

# South Norfolk Bulletin



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The hub bulletin is distributed bi-weekly. 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

[\*\*communityfocussouth@norfolk.gov.uk\*\*](mailto:communityfocussouth@norfolk.gov.uk)

**Edition 78**

**14/08/2020**

# Summer Clubs

Due to Covid 19 many of the usual summer holiday camps and activities have been cancelled or are running on a restricted basis.

As a result, we are unable to offer our usual Summer Bulletin. Instead we are promoting all known events in our fortnightly bulletin.

The following clubs and nurseries have a variety of offers and dates available, so please visit their websites or contact them direct, but be aware these may fill up quickly due to the limited availability.

## Summer Holiday Club 2020

**Tuesdays and Thursdays**



**Activities :**  
*Cooking – Making pitta bread  
Pizzas, Vegetable kebabs, fairy cakes.*  
*Craft – Pebble Pals, Paper Plate Creatures, Sunny bunting*  
*Outside – Water fights, Nature hunts, den building*



**Time Childcare**  
The Village Hall  
The Street  
Poringland, Norwich  
NR14 7TJ

**Sessions**  
Full day: 9am – 5pm  
£28 per session  
Full Day: 8am-6pm  
£32 per session  
Half day: 9-1pm or 1-5pm £15 per session  
Extended session starting 8am or ending 6pm: £2 extra for each.

**ALL SESSIONS MUST BE BOOKED IN ADVANCE**  
Please bring a packed lunch for all day and morning sessions.

**www.timechildcare.org.uk**

**If you would like to book a provisional place, please email:**  
[admin@timechildcare.org.uk](mailto:admin@timechildcare.org.uk)  
Please be aware that Summer Holiday club will be subject to child numbers and Government Guidance



## Jack In The Box Nursery

### Hempnall Nursery & Long Stratton Nursery

Welcome to Jack in the Box Nursery

Are you looking for a nursery to care for your child with love and all-round personal attention? Then you've come to the right place!

We provide a caring and warm-hearted atmosphere for your child.

Our nursery door is always open for an informal drop-in and we'll invite you to regular parent meetings to share news about your child's progress and to share stories about their developing personalities.

Find out more about us and what we have to offer.

Why not check out our Instagram pages. Search 'jackintheboxnursery' and 'jitblongstratton'.

#### Contact Us

☎ 01508 499 611 Hempnall

☎ 07570 102 106 Long Stratton

✉ [jitbnurseryoffice@gmail.com](mailto:jitbnurseryoffice@gmail.com)

💬 Fill in our contact form

## Swan Nursery

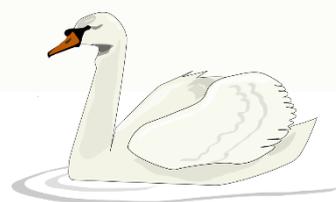
Our Nursery has two big gardens and its own Forest school. We have policies and procedures in place, with temperatures being taken three times a day and constant handwashing and cleaning.

We are open from July 22 to August 28<sup>th</sup>, our fees are £4.60 per hour and we are flexible with sessions. Our opening hours are 8 am - 4.30 pm.

We would be very pleased to hear from you with any enquiries.

PLEASE CALL MICHELLE ON 01379 644 588

EMAIL : [MICHELLE@SWANNURSERY.CO.UK](mailto:MICHELLE@SWANNURSERY.CO.UK)



**Premier**  
Education

Are running Holiday Multi Activity Clubs  
in selected schools across Norfolk.

They run Monday to Friday 9am – 3:30pm and cost £75 for the week.

For details on locations and availability please visit their website

<https://www.premier-education.com/parents/camps/>

Please let us know if you are planning to run anything, or have any extra vacancies, so we can share the details with our readers.

**[communityfocussouth@norfolk.gov.uk](mailto:communityfocussouth@norfolk.gov.uk)**

# Online activities

## Free virtual activity programme for 0 to 5s in Norfolk



**Early Childhood and Family Service**

The Early Childhood & Family Service (ECFS) is still running, offering extra help to families who need it. Right now, due to Covid-19, we're providing a programme of virtual activities and groups that are available to families with children aged 0 to 5 years.

# Activity Programme



**New videos at [facebook.com/EarlyChildhoodFamilyService](https://www.facebook.com/EarlyChildhoodFamilyService)**  
First view on the day/time shown or watch anytime later



<p><b>Baby Days Bitesize</b></p> <p>Information and ideas for activities, suitable from birth, which will help encourage your baby's brain development and strengthen your bond</p>	<b>Monday</b>	<b>1.30</b>
<p><b>Toddler Days</b></p> <p>Inspiration for fun, learning activities, plus tips to get your toddler talking</p>	<b>Tuesday</b>	<b>11.00</b>
<p><b>Wiggle Wednesday</b></p> <p>Activities, songs and stories based around the much-loved children's book, The Very Hungry Caterpillar, to celebrate <a href="#">Action for Children's Giant Wiggle 2020</a></p>	<b>Wednesday</b>	<b>1.30</b>
<p><b>Outdoor Explorers</b></p> <p>Videos and simple activities to help you encourage your child's enjoyment and understanding of their natural world</p>	<b>Thursday</b>	<b>11.00</b>

## Live Online Groups



### Baby Days Live Online

Six weeks of free online sessions for babies with their parents/carers. Each session will have a new learning activity to try out with your baby, plus an opportunity to meet other parents and talk to knowledgeable staff.

Sessions take place online via Microsoft Teams. You only need an internet connection and a smartphone, tablet or computer to join.

**Courses running regularly**

Check dates and book at [tinyurl.com/ECFSevents](https://tinyurl.com/ECFSevents)



**New videos at [facebook.com/NorfolkLibrariesForFamilies](https://www.facebook.com/NorfolkLibrariesForFamilies)**  
First view on the day/time shown or watch anytime later



<b>Live Stream Storytime</b> <small>(only available for a short time after premiere)</small>	<b>Monday</b> <b>12.00</b>	<b>Wednesday</b> <b>12.00</b>	<b>Friday</b> <b>12.00</b>
<b>Bounce &amp; Rhyme</b>	<b>Tuesday</b> <b>10.00</b>	Also available on <a href="#">You Tube</a>	
<b>School Readiness</b>	<b>Friday</b> <b>9.30</b>	Also available on <a href="#">You Tube</a>	

## Need extra help or someone to talk to?

We are here to help with things like:

- Bonding with your child
- Speech and language development
- Parenting challenges
- Mental wellbeing
- Healthy relationships



Please contact us and one of our team will be in touch.

**Online form:** [www.tinyurl.com/ECFSHelp](https://www.tinyurl.com/ECFSHelp)  
**Email:** [ecfs-families@actionforchildren.org.uk](mailto:ecfs-families@actionforchildren.org.uk)

## Family Learning Online



Free, interactive 'Come and Try' sessions and online courses for families with 0-4 year olds.

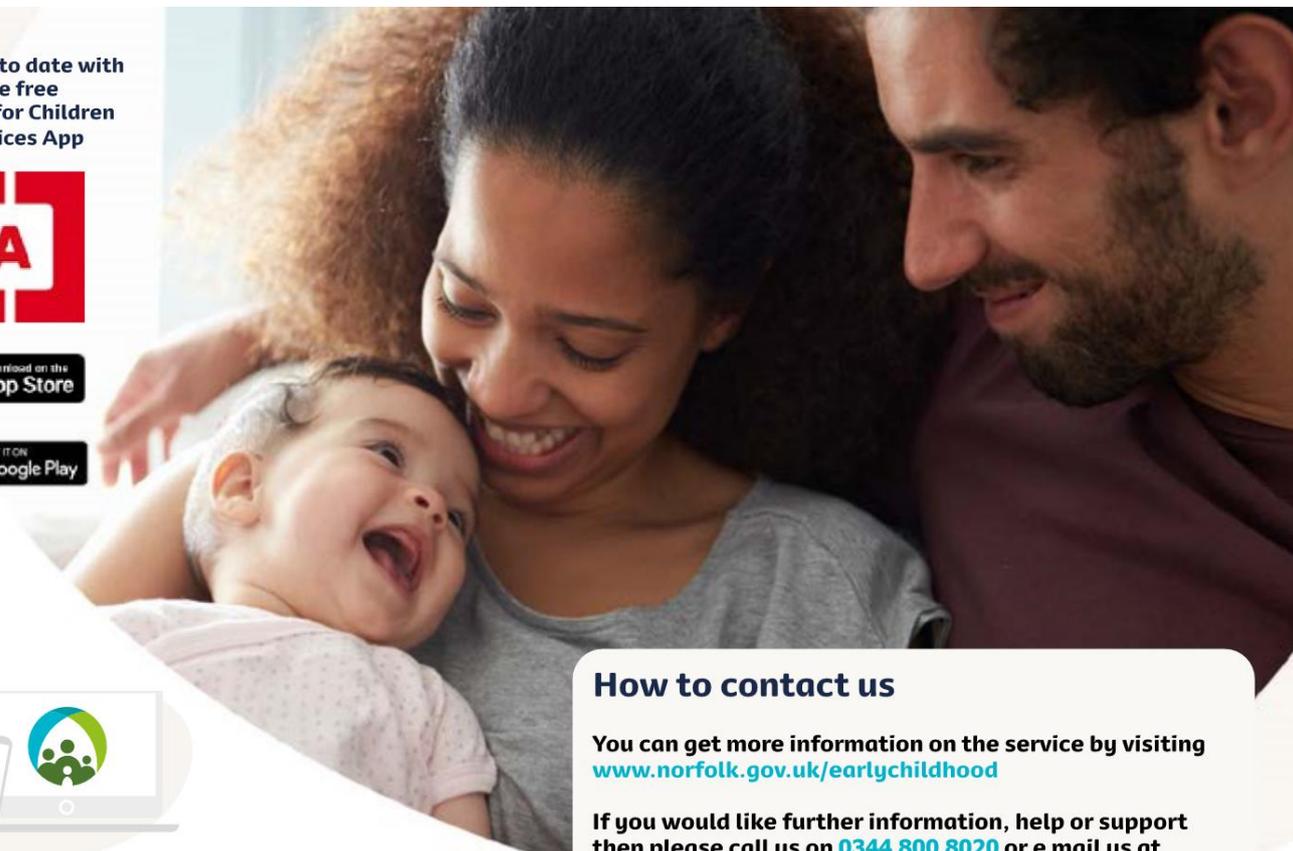
Book at [norfolk.gov.uk/education-and-learning/adult-learning/courses/family-learning-courses](https://www.norfolk.gov.uk/education-and-learning/adult-learning/courses/family-learning-courses)

Sessions/courses available online include:

- Bring a Story Alive (0-7 yr olds)
- Food Explorers (Happy Tums)
- Let's Explore Together (0-2 yr olds)
- Nature Explorers (0-7 yr olds)
- Ready for School (for those starting school Sept 2020)

0344 800 8020 | [www.norfolk.gov.uk/earlychildhood](https://www.norfolk.gov.uk/earlychildhood) | [ecfs-families@actionforchildren.org.uk](mailto:ecfs-families@actionforchildren.org.uk)

Keep up to date with the free Action for Children Services App



## How to contact us

You can get more information on the service by visiting [www.norfolk.gov.uk/earlychildhood](http://www.norfolk.gov.uk/earlychildhood)

If you would like further information, help or support then please call us on **0344 800 8020** or e mail us at [ECFS-Families@actionforchildren.org.uk](mailto:ECFS-Families@actionforchildren.org.uk)



Any updates on services or groups can be found by visiting our Facebook pages. Search for **Early Childhood and Family Service**



See our video on You Tube to find out more

## Courses offered by the Early Childhood and Family Service



Our courses are being run via video call on Microsoft Teams, or one-to-one by telephone, wherever possible. Where this is not possible we can add you to our waiting list and support you while you wait for face-to-face courses to start again.

### Solihull Parenting Course

A 10 week course to help you learn more about your child's development and behaviour. What is their behaviour telling you?

### Baby Massage

A 5 week course for introducing massage strokes. This can help with colic and support you and your baby to feel more relaxed, whilst strengthening your bond.

### Freedom Course

A 10 week course for women who would like to look at healthy relationships and to have a safe environment to be able to discuss and understand previous and current relationships.

### Triple P

An 8 week course that offers support, information and practical answers to everyday parenting concerns.

### Circle of Security

An 8 week course based on supporting and strengthening the attachment between you and your child.

## Useful contacts

<b>Just One Norfolk</b> (Health Visiting Team)	0300 300 0123
<b>Leeway</b> (Domestic Abuse Support)	0300 561 0077
<b>Norfolk &amp; Waveney Wellbeing Service</b> (Mental health support)	0300 123 1503
<b>Home Start Norfolk</b>	01603 977040
<b>Speech &amp; Language Advice Line (ECCH)</b>	01502 719830
<b>Norfolk SEND Partnership</b>	01603 704070
<b>National Breastfeeding Helpline</b>	0300 100 0212
<b>Norfolk Police</b> (non-emergency)	111
<b>CGL</b> (Alcohol & drug behaviour change service)	01603 514096
<b>Citizens Advice Bureau</b>	03444 111 444
<b>Shelter</b> (Help with housing & homelessness)	0808 800 4444
<b>Job Centre</b>	<a href="http://gov.uk/contact-jobcentre-plus">gov.uk/contact-jobcentre-plus</a>
<b>Mens Advice Line</b> (for men in abusive relationships)	0808 8010327

If you are worried a child is at risk please call **Norfolk County Council Children's Services** on

**0344 800 8020**

## Our partners



[Home-Start Norfolk](#), [PlayVan](#) and the [community offer in your local area](#) are also part of the Early Childhood & Family Service and are available to support you and your family.



**New!**

# Early Years

This MUSIC session is aimed at 0-5 year olds with SEN, in particular children with profound or multiple disabilities

Join Will live on the Soundabout's YouTube channel for online, interactive music making every Mondays at 2pm until the end of August 2020

[www.youtube.com/c/soundabout](http://www.youtube.com/c/soundabout)

**Little  
soundabout**  
make music change young lives

**YOUTH  
MUSIC**  **ARTS COUNCIL  
ENGLAND**

**soundabout**  
make music change lives

# 30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

		Day 1	Day 2	Day 3	Day 4	
		You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Hollywood hires you to build a movie set for a new Star Wars movie.	
Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.	Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	
Prince Charming hires you to build a castle for him & Cinderella.	Dr. Who hires you to build a new TARDIS.	You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.	
Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	
Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.	The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.	You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	
Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	
You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.	Design and build your dream bedroom.	You are elected ruler. Build a flag for your land.	Allens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you build one for them.	
Day 29	Day 30					
You are hired to build a house entirely out of yellow Legos.	There is blizzard. You will need to build a snowmobile.					
						What was your favorite day?



If you're looking for inspiration to help keep your 6-11 years olds busy and active while you're all staying at home more this summer, we've brought together a selection of ideas and challenges to help.

There's a competition for children to create a lockdown archive that will tell people how Norfolk children's felt and coped during lockdown.

Plus, a 30 day fitness challenge, how to make a bird kebab (no, it's not a kebab made from birds!), ideas for story writing and recipes to make together and share.

We'd love you to share your pictures of your and your children doing some of these activities – please email them to [marketing@norfolk.gov.uk](mailto:marketing@norfolk.gov.uk) – and we'll post the best on our [Facebook pages](#).

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/big-norfolk-summer-fun>

## What's on in Norfolk Libraries Online activities for children and families

Welcome to our online activities Norfolk libraries page for children and families.

Find out about eBooks and eMagazines that you can download from our e-book library and the online activities we are providing while our library buildings are closed.

The 2020 Summer Reading Challenge is here - [meet the Silly Squad](#).

<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/whats-on/online-activities-for-children-and-families>



Active Norfolk has launched a [new online resource](#) of footpaths, cycle trails, and green spaces in Norfolk to help people to be active safely outdoors. You can find the Active Outdoors resources and ideas at [www.activenorfolk.org/active-outdoors](http://www.activenorfolk.org/active-outdoors)

## Keep the kids active at home

We've teamed up with Norfolk's School Sports Partnerships to give schools, parents, and carers handy resources to get kids active every day of the week!

<https://www.activenorfolk.org/active-at-home-kids>

A logo for 'Future Proof Parks Summer Activity Challenges'. It features a rainbow arching over the word 'SUMMER'. Below this, the words 'ACTIVITY' and 'CHALLENGES' are stacked in a stylized, blocky font. 'ACTIVITY' is green and 'CHALLENGES' is black, both on a white background with a green shadow effect.

FUTURE PROOF PARKS  
**SUMMER**  
**ACTIVITY**  
**CHALLENGES**

**THESE 24 EXCITING CHALLENGES  
WILL HELP YOU STAY CONNECTED TO  
YOUR LOCAL PARK THIS SUMMER!**

The activities are broken down into three different categories, so whether you have 15 minutes or a whole hour, you can find an activity that suits you. All challenges will help you think about nature, heritage, your own wellbeing and, of course, your favourite parks and green spaces.

Share your activities, get inspired and keep up to date over on social media via the hashtag:

**#FPPSummerChallenge**  
**#KickTheDust**

Visit [www.groundwork.org.uk/future-proof-parks](http://www.groundwork.org.uk/future-proof-parks) for full details

# Onceupona Virtual Children's Festival 2020

In 2020 we at Onceupona were looking forward to running a children's festival in Highgate, London that would provide good quality, fun children's theatre and shows at an affordable price for families. Due to Covid-19 we couldn't run the festival in person so we decided to run in virtually in the May half term. This has been a challenging time for everyone and for small children's theatres and arts companies this has been a very tricky and constantly changing couple of months and so we want to provide a platform for these companies to bring their shows and their work to children across the UK and the world. By joining us for our virtual festival in August you are supporting small theatre companies and helping keep the arts alive during this time and for this we thank you.

Zoom from 17th - 22nd August!

All tickets are £3 per household. You can book all our shows now:

[BOOK NOW](#)

<https://www.littlesupernovas.com/onceupona-childrens-festival>

## ONCEUPONA VIRTUAL CHILDREN'S FESTIVAL LINE UP

*August 17th-22nd 2020 On Zoom*



### **Black Hat Theatrical**

The Circus Runaways  
Monday 17th August at 10am

### **Tiny T's Theatre**

Rapunzel's Dragon Adventure  
Monday 17th August at 11am

### **Theatre Tots**

The Star That Lost It's Twinkle  
Tuesday 18th August at 11am

### **Moon On A Stick**

Little Star (Baby Show)  
Wednesday 19th August at 10 & 11am

### **Above Bounds**

The Little Red Hen  
Thursday 20th August at 10am

### **Entertainingly Different**

Interactive Show  
Thursday 20th August at 11am

### **Hoglets Theatre**

Sea-Storm In A Teacup  
Friday 21st August at 10am

### **Onceupona Children's Theatre**

The Pirate Queen & The Broken Rainbow  
Saturday 22nd August at 10am

### **Fox, Storyteller & Raven**

The Pied Piper of Hamelin  
Saturday 22nd August at 5pm

*Book Now*

[\*\*www.littlesupernovas.com/bookings\*\*](https://www.littlesupernovas.com/bookings)

# Just One Norfolk – Neonatal Unit



Did your baby spend time in a neonatal unit?



We are developing new content for [www.Justonenorfolk.nhs.uk](http://www.Justonenorfolk.nhs.uk) and want to hear about your experiences.

Please join us online to talk with other parents and help us to develop new resources for Norfolk families.

The session will be friendly and informal.

**Tuesday 25th August at 11am or 7pm**

Join us by using this link: [bit.ly/norfolkmeet10](https://bit.ly/norfolkmeet10)

To find out more contact Michelle on 07833524216  
or email [michelle.walker6@nhs.net](mailto:michelle.walker6@nhs.net)

[JustOneNorfolk.nhs.uk](http://JustOneNorfolk.nhs.uk)

# Just One Norfolk – Calling Dads



## CALLING DADS!

Are you a dad in Norfolk whose partner breastfed your baby?



We want to know what support YOU had as a dad...

What helped or what could have helped you more to be able to support your partner and new baby ?  
We are holding 2 focus groups to discuss what went well or not so well for you with other dads.  
Chat to us online and help us to help you and future dads.

The sessions are friendly and informal.  
**Thursday 3rd September 7pm**  
Join us by using this link: [bit.ly/norfolkmeet8](https://bit.ly/norfolkmeet8)  
**Thursday 17th September 10:30am**  
Join us by using this link: [bit.ly/norfolkmeet9](https://bit.ly/norfolkmeet9)

To find out more contact Michelle on 07833524216  
or email [michelle.walker6@nhs.net](mailto:michelle.walker6@nhs.net)

[JustOneNorfolk.nhs.uk](https://www.justonenorfolk.nhs.uk)

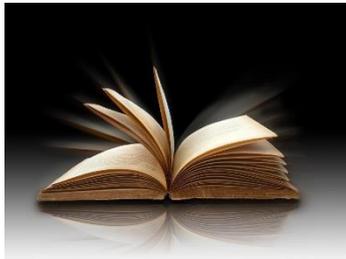
# Just A Cuppa - Online

If you're missing the regular groups that meet in our libraries, you might like to join our new Zoom sessions. Run by library staff and volunteers you'll have a chance to meet others online, chat and share a virtual cuppa.

Monday at 2pm –Just a cuppa

Tuesday at 10.30am –Just a cuppa

To take part, email [libraries.iconnect@norfolk.gov.uk](mailto:libraries.iconnect@norfolk.gov.uk) and you'll be sent your personal invite to join the session. If you've never used Zoom, and would like help, library staff will help you get started.



**Reading Friends presents...**a weekly opportunity to relax with a cuppa and enjoy listening to a good story. Starting on Tuesday 11<sup>th</sup> August at 7pm, each week we'll bring you a tale to lift your spirits and give you an opportunity to share your thoughts with others via Zoom.

If you'd like to join in, email 'Reading Friends' to [libraries.iconnect@norfolk.gov.uk](mailto:libraries.iconnect@norfolk.gov.uk) and we'll send you a personal invite. If you're new to Zoom, we'll also help you set things up on your computer, tablet or smartphone.

## Virtual 'Meet the Author'

On Wednesday 19th August at 8pm Norfolk Libraries will be hosting the first Author Q&A with writer Helen Callaghan on Zoom

Helen will be talking about her exciting new thriller set on Orkney, 'Night Falls, Still Missing'

Tickets are free but spaces are limited. To book your place email 'Helen Callaghan on Zoom' to [libraries.iconnect@norfolk.gov.uk](mailto:libraries.iconnect@norfolk.gov.uk)

The first 50 people will then receive their personal Zoom invite.



# Arty Crafty Norfolk



**Arty Crafty Norfolk** is a new Facebook page set up by Better Together and Harleston Information Plus in conjunction with the artist Julie Filmer who runs community art projects in Norfolk, England. The aim of the page is to encourage people of any age and ability to share their art and craft ideas and projects to bring enjoyment and inspiration to others.

Connecting people through art and crafts can benefit our health and wellbeing. Come and join us, a friendly welcome awaits you.

For more information, please contact Pam on  
pam.spicer@harleston-norfolk.org.uk  
Or come and visit our Facebook page at  
<https://www.facebook.com/Arty-Crafty-Norfolk-100471208420140>

# ReSPECT



The national Recommended Summary Plan for Emergency Care and Treatment (ReSPECT) initiative has launched in Norfolk in March 2020, just before the UK went into lockdown due to the Coronavirus Pandemic. Although take up of ReSPECT has started there is still the need to raise awareness among the public about the initiative, and encourage everyone to start thinking about having ‘the conversation’.

## What is ReSPECT?

ReSPECT is a personalised process to plan a person’s clinical care in the event of a future emergency. It results in a document that contains the person’s wishes and care preferences along with appropriate clinical recommendations. It will also record when a ‘Do Not Attempt Cardiopulmonary Resuscitation’ (DNACPR) decision has been made but it is important to note that a person can have a completed ReSPECT form and still be ‘for’ CPR. For further information, including frequently asked questions, please see <https://www.resus.org.uk/respect/>

## Who is it for?

ReSPECT can be for anyone, of any age. It is most likely to benefit people:

- with complex health needs or
- at risk of sudden collapse or cardiac arrest or
- nearing the end of their lives or
- who want to record their preferences for any reason.

## Why is this being introduced?

At present, conversations with those living with serious illness tends to focus solely on decisions relating to cardiopulmonary resuscitation (CPR) which can result in misunderstandings about treatment plans. There is variation across Norfolk and Waveney in how these decisions are documented.

Few people go on to discuss what other types of care they would or would not want in an emergency situation. The ReSPECT process has been developed by the Resuscitation Council (UK) collaboratively with many organisations including patients, the public, and the Royal Colleges with the intention of designing a process that is more acceptable to patients and that standardises processes and documentation across organisational boundaries.

## How can I help promote ReSPECT in Norfolk and Waveney?

The Norfolk and Waveney team really want to hear how they can encourage people to have ‘the conversation’. Please take the time to complete the survey and share this on your networks, with your patients and clients, and with your friends and family. Maybe you could also think about starting the conversation with your own friends and family?

<https://www.norfolkandwaveneypartnership.org.uk/get-involved/opportunities.html>

# Sport England

## Better Health campaign launched

### We're supporting Public Health England with this important work

We're supporting Public Health England's Better Health campaign, which is aiming to help people across the country to reset and introduce healthy changes to their lives.

The campaign is based on the premise that for many, the past few months have been a wake-up call.

Coronavirus has affected the whole country and, for almost everyone, life has had to fundamentally change. But it's also prompted many people to reflect and think more seriously about their health.

We've been working closely with Public Health England to ensure physical activity is prominent in the work to encourage people to lead healthier lives, building on our existing efforts to increase activity levels across the nation.

For more details on Sport England and what they are doing to help within local communities as well as to help everyone take part in sport and activity, no matter what their age, background or gender, visit their website -

<https://www.sportengland.org/>

# First Response



**First Response / Call: 0808 196 3494**

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

First Response is a 24/7 helpline offering immediate advice, support and signposting for people with mental health difficulties.

If you are experiencing something that makes you feel unsafe, distressed or worried about your mental health you can now call the helpline on 0808 196 3494.

## Who can call?

The helpline is available to members of the public of any age, regardless of whether they are an existing NSFT service user.

The line is also open to other healthcare professionals, such as ambulance staff and GPs, as well as social care colleagues and police personnel who may need advice when working with individuals who are undergoing mental health difficulties or may wish to refer someone.

## What happens when I call?

Your call will be answered by a trained mental health professional who will be able to listen to your concerns and help you get the support you need.

Callers will hear a recorded message instructing them to press either 1 or 2, depending on whether they are a professional or member of the public, and will then be connected to a mental health practitioner.

## What if I want to remain anonymous?

If you would prefer that the person answering your call doesn't see your telephone number, you can turn off your caller ID in your phone's settings."

<https://www.nsft.nhs.uk/Find-help/Pages/Helpline.aspx>

# Adult Learning



## Family Learning Café

Come and join our FREE and FUN Family Learning Café.  
Find out 'who we are' and 'what we do' and have a go at  
lots of fun activities together.

Suitable for families with children aged up to 11 years.  
(Tutors will be greeting families in the Zoom waiting room prior to  
enabling their access to the café.)

**Access here:** <https://zoom.us/j/97263366807?pwd=UHNoNWp5SmFtL2xtNUZKMkxRSkN4dz09>

**Code:** 972 6336 6807

**Password:** LT7qU5

**Thursday 20 August, 10.30am-11.10am**  
**Signing a story (The very hungry caterpillar)**

**For more information on all our courses visit:**  
[www.norfolk.gov.uk/adultlearning](http://www.norfolk.gov.uk/adultlearning)



[www.norfolk.gov.uk/familylearning](http://www.norfolk.gov.uk/familylearning)

 @norfolkadulthoodlearning

 @norfolklearn

# MTM Youth Services

## MTM Youth Services CIC

### What's going on during July and August?

We are running our projects online throughout the summer. Some are weekly and some are fortnightly, so please get in touch if you want to join us...



#### Mondays

- **Young Carers Activity Groups** and support drop-ins for young people living in the South Norfolk district council area, for ages 5-19 years
- **Food, Fun and Facts** – cooking sessions around themes with live demonstrations and the chance to practice preparation techniques, for 11-19s
- **Southern Area Young Carers Forum** – for young carers who want to have their say and make a difference.

#### Tuesdays

- **Young Carers Activity Groups** and support drop-ins for young people living in the Breckland district council area, for ages 5-19 years
- **Young Commissioner Focus Groups**, for 13-19 year olds
- **Training sessions** – skills development for 13-19 year olds

#### Wednesdays

- **Just For Fun** – activity session for young people in Years 5 and 6
- **DYG Youth Club** fun session for young people in Years 6-9

#### Thursdays

- **Diss Youth Town Council** – for young people aged 12-19
- **Quiz Night** for young people aged 14-18

#### Fridays

- **Young Commissioner Focus Groups**, for 13-19 year olds
- **Wellbeing Sessions** for young people aged 11-19 years

#### Saturdays

- **Karaoke** sessions open to all young people

#### Other Projects:

- If you are aged 15+, live in South Norfolk, and are concerned about your future, then you can get **Careers Guidance and Job Support**.
- Get involved with our **Intergenerational Work** by doing drawings and writing messages which can be sent to our older friends in the community – open to all
- Get creating for our online **Art Gallery** with a different theme every month.
- Get a postal **Activity Pack** or **Wellbeing Pack**.
- Keep an eye on our **Facebook, Twitter** and **Instagram** feeds for ideas of things to do, project updates, and a daily mindfulness exercise.

# ASD Helping Hands



“We have seen a huge rise in referrals regarding Behaviour. We are therefore offering you all our Behaviour Booklet completely free of charge!

In our effort to support everyone affected by Autism Spectrum Disorders ASD Helping Hands have produced an 80 page resource booklet completely free of charge to keep forever.

Topics include:

- The Neuroscience of Behaviour
  - Understanding Behaviour
- Understanding the different types of strategies
  - Dealing with Anger
  - ADHD and Behaviour

If you would like a copy please contact

ASD Helping Hands - [contact@asdhelpinghands.org.uk](mailto:contact@asdhelpinghands.org.uk)

Jobs Club

# Jobs Club

Harleston  
information *plus*

**Open for 1:1 appointments**



**We are currently open for 1:1 appointments by arrangement only.**

All appointments will be held at Harleston Information Plus, 8 Exchange Street, Harleston, IP20 9AB or via Zoom if preferred.

**To book phone 01379 851920 or email [jobsclub@harleston-norfolk.org.uk](mailto:jobsclub@harleston-norfolk.org.uk)**



**All our services are free and confidential**

# Financial support for apprenticeships

As England adjusts to the new normal, we're introducing financial support to help employers hire new apprentices. Through apprenticeships, you can build competitive skills to encourage growth in your organisation.

## Incentive payments for hiring a new apprentice

When you hire new apprentices between 1 August 2020 and 31 January 2021, you can apply for extra funding to give your organisation a boost.

For apprentices aged:

- 16 to 24, you'll receive £2,000
- 25 and over, you'll receive £1,500

The payment is in addition to the existing £1,000 you'll already get for taking on an apprentice who is:

- aged 16 to 18 years old
- under 25 and has an education, health and care plan or has been in the care of their local authority

You could get the incentive payment when you hire an [apprentice who's been made redundant](#), as long as they're new to your organisation.

## [Find out how to apply](#)

Spend it on helping your organisation thrive.

An incentive payment for hiring a new apprentice is different to the apprenticeship levy, and you can spend it on anything to support your organisation's costs. For example, you could spend it on facilities, uniforms, your apprentice's travel or their salary. You won't need to pay it back."

<https://engage.apprenticeships.gov.uk/incentives.html>

# Young Friends Against Scams

## Young Friends Against Scams



**NATIONAL  
TRADING  
STANDARDS**  
Scams Team

**YOUNG FRIENDS  
AGAINST SCAMS**

Helping young people in  
schools and youth groups  
Learn how to protect  
themselves and their families  
against scams and fraud.

Working together to  
take a stand against scams

To find out more contact:  
[www.FriendsAgainstScams.org.uk/contact](http://www.FriendsAgainstScams.org.uk/contact)

 @FriendsAgainst  @AgainstScams  Friends Against Scams  
[www.friendsagainstscams.org.uk](http://www.friendsagainstscams.org.uk)

'Young Friends' is part of [Friends Against Scams](http://www.FriendsAgainstScams.org.uk) and has been designed to teach young people aged 8+ about:

- Scams and how they can affect people's lives
- Different types of scams including – postal, telephone, online and doorstep
- How to protect yourself from being scammed
- How to spot and help a scam victim

It is essential that young people learn how to protect themselves and their families from scams. Learning how to protect yourself against fraud and scams is an essential skill, especially given the rise of new technology that young people are faced with.

Young Friends is available as two packs, one aimed at schools and one for youth groups.

If you would like to find out more get in touch with the National Trading Standards scams team at: [www.FriendsAgainstScams.org.uk/contact](http://www.FriendsAgainstScams.org.uk/contact) or email the Norfolk Against Scams Partnership [nasp@norfolk.gov.uk](mailto:nasp@norfolk.gov.uk)

# Postcode Neighbourhood Trust



## Apply for up to £20,000 from Postcode Neighbourhood Trust!

Postcode Neighbourhood Trust aims to provide funding in Great Britain to organisations affected by the COVID-19 pandemic. Postcode Neighbourhood Trust is delighted to announce that applications will open on the 4<sup>th</sup> August 2020 for community groups and good causes across Great Britain. Applications will remain open until the 19<sup>th</sup> August 2020, with groups being able to apply for awards from £500 up to £20,000. Both core funding and project funding will be available to help organisations increase resilience by adapting or expanding their services, or to meet new challenges brought on by the COVID-19 pandemic.

Up to £4 million will be distributed by Postcode Neighbourhood Trust. The funding has been raised thanks to players of People's Postcode Lottery.

Katherine Sellar, Advisor Community Programmes at People's Postcode Lottery, said:

“Local charities and grassroots community organisations play a massive role in the communities that they operate in. I'm thrilled that groups across Great Britain will benefit from up to £4 million raised by players of People's Postcode Lottery and I encourage as many groups as possible to take advantage of this fantastic opportunity and get applying!”

Players of People's Postcode Lottery also support three other trusts which will be accepting applications: People's Postcode Trust, Postcode Local Trust, and Postcode Community Trust.

A minimum of 32% from every People's Postcode Lottery ticket goes directly to good causes. To date, players of People's Postcode Lottery have raised over £500 million for more than 7,500 good causes across Great Britain and internationally.

To apply for funding, please make sure you have followed our funding guide and taken the eligibility quiz before submitting.”

<https://www.postcodeneighbourhoodtrust.org.uk/apply-for-a-grant/>

# Co-living scheme for ages 16-24

Can't afford  
the rent?



The Benjamin Foundation



Learn about an innovative  
co-living scheme for young  
people aged 16-24 in work  
or training who are  
struggling to find a home.



We get that starting out can feel overwhelming – juggling a job and finding somewhere to live when money is tight. We're here to help!

- Stay up to 2 years
- Secure furnished room
- Shared living room, kitchen and bathroom
- WiFi and bills included for £50 per week
- Can live with friends
- Careers advice and support to move on

If you're wanting to move on in life and build your future, contact Michala Howarth 07976 851202

Our thanks to the following organisations for their support

OVO  
FOUNDATION

END YOUTH  
HOMELESSNESS

Victory  
HOUSING TRUST

NOVA  
TRAINING  
Approved by the CQC  
Ofsted  
Outstanding  
Provider

RTB ROOFING  
BUILDING LTD

EASY BATHROOMS  
SIMPLY LUXURIOUS

GASWAY

The Benjamin Foundation  
www.benjaminfoundation.co.uk  
Registered Charity Number 1124936  
Company Number 3825425

# Community Awards

## South Norfolk **COMMUNITY AWARDS** 2020

### Say **thank you** to local volunteers in your community

Nominate a shining star for a **South Norfolk Community Award** and they could be in with a chance to receive £250 for a charity or community group of their choice.

Award categories are:

- ★ Volunteer of the Year
- ★ Young Volunteer of the Year
- ★ Community Group of the Year
- ★ Lifetime Community Hero
- ★ Community Wellbeing Champion or Group of the Year
- ★ Community Fundraiser of the Year
- ★ Environmental Champion of the Year
- ★ Business Community Champion of the Year

Nominate by 4 September by visiting:

[south-norfolk.gov.uk/champions](https://south-norfolk.gov.uk/champions) or call: 01508 533945





## Women and Gambling Programme

*Are women you support affected by debt, relationship difficulties, housing issues, depression and anxiety, feelings of isolation or suicidality?*

If they are, there is a chance these issues could be the result of a gambling problem – whether their own or someone else's.

GamCare secured funding from the Tampon Tax Fund, to deliver a nationwide programme to build awareness of problem gambling and support options within the wider support sectors for women and girls

While COVID-19 means we have had to temporarily suspend our face-to-face treatment and outreach services, we are concerned that self-isolation and social distancing could increase the risk of gambling-related harm, so we have adapted how we work.

### Our current offer:

- **FREE resources** for you to support women/girls affected by problem gambling
- **FREE Zoom/telephone training** to upskill staff around early identification, advice, signposting and referral
- **FREE online/telephone treatment** for women affected by problem gambling
- **A single point of contact** for ongoing support and advice.

**To find out more or book your FREE training, please contact:**

Polly Johnson, Women's Outreach Officer (East of England)

Mobile: 07397 224948 E-mail: [polly.johnson@gamcare.org.uk](mailto:polly.johnson@gamcare.org.uk)

# Distance Aware Initiative

The Distance Aware initiative has been recently endorsed by the Department of Health and Social Care to promote the need for ongoing distancing for all. Also endorsed by Welsh Government and supported by the Bevan Commission, [all badge/poster templates are available to download](#) (along with design guidelines and a comms pack for organisations). You can also find links to places where you can acquire badges or lanyards.

## The optional badges on this page

The optional badges on this page can be used to show the carrier may have difficulties or concerns in maintaining social distancing. They can be used to signal to others around them that they need to pay attention and be given space.

### **‘Please give me space’ social distancing badge (for mobile phone)**

Page one: black writing on a white background. Text: ‘Please give me space. Be kind. Thank you for understanding.’

Page two: yellow writing black background. Text: ‘Please give me space. Be kind. Thank you for understanding.’

### **‘Please give me space’ social distancing badge (to print)**

The only page has a circular white badge with black writing: ‘Please give me space.’ Below the writing is a small yellow figure with an arrow.

### **‘Please give me space’ social distancing card (to print)**

Page one is a card template that is black with yellow writing: ‘Please give me space’. On other side: ‘Be kind. Thank you for understanding’.

Page two is a card template that is white with black writing: ‘Please give me space’. On other side: ‘Be kind. Thank you for understanding’.”

<https://www.gov.uk/government/publications/please-give-me-space-social-distancing-cards-or-badges>



## Documents



### ['Please give me space' social distancing badge \(for mobile phone\)](#)

2 pages



### ['Please give me space' social distancing badge \(to print\)](#)

1 page

#### Print version

##### Step 1

Print the badge.

##### Step 2

It is important to print the badge in color.

##### Step 3

Print the badge on a white background.

##### Step 4

It is important to print the badge in color.

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### ['Please give me space' social distancing card \(to print\)](#)

2 pages