free. This 3-hour session would be delivered by CAN via an on-line platform, (either Teams or Zoom – to be confirmed nearer the time) on 24th June from 10:00 to 13:00.

This training is aimed at staff or volunteers in organisations in West Norfolk who may be working with clients/service users who have been impacted by bereavement during this period.

The objective of the training is;

- For participants to be able to feel confident supporting those who have been bereaved through Covid-19
- To be able to use appropriated language
- Understand what may and may not be helpful
- Be able to signpost people to other organisations who offer support

Places will be limited due to the on-line delivery, and of course participants need to be able to participate on-line.

If you would like to book a place, please email **Jackie Cushing**

jackie.cushing@communityactionnorfolk.org.uk Locality Manager (West)

Kids Conservation Survey in Kings Lynn

Georgina Isherwood, Communities Champion at Dobbie's in Kings Lynn, is looking for Norfolk families to answer some questions about a kid's conservation group she would like to set up in King's Lynn.

She says

" This is very, very, early days at the moment. Planning stages – you all know how I like to do that yeah? I have tick lists, bullet points, and just found more post-it notes...

However, in order to get the ball rolling I need an idea of when this could be happening, so that I can find a venue!

So, if you wouldn't mind...

<https://www.surveymonkey.co.uk/r/CDCR5ZS>

Also, please share around other families, I'm kinda thinking with kids aged 4-10 as a rough starting point.

Thank you in advance for sharing!

George"

Lynn Museum Journeys through a pandemic

Inspired by the section of the current Journeys exhibition where we ask visitors to tell us about a personal journey, the Lynn Museum has launched Journeys through a Pandemic. It's a journey we are all taking together but experiencing in our own unique ways. The challenges we face are unprecedented and will be of interest to future generations so it's important we capture this information while it's happening. We're asking you to complete a weekly set of two questions, launched every Friday by the Lynn News which can also be found on our social media channels using **#JourneysThroughAPandemic**. Send your answers to us:

- • Post: Lynn Museum, Market Street, King's Lynn PE30 1NL
- • Email: lynn.museum@norfolk.gov.uk
- • Text: 07452 911574
- • Or take a photograph of your answers and DM us on social media - Facebook: Lynn Museum Norfolk - Twitter: @Lynn_Museum

Norfolk Record Office at home activity pack

<https://www.archives.norfolk.gov.uk/events-and-education/at-home-activity-pack>

Check this page and our social media channels for new activities and resources which will be added over the coming weeks.

Our current resources and activities include:

Music activity pack

- Discover the wonderful world of an orchestra, learn about instrument families, make your own instrument, and hear the music of the English composer Benjamin Britten.

The Science of Sound activity pack

- Learn how sound is made through interesting facts and hands on experiments, play a tune in a water xylophone, and have a long-distance conversation through a piece of string.

Sound Explorers activity pack

- What's that sound? Let your little ones become sound explorers, hunting for sounds around them.

Antarctic Explorer dice game

- A fun action dice game that will have you waddling like a penguin, wiggling like a seal, and wrapping up in your warmest layers ready to explore the Antarctic tundra.

Working as an Historian activity pack

- A budding historian? Learn fascinating facts about Norfolk Record Office, discover the roles of historians and conservators, and learn about what an Indenture agreement is through fun quizzes and craft.

Introduction of the Railways worksheet

- The railway arrived in Cromer in 1877

Keith

Now this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning; - Winston Churchill