

## **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.

Apologies for any cross posting;-

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

### **New services/events**

#### **West Norfolk Early Help Roundup will cease from 27<sup>th</sup> November**

The West Norfolk Early Help C-19 Round-up will not be published after today and the West Norfolk Monthly Bulletin and Service Directory will not resume publication.

Future Partner and Community Focus countywide communications will be published monthly as the Partner and Community Focus News Update. Regular subscribers should have already received the September and October Editions of the Update and the November Edition will be published at the end of the month. If you have not received an edition and wish to subscribe please go to

<https://www.norfolk.gov.uk/children-and-families/early-help-and-family-support/support-for-professionals/useful-resources/news>

Specific district information will be posted regularly to the West Norfolk District page of the Early help and Family Support Website

<https://www.norfolk.gov.uk/children-and-families/early-help-and-family-support/support-for-professionals/useful-resources/news/west-norfolk>

### **LILY Christmas in The Community**

Lily is putting together a section on the [asklily.org.uk](http://asklily.org.uk) to display everything that is happening in the community over the Christmas period.

LILY is particularly interested in:

- Delivery services – particularly those delivering Christmas meals or Christmas foods
- Ways that the public can help or get involved
- COVID safe festive events or virtual things to do for all ages
- Service updates - particularly what services are going to be open to provide support between 24<sup>th</sup> December and the 4<sup>th</sup> January.

LILY would be grateful if any information that is relevant could be emailed to [asklily@west-norfolk.gov.uk](mailto:asklily@west-norfolk.gov.uk)

Alternatively listings can be added directly to the website.

## **Something's Not Right Campaign**

The Home Office launched a new campaign, '[Something's Not Right](#)', Tuesday 17<sup>th</sup> November to help secondary school children in England who suffered a range of harms, such as sexual and physical abuse, during lockdown.

With schools re-opened and safeguarding channels restored, the campaign aims to build awareness of the support services available to victims and encourage disclosure of abuse to a trusted adult.

The campaign has been developed in close collaboration with the NSPCC, Barnardo's, The Children's Society, Internet Watch Foundation and Marie Collins Foundation.

We would greatly appreciate your support in amplifying it to as many children, and those working with children, as possible.

### **The Campaign**

The campaign's brand, ***Something's Not Right***, centres on the insight that children who suffer different forms of abuse may not have the ability to define or describe their experience, but they know the emotions they feel and the sense that something is not right. The campaign will help children to understand what may be causing them to feel these emotions and signpost support.

The campaign will focus on the following:

- **Social Media Advertising:** Social media campaign adverts will be served to children aged 13 and over on Snapchat, Instagram and Facebook, and will direct them to the [campaign web page](#). The four ads, which focus on troubling scenarios hidden amongst every day slogans, can be [viewed here](#).
- **Campaign web page:** [www.childline.org.uk/somethings-not-right](http://www.childline.org.uk/somethings-not-right) – this has been developed with Childline and is hosted on their website. The page helps children identify different forms of abuse, signposts a variety of online resources and provides guidance on how to seek support, either from a trusted adult or Childline's services
- **Lesson Plans:** We have collaborated with the PSHE Association, Barnardo's and the NSPCC to create lesson plans for Key Stage 3, 4 and 5 students. They focus on children's rights to safety, reinforce the campaign's key messages and encourage disclosure of abuse to a teacher. The plans, resources and accompanying teacher guidance are all available to download on the [PSHE Association website](#).

### **Supporting the Campaign**

Anything you could do to promote the campaign, such as sharing campaign assets on your social media accounts, adding campaign banners to your websites, or forwarding on details to front-line colleagues, would be hugely appreciated and help us reach the children that need support.

All of the campaign materials, including social media assets, suggested social media copy, case study animations, digital banners and posters, are available to download from the [campaign portal](#).

If you have any questions about the campaign, please don't hesitate to [get in touch with the team](#)

### **West Norfolk YAB Democracy and Politics debate**

The College of West Anglia will stage the debate for West Norfolk Youth Advisory Board with James Wild MP (MP for the North West Norfolk Constituency) on FRIDAY 4<sup>th</sup> DECEMBER at 10.00am. Please promote as far and as wide as possible at your schools/colleges and encourage people to book in at:

<https://www.eventbrite.co.uk/e/meet-your-mp-a-talk-with-james-wild-tickets-130434413843>

If your timetable allows, hopefully you can attend. And perhaps one or two classes in school may see benefit in attending. Everyone is welcome.

Questions for James have to be submitted directly to Clare [Clare.Pelling@cwa.ac.uk](mailto:Clare.Pelling@cwa.ac.uk) at the College **by Monday 30<sup>th</sup> November**.

Please complete and submit this questionnaire before attending

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

Everyone who attends to complete it again after the debate in an effort to see if anyone's views have changed.

### **Virtual focus group opportunity for Kings Lynn residents**

Healthwatch Norfolk are working with the University of Cambridge and Public Health England to find out what you think about how your data is used to improve your health and the health of your community.

The focus group will cover topics like how data can be used to improve health, and your expectations and concerns about data sharing.

For those living in West Norfolk, the focus group is being held on Wednesday 2<sup>nd</sup> December from 18:30 – 20:30 via Zoom.

You can sign up here: <https://www.smartsurvey.co.uk/s/MMLAU2/>

Participants will receive a thank you voucher of £15

### **Physical Activity Survey**

Active Norfolk, the CCG and Alive West Norfolk are working together to review the approach to physical activity provision which seeks to support the prevention, management and treatment of long-term conditions in West Norfolk.

This includes the provision of exercise referral - activity referred to by a health professional and provides specialist physical activity advice to people with existing long-term conditions.

We would be very grateful if you might be able to complete the **short** survey which is being distributed to stakeholders in West Norfolk to gather their views.

<https://www.activenorfolk.org/forms/view/wn-exercise-referral>

The survey will remain open until Friday 4<sup>th</sup> December.

## **Princes Trust Get Started with Creativity Communications and Radio**

Princes Trust have an exciting NEW programme called **Get Started with Creativity, Communication and Radio**, in partnership with **All Ways Making**.

They are offering 16-30 year olds who are not in education, employment or training (or less than 16hrs/week) the opportunity to come on our FREE 12-day ONLINE training course.

During the 12 days they will work towards gaining an Arts Award Bronze Qualification. They will also have the opportunity to attend 3 live (likely online TBC) events which may include: Dance, theatre, graffiti, film, music, art exhibitions and a whole lot more.

**The young people will also take part in producing “The Culture Show” with BBC Radio Suffolk.**

Places will be limited for this programme, so if you know of anyone that might be interested, please make sure they get in touch.

**Below is some more information:**

**Programme:** Monday 18<sup>th</sup> to Friday 29<sup>th</sup> January 2021  
**Location:** Online  
**Taster day:** 11<sup>th</sup> January

- Produce a culture show for BBC Radio Suffolk
- Attend 3 arts and cultural events e.g. dance, theatre, music, graffiti, art exhibitions
- Chance to gain an Arts Award Bronze Qualification
- Take part in creative workshops
- Enjoy a fun 2 weeks improving your teamwork, communication skills and confidence.
- Three months support after the programme
- The course will cost you nothing and won't affect your benefits

**To apply for this programme, please call Lizzie Neale on 07432 566 563 or email:**

**[lizzie.neale@princes-trust.org.uk](mailto:lizzie.neale@princes-trust.org.uk)**

Alternatively, you can always get in touch with our National Customer Service Team for FREE on 0800 842 842

## **2021 Census**

Households across Norfolk will soon be asked to take part in the nationwide survey of housing and the population. It has been carried out every decade since 1801, with the exception of 1941.

Information from the digital-first census will help decide how services are planned and funded in your local area. This could mean things like doctors' surgeries, housing or new bus routes.

Households will receive a letter with a unique access code in the post, allowing them to complete their questionnaire online. Paper questionnaires will be available on request. Census day is March 21.

For more information, visit <https://census.gov.uk/>

## **Seven signs a child is suffering from Covid related Stress**

### **Here are some of the key symptoms of stress to look out for:**

1. Changes in behaviour (e.g. restlessness and finding it hard to relax, hitting out, withdrawing, spending more time alone or being more clingy than normal, crying)
2. Changes in sleep patterns (e.g. sleeping a lot more or a lot less than usual, having trouble getting to sleep or waking during the night or very early, younger children may find it harder to settle in the evening, nightmares may be experienced)
3. Changes in social relationships and activities (e.g. a loss of interest in contacting friends or family, not engaging in the hobbies, lacking motivation in attending school or homework)
4. Changes in eating patterns (e.g. eating a lot more than usual or a lot less, an increase in comfort eating and wanting more treats and snacks)
5. Changes in mood and thinking patterns (e.g. feeling low, sad and hopeless about the future, feeling unable to cope, angry or frustrated, being more irritable, thinking or talking more about death and dying, experiencing more extreme 'catastrophic' ways of thinking, "life will never be good again, we have nothing to look forward to")
6. Changes in self-care (e.g. not taking care of their appearance in the normally way, showing less interest in their personal hygiene, less concern about eating and exercising)
7. Changes in coping strategies (e.g. using unhelpful coping strategies such as alcohol, drugs or nicotine, hurting or talking about wanting to harm themselves, taking more risks)

### **How you can help**

It is important to keep the lines of communication open with your children and allow them to talk about how they are feeling, as this gives an opportunity for them to: express themselves; feel understood; and gain support from you. Just being there to listen when children talk can help them to make sense of their thoughts and feelings and this can reduce feelings of confusion, stress and hopelessness. Knowing that it is normal to feel scared and worried in such uncertain times can be very validating and knowing that there are ways to tolerate these feelings and improve our mood can help to build hope and resilience.

If there are changes in their mood, thinking patterns or behaviour which may indicate an increase in risk (such as self-harm, thoughts of suicide or self-neglect) it is important to seek help and advice from your GP immediately. If you think your child may be in crisis, you can call the First

Response 24/7 helpline which offers immediate advice, support and signposting for people with mental health difficulties of any age. Call 0808 196 3494.

There are many organisations offering excellent advice, support and webinars during this very difficult time

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.annafreud.org/coronavirus-support/support-for-parents-and-carers/](http://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/)

[www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/](http://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/)

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

[www.Kooth.com](http://www.Kooth.com)

## **Still Recruiting for Business**

### **An Online Conference about the Employment Opportunities for Young People with SEND**

Thursday 03 December | 10:30am–1pm

#### **What is this event about?**

This online conference will showcase what a range of employers are doing during the current crisis and how they are creating opportunities for young people with special educational needs and disabilities (SEND) to get into paid work.

#### **Who is it for?**

This event will be of interest to employers who are considering working with schools, colleges and supported employment organisations to offer supported internships, apprenticeships, and jobs to young people with SEND. If you are from a local authority, education or training provider, places will be prioritised to those who sign up with an employer.

#### **Who will be speaking?**

Steve Mills | Head of IT, DPD Group UK

Simon Andrews | Divisional Director of Nursing for Surgery, Royal United Hospitals Bath

Keith Bates | Director, Mutually Inclusive

#### **Is it free?**

Yes, the event is free to attend thanks to funding from the Department from Education.

#### **Where?**

The conference will take place on Microsoft Teams.

Join the conversation @PfA\_tweets #SENDEmploymentworks #SEND #PfA

#### **Click here to register and sign up for the conference**

[Still Recruiting for Business: Thursday 03 December, 11am - 1pm \(office.com\)](#)

## **Supporting Parents to Access Childcare - New Video**

The Professional Association of Childcare and Early Years (PACEY) has just developed a new video – '[Supporting Parents to Access Childcare \(link is external\)](#)'. It has now been posted on PACEY's JCP resource page.

This video helps parents to understand the benefits of childcare to their child's development and encourages them to take advantage of the childcare offer even if they are "stay at home" parents. It also explains how they can access funding.

This is an excellent tool to help reassure parents who are nervous about using a childcare provider. It's very short and easy to understand.

### **Healthy Start Voucher Scheme - England and Wales**

This is a scheme for pregnant women or parents who have a child under 4 years old. The vouchers can be used to buy milk, fresh or frozen fruit and veg and formula milk.

This scheme offers support to some of our most vulnerable families and Work Coaches are encouraged to promote to appropriate customers. [Find out more \(link is external\)](#).

### **Puffins Programme FREE to parents & carers who have a child or young person with ASD.**

#### **The Child must have a diagnosis of ASD and live in Norfolk**

The Puffins Programme is a 5 week programme designed by Norfolk Community Health and Care's Neurodevelopmental Service for parents and carers of children and young people with a diagnosis of ASD.

Family Action are working in partnership with the NDS Service to deliver the programme to families in Norfolk.

Until April 2021 the programme will be delivered on Zoom over 5 2hr sessions and from April onwards we hope to be able to deliver the programme face to face in venues across Norfolk when each session will be 3hrs.

The subjects each week are as follows;

Week 1 – Understanding Autism Spectrum Disorder (Family Action)

Week 2 – Communication – (NCHC Speech and Language Therapy Team)

Week 3 – Understanding Sensory Processing (NCHC Occupational Therapy Team)

Week 4 – Understanding and Supporting Behaviour (Family Action)

Week 5 – Autism in Education (NCC EPS Specialist Support – Autism Support Team)

We are currently taking bookings for courses in December 2020 and in January, March, April and May 2021 (Please note that the February course is now FULL)

Some of the courses are for parents and carers of Primary age children and some for parents and carers of Secondary age young people.

#### **Please note that this course is for parents and carers of children and young people who have a diagnosis of ASD**

If you know someone who qualifies and may benefit please ask them to contact Family Action on 01760 720302 or 725801.

### **Jack's Lane Wind Farm Community Fund**

Grants of up to **£5,000** to benefit residents of the parishes of North Creake, South Creake, Stanhoe, Syderstone, Bagthorpe with Barmer, Barwick, Bircham, Burnham Market, Docking, East Rudham and Tattersett.

For more information and to apply click on the link

[Jack's Lane Wind Farm Community Fund | Norfolk Community Foundation \(norkfolkfoundation.com\)](http://norkfolkfoundation.com)

## **Norfolk Winter Resilience Fund**

Covid-19 continues to present challenges for our local charities and voluntary groups as they struggle to meet the needs of the vulnerable people they help. As the impacts of the pandemic continue to unfold, many more people may face particular hardship over the winter months due to health, low income or isolation.

The Norfolk Winter Resilience Fund can support, for example, activities that help to reduce isolation for older and vulnerable people, provide food supplies, a hot meal or warm clothing, or help vulnerable people to access local services and information that may prevent a crisis situation arising.

This funding can also assist community action where a local outbreak of Covid-19 is identified and restrictions imposed, where urgent help is needed to support those at risk and/ or self-isolating.

Grants of up to £5,000 are available for activity taking place during the winter months - larger grants may be considered. **Grants will be awarded on a rolling basis while the Fund is open and** must be spent in full by 31 March 2021. Find out more and apply online at [www.norfolkfoundation.com/funding-support/grants/groups/norfolk-winter-resilience-fund/](http://www.norfolkfoundation.com/funding-support/grants/groups/norfolk-winter-resilience-fund/)

Kindest regards, keep well and stay safe;-

Karen and Keith

"Hold faithfulness and sincerity as first principles." Confucius