

# South Norfolk Bulletin



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The hub bulletin is distributed on a bi-weekly basis. If you have anything that you would like us to include in the next edition, or if you wish to unsubscribe from our mailing list, please let us know by emailing:

**[earlyhelphubsouth@S-NORFOLK.GOV.UK](mailto:earlyhelphubsouth@S-NORFOLK.GOV.UK)**

**Edition**

**29**

12/10/2018

# Momentum – Inclusive Activities



**Good Practice events**

## Inclusive Activities

Would you like to make your youth club, sports group or project more inclusive for young people with additional needs?

Our November Good Practice sessions will help you understand more about inclusivity and show you some new activities you can use with the young people you work with.

The sessions are informal, with plenty of group discussion and chances for you to ask questions. They are aimed at frontline staff and volunteers from youth clubs, sports groups and other projects for young people, although anyone working with 11-19 year olds is welcome to attend.

And as usual, the meetings will include an opportunity to meet other groups in your locality, hear about opportunities from Momentum, and find out about Ambition Quality or get your portfolio checked.

**Norwich:**

Friday 9<sup>th</sup> November, 4-6pm

**Great Yarmouth:**

Tuesday 27<sup>th</sup> November, 10am-12 midday

**Breckland (Swaffham):**

Monday 12<sup>th</sup> November, 4-6pm

**West Norfolk (King's Lynn):**

Wednesday 28<sup>th</sup> November, 10am-12 midday

**North Norfolk and Broadland (Aylsham):**

Thursday 15<sup>th</sup> November, 4-6pm

**South Norfolk (Wymondham):**

Thursday 29<sup>th</sup> November, 4-6pm

All dates, times and venues can be subject to change – please contact us if you are intending to come along so you can be kept up to date with any changes.

For more information or to book a place, contact Aimee Gedge, Supporting Excellence Officer.

Email: [aimee@momentumnorfolk.org.uk](mailto:aimee@momentumnorfolk.org.uk) | Phone: 01603 883869

# Domestic Abuse Champions Conference



## Domestic Abuse Champions Conference

Come along to our free annual Domestic Abuse Champions Conference, to celebrate the success of the network so far. A chance to meet other champions and hear talks from fantastic guest speakers. **\*\*Open to DA Champions only\*\***

### Where:

City College, Ipswich Road, Norwich NR2 2LJ

### When:

Wednesday 24<sup>th</sup> October 2018

Registration: 9:00am for 9:30am start

Finish: 4pm

**Please bring your own lunch, Parking is £3**

### With Guest Speakers:

**Cathy Press** – Psychotherapist, National Domestic Abuse Trainer,  
Creator of *Escape the Trap - Teenage Abusive Relationships*

**Nazir Afzal OBE** – Former Chief Crown Prosecutor for CPS, *What's Love got to do with it?*

**Jordan Stephens** – One half of duo, Rizzle Kicks – *Toxic Masculinity*

### Workshops:

- ***Men as Agents of Change; Simple Steps Practitioners Can take to Support Men and Boys Make Positive Changes in their Relationships*** Dr Mark Osborn, Prevent Coordinator
- ***Prepare to have your thoughts about Child to Parent Violence turned upside down! A whistle stop tour of the Who's In Charge? Programme*** Cathy Press (above) & Carole Williams, WIC Facilitator
- ***Reflecting on Childhood Abuse at 20: My Father, Feminism and The Freedom Programme*** - Laura
- ***Together we can Achieve; engagement with the Gypsy, Traveller and Romany Community*** Shirley Barrett & Janie Codona, Senior Managers, One Voice
- ***What Makes Domestic Abuse Stalkers the Most Dangerous?*** Rachel Horman - Domestic Abuse, Stalking and Harassment Lawyer, Watson Ramsbottom Ltd, and Chair of Paladin



# Peer Support Event – Equal Lives

## Peer Support Event Support, Share, Together

28th November 2018

The Forum, Norwich  
10am-5pm



**'A celebration of the work of groups and individuals  
who support others in their communities.'**

Do you support other members of your community? Are you interested in learning more about peer support, becoming a peer supporter or finding out what support is available?

Norfolk's first Peer Support Event is happening this November, featuring workshops, activities, talks and stalls all related to peer support. Come along to meet peer supporters at stalls from a diverse group of support groups and organisations, sign up to our workshops and talks running throughout the day, and celebrate the fantastic work that peer supporters do across the County and beyond.

We are looking for people/groups to give talks, run workshops and lead other activities on the day and local community groups and organisations who would like a stall. To express an interest please contact Hazel for an application form: [hazel.simons@equallives.org.uk](mailto:hazel.simons@equallives.org.uk), 01508 491210 Option 4.



Norfolk Peer Support Event



# All About You – Peer Support Group in Diss



*A. All*

*A. About*

*Y. You*

*Your Emotional Health and Wellbeing*



*All About You*

*Peer Support Group DISS*

*Thursday's, 6 - 8 pm*

*Diss High School*

*term time only*

*Contact E: [allaboutyou\\_diss@outlook.com](mailto:allaboutyou_diss@outlook.com)*

# South Norfolk YAB activities

South Norfolk Youth Advisory Board (YAB)

## Activities for young people in South Norfolk October - November 2018



Activities that are outside	
Tuesdays and Thursdays in school holidays - 23 <sup>rd</sup> and 25 <sup>th</sup> October	<u>Appleseed Care Farm</u> - young people aged 13-16 can attend one or more of these days and take part in a range of outdoor activities that develop skills and an understanding of the environment that surrounds them. Activities are based around animal husbandry, horticulture and conservation. To book a place, download the Appleseed Form from <a href="http://www.appleseed.org.uk">www.appleseed.org.uk</a> (click on 'YAB Taster Days') and return asap to secure a place. If this is not possible, complete the slip overleaf.
Saturdays, once a month	Visit to <u>Clinks Care Farm</u> working with livestock, and carrying out conservation and market garden jobs. The farm has pigs, chickens, cows, sheep, chickens, geese and ducks, amongst other animals on site. Lunch is prepared using produce from the farm. These sessions are for young people aged 13 – 19 years.
Saturdays 10 <sup>th</sup> Nov, 8 <sup>th</sup> December	Visit to <u>Quaker Wood</u> – a day of conservation work, learning new skills from experts in a beautiful woodland area with natural ponds. These sessions are for young people aged 13 – 19 years.

Activities that focus on your wellbeing	
First Friday of each month	<u>Wellbeing and Social Sessions</u> – early evening session for young people to relax, take part in some activities, have a walk, and talk to youth workers about things that are important to them. For young people aged 11 – 19 years.
Thursday 25 <sup>th</sup> October, 7 <sup>th</sup> & 14 <sup>th</sup> Nov	<u>Introduction to Mental Health AND / OR Be Real</u> – two workshops looking at positive mental health and wellbeing, and how to boost our own body confidence. For young people aged 13 – 19 years.

Activities that help you get involved	
Monthly, Wednesdays 7- 8.30pm	<u>YAB Youth Club</u> – session to meet new people, take part in different activities including sports, cooking, and crafts, or just hang out with your friends. For young people of high school age.
Monthly sessions	<u>Digital Support Sessions</u> – chance to volunteer to help people learn more about their smartphone or tablet. These are drop in sessions for young people aged 11 - 19 years, based at the libraries in Wymondham (Thursdays, 4.30pm – 6pm) and Diss (Wednesdays, 3.30pm – 5pm), and supported by a youth worker.
Monthly sessions	<u>Young Commissioners</u> - The purpose of the YAB is ensure that youth provision across the district meets the needs of young people aged 13 – 19. Young Commissioners are making a difference in their community by having a say on activities for young people.
Wednesday 24 <sup>th</sup> October	<u>Activity and Social Day</u> – fun day with arts and crafts, games and cooking. There will also be a chance to groom and walk mini donkeys.
Friday 26 <sup>th</sup> October	<u>Pleasurewood Hills</u> – theme park coach trip in the school holidays. £5 refundable deposit required with consent form. For 11 – 19 year olds.

Activities that help you develop skills and get qualified	
Saturday 13 <sup>th</sup> October	<u>Food Hygiene Certificate</u> – practical session followed by online test to get nationally recognised certificate. Sessions for 13-19 year olds.



19 <sup>th</sup> OR 22 <sup>nd</sup> October	<u>Cooking Day</u> – session focusing on cooking and baking. Young people aged 13-19 need to have passed a Food Hygiene course to attend this, as it further develops skills.
Tuesday 23 <sup>rd</sup> October or 24 <sup>th</sup> Nov	<u>First Aid Course</u> – pass this one day course, and get your certificate valid for three years – for 13 to 19 year olds.
Saturday 10 <sup>th</sup> November	<u>An Introduction to Health and Safety at Work AND / OR Fire Safety at Work</u> – appropriate for those who work or are soon to have work (full or part time) – for young people aged up to 19 years.

**Transport can be provided for young people who live in South Norfolk for most activities – please check**

Unless stated, information and booking forms about these activities can be downloaded from [www.snyab.org](http://www.snyab.org) If you are unable to download any of the information and consent forms that you require, please complete the slip below and information will be sent to you.

Name of young person:.....

DOB:..... Male / Female / prefer not to say

Address:.....

.....Postcode:.....

Home Telephone:..... Mobile:.....

Email address:.....

School / College / Work:.....

I wish to attend (list activities):.....

Reason(s) for wanting to attend:.....

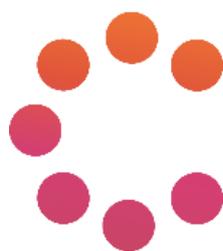
Please return this slip to: MTM Youth Services CIC, Rambler Cottage, The Street, Botesdale, IP22 1BZ  
Or email your requests to: [sam@mtmyouthservices.org.uk](mailto:sam@mtmyouthservices.org.uk)

The South Norfolk Youth Advisory Board (YAB) works to improve services for young people aged 13 and above. All work undergoes consultation with young people, their communities and relevant agencies before being put in place. For more information about South Norfolk YAB please visit:

<http://mtmyouthservices.jimdo.com/youth-advisory-board/>  
<http://www.snyab.org/what-does-snyab-offer/>



# Norfolk Family Carers – Supporting young adult carers



**Norfolk  
Family  
Carers**

## Supporting Young Adult Carers in Norfolk

Our Transitions project is designed to help Young Adult Carers reach their full potential in life. A Young Adult Carer is somebody aged between 16 and 24 years old who cares for, or is affected by, a family member who has any of the following: Physical disability, Long-term physical illness, mental health problem, learning difficulty, and drug or alcohol problem.

Caring can mean giving someone practical help, like helping a parent to get dressed, but it can also be in the form of emotional support, for example caring for someone with mental health problems. We recognise that being a Young Adult Carer can often be rewarding but you might feel that you are missing out on the opportunities that your friends take for granted. To help, we can offer:

### **Someone to talk to**

It can be really helpful to offload or talk through the things that are worrying you. We offer confidential one to one appointments with specialist Young Adult Carer Support Workers, and can meet at home or in the community at a time that suits you.

### **Time for you**

We run regular socials and days out for Young Adult Carers to offer a break from their caring role and the opportunity to meet other young people with similar experiences. This also provides a chance to learn new skills and have new experiences. We can explore arranging extra support for the person you care for to allow you to have a break.

### **Family support**

We understand that the person you care for or other people in your family may need support as well. We can provide specialist support to improve family relationships and referrals to other agencies who may be able to help members of your family.

### **Advice**

We can help you to make sure you and your family are accessing the right benefits and support, and apply for specialist funding for carers including breaks, driving grants and education bursaries.

If you know of any young people who may benefit from our support please contact:

**Vikki Edmonds - Young Adult Carers Support Worker – South Norfolk & Breckland**

M: 07518 527760 T: 01603 219924

E: [vikki.edmonds@norfolkfamilycarers.org](mailto:vikki.edmonds@norfolkfamilycarers.org)

W: [www.norfolkfamilycarers.org](http://www.norfolkfamilycarers.org)

Facebook: /nfctransitions

Twitter: #nfctransitions



Join **US** for  
an exciting  
new venture

## Diss Good Neighbour Scheme

is now active

Do you need help?

or

Can you volunteer to  
help?

Find out how you can benefit your  
community.

For more information, please call:

07484 051734



# Children's Advice and Duty Service – Launces 17<sup>th</sup> October



## Concerned about a child?

### Are you worried about a child's welfare and would like to discuss?

You can speak directly to one of our Consultant Social Workers, and alongside our early help Pathway Advisors and partners, we will make sure the child gets the right support first time

**Call our Children's Advice and Duty Service (CADS)**

**0344 800 8021**



Add our phone number to your contacts

Our team is on hand from 8am-8pm (Mon-Fri)  
Out of hours: **0344 800 8020**  
If you think it is an emergency call **999**



Norfolk County Council



# Children's Advice and Duty Service – Continued...



**Norfolk** County Council

## **Children's Advice and Duty Service (CADS) – what to do if you need to make a call**

If you are a professional concerned about a child in Norfolk and want to speak to someone, you can call the Children's Advice and Duty Service, on our direct line 0344 800 8021. If you are a member of the public you can do this through our Customer Service Centre on 0344 800 8020. You may wish to refer to the FAQ's to help you prepare for the conversation.

For any call raising concerns about a child, CADS will ask:

- all of the details known to you/your agency about the child;
- their family composition including siblings, and where possible extended family members and anyone important in the child's life;
- the nature of the concern and how immediate it is;
- Any and what kind of work/support you have provided to the child or family to date.

They will also need to know where the child is now and whether you have informed parents/carers of your concern.

Notice to callers:

- Preparing for the conversation: please see the tools developed by the CADS to support communication. This includes, FAQs and a flow chart. Please remember to record your concerns for your internal audit trail.
- Consent: It is good practice and the expectation that you seek consent from parents. We acknowledge that there are occasions when to do so could put a child at risk or undermine the investigation into a serious crime. In these instances, we would accept a call without consent from the parents. Reasons for not seeking consent should be clearly stated when speaking with CADS and recorded on internal systems for your records.

For more information see the Norfolk Threshold Guide

**Children's Advice and  
Duty Service (CADS)**

**Call: 0344 800 8021  
8am-8pm (Mon-Fri)**

**Out of hours: 0344 800 8020  
In an emergency call 999**

## 2019 Norwich and Norfolk Eco Awards

Be in with a chance to win £500 prize money and more - the search is on for Norfolk's environmental heroes

Are you an individual, group member, business, food producer or school that feels passionate about protecting the environment? If so, why not enter the 2019 Norwich and Norfolk Eco Awards?

We're looking for projects and schemes that have a fantastic approach to looking after the environment. Whether it's growing your own veg for school dinners, inspiring others to look after the planet, or installing solar panels, if you can prove your environmental excellence we want to hear from you.

Previous winners include potato growing, textile recycling and converting food waste destined for the bin into nutritious meals. These are just some of the winning projects at last year's awards, which are run by Norwich City Council and Norfolk County Council.

Find out more about what last year's winning projects had to say. [Click here.](#)

The awards scheme is free to enter with an easy online application process. Winners receive a trophy and certificate as well as eco awards branding to use for their own marketing purposes. This year we are delighted to offer more prizes and promotion thanks to generous support from this year's sponsors Eastern Daily Press, Pixie Energy, Udata, Vattenfall, and Veolia.

To add even more excitement, the esteemed eco hero title will be chosen by the public via an online vote. So nominate your eco hero now!

We are open for entries until Tuesday 4 December 2018. The official awards ceremony will be held on Thursday 28 March 2019, at The Halls, Norwich.

Please visit: [www.eco-awards.co.uk](http://www.eco-awards.co.uk) for more information and to apply.

Primary schools stand a chance to win tablet devices for their schools. The winning High School stands to win £500 prize money. The winning community group stands to win £500 prize money.

# FISH – School Holidays Club

Dear Parent/Carer

We are pleased to invite your child/children to the first session of a brand new scheme that aims to provide children between 5-11 years with 2 hours of food and fun during school holidays.

Why 'FISH'? Well, it stands for Food (and Fun) in School Holidays, and is based on similar schemes being operated in the Norwich area.

Our first session will take place on Friday 26 October 2018 in the hall behind the Congregational Church, Ipswich Road, Long Stratton, NR15 2TF.

Parents/carers are free to join the children if they wish.

Just so you know what will happen, we will open the doors for registration at 11.45am and a 2-course lunch will be served at 12.15pm. (So come hungry!) We will then have activities for all to enjoy until 2pm.

Our plan is to have activities based on fairground games for our first session.

We then plan to offer future sessions on Fridays in school holidays, with the next session on Friday 21 December 2018.

And best of all, this is completely free. All we ask is that the invited child/children come with a completed registration form, giving your consent and emergency contact details. Once registered, they are free to attend all future sessions.

If you would like any further information or to request a copy of the registration form, please do not hesitate to contact us. (David: 01508 531037, or Preston: 01508 471006)

We hope your child/children will join us.

Yours sincerely,

David, Preston and the FISH Holiday Club team

# Children's Centre – Public Consultation

Consultation: Early Childhood and Family Service – Transforming our children's centres

Norfolk County Council has been working on the re-design of a proposed new service for children's centre services which reflects national and local changes as to how families are supported and considers the needs of parents with children aged 0-5 years across Norfolk.

The proposed new service aims to:

1. Bring the services out of the buildings and into the community, to the children and families who need them the most.
2. Help communities and parents offer local activities and groups.
3. Make it easier for families to access the information and advice they need, through providing better joined up online and digital services.
4. Change how we work to make sure we deliver in the best way for today's families.

There are public consultation events happening across the county, to find out more please go to:

<https://norfolk.citizenspace.com/consultation/childrenscentres-2/>



AVIVA Community Fund



“The Aviva Community Fund gives out funding to local projects that are making a positive change in their community.”

For further details click here:

<https://community-fund.aviva.co.uk/voting/campaign/getinvolved>



# Headway Emergency Fund

“Supported by The Stewarts Law Foundation

## Why does the fund exist?

The Emergency Fund provides grants of up to £500 in the immediate aftermath of brain injury, to help adult brain injury survivors and their families cope with the sudden practical implications.

## Who can apply?

Anyone may apply to the Headway Emergency Fund. We are unable to support applicants who do not reside in the United Kingdom.

Only one application per survivor of a brain injury can be considered.

The purpose of the Headway Emergency Fund is to support families facing an increased financial burden following a brain injury. The fund is limited, so Headway will take into account the financial situation of each applicant when allocating funds and prioritise those with limited resources. We cannot consider applications for families with savings of more than £1000.

## What support can we provide?

- Travel costs for families visiting relatives in hospital or rehabilitation
- Travel costs to outpatient appointments relating to the brain injury
- Emergency accommodation costs
- Essential white goods, e.g. a cooker or a fridge
- Other family costs in the immediate aftermath of brain injury
- A one week self-catered carer's break at a cottage in Pickering, Yorkshire

## We are unable fund:

- Taxi journeys
- Mortgage or rent payments
- Food
- Everyday household expenses
- Debts
- Private medical treatment
- Utility bills
- Childcare
- Items or services that are the responsibility of the local authority or NHS to provide
- Funeral costs

Please note that there must be a link between the request and the brain injury.”

<https://www.headway.org.uk/supporting-you/headway-emergency-fund/>

# Cystic Fibrosis Trust, Emergency Grants

“We provide grants to support people living with cystic fibrosis, or their parents, guardians, partners, children, family or carers, to meet the unexpected costs that can arise. These grants can help ease the burden of cystic fibrosis. Read on to find out more about the three types of emergency grant we can offer.

## 1) Transplant grants

When people have lung or liver transplants, or while being assessed for a transplant, they often have to travel to hospitals a long way from their usual specialist centre, or travel more frequently. You may need to go to a hospital at very short notice and need to get a taxi. Similarly families or carers may have unusual levels of travel, or need to arrange an overnight stay.

If this situation applies to you or someone you care for, you can apply for a grant of up to £250 to meet these costs.

Obviously, when you are going into hospital, you may not have time to apply for a grant. So you can apply for a transplant grant up to two months after your hospital stay.

## 2) Small grants

These are grants of up to £150 to pay for emergency needs. This could include things like:

- Purchasing essential, smaller cost items, for example buying hypoallergenic pillows and mattress covers for a person with cystic fibrosis with allergic bronchopulmonary aspergillosis.
- Emergency household repairs, for example for leaks causing damp and mould.
- Unexpected travel or other costs for informal carers, for example to look after your child if you have a long hospital stay.
- Services like professional cleaning of a new home where the level of dust and dirt would adversely affect health.
- Annual Prescription Pre-payment Certificate for people unable to meet their prescription costs.

When applying for these grants please let us know how much the goods, services or repairs are going to cost. You may need to estimate how much travel or carers' costs will be.

You can still apply for a small grant after you've made the purchase, paid for the services or met the costs yourself, but please apply as soon as possible.

## 3) Funeral grants

Unfortunately, we do not have sufficient resources to pay for the full costs of funerals. We can offer a grant of £750 to help, which we can pay to the person organising the funeral, or directly to the funeral director if this is more convenient.

If you are on a low income and in receipt of certain welfare benefits you may be able to get further help from the Social Fund (funeral payments). Please contact the Bereavement Service helpline on 0345 606 0265 or visit [www.gov.uk](http://www.gov.uk) for further information and the eligibility criteria. Please note that receipt of a funeral grant from the Cystic Fibrosis Trust (or another charity) may be taken into account by the Social Fund when calculating your award.”