



BROADLAND & NORTH LOCALITY – COMMUNITY FOCUS MONTHLY BULLETIN

Date: 29/5/2020

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- Carers week 8 – 14th June 2020
- Wellbeing Virtual June Socials
- Free Dyslexia webinar for parents
- Young carers webcast
- Celebrate Refugee week

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- Preparing SEND and Autistic Children for returning to school
- The Buzz
- Norfolk Libraries
- Young Norfolk Arts Festival
- National Children's Gardening week
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TRAINING/COURSES

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- Learning for communities – An introduction to Spreadsheets
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- Better Together
- Royal Air Force Benevolent fund
- National Careers Service
- Chit Chat
- Operation 'No cold Shoulder'

SURVEY

- ADHD Norfolk – Online Focus Group
- Active Norfolk – AtoBetter Survey

GRANTS / FUNDING

- Youth Endowment Fund
- Safety Fund to remove dangerous cladding

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**

EVENTS



Carers Week 2020, 8th-14th June 2020



FREE online activities for unpaid carers

Origami &
Creative
Writing!

To celebrate Carers Week from 8th to 14th June, we will be hosting a number of activities on Monday 8th, Wednesday 10th and Friday 12th June starting at 10.30am. These will be on Zoom and we will email out links and more information shortly.

Bingo & Quiz
with prizes!

If you would like to join us, please contact us by 29th May 2020 to allow time for an activity pack to be sent to you. The pack will contain bingo cards, origami paper, a pack of seeds and a few other surprises!

Mindfulness,
Laughter
Yoga & Hand
Reflexology

Our contact details are:

Sophie.Little@carersmatternorfolk.org, 07932 095260
or catherinekennedy@carersvoice.org, 07932 095312



Wellbeing Virtual Socials June 2020

All of the social events that we run are based upon the '5 Ways to Wellbeing'. These are a set of evidence-based recommendations which, when followed, can improve your mental health and wellbeing. In the current circumstances, all our social events are being held online. The team are always keen to run social activities using input and ideas from you so please get in touch with any ideas you have!

Monday 1st	10:30am	Yoga
Monday 1st	13:30pm	Coffee & Catch Up
Tuesday 2nd	14.30pm	Arts & Craft
Tuesday 2nd	19.00pm	Film Club
Wednesday 3rd	10:30am	Wellbeing Discuss: 5 Ways of Wellbeing
Thursday 4th	10.30am	Wellbeing Group Chat - Escapism
Thursday 4th	18:00pm	Quiz
Friday 5th	10:30am	Theme Friday: Get Ready with me!
Saturday 6th	10.00am	Perinatal Social

Monday 8th	10:30am	Yoga
Monday 8th	13:30pm	Coffee & Catch Up
Tuesday 9th	14.30pm	Arts & Craft
Tuesday 9th	19.00pm	Nostalgia Night - the 90's
Wednesday 10th	10:30am	Wellbeing Discuss: 5 Ways of Wellbeing
Thursday 11th	10.30am	Wellbeing Around The World
Thursday 11th	18.00pm	Quiz
Friday 12th	10:30am	Theme Friday: Gardening

For details and to join: go to www.wellbeingnands.co.uk and click on 'Social Events'



 WellbeingNandW

 WellbeingSuffolk

 @WellbeingNandW

 @Wellbeing_Suff



**DYSLEXIA – FREE STUDY SKILLS WEBINAR FOR PARENTS
(British Dyslexia Association)**

Studying during the COVID-19 school closures can be particularly challenging for young people with dyslexia. This FREE session looks at how parents can help young people with dyslexia (11+ years) develop the skills needed.

Wednesday 3 June 2020

7.30pm - 8.30pm

FREE

The session will cover:

- What are the study skills involving in reading, writing, numeracy, organisation and revision
- Examples of common and effective study skills
- Core strategies for strong study skills
- Assistive technology available to support study skills

At the end of the session there will be a live Q&A for parents.

Book your FREE place now



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/>

**Loud
speaker**
unite, *organise*, transform

**Celebrate Refugee
Week 2020**



Aged 11-25? Get involved!

19/06/2020 Join a youth led session to share your experiences of coming to the UK

20/06/2020 Perform live music celebrating your culture on Zoom



loudspeaker_nfk



loudspeaker_nfk



loudspeakernfk

**Contact Lizzy or Leanne by
05/06/2020**

LizzyOlley@map.uk.net / 07384893777

LeanneNye@map.uk.net/ 07384 514268

RESOURCES

Gressenhall Farm and Workhouse

Murder in the Workhouse: A Murder Mystery

Chapter 1: Arriving at the Workhouse

It is 1873 and all is not well at Gressenhall Workhouse: Mr Barker lies dead. Can you help Detective Lightfoot solve the crime and find his murderer?

Suitable for ages 10 and up, this is the first of six short films to be released each weekday of May half term. Tune in on Friday afternoon for the grand finale! Make sure to share your thoughts and interrogate the suspects every day in the comments below the video.

Detective Lightfoot advises you to get your magnifying glass in your hand, your deerstalker on your head and, of course, the little grey cells ready to get to work!

Don't miss Chapter 2, premiering on Tuesday 26 May at 11am!

Chapter 1 and all subsequent chapter available at ...

https://www.youtube.com/playlist?list=PLFyxX5GzHdAYAMoMw5-I74CrijCd8QgjCg&fbclid=IwAR0UIgfkW85I_wJFV560m97nk8tPPanjHGbh3HqypRcuzJcG5s9WDPxBYE4



**PREPARING
AUTISTIC
& SEND
CHILDREN
FOR GOING
BACK TO
SCHOOL**

SCHUDIO.TV

Preparing Autistic & SEND Children for going back to school

<https://www.schudio.tv/courses/preparing-autistic-send-children-for-going-back-to-school?fbclid=IwAR0ENgKIyE9uEtVIRpfpwpsQHjzJpNnZzEfhyNrgVSBU36M5VLCvWikdCoc>

THE BUZZ

The Buzz has been designed to be inclusive and accessible to a wide audience including people with a learning disability. It is a collection of free videos with activities that people can do at home, such as art, dance, exercise, cooking and more. **Each weekday there will be new videos added to our dedicated Facebook group and each week they will be hosted on our Small Good Stuff website.**

Each video is produced by one of the many fantastic community enterprises who have been supported by Community Catalysts.

All the enterprise leaders are experienced in running inclusive, accessible and fun sessions designed to will keep everyone motivated, energised and entertained during lockdown.

The Buzz can be accessed in two ways:

1. On the Facebook group – search on Facebook for ‘The Buzz by Community Catalysts’ or click this link: www.facebook.com/groups/hellothebuzz
2. On our Small Good Stuff website - www.smallgoodstuff.co.uk/the-buzz/

Facebook group members can use the group to share their ideas, send in pictures of the things they have created and let us know how they are getting on with the activities.

To become a member of the Facebook group, people will need a Facebook profile. They must also read the group rules and agree to them when they join.

We will monitor everything that is shared in the Facebook group including all videos and members’ posts and comments. We will check everything before it is approved to make sure the group is safe and fun for everyone.

We have created an [easy read information sheet about The Buzz](#).

This in an [easy read information guide to using social media](#) and Facebook safely, which you may find helpful.

We can’t wait to start sharing some great activities and we look forward to seeing people get active, creative and having fun!

Thanks,

The team at Community Catalysts



Norfolk Libraries

Norfolk Libraries provide lifeline for thousands during lockdown - Some of the wonderful resources and on line resources being provided by the libraries during Covid 19 -

<https://www.facebook.com/NorfolkLibrariesUK/>

Bounce and Rhyme sessions are live via the facebook page every Tuesday at 10am

<https://www.facebook.com/NorfolkLibrariesUK/> Videos from previous sessions can

also be viewed on the Facebook page.



Silly Squad – the 2020 Summer Reading Challenge!

Our libraries might be closed, but it takes more than that to stop the Summer Reading Challenge. Silly Squad arrives super-early this year, to keep children reading whilst they're not at school, as well as throughout the Summer Holidays. There'll be a brand-new online portal from The Reading Agency where children can log in to track their progress, tell us about the books they're reading and get some great new recommendations. Sign-ups open in June, so more details in our next issue, as well as on our social media pages and website.

What's on for children

Every week we broadcast live video activities for children on our [Facebook page](#). If you have a baby or toddler tune in for our live Bounce and Rhyme time every Tuesday at 10am. For children up to 7 years old we have Storytime at 12pm every Monday and Wednesday and 4.30pm every Friday. And we have weekly lego building challenges for Brick Builders Club every Wednesday at 4.30pm If you miss any of our weekly activities, you can catch up later from on our [videos page](#).



Just a Cuppa - online

We've launched a virtual Just a Cuppa over the video platform Zoom, every Saturday at 10:30am. Just a Cuppa is a great way to chat and socialise with other people, while enjoying a cup of tea or coffee at home. If you are interested in joining the virtual Just a Cuppa, please email libraries.iconnect@norfolk.gov.uk and we'll get in touch with all the details about how you can join. It doesn't matter if you are unsure about how to use Zoom, we'll be able to help get you started.

Soundabout works with music to empower people with learning disabilities. Every day they go live on Facebook delivering music and sensory sessions to people with learning disabilities all across the country. The video remains on their page so you don't have to join live, but it is fun to do so.

[#DiscoverCreativityNorfolkLibraries](#) [#musicinquarantine](#) [#musicinlibraries](#)

**no space,
every place
open call**

As part of the virtual Young Norfolk Arts Festival 2020 our YNA Collective are curating **no space, every place**, a virtual exhibition to be held from 2-6 July. And we need YOUR artwork to fill it!

We are looking for works that reflect your world, here and now. You can create something from scratch, or submit something existing, that meets this brief.

You can submit anything from photography and painting to film, sound and digital art. Please note we can only accept submissions digitally.

no space, every place is open to anyone aged 11-25 and based in (or with links to) Norfolk. The deadline for submissions is **Sunday 14 June**. 50 final pieces will be selected for exhibition and 3 of these will be chosen to win some great prizes.

Find out more and how to submit at youngnorfolkarts.org.uk/nospaceeveryplace



National Children's Gardening Week – 23rd – 31st May 2020

'Together, we help children grow'

National Children's Gardening Week celebrates the fun that gardens hold for kids. Children, parents, grandparents, schools or garden businesses can find ideas for fun garden projects and activities on this site. <https://www.childrensgardeningweek.co.uk/>

Cool Fairy Gardens for boys (and girls!)

https://brainpowerboy.com/fairy-gardens-for-boys/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=600442986_22160112_134452&fbclid=IwAR2w1wTyw_gDVMLjioGI7PAZBWmjrHBVzKMMr9WbsjBPG5_KjRUOnmxTqfM





Painted Fairy Houses

https://www.projectswithkids.com/easy-painted-fairy-houses-garden/?fbclid=IwAR1FGB_QzsgtCslAo9rnWVXXjUfAh6V8VXmk-WhHx9IG5inBoJ3evQqBwYk



So, for a short while each day in June why not switch off the computer, television or iPad and tune in to bird-song, butterflies and daisies instead. Or even just create space in a green place for a quiet reflective moment.

You can apply for a free 30 Days Wild digital pack (containing ideas, wild bingo card, wild calendar and a nature table collection) at wildlifetrusts.org/30dayswild.



LET'S CREATE PACKS

Across the region, cultural organisations, schools and communities have been working to help families in need of additional support through this crisis. These groups have been providing creative materials and inspiration; from lego sets to cress seeds. Using our National Lottery Funding from Arts Council England, we've been able help a few of these projects share some kindness and joy.

With our [Local Cultural Education Partnerships](#), [64 Million Artists](#), [NEACO](#) and [Norfolk Museums](#) we've also made a creative inspiration pack. From this week onwards the amazing on-the-ground distribution networks are delivering it to over 7,500 families who might not have access to digital resources.

Although designed for off-line, you can print at home or in school and share it further - [Download it here](#) (<https://nnfestival.org.uk/festival-bridge/what-we-do/lets-create-packs/>)

If you use the pack email us at bridge@nnfestival.org.uk to share what you've done. We've recruited local artists to create a pack for the summer holidays so any feedback will help to make this one even better.

If you're distributing creative inspiration packs or arts materials to families, we want to hear from you! There are various opportunities coming together from Arts Council and others and we want to ensure that those children and young people in most need benefit from these opportunities. If you haven't spoken to us already, do get in touch on bridge@nnfestival.org.uk

Source: Festival Bridge email



Virtual Big Sing 2020 | The fantastic folks at Norfolk Music Hub are leading a national Virtual Big Sing on the 19th to 21st June. They aim to bring an interactive digital concert to every young person in the country. Families or school groups are welcome.

Take part here

<https://www.norfolkmusichub.org.uk/site/events/event/the-virtual-big-sing-2020>

Source: Festival Bridge email



TRAINING / LEARNING

wellbeing
Helping you live your life



Community Champion Online Training

Wednesday 10th June, from 1pm

(Additional date by popular demand)

This FREE training is aimed at teams or individuals within businesses, trusts, charities or community groups who would like to increase their understanding of mental health and create a supportive and positive mental health environment where they live, work or volunteer. If this sounds interesting, becoming a *Wellbeing Community Champion* may be for you. Plus we're taking our training digital! This training will last approximately 2 hours with a break.



For more information or to book a place, please email:
socialsandvolunteering@wellbeingnandw.co.uk



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

01/06/20 – 'Lockdown Calories' (and how to manage them...!)

03/06/20 – 'Activity in Lockdown' (With Active Norfolk- Q&A)

05/06/20 – 'Yoga' (Information and Q&A)

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





An Introduction to Spreadsheets

Our FREE on-line course will provide you with the introductory skills you need to use Excel at home or in a work base setting.

During the course you will learn:

- How to use spreadsheets
- How to input data and add formulas
- How you to use spreadsheets to manage your personal finances and how to create charts and filter data.

The course takes place every Tuesday for four weeks:

Tuesday 2nd June 2020 to Tuesday 23rd June 2020 from 10am - 12pm

TO ENROL VISIT:

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

Alternatively please email CLDO@norfolk.gov.uk for further information



An Introduction to Padlet

Padlet is an application that enables you to create an online bulletin board to display information for any topic. Padlet allows you to add images, drawings, links, videos, text, columns and many more features. You can invite friends, family, colleagues or even students to your Padlet so that you can communicate online, add notes and hold discussions. Padlet has so many features so come and join us for our FREE session to find out more about using Padlet.

Wednesday 3rd June 2pm - 4pm with Melissa Brown

Please enrol on line or contact CLDO@norfolk.gov.uk for further support

To enrol visit Adult Learning Norfolk

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



Editing and Uploading a YouTube Video

YouTube is a free video sharing facility that allows users to upload their own videos and watch videos posted by others. Many organisations and individuals use YouTube as a platform to promote their business or to share videos with friends or family. Join us for our FREE session so that you too can learn about • YouTube privacy and security • how to create a YouTube video • the basic edit functions and how to upload your video to the YouTube channel.

Friday 29th May 2020 1.30pm - 3pm with Melissa Brown

For further information please contact CLDO@norfolk.gov.uk

To enrol on this course please visit:

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

DIRECTORY

Promoting activities for families

NORFOLK COMMUNITY DIRECTORY

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



 Norfolk Safeguarding Children Partnership

 Carers Matter Norfolk

 Caring Together

 N

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.



Virtual Perinatal Social

Saturday 6th June 10am
(via Zoom)

If you've recently had a baby, or are pregnant, join us for our first online perinatal social to see how you can help your wellbeing in these strange times!

We'll have a look at ways to keep ourselves well, focusing on the challenges that being a new parent can bring! There will be a short mindfulness session followed by a virtual coffee and chat



For more information or to book a place, please email:

socialsandvolunteering@wellbeingnandw.co.uk

www.wellbeingnands.co.uk/norfolk/get-support/perinatal_mental_health_support/

 WellbeingNandW	 WellbeingSuffolk
 @WellbeingNandW	 @Wellbeing_Suff



Creating Connections | Building Communities

I'd like to ask you for a small favour. Just for a moment, close your eyes and imagine that you have nobody in the whole world that you can talk to. Not even a quick chat. Nobody to talk to about the current crisis, about your hopes, your dreams, your concerns, the weather. Nobody to turn to when you need advice; when you aren't sure how something works; when you'd like to try something new, but don't want to do it by yourself. No family, no friends, no work colleagues.

Research has found that over 9 million people in the UK are either always or sometimes lonely, (campaigntoendloneliness.org). With current social distancing and 'lockdown' measures in place, this figure is likely to be far higher. There are literally millions of people out there who would love the opportunity to talk, to ask, to be listened to.

That's where Better Together Norfolk comes in. As an organisation set up to address and combat social isolation and loneliness, we are ideally placed to help. Our highly-trained, highly-motivated team have both the skills and the knowledge to make a real difference. Our knowledgeable and friendly helpline team are just a phone call away, (0300 303 3920), ready to answer queries and concerns, offer advice, guidance and, perhaps even more importantly, ready to listen.

Our team of skilled and experienced life connectors have a wealth of expertise about local community resources and are ready and waiting to offer support, guidance, ideas and solutions. Although they are currently unable to offer the usual, one-to-one, face-to-face support that has made such a huge difference to so many, they are still able to help. Contacting clients by phone, they are able to offer people the opportunity to discuss concerns, to offer expert advice and guidance, signposting to other appropriate services, or maybe just to have a friendly chat. For some, this contact could be crucial.

If you know of anybody that might benefit from working with our friendly team, if they are lonely, if they have ever expressed a desire to do more to fill their time, to meet new people, make new friends then please make a referral. You can call our helpline on 0300 303 3920 between 9 and 5 Monday to Friday. They are ready to chat, offer advice and answer any queries that you might have. Alternatively visit our website – www.bettertogethernorfolk.org.uk and complete our quick and easy referral form. In uncertain times it helps to have somebody to talk to. If you know of anybody that might benefit from our services then please get in touch. After all, we really are better together.



COMBATTING LONELINESS AND SOCIAL ISOLATION IN NORFOLK

- There are an estimated 38,000 lonely people in Norfolk aged 65+ plus many others of all ages who are lonely through isolation caused by physical or mental health problems.
- Being lonely increases the risk of premature death by 30%.
- Loneliness is associated with an increased risk of developing coronary heart disease, high blood pressure and stroke.
- It is considered more harmful to health than smoking 15 cigarettes a day.

Source: Norfolk County Council, Norfolk Public Health, Local Government Association and the Campaign to End Loneliness



WEST NORFOLK



- Referral by phone or email
- 1-to-1 support delivered face-to-face and on the phone by Lily advisors
- Social action grants for individuals and groups
- Online directory of services and events

01553 616200 (option 6)
asklily@west-norfolk.gov.uk
www.asklily.org.uk

NORWICH, GREAT YARMOUTH AND SOUTH NORFOLK



- Online and phone referral and LiveChat
- 1-to-1 assessment, coaching and support from a team of Life Connectors
- Freephone helpline open 9-5pm, Monday-Friday
- Social action grants for individuals and groups
- Access to groups and activities

Better Together Helpline 0300 303 3920 www.bettertogethernorfolk.org.uk

NORTH NORFOLK



- Online and phone referral and LiveChat
- 1-to-1 assessment, coaching and support
- Freephone helpline open 9-5pm, Monday-Friday
- Social action grants for individuals and groups
- Access to local groups and activities

CAN Connect Helpline 0300 303 3920
www.canconnect.org.uk

COVID19 Epidemic Update

The RAF Benevolent Fund is continuing to adapt to the current situation and has developed new initiatives alongside its established support for members of the RAF family.

Nationally, the RAF Benevolent fund continues to offer support for a wide range of issues but has added additional support during the COVID19 epidemic.

Emotional Wellbeing:

Check and Chat calls- The RAF Benevolent fund has been carrying out Welfare Check calls to beneficiaries and are offering a regular 'Check & Chat' social call to any member of the RAF Family who lives alone or has a caring responsibility for a partner or loved one that they are isolating with.

Listening and Counselling Service- We continue to offer a course of counselling through our listening and counselling service for issues such as: relationships, bereavement, anxiety and self-esteem. Additionally, we now have a new **24/7 emotional support helpline** run in partnership with *Vita Wellness* who provide immediate, one-off emotional support from a trained counsellor. The service is available to all adult (18 +) members of the RAF family. Anyone using the service will just need to confirm that they are connected with the RAF either as a serving person, a veteran or a partner. They won't be asked for anything more than that.

Financial Support:

We have now added an online application where eligible members of the RAF family can now self-refer for funds up to £750 by completing an online application form. This can be found at the following link; <https://www.rafbf.org/how-we-help/veterans/financial-support>

Legal Advice Helpline:

We are working in partnership with *Law Express* to provide access to confidential and impartial legal telephone support. As a telephone helpline their advisors can offer advice and answer questions on a range of issues regarding UK law, including, employment, consumer, wills/probate, landlord & tenancy and family law. Further information can be found at legal.advice@rafbf.org.uk.

Benefits advice and advocacy: We continue to offer advice and support relating to access to benefits and services.

All of these services can be requested via our welfare help line on **0300 222 5703** or by visiting our web site <https://www.rafbf.org/>

Please ask the question, '**Have you any connection to the RAF?**' and refer those in need of support.

National Careers Service offer extended

The National Careers Service have developed a new **FREE** offer for young people as well as adults adversely effected by the COVID 19 lockdown.

During the pandemic period, the National Careers Service is offering to provide:

- One-to-one careers advice and support for young people and their parents and carers with priority for Year 11, 12 and 13 education leavers.
- Dissemination of careers information content and resources for young people and parents/pupils to use at home
- Supporting students whose GCSE, A level or other exams have been cancelled
- Direct Support for Furloughed Workers and apprentices in order to meet their needs
- Support for jobseekers to help them to assess and develop their skills and career plans and supporting DWP and jobcentre staff to direct people seeking work to essential vacancies in the local area

Should you wish to discuss any of the above services or if you have young people who require careers advice and support, particularly at points of transition please contact John Morgan at John.morgan@futuresforyou.com or 07483120919.

Alternatively call 0800 917 9419 or email into the service through NationalCareersServiceNCC@futuresforyou.com

Chit-chat.

We are a new not-for-profit organisation creating a place for everyone to have a conversation. Born during the peak of a global pandemic and unprecedented isolation, we strive to change how we interact with one another.

Grab a brew, give us a call and engage with us through social media. Any conversation is welcome.

Our enthusiastic volunteers oversee the phone line and social media all week and are committed to having a friendly discussion with anyone who reaches out.

We're here to listen, we're determined to reduce the number of people who are lonely and we're here to chit-chat.

We aren't just a phone-line. We are a community. We are for everyone.

0333 002 0333 9am – 9pm 7 days a week”

<https://chitchatbritain.org/>



Are you (or is someone in your community) feeling lonely or isolated?

There is FREE support that could help!

Operation No Cold Shoulder is a year-long project funded by the National Lottery Community Fund that aims to tackle loneliness and social isolation. The project is being run by a partnership of Norfolk charitable organisations including Age UK Norfolk, Community Action Norfolk (CAN), Creative Arts East, Future Projects and West Norfolk Befriending.

The project is running from April 2020 to March 2021 and offers support to people in particular target areas of Norfolk; **Swaffham, Litcham, Thetford, Dersingham, North King's Lynn, Fakenham and surrounding villages, Mile Cross in Norwich and Thorpe Hamlet in Norwich.**

The support on offer is particularly important during the Covid-19 lockdown. Many people who are vulnerable are having to isolate themselves to keep safe and this can have an impact on their emotional wellbeing, leading to feelings of loneliness and social isolation.

Operation No Cold Shoulder provides the following free support than can help;

Free Creative Wellbeing Packs

Provided by Creative Arts East for people aged 18+

A series of postal packages containing creative arts activities to try at home, including music making, crafts, movement activities and more!

No prior experience is needed.

Call Lea or Sydney on 019953 713390 or email lea@creativeartseast.co.uk



Free Telephone Befriending

Provided by Age UK Norfolk for people aged 60+

Offering people aged 60 and over friendly conversation by telephone from a dedicated befriending volunteer. We call weekly for an enjoyable and stimulating chat.

Call 01603 785 223 or email befriending@ageuknorfolk.org.uk



Would you like to help lonely or socially isolated neighbours?

The project is offering free support for communities who would like to set up Good Neighbour Schemes in their area where volunteers help those most in need in their neighbourhood with practical support.

Free help to set up Good Neighbour Schemes

Provided by Community Action Norfolk (CAN)

Step-by-step support, advice, a resource pack and funding support to help a scheme get up and running along with ongoing advice and support including an option of online training sessions.

Call Tracey on 01362 545024 or email

tracey.allan@communityactionnorfolk.org.uk



SURVEYS



<https://www.questionpro.com/locus/adhd-norfolk-online-focus?fbclid=IwAR1L9iRSyA8uG0mkEQZdL9p-9znOVOHKtfWkC4jL71jykyWpSplILGYvX28>

Active Norfolk

Survey alert! [AtoBetter](#) want to know how the coronavirus pandemic has changed the way you move from A to B, whether for work, shopping, or leisure. Share your experience by 7 June for a chance to win one of five Amazon Fire Tablets!

www.smartsurvey.co.uk/s/ATOBL5/

GRANTS / FUNDING

Youth Endowment Fund

Social distancing and stay-at-home measures have seen access to schools restricted and the provision of youth services dramatically reduced. The result is that some of our most vulnerable young people have both lost the support they relied on and become increasingly invisible.

Many organisations who are passionate about young people are working hard to find creative ways to address this at a time when their own financial security hangs in the balance. Whilst some continue with their face-to-face work, an increasing number of organisations are turning to digital and virtual activities to deliver their support.

Our dual aims with this grant round are to help reach and support vulnerable young people (predominantly aged 10 to 14) at risk of youth violence, and to learn the best ways to provide support under social distancing and stay-at-home guidelines

<https://youthendowmentfund.org.uk/grants-2/covid-19-round/>

New £1 billion building safety fund to remove dangerous cladding from high rise buildings

New fund will meet the cost for unsafe non-ACM cladding on residential buildings that are 18 metres and over and do not comply with building regulations.

The fund's application process has been designed to enable projects to proceed at pace with building owners, freeholders or others responsible for the building urged to register for the fund on Monday as applications can be progressed alongside the development of the remediation project.

For more information go to:

<https://www.gov.uk/government/news/new-1-billion-building-safety-fund-to-remove-dangerous-cladding-from-high-rise-buildings>

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