

## **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**

#### **Norfolk Public Health Corona Virus Training Video**

Public Health Norfolk have created a wealth of resources locally related to coronavirus. These were intended to supplement information from other sources such as central Government, in order to help Norfolk residents and communities (including places like schools and workplaces) to understand coronavirus and what they need to do to keep themselves and others safe.

Although we have tried to overcome certain barriers such as language by getting things translated, we fully understand that this type of messaging – posters, leaflets etc – is not necessarily accessible to everyone for a variety of reasons.

To enable helpful messages about coronavirus and its prevention get to the right audiences, PH would like to support key individuals to increase their knowledge on coronavirus. These will be people (influencers) who have a position of respect within communities and are well placed to have conversations with people about coronavirus to promote key messages related to things like prevention and testing. Examples could include faith leaders, shopkeepers, workplace supervisors or support workers. This could be you and your organisation or maybe influencers that you know through your networks.

To ensure that the influencers have the information they need, CAP have prepared a training video. The video is hosted on YouTube <https://youtu.be/hlBGHrXujO4> and is approximately 20 mins long.

We are seeking your help to disseminate this information through your networks to help it get to the right people. The only way to access the video will be via the link above, so please ensure that you copy the link into any emails that you may send on.

So that we can try to understand whether this training is getting to the intended recipients, it would be helpful if you could let us know who you share it with, and any other information you might hear about its wider dissemination or feedback on the content.

For more information please contact **Anne Tansley Thomas, Senior Stakeholder and Consultation Officer** [anne.tansleythomas@norfolk.gov.uk](mailto:anne.tansleythomas@norfolk.gov.uk)

## **SWAN Youth Project – Career Opportunities with the British Forces**

Come and join SWAN to find out more about career opportunities with the British Armed Forces

### **Royal Navy - Royal Air Force - British Army**

#### **30<sup>th</sup> October**

Bookable times            12:00pm – 1:00pm  
   1:30pm – 2:30pm  
   3:00pm – 4:00pm

- Chat to serving military personnel
- Take part in activities
- Access information on each service
- Grab a snack prepared by RAF chefs!
- 15 Spaces available at each session year 9+

Contact [anna@swanyouthproject.org](mailto:anna@swanyouthproject.org) 01366 386259

## **Family Action ASD and ADHD Support**

**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 October and November.

**Visuals and Social Stories** - Wednesday 21<sup>st</sup> October 10 to 11am

Meeting ID – 965 4868 5402

Password – 957705

**Sensory Workshop** - Wednesday 25<sup>th</sup> November 10 to 11am

Meeting ID – 968 0781 0023

Password – 714521

Future workshops may include topics such as EHCP Q & A and Activities for Better Speech and Language. If you want to suggest a subject for a workshop, use the contact details below.

### **Family Action's Norfolk and Waveney ASD/ADHD Support Service**

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

Phone Swaffham 01760 725801/720302 or Email [Swaffham@family-action.org.uk](mailto:Swaffham@family-action.org.uk)

## **Healthwatch patient engagement at the Queen Elizabeth Hospital**

Healthwatch Norfolk are working with the Queen Elizabeth hospital on a project looking into patient experience. As part of this, there are surveys for patients to fill out. These can be filled out by anyone who has had an inpatient stay or outpatient appointment since January 2020. It would be great if you could use the text below in any correspondence with your members, or on your website.

Have you had an outpatient appointment or inpatient stay at the Queen Elizabeth Hospital since January 2020? If so, Healthwatch Norfolk want to hear from you! They are working with the hospital by gathering patient feedback to support the hospital's ongoing improvement journey.

Please [click here](#) for more information and to complete a short survey

## **DWP Partners Update**

### **Access to Work**

The [Employers' guide to Access to Work \(link is external\)](#): money to help disabled people do their jobs has been updated to include information about COVID-19.

### **Personal Independence Payment - Three Way Call Information**

The following information on three-way calls has been included on the PIP pages on GOV.UK: - "If you need someone to help you, ask DWP to add them to your call when you:

- phone
- use Relay UK
- use the video relay service

You cannot do this if you use textphone.

If you cannot use any of these, someone else can call on your behalf, but you'll need to be with them when they call."

This has been included on the following sections – How to Claim, Change of Circumstances and Claiming PIP if you are terminally ill.

### **Warm Home Discount Scheme**

The Warm Home Discount is a government scheme obligates the UK's largest energy suppliers to credit £140 discount onto the electricity bills of certain low-income households. Customers who get the Guarantee Credit element of Pension Credit will receive a letter by mid-December advising whether the discount will be paid automatically by their energy supplier, or if they need to contact the helpline. The helpline opens on 12 October 2020 (Tel: 0800 731 0214) and people will need to confirm their eligibility before 26 February 2021.

## **Christians Against Poverty Kings Lynn**

CAP Debt Centre in Kings Lynn continues to offer over the phone appointments with more availability opening up.

Following the face to face format CAP offer 3 appointments over the phone but can break these appointments up and offer as many appointments needed to meet a client's needs.

CAP still look support the most vulnerable and whilst CAP cannot be there face to face CAP have introduced more specialist advice/support for vulnerable adults.

CAP have a new updated Debt Relief order process allowing those eligible for this debt route option to go debt free quickly.

CAP have more options for clients they can have a CAP Plan where CAP step in and negotiate with creditors on their behalf . CAP also have an independent option for more able clients who just would like advice but manage their own debt repayments, with a safety net of 6 months where they can opt for a CAP Plan if they actually are not able to manage themselves.

CAP provide holistic support such as food- for example: CAP can provide some fresh food shops, CAP have helped provide school uniforms for families, Christmas hampers and gifts for children and so much more.

CAP still have befriender volunteers for clients who would like additional emotional support on their journey to becoming debt free.

Clients can self-refer or you can call with them 0800 328 0006 to book an appointment. (*if the day is not suitable this can be changed once booked in just mention a preferred day on the 0800 call*)

Below is a link to our flyer:

[https://capuk.org/downloads/cap\\_debt\\_help/CAPighed\\_down\\_by\\_debt.pdf](https://capuk.org/downloads/cap_debt_help/CAPighed_down_by_debt.pdf)

*(note on the flyer it may say home visits but CAP still only offer over the phone appointments at this time)*

Below is a link to our 0800 video that is useful information about the service:

<https://capuk.org/connect/more/video/413957480>

If anyone would like Emily Hart from CAP to do a video chat/ call to explain more about our service or do a virtual presentation to any of your teams please email [emilyhart@capuk.org](mailto:emilyhart@capuk.org) to set this up.

## **Hands Face Space Nursery Rhyme**

Action for Children Hands Face Space nursery rhyme was developed here in Norfolk to help children understand the world around them in relation to Covid-19.

Please could you promote this with families and with EY providers?

Our Hands Face Space Nursery Rhyme is now live on You Tube -

<https://www.youtube.com/watch?v=8gt4z-WXNVU> and Facebook -

<https://www.facebook.com/352664341538970/videos/1239416156435315>

## **Kings Lynn and West Norfolk Borough Charity**

### **Trustee Vacancy Volunteers**

We are looking for 2 new Trustees to join our friendly Board, help steer the charity and shape its future as we continue to support vulnerable members of the West Norfolk community. You do not need to be an expert. We value all different kinds of experience but you must live in the Borough of West Norfolk.

If you are passionate about our local community and would like to help a small local charity make a big difference please look at our website to see what we do

[www.kingslynnwncharitytrust.co.uk](http://www.kingslynnwncharitytrust.co.uk)

For more information or to express an interest please email

[info@kingslynnwncharitytrust.co.uk](mailto:info@kingslynnwncharitytrust.co.uk)

### **Gambling Support for Women**

Big Deal and GamCare are hosting a free online networking event with the theme of 'Embedding Community Engagement into a Virtual World' on Wednesday 2 December from 2.00pm to 3.30pm. This is open to anyone working with children and families in the East of England. To book, please visit <https://www.eventbrite.co.uk/e/embedding-community-engagement-into-a-virtual-world-east-of-england-tickets-123670653253>

GamCare are offering free, online interactive workshops on the themes of 'Women and Problem Gambling' and 'Women, Young People, and Problem Gambling'. These workshops are open to anyone working with women, children and/or families across the East of England. To book, please visit <https://gamcare-women.eventbrite.co.uk>

### **Young Carers Emergency Plan**

#### **Do you know a young carer? Would they know what to do in an emergency?**

Emergency Plans can help young carers and their families manage crisis situations by

- ◆ being prepared
- ◆ knowing what to do
- ◆ who to turn to if necessary

If you are working with a Young Carer and their family, make sure

- ◆ they have an Emergency Plan
- ◆ it's up to date
- ◆ it's shared with those who need to know and everyone knows what's expected of them

For further details and a template Young Carers Emergency Plan, go to

[www.youngcarersmatternorfolk.org/emergency-plan](http://www.youngcarersmatternorfolk.org/emergency-plan)

Or call the Carers Matter Norfolk Advice Line 0800 083 1148

## **Serious Case Review Roadshows**

“Making it Safe to Safeguard - Building Resilience in Staff and Service Users”

**Learning Outcomes:** By the end of the event participants should:

- Understand the impact of adversity in childhood
- Be aware of how trauma, impacts on our thinking and emotional response to danger
- Have reviewed systems to support our ability to safeguard children effectively
- Have learned from examples of best trauma informed practice

**Target Audience** – Front Line Practitioners and Managers These sessions will be delivered via Zoom.

### **Dates:**

Tuesday 17th November Wednesday 18th November Monday 23rd November  
Thursday 26th November

This is a free event but places are limited so to ensure your place please book asap. To book your place visit the NSCB website training page: <http://www.norfolkscb.org/people-working-with-children/nscb-training/>

## **Princes Trust Weekly Rolling programme**

A virtual, weekly rolling programme for Young People aged 16-30 across the East of England.

***As a rolling programme we will have a new cohort through each month but participants are welcome to join any future bonus sessions.***

The programme will be made up of four core sessions (each on a Monday from 2pm), and one bonus session each month. Sessions are 1.5 hours long (approx.) and covers the following subjects in a fun and interactive way:

- **Communication skills**
- **Employability skills**
- **Confidence building**
- **Managing personal finances**
- **Managing emotional health**

The monthly bonus sessions will include a variety of guest speakers, virtual workplace visits and other exciting online workshops.

Employability mentoring will also be available during and after the programme. feel free to share this with colleagues and young people directly. Any questions or to make a referral, please contact Alison Richardson and/or Melanie Phillips: [alison.richardson@princes-trust.org.uk](mailto:alison.richardson@princes-trust.org.uk) | [melanie.phillips@princes-trust.org.uk](mailto:melanie.phillips@princes-trust.org.uk)

Kind regards and keep safe

*Karen and Keith*

*Success depends upon previous preparation, and without such preparation, there is sure to be failure. Confucius*