



BROADLAND & NORTH LOCALITY – COMMUNITY FOCUS MONTHLY BULLETIN

Date: 22/5/2020

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- Church Services across Norfolk
- Virtual Crafternoon – Mind (fundraising event)

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- Equal Lives

Please email:

Community Focus North and Broadland cs.cfoteam.nandb@norfolk.gov.uk if:

- **you would like to be added to the distribution list for this bulletin**
- **you wish to be removed from the distribution list**
- **you have any items which you would like to be included in the bulletin**
- **you need any other help or information**

The information provided in our bulletins is sent to us from various sources. We try to ensure the information is correct at the time of publication but there may be some inadvertent errors. Publication in our bulletin does not necessarily constitute an endorsement of a service / organisation and we would advise you to take reasonable steps to check the services offered and organisation prior to using them – especially if you are referring children, young people and vulnerable adults to a service. Norfolk County Council cannot accept any liability for any services provided by a third party.

EVENTS

 Learning
for Communities



Coffee and Chat

At these FREE sessions you will have a chance to chat and find out what online courses are available from Adult Learning. Along with a short taster of a different course each session.

Sessions will run on Mondays, Wednesdays and Fridays

10.30 – 11.30 am using Zoom

Access here: <https://zoom.us/join> using code: 553 027 2723 and password 150420

25/05/20 – No session- Public Holiday

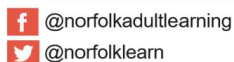
27/05/20 – Active Norfolk

29/05/20 – ‘Heritage as Medicine’

For more information on all our courses visit our website:

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

CLDO@norfolk.gov.uk



Hundreds of online CofE services across Norfolk

When the Covid-19 pandemic caused churches to close their buildings on government advice, local churches rose to the challenge of being church in the era of self-isolation and social-distancing.

Diocese of Norwich churches are now live streaming services, hosting virtual groups, and sharing content digitally via YouTube, Facebook, Zoom and others.

From Sunday morning services to crafts and story-time for children, prayer meetings, PCC meetings and home groups or Bible study groups, the invitation is offered to tune in to from home and join with a community of people sharing the gospel.

The offerings are varied as the churches offering them: from Norwich Cathedral and town-centre churches to smaller, rural communities; from traditional services to short reflections, interactive study groups and fitness sessions. In addition to the services, Zoom coffee meet-ups and virtual soup lunches have been held.

<https://www.dioceseofnorwich.org/news/live-streams/>

Virtual Crafternoon



We're taking the nation's craftiest fundraiser online. Here's everything you need to know to join in our next virtual Crafternoon.

It's likely that we'll be spending a lot of time at home to help keep us safe. To look after our wellbeing, there are lots of activities we can do without going out that are fun and help us feel good – including crafting!

That's why we'll be taking the nation's craftiest fundraiser online. We'll be hosting our next virtual Crafternoon on **Friday 29 May at 4pm**. You'll be able to do something creative and take some time for yourself, while helping raise vital funds for better mental health.

Don't worry if you can't join us on Friday, we'll host more over this period. Our next session after this is at 4pm on Friday 19 June, and Friday 3 July.

<https://www.mind.org.uk/get-involved/donate-or-fundraise/do-your-own-fundraising/crafternoon/virtual-crafternoon/>

RESOURCES



Norfolk Safeguarding
Children Board



Young Carers Webcast

**Tuesday 9th June 2020
10am to 11am**

Carer Awareness webcast

This is a one hour webcast for any organisation who supports unpaid carers.

Aim:

This webcast is designed to help organisations to identify and the support carers in their setting.

Objectives – By the end of this sessions delegates should:

- Understand more about who carers are
- Understand how carers are affected by their caring responsibilities both before Covid-19 and now
- Know what support is available to carers in Norfolk.

It will also provide information about what help is freely available to support schools and colleges to confidently identify and support the young carers through the Carer Friendly Tick Award scheme. The session will also cover the Carer friendly Tick Employers, Communities and Health. Supporting adult and young carers.

There will be an opportunity to answer questions, however if all of these cannot be answered during the one hour session, then a member of the Caring Together Team will get in touch with delegates via email following the webcast.

NB: The webcasts will take place via Zoom; however if you are unable to access Zoom, please contact Caring Together and they will be happy to deliver a separate awareness session via Teams.

To book please visit the NSCP online booking site:

<https://www.norfolkscb.org/nscb-booking/nscb-booking-training/>

Just One Norfolk- Mental health Awareness Week



Please use this social media asset across your platforms. We have developed three different messages for children and young people, please find these below.

During mental health awareness this week, if you're able to, please use the asset with the messages, one at a time, or by all means share or retweet from the NSCP platforms.

- (3) Being kind to yourself and others is important for your mental health and wellbeing. And remember #WeAreStillHere. Lots of help is available at <https://www.justonenorfolk.nhs.uk/mentalhealth>
- (2) If you're struggling or feeling low, talk to the people around you who care about you. And remember #WeAreStillHere. Lots of help is available at <https://www.justonenorfolk.nhs.uk/mentalhealth>
- (3) Have you asked your friends if they're OK today? Remember #WeAreStillHere. Lots of help is available at <https://www.justonenorfolk.nhs.uk/mentalhealth>

COVID-19 resource pack

When we released our first 'COVID-19 resource pack' back in March, we received excellent feedback from the public and professionals alike, who told us that the pack helped provide reassurance and combat the spread of misinformation around the virus.

Since then, official guidance has evolved and many organisations across Norfolk are offering new support for those affected by the mental, physical and emotional impacts of both COVID-19 itself, and the drastic changes to everyday life that have resulted.

As such, we have updated and released 'Resource Pack Version 2', which is available to view and download on our [coronavirus information page](#).

We encourage you to share our resource pack with individuals in your immediate network and include links to it in newsletters, website material and any other public-facing communications you might be doing to support people that use your service. We understand that not everyone has equal access to online resources, so if you feel your audience would benefit from physical copies then please get in touch.

If you have any questions about the resource pack, please email enquiries@healthwatchnorfolk.co.uk or call 01953 856029.

Keeping up to date with our survey findings

Throughout the pandemic we have been playing an active and supporting role by representing the views of the public collected via our COVID-19 survey. This survey is still live, and can be completed by [clicking here](#). We have been releasing fortnightly reports, the second of which is now live on [our website](#). If you would like to keep receiving our COVID-19 reports as they are released, please let us know.

If you would like to know more about the work we are doing and how you can access our reports, please sign up to our newsletter. This is a quarterly communication that we send out to keep friends of HWN up to date. We will never spam you with other information nor will we use your email address for any purpose other than this.

[To sign up to our newsletter, click here](#).

You can [view our previous newsletters on our website here](#).

Best wishes from everyone at Healthwatch Norfolk.

Tel: 01953 856029 (9am-12pm)

www.healthwatchnorfolk.co.uk

Registered office: Suite 6, The Old Dairy, Elm Farm, Norwich Common, Wymondham, Norfolk NR18 0SW

Registered company limited by guarantee: 8366440

Registered charity: 1153506

COVID-19 funding for domestic abuse and sexual violence support services

These prospectuses provide charities with information about two different Ministry of Justice (MOJ) funds and how the assessment processes will work for each one during the coronavirus pandemic.

Published 19 May 2020

From: [Ministry of Justice](#)

Contents

1. [PCC funding](#)
2. [National Rape and Sexual Abuse Support Fund](#)

MOJ has secured £25 million as part of a [£76 million government](#) package of support to charities supporting vulnerable people including victims of sexual violence and domestic abuse.

The extraordinary COVID-19 funding will be distributed through two separate funds, one through Police and Crime Commissioners and one through the national Rape and Sexual Abuse Support Fund. Separately from the funding MOJ will also provide an extra £3 million to PCCs specifically to fund Independent Sexual Violence Advisers (ISVAs) until 2022.

PCC funding

The funds will be distributed as follows:

- Domestic abuse services that are already commissioned by PCCs (£10 million)
- Domestic abuse services that are not currently commissioned by PCCs (£5 million)
- Sexual violence services that are already commissioned by PCCs and those that are not currently funded by PCCs (£5 million)

PCCs must conduct an assessment of need for COVID-19 related emergency funding in relation to both sexual violence and domestic abuse support services in their local area. This process must be open to all relevant support organisations in the PCC area – and encourages funding requests from small specialist organisations that support groups with protected characteristics. The funding for domestic abuse victims is in addition to the extra £10million for domestic abuse safe accommodation charities [announced by MHCLG](#) and the £2million for national and regional community-based domestic abuse charities announced by the Home Office.

Documents:

[Police and Crime Commissioners Fund: guidance](#) (PDF, 381KB, 16 pages)

[Police and Crime Commissioners Fund: Provider template](#) (MS Excel Spreadsheet, 24.7KB)

[Police and Crime Commissioners Fund: PCC Assessment of Need Template](#) (MS Excel Spreadsheet, 41.8KB)

[Police and Crime Commissioners Fund: Contact details](#) (PDF, 380KB, 3 pages)

National Rape and Sexual Abuse Support Fund

This funding will help rape support providers to meet the additional costs registered charities have incurred or will incur whilst adapting their services during the pandemic, including but not limited to:

- Short term income disruption resulting from COVID-19
- Essential costs of sustaining current activities during the pandemic
- Increased demand

Existing recipients of grants from the national Rape and Sexual Abuse Support Fund are invited to request funding. For more information please see the guidance and Frequently Asked Questions. Funding requests using the template below should be submitted to rapesupport@justice.gov.uk by 31 May 2020.

Documents:

[National Rape and Sexual Abuse Support Fund: guidance](#) (PDF, 344KB, 10 pages)

[National Rape and Sexual Abuse Support Fund: template](#) (MS Excel Spreadsheet, 24.4KB)

Published 19 May 2020”

<https://www.gov.uk/guidance/covid-19-funding-for-domestic-abuse-and-sexual-violence-support-services>

TRAINING

Identifying Harmful Sexual Behaviour in Children and Young People

**Thursday 11th June 2020
2pm – 3pm**

Target Staff:

This course is aimed at all front line practitioners and managers working with children and young people.

Attendees: Maximum number of attendees- 25

Course Duration: One hour

Course Aim: To increase professionals' confidence in consistently identifying potentially harmful sexual behaviour in children and young people and understanding levels of concern in respect of this.

Learning Outcomes - By the end of this course participants will be able to:

- Begin to understand a 'common language' and terminology around Harmful Sexual Behaviour in children and young people
- Understand how to use the Brook Traffic Light tool for early identification of HSB in children and young people
- Understand how to use the Brook Traffic Light tool to identify potential level of concern about Harmful Sexual Behaviour
- Think about 'next steps' for training for their organisation in assessment and intervention for Harmful Sexual Behaviour

This session will be delivered via Microsoft Teams.

To book please visit our online booking site:

<https://www.norfolkscb.org/nscb-booking/nscb-booking-training/>



Remote Learning Opportunities

Summer 2020

Target Staff: These sessions are suitable for multi-agency staff and are relevant for all practitioners and managers who are involved in working with children and families.

The session will be facilitated by trainers from In-Trac Training and Consultancy and hosted by Norfolk Safeguarding Children Partnership.

The training will be delivered via Zoom. A link to join the sessions will be emailed to successful applicants.

Each training session will be 2 hours long. The subjects will be:

- Domestic Abuse
- Working with Neglect
- Working with Trauma and Anxiety
- Voice of the Child
- Appreciating the Importance of Attachment
- Safeguarding Disabled Children

In addition to the training sessions we will also be hosting Action Learning Sets on the above topics as well as

- Keeping children safe during the Covid-19 crisis

The Action Learning Sets will be for small groups and will provide greater opportunity for delegates to discuss issues they are encountering in their case work. Action Learning Sets are designed to strengthen and develop existing knowledge, so these are not appropriate if you have not previously attended training in the topic concerned.

These sessions are being delivered free of charge.

For details of dates and times of these learning opportunities and to apply for a place on any of these events please visit the training pages of our website:

<https://www.norfolkscb.org/people-working-with-children/nscb-training/>

Common 2020 University Applicant FAQs

Most universities have their own Covid-19 FAQs on their websites.

What will it be like to study at university in September 2020? Is teaching still going ahead?

It is too early to know what the government guidance will be by September, but universities are busy making plans for different possible scenarios. Your university is likely to contact you frequently with updates, and you can also check their website regularly for the latest news.

Should I defer entry to 2021?

What Uni have some helpful advice about the pros and cons of deferring entry in the current circumstances: <https://www.whatuni.com/advice/coronavirus-covid-19-updates/should-i-defer-university-coronavirus-and-deciding-to-defer/88793/>

I am concerned that the grades my teacher allocates to me will not be high enough for my university offer

Be assured that universities are aware of these issues and will be taking the unprecedented circumstances into consideration when accepting applicants for September 2020 entry. Universities want as many people as possible to experience the benefits of higher education and many institutions are already very flexible around predicted grades. Many universities take a holistic view of applications received and already have well established processes in place to ensure applicants are treated fairly. Examination boards are also working on an appeals process should you be unhappy with your grades this summer, and Clearing will still be going ahead in August.

What happens if I have to do an interview or audition for my application?

Your university will be in contact with you to make alternative arrangements for these extra components. Many universities are now holding interviews and auditions via video conferencing or telephone.

With applicant days being cancelled, how can I make a decision about which university to go to and what accommodation to choose?

Most universities are now providing virtual tours of university buildings and accommodation. Head to your university website to check these out. UCAS also has a list of [virtual tours](#) and [open days](#) for you to look through. Another good way of finding out if a university is right for you is to speak to current students through the [UCAS Unibuddy platform](#).

I have applied for a course with a year abroad/semester abroad. Will this still go ahead?

Many overseas placements are scheduled in the second or third year of a degree programme. Therefore we expect international travel will once again be possible by the time new starters from 2020 reach the time for their semester or year abroad. Most universities will be keeping year abroad/semester abroad students updated regularly about this and upon commencement of your study you will likely be invited to an information session providing lots of helpful information about preparing to study abroad.

Coping with Bereavement During Coronavirus - free webinars



Helping you live your life

Live webinars from the Norfolk & Waveney Wellbeing Service will explore how we cope with bereavement in these challenging times. The sessions will offer an opportunity to look at the particular difficulties of bereavement and grief during coronavirus.

This is a live online presentation, where you log in on your computer, phone or tablet. A clinician will present the workshop via webcam. You will not be seen by other attendees and you can ask questions to the facilitator in real time via a chat function that is private and not visible to the rest of the group.

Upcoming dates include 1st June and 15th June - plus many more. To book visit the website:

<https://www.wellbeingnands.co.uk/norfolk/course/online-coping-with-bereavement-during-covid-19/>

Prince's Trust, Start Something Programme Update



Prince's Trust East of England program

DIRECTORY

Promoting activities for families



Do you run a local community group for families, or do you know someone who does?

Did you know you can use the Norfolk Community Directory to promote your services and activities and help get more people involved?

If you provide services, activities and/or events for Norfolk families with children aged 0-5, you can register for an online account that enables you to promote your service on the Norfolk Community Directory. Once set up, you can add new services and return to your account to keep your listings up to date. Click <https://communitydirectory.norfolk.gov.uk/Information/add-your-service> to find out more.

If your service is for families with children aged 0-5, please could you put '0-5 Community offer' in the notes.

SUPPORT SERVICES



We are very pleased indeed to announce the launch of Kooth (www.kooth.com) for 11 – 25 year olds in Norfolk & Waveney!

Kooth is a nationally renowned service, providing peer support, a wide range of self-help materials and access to moderated forums, but it also gives access to online counselling delivered by qualified counsellors 365 days a year, either on a drop-in basis or through bookable chat sessions.

It was always our aspiration to ensure that young people had this kind of support as part of transformation and ensure we had much needed additional capacity, so we're grateful that NSFT accelerated the commissioning of Kooth in response to the COVID-19 crisis, and it will be available as transition out of lockdown and into recovery.

It's therefore crucial to let people know what's available! Partners across the system are using the hashtag #wearestillhere this week to highlight what's on offer, so please do retweet, and keep signposting people to the new webpage (www.justnorfolk.nhs.uk/mentalhealth). There are links for Kooth there, but 11 – 25 yr olds can also access support directly at www.kooth.com

To support professionals to signpost young people to Kooth there are three 'Introduction to Kooth' Webinars via zoom. The details are in the box below and you can book via the links.

Tuesday 26th May 2020 11a.m.–12p.m.	https://forms.gle/YxM1zA1pT8mTXy848
Friday 29 th May 2020 1p.m.-2p.m.	https://forms.gle/BCXFjzfVUTEN79cm8
Monday 1 st June 2020 12p.m.-1p.m.	https://forms.gle/xHhvrqHVx8fMqwVM7



 Norfolk Safeguarding Children Partnership

 Carers Matter Norfolk

 Caring Together

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Sara is a young carer, she's been supporting her mum who has depression and anxiety.

Does that sound like you?

HEROES AT HOME

Carers Matter Norfolk is here to help. Visit www.youngcarersmatternorfolk.org call the helpline 0800 083 1148 for friendly advice.

Launched this week by Norfolk Safeguarding Board, Heroes at Home recognises the vital role young people play in supporting their loved ones at home and highlights the range of support available to help them.

It is estimated that there are more than 11,000 young carers in Norfolk and they will likely be facing increased pressure in the lockdown. The board is sending a thank you postcard to all known young carers in Norfolk, as well as launching an awareness campaign across social media, signposting young carers to the website and helpline that is available.

If you are on social media, please look out for the campaign called Heroes at Home and help to spread the message. We want more children to recognise that they are young carers and to ask for support if they need it.

Family Fund Grants

Children with special educational needs and disabilities in England will benefit from £37.3 million of direct support in 2020-21, which is expected to help more than 75,000 families in England.

Families with children that have complex needs and disabilities will receive grants for vital equipment to make their lives easier while implementing social distancing measures, including computers, specialist equipment and educational toys.

The multi-million-pound settlement for Family Fund, detailed today by Children and Families Minister Vicky Ford, will help low-income families with seriously ill or disabled children with the cost of equipment, goods or services - from washing machines and refrigerators to sensory and educational equipment that they might not otherwise be able to afford. The grants are typically worth £400 to £500 per family, but vary depending on need.

For further information go to the Family Fund website:
<https://www.familyfund.org.uk/>

BIG DEAL?

BigDeal is GamCare's information website for young people who want to know more about gambling or who are affected by problem gambling – see www.bigdeal.org.uk

Is gambling a big deal?

Usually, the answer is no. For some people, it's fun and thrilling to play occasionally. For others, it might become a problem and be difficult to know when and how to stop.

Think you might have a problem? Take our quiz to find out!

Take the test

BigDeal is a place for young people to find information and support related to gambling, either for themselves or someone they care about.



Norfolk Libraries provide lifeline for thousands during lockdown

Thousands of residents have been turning to Norfolk's libraries during the lockdown - with a surge in online borrowing and people using new digital library activities.

Tens of thousands more eBooks were downloaded this April than last year - up 63%, while the number of people using the eBook service jumped 80% and just over two thousand new people signed up to use the library online for the first time, in March.

As well as books, many of Norfolk libraries' popular events have gone digital to help keep people connected. Films of activities run by libraries for babies, children and young people have already been viewed over 172,000 times. That includes over 93,000 views of Bounce and Rhyme session videos which have gone online to help parents and carers keep their toddlers active.

During lockdown, at Norfolk Libraries:

- 27,730 digital titles were downloaded through the Libby App in April 2020 - up 63% on the previous year. Users of the Libby App were up 81% on last April
- Films of activities run by libraries for babies, children and young people have already been viewed over 172,000 times (93,600 views - Bounce and Rhyme videos, 70,554 views - Brick Building Club videos and 7,765 views of Storytime videos)
- Children's downloads jumped a staggering 315% compared with April last year. The most popular title was Harry Potter and the Philosopher's Stone in e-Audio
- There were 2,688 downloads for a new eBook Club reading collection, with the most popular title being Matt Haig's "Reasons to Stay Alive" - a memoir of how the author overcame crisis, triumphed over a mental illness that almost destroyed him and learned to live again
- More than nine thousand people read nearly a quarter of a million news articles online via Press Reader for free in April and nearly 11,000 more eMagazines and eAudio books were downloaded from RBdigital. The most popular eMagazine titles in April 2020 were New Scientist, Woman & Home and Good Housekeeping
- The number of people using Britannica Online, to source trusted information, nearly doubled in April compared to April 2019

Other highlights include:



- Norfolk's Libraries have launched new weekly virtual Just a Cuppa sessions. The first event brought residents from Norwich, Hunstanton and Sheringham together to see and chat to each other on Zoom
- Heritage Centre podcasts - new episodes available every Tuesday at 10am. [Listen online](#) or via a podcast app
- Libraries have used their Facebook pages to support the work of local artists, musicians and other cultural organisations – and share them with Norfolk residents

Visit www.norfolk.gov.uk/libraries to find out what's going on at Norfolk Libraries, explore their online resources and how to join.

Keep in touch with Norfolk Libraries on Twitter - @NorfolkLibs, Facebook - @NorfolkLibrariesUK, Instagram - norfolklibraries and YouTube - NorfolkLibraries

Just a Cuppa sessions will be taking place on Saturdays at 10.30am via Zoom. Library staff will help people who are unfamiliar with using Zoom.

People can watch and join in with Bounce and Rhyme through Norfolk Libraries' Facebook page every Tuesday morning at 10am and children's storytime every Monday and Wednesday at 12pm and Fridays at 4.30pm.

Full details of Norfolk Libraries' Business and IP Centre can be found at www.norfolk.gov.uk/businesslibrary. Contact the team on Twitter @BIPCNorfolk or by email on bipcnorfolk@norfolk.gov.uk

SURVEY/FEEDBACK

Equal Lives are in the process of putting together a submission for a government consultation, which is seeking to establish the impact of the shortage of care on the NHS. They are also considering the shortages in the social care workforce and the solutions that need to be found to address them.

Please complete the survey by clicking the picture below to share your experiences. Your contribution will enable us to ensure disabled peoples' views are fairly and accurately represented.

<https://www.surveymonkey.co.uk/r/T697B59>

