

West Norfolk Early Help C-19 Round up

Hello Everyone

This information is in addition to last Week's listings. if you would like a copy of last Week's listing please let me know. Also please let me know of anyone who would like to be on the distribution list.

Don't forget to let us know as your service restarts so that we can share the information with partners

Apologies for any cross posting;-

There is attached A PDF version for those who wish to post it to Websites etcetera.

New services/events

New Partner and Community Focus News Update

From mid- September, Partner and Community Focus will publish a monthly countywide news update to our professional partners which will use the Norfolk County Council's Sitecore platform. In addition we are developing 'landing pages' on the Norfolk County Council Website which will give details of local activities

NCT West Norfolk Clothing Bank

Know of a baby or child in need of clothing or shoes? NCT West Norfolk Clothing Bank is open for referrals! We only take referrals from professionals/organisations. Sorry we cannot take any self-referrals. Please email us at clothingbank.westnorfolk@nct.org.uk for a copy of our new referral form. Completing this form every time you wish to make a referral to us will enable us to process requests efficiently and accurately whilst also ensuring that we operate in as safe a way as possible with regard to COVID-19.

Once we receive your referral form via email, we'll confirm whether or not we are able to help and then give you a call or an email, once we've assembled the items requested, to arrange collection with you.

Items are packed by a volunteer wearing a mask and gloves but it is recommended that the outer bag is not opened until 72 hours after delivery to the family and we suggest they wash all items on receipt too (or wipe down in the case of larger equipment) - there will be a little tag attached to each bag/item saying this.

Please do get in touch if we can help any families you are currently working with - we have some brand new (ex-display) single buggies and we stock clothing and shoes for children aged 3 months to approx. 5 years - though it's always worth asking for older children too as we often get bigger donations as well. We also have bedding and blankets, a cot (no mattress), sometimes nappies/pull ups and a few toiletries and bits and pieces like breast pumps/milk storage bags. Basically - ask and we'll see if we've got or can get it!

clothingbank.westnorfolk@nct.org.uk

Purfleet Trust Gaming Marathon

The Annual 25hour Purfleet Trust Gaming Marathon runs every year to try and raise money for the Purfleet Trust. This year will be the 5th year. Usually there are 4-7 people involved, consisting of clients, volunteers and staff.

It is all done on games consoles and will coincide well with the release of the new generation consoles.

This year, Purfleet are extending it out to the public and are encouraging people to get involved and raise some money at the same time. People can choose their 'level' which how long they would like to compete for:

Copper is 5 hours

Bronze is 10 hours

Silver is 15 hours

Gold is 20 hours

Platinum is 25 hours

The event is running over a few days from the 26th of November to the 29th of November so that people can have the choice when they would like to take part so they can fit it into their schedule. Lucy Shaw is leading the first 25hours on the 26th and Johnathan is finishing his 25 hour stint on the 29th.

We want it to be accessible to everyone, no matter age or ability. It's something to do whilst in lockdown and also to raise money for an excellent, local cause.

If anyone would like to get involved please email Lucy at lucyshaw@purfleettrust.org.uk or call on 01553 767829, Lucy will send out a short form to fill out and then send out the Player Pack with information on how to join in.

If you don't want to join in, but would like to sponsor all the information on how to do so is on <https://uk.virginmoneygiving.com/LucyShaw1>

Please feel free to contact Lucy if you require any further information or would like to get involved. Office: 01553 767829 Mobile: 07436036680 Email: lucyshaw@purfleettrust.org.uk

West Norfolk Walking for Health

Following the Government's decision to impose a 4 week lockdown from November 4th, 2020, unfortunately, the walks from Friday 5th November through to Monday 30th November will have to be cancelled.

Please see the website for the latest information about our standard walks and our easy walks

<https://www.west-norfolk-walking-for-health.org/>

Educational Mental Health School Practitioners

The Mental Health Support Team in School (MHSTS) are currently working within North Norfolk and Kings Lynn. . Each MHST comprises of 6 x specialist staff, providing multi-agency support to deliver evidence-based interventions to Children & Young People with mild to moderate difficulties who may need help to enrich their emotional wellbeing. The service is a Government funded service so schools do not need to buy it in.

EMHPs are trained to deliver low intensity Cognitive Behavioural Therapy (CBT) informed interventions to:

- Children & Young People with anxiety and depression (5 to 18 year olds)
- Parents of children with anxiety
- Parents of children with behavioural difficulties

The EMHPs have been studying at the University of East Anglia and will finish their course in early 2021 when they will be full time.

Please note that the EMHP's will only be working with families where the mental health issues are mild to moderate. Listed below are the schools that we will be working with in Kings Lynn both for this year and for next year.

Current Placement Schools 2020 (King's Lynn)
King Edward VII Academy
King's Lynn Academy
West Anglia College
Eastgate Primary
St Edmunds Academy
Reffley Academy Primary
Whitefriars Primary
Future Placement Schools 2021 (King's Lynn)
Churchill Park Academy
Fairstead Community Primary and Nursery School
Gayton Primary
South Wooton Infant
St Martha's Catholic Primary
The Fen Rivers Academy
Greyfriars Academy (KWEST)
Highgate Academy (KWEST)
Middleton CofE Primary Academy
Roseberry School
King's Oak Academy
North Wooton Academy
South Wooton Junior

if you would like any further information please contact

Gennie Mountney Community Team Manager

0800 977 4077 07966 995431 www.ormiston.org

Norfolk Video Consultations Parent/Carer Feed back

Thursday 19th November 10am - 11:30am

In Norfolk lots of health providers have been using video appointments to see children and families during COVID.

Join us to tell us about your experience of video appointments

- What has worked well in the video appointments you have had for your baby, child or young person
- What would have improved the experience?
- Barriers you think there are to this type of appointment

We would also like to hear your thoughts and ideas about how health providers could use video appointments in the future. This will be an informal event on Microsoft Teams, with opportunity to share your thoughts via text and polls.

Please follow this link to book a place on the event

<https://www.eventbrite.co.uk/e/norfolk-and-waveney-video-consultations-parentcarer-feedback-session-tickets-127851337793>

SCOPE Invitation to a Comedy Show at home!

You're invited... To a comedy show from the comfort of your home! In this 'Heart-wrenchingly moving and unquestionably funny" (Evening Standard) stand-up show Richard Stott examines body image, mental health and being disabled in an image-obsessed world. Stott was born with Poland Syndrome making him lopsided with a misshapen hand. He had life-changing surgery to add toes for fingers on his left hand, which growing up, gave him a unique and unflinchingly funny outlook on the world.

The show is suitable for people aged 16+.

Date: Saturday 7 November 2020 Time: 7:30pm

Place: On Zoom, from your home Zoom meeting style, you can have your camera on or off and see other people. You will be muted during the show.

To book your place, contact Sophie at Sophie.Pearson@scope.org.uk or call 07776650890

Active Norfolk resources for Schools

Active Norfolk have produced a number of e-learning modules for schools.

E-learning modules for schools – the modules are now live and available here

<https://www.activenorfolk.org/e-learning-modules>.

These are designed to grow understanding of the benefits of physical activity and support schools to embed activity into their day. They have gone out via e-courier to schools but on-going promotion will help with raising the importance of physical activity and wellbeing for children, young people and their families.

Fuel Poverty Training

Fuel Poverty training – free training part of Big Energy Saving Network covers fuel poverty in Norfolk, saving money on energy, switching supplier, benefits and funding available to help, health impacts of cold etc –

Can be delivered as bespoke training to frontline staff or enrol on public training sessions via office@communityactionnorfolk.org.uk

Dates for public sessions:

9/11/20 – 13:30 – 15:00

18/11/20 – 10:30-12:00

30/11/20 – 14:00 – 15:30

8/12/20 – 11:00 – 12:30

16/12/20 – 14:00 – 15:30

ASD/ADHD Support Service Update

Every Tuesday from 10:30 to 11:30am you can now join one of our **Zoom Support Sessions**. Try it out. You will meet other families who understand the issues and at least one of our team to answer questions. You just need Zoom and the following details to get started.

Meeting ID - 928 5803 9218 and Password – 286707

We can also now offer monthly Workshops on Zoom, on a variety of topics which we know families are interested in. See below what is planned in November and January. If you have a topic you'd like us to cover in December please get in touch. We'll do our best to provide what you ask for.

Sensory Workshop - Wednesday 25th November 10 to 11am

Meeting ID – 968 0781 0023 Password – 714521

Education Health and Care Plan Workshop – Wednesday 20th January 2021, 10 to 11am

Meeting ID: 950 7101 3232 Passcode: 945031

Remember our Positive Behaviour Strategies (PBS) course is available on the NHS Just One Norfolk website and is well worth a look! Just control and click to follow the link:

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

To contact us for advice and support, use the details below.

Phone Swaffham 01760 725801/720302 or Email Swaffham@family-action.org.uk

Community Learning Courses

.All community learning courses are free and are eligible to Norfolk residents aged 19+ who have been a UK/EU resident for three or more years

Courses cover:

- Job Skills
- Personal Finance & Healthy Eating on a Budget
- Digital Skills / Computer/PC skills
- Business Skills

courses are available to enrol via our web page:

<https://www.norfolk.gov.uk/education-and-learning/adult-learning/courses>

There is more information on being an online learner on our [website](#), including a comprehensive guide to using Teams. If a learner wishing to enrol needs further assistance our Learner Services team are ready to help via email Learner.Services@norfolk.gov.uk or telephone **0344 800 8020 selecting option 5**.

Community Learning Coffee and Chat

Community Learning will be starting up our popular Coffee and Chat sessions for the duration of the second lockdown period. Join us on a Tuesday morning from 10am to find out more about what Adult Learning has on offer to keep you active and engaged and for general wellbeing discussions. Dates will be;

10/11/20 17/11/20 24/11/20 01/12/20

To join use the following details to access Zoom (no account required); Click on:

<https://zoom.us/join> Meeting ID: 5530272723 Password: 098743

For more information on all our courses visit our website:

<https://www.norfolk.gov.uk/education-and-learning/adult-learning>

or email CLDO@norfolk.gov.uk

Big C Cancer Charity update

Current services Big C, Norfolk & Waveney's Cancer Charity have available to local people affected by cancer, this includes patients, families and carers.

Although our Support Centres are currently closed we are still actively providing the vast majority of our services remotely either by telephone or video calling. All of our core services such as Welfare Advice, Support Groups, Ask our Nurse, Cancer Information, Emotional Support and Counselling still remain active. Individuals can self-refer or we accept referrals from any healthcare professionals with the individual's consent.

Big C also have the addition of a 12 week wellbeing support programme to increase physical activity Get Moving with Big C (Yoga, Pilates, Gentle Exercise Group, 1:1 sessions), Welfare packs (practical and comforting items such as water, hand sanitiser, hand cream, mindfulness book) delivered to the patient's door.

For self-referral or for more information anyone can call our free Support line 0800 092 7640 to speak to one of the Big C team including our Nurses.

<http://www.big-c.co.uk/>

Just One Norfolk Self Care Week

From 16 – 22 November Just One Norfolk will be celebrating self-care week 2020!

Throughout the week, Health Professionals from the Norfolk Healthy Child Programme are hosting themed **interactive online sessions for families** to look at different areas of self-care. Each session lasts roughly an hour and is a great opportunity to get some practical advice, ask our specialist team/guest colleagues questions and speak with other parents with similar interests

Listed below are the sessions available. For more information or to register please click the button.

Monday 16th - Talk and play with Norfolk Library and Information Service

<https://www.eventbrite.co.uk/e/family-session-1-talk-and-play-tickets-126424847121>

Tuesday 17th - A guide to Just One Norfolk for parents

<https://www.eventbrite.co.uk/e/family-session-2-a-guide-to-just-one-norfolk-for-parents-tickets-127712059207>

Wednesday 18th - Baby Days with Early Childhood and Family Service

<https://www.eventbrite.co.uk/e/family-session-3-baby-days-with-early-childhood-and-family-service-tickets-126543110851>

Wednesday 18th - 'Creative Time Together': Activities to support how we respond to our children's emotions.

<https://www.eventbrite.co.uk/e/family-session-4-supporting-older-children-with-their-emotional-health-tickets-126543353577>

Thursday 19th - Weaning with Norfolk Healthy Child Programme

<https://www.eventbrite.co.uk/e/family-session-5-weaning-tickets-126543526093>

Friday 20th - Healthy lifestyles with Norfolk Healthy Child Programme

<https://www.eventbrite.co.uk/e/family-session-6-healthy-lifestyles-activity-session-tickets-126543802921>

or for more information please see

<https://www.justonenorfolk.nhs.uk/self-care-week-2020>

Me you and Baby too Webinar

On Dec 2nd 11 am – 12:30pm, OnePlusOne are running a *Me, You and Baby Too* live webinar, available to all practitioners working with new parents, who would like to learn more about the tool and explore how it can support their work. To reserve the place, please RSVP here: <https://me-you-and-baby-too.eventcreate.com/>

What is Me, You and Baby Too?

[MYBT](#) is an online programme designed to help new and expecting parents cope better with the relationship changes they may experience when a baby arrives. Research tells us that relationship satisfaction is often at its lowest when a couple first become parents. MYBT helps them to develop the skills they need to cope better with stress together, to listen effectively and consider the triggers behind different thoughts, feelings and behaviours.

How will it help you in practitioner work?

“MYBT is a cost effective and agile intervention. It can be accessed easily and independently.” – quote from practitioner using MYBT

Practitioners can use this digital intervention to refer parents to work through on their own or integrate it with other aspects of the existing service and accompany them through the programme step-by-step. The supporting [practitioner guide](#) can complement any previous reducing parental conflict training.

Helping People Follow the Process for Employment Support Allowance Applications

When applying for Employment and Support Allowance (ESA) it is really important people follow the right process, so they get the correct benefit they are entitled to. There are 3 different types of ESA - ‘new style’, contributory and income-related. The type people get depends on their circumstances and it is important they check their eligibility on [GOV.UK \(link is external\)](#) before making an application. When people have established which type of ESA they are eligible for they need to follow the correct application process as outlined on [GOV.UK \(link is external\)](#) to make sure they get the money they are entitled to as smoothly as possible.

Please share this information to ensure it reaches all appropriate organisations in your area to help ensure that people applying for ESA follow the correct application process.

Tempus Training CSCS Courses

Course information for the lockdown period. Tempus Training are still very much continuing with our courses through lockdown so please don't hesitate to contact Danni Crayford with any referrals that you have. All that is needed is the name, number and email address for the potential learner and Danni can give them a call.

When the learner is ready to attend their Operatives test at the Pearson Test Centre, they will need to contact their local Pearsons for advice on whether they are open. Some of the locations are open but not all. The code we give them to get their test is valid for up to a year.

Just a reminder of the following please.

Online CSCS Course – Tempus Training

Entry requirements for 5-day online course (tutor support provided).

Including:

- **Level 2 Certificate in Warehousing and Storage**
- **Level 2 in Equality and Diversity**
- **Level 1 Certificate in Health & Safety**
- **CSCS Green Labourer's Card**

IT Requirements:

Learners must have access to the internet and have access to a Laptop or PC (a smartphone or tablet will not work)

Will need a Gmail account as the course is accessed using Google Classroom (Tempus Training are happy to support in setting this up).

Courses run Monday to Friday Every week 9.30am to 4.30pm.

Learners complete the course in 5 days and will then be provided with a voucher code to attend a local Pearson test centre to sit the HSE test. Once passed, Tempus Training will apply for the CSCS card free of charge.

Eligibility

Not in Education, Employment or Training OR claiming UC (Must have had 1st payment and NO earnings from employment)

Must have received 1st UC payment

Must have a passport or birth certificate

Danni Crayford t: 01273 980243 e: d.crayford@tempustraining.co.uk

w: www.tempustraining.co.uk

Research in Practice Surveys on Behalf of Norfolk Safeguarding Children Partnership

The surveys aim to capture the thoughts, views, and experiences of both professionals and families to help understand the impact of Covid-19 in the context of trauma and building resilience in order to adapt and improve the services of public sector organisations across Norfolk as we continue to operate through the pandemic and thereafter. If you'd like to read more about the reasons for it and trauma-informed practice please click <https://www.norfolkscb.org/people-working-with-children/covid-19-update/>

One is for families while the other is for professionals.

The partnership needs a good number of responses. The surveys are anonymous and take just 10 minutes to complete. They are open until Monday 30 November. The more responses achieved, the better the data.

The survey is in two parts, so the ask is also twofold.

- (1) Please take just 10 minutes to complete the survey for professionals.
<https://www.smartsurvey.co.uk/s/NSCP-prof-1/>
- (2) Please can you circulate the survey for families to any families that you work with and if necessary assist them to complete it. <https://www.smartsurvey.co.uk/s/NSCP-public1/>

Kind regards and keep well

Karen and Keith

"Our greatest glory is not in never falling, but in rising every time we fall' - Confucius