



BROADLAND & NORTH LOCALITY – COMMUNITY FOCUS MONTHLY BULLETIN

Date: 5th June 2020

EVENTS

- Mens Virtual Health Social – Mind
- Norwich Social Care Jobs Fair
- Covid-19 Community Hero
- Young Norfolk Arts Virtual Festival

RESOURCES

- Donate Education Resources
- Norfolk County Council Library Service
- Top tips – Preparing your child for Returning to School
- Norwich Castle presents Snap at Home
- Cambridge Science Centre Online
- Community Grants by CANConnect

TRAINING/COURSES

- East Coast Children's Speech and Language therapy
- Free Online Seminars – Do you Understand Credit Unions
- Community Courses - Coffee and Chat
Online Yoga
- Prince's Trust Update and Get Into Social Care
- Marsh Virtual Webinars
- My Week of Work for Year 10's
- Clarion Futures trialling two new online courses
- Adult Learning – Keeping Norfolk Learning Online

DIRECTORY

- Norfolk Community Directory

SUPPORT SERVICES

- Money Matters
- Skills support for Redundancy
- NCAN Advise Leaflet
- Your Own Place Updates

SURVEY

- Norfolk SEND partnership

VOLUNTEERING

- Shop with confidence

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



Good Afternoon,

Please see attached the poster for our Mens Health Virtual Social which we love to invite you along to and



Mens Online Social
Poster 1.pdf

please share far and wide!

We will be looking at Mens Mental Health alongside ex Norwich City player **Cedric Anselin** amongst a host of Mental Health advisors and supporters.

It will be a safe place to join us in discussions, advice & tips as well as a chance to hear from other services what they maybe able to offer.

A link is in the attached poster but you are also able to join through the wellbeing website (<https://www.wellbeingands.co.uk/norfolk/communitydevelopmentteam/social-events/>) on **Wednesday 17th June 7pm-9pm**.

If you have a service that is available that you would like us to mention then please email me back with the information, or if you would like a few minutes to talk about what you do, just let me know and we will build it in.

All participants do not have to have their camera or mic on, sitting in the background listening is absolutely fine, we just want to reach out to as many people as possible to join us. 😊

Any questions, please let me know.

Keep well and see you soon!

Kelvin

Kelvin Colbourn

Community Development Coordinator- North & South Norfolk



jobcentreplus

Norwich Social Care Jobs Fair

Using Twitter!

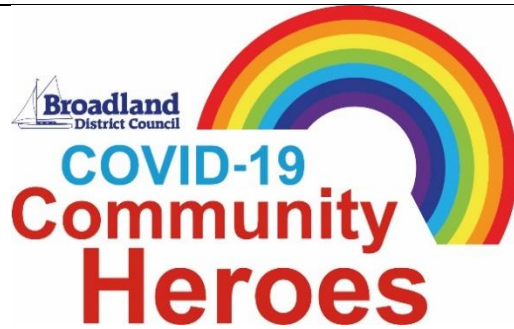
**Do you want to make a difference?
Are you caring, compassionate and reliable?
Join us to find your new job
or training in Social Care.**

To join us search for **@JCPIInNorfolk** on
Twitter or search for
#NorwichVirtualJobsFair

You do not need an active twitter
account, just simply google
@JCPIInNorfolk

**If you have any questions please contact
norwich.employeradvisers@dwp.gov.uk**

**18 June 2020
11:00am – 12:00pm**



Outstanding individuals who have played a vital role in supporting the local community are to be recognised through a special scheme run by Broadland District Council.

The Council is looking for suggestions for its Covid-19 Community Heroes to acknowledge the work of those who have helped people get through this difficult time. This recognition campaign is about celebrating the community spirit across Broadland and providing an opportunity to thank those who have given up their time to help others.

Broadland District Council is asking residents to put forward the stars of their community through its Facebook page and social media channels using the hashtag #BroadlandHeroes or on the webpage www.broadland.gov.uk/covidheroes.



**YOUNG
NORFOLK
ARTS
FESTIVAL**

**YOUNG NORFOLK
ARTS VIRTUAL
FESTIVAL 3-6 JULY**

**DANCERS MUSICIANS
POETS PERFORMERS!**

Young Norfolk Arts wants to showcase young talent as part of our virtual Young Norfolk Arts Festival stage running from 3-6 July 2020.

We'll be sharing pre-recorded performances as well as live streams, and we can support you to create and film a performance even if you're a band or group. Open to anyone aged up to 25 years and based in (or with links to) Norfolk.

If you'd like to take part please send us some info about yourself and/or a link to your work to enquiries@youngnorfolkarts.org by Sunday 14 June.

 youngnorfolkarts.org.uk

 @YN_AF

 @youngnorfolkarts

 @youngnorfolkartstrust

No Space, Every Place Open Call

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

There's also a chance to win some great prizes. We are looking for works specific to your world, here and now. You can create them from scratch, or submit something existing, that meets this brief. Think about your sense of being and relationship to the location; this could be your physical world, or a world in your mind right now.

Deadline 14 June 2020

RESOURCES



Businesses across Norfolk have responded to a call for learning resources and stationery to help families tackle learning at home.

With most children not at school, families have had to rapidly adjust to teaching their children at home. It's a challenging time for everyone but some families are finding the current circumstances particularly hard.

In partnership with the district councils, Norfolk County Council asked businesses to donate additional learning resources like games, activities, notebooks and pens, which alongside those given by schools, will help children in their local area to keep learning.

The response has been fantastic and there is still time for more businesses to [get involved](#). Your donation could make a huge difference to a local family. If you can help please email cs.communitypartnership@norfolk.gov.uk with your name and location, and the items you would like to donate.

Thank you to all those who have generously donated so far.



Norfolk County Council Library Service

Libraries may still be closed but there are lots of online resources available - for all ages and both leisure and learning - to help you get through lockdown and beyond.

There are regular Storytimes, weekly Bounce and Rhyme sessions, reading challenges, heritage podcasts, virtual reading groups, cultural activities and a range of other offers online - for more information visit [Library Services](#).

Online [reference subscriptions](#) available from home include Encyclopedia Britannica, Find My Past, Times Digital Archive, Oxford Dictionaries, Oxford Reference Library, and COBRA (Complete Business Reference Advisor). Login requirements may vary between titles.

The Business & IP Centre can answer enquiries by [email](#) or for more information visit [Support for Businesses](#)

Look in our [Healthy Libraries Catalogue](#) to see a range of mood boosting books. You will also find [Reading Well](#) booklists and many of the books are available as eBooks and eAudio books.

All borrowed items will be automatically renewed until further notice, and we are asking people to keep library books at home for the time being.

You will not be charged overdue fees, and any existing charges (as of 17 March) will not increase over time. This covers all items, including books, DVDs and music.

If you're not already a library member, [sign up](#) online - you will receive an email that allows you to use on online services and then a library card in the post. If you already have a library card and just need to know your PIN, [email](#) us.



Preparing your child for returning to school

With plans being made to reopen schools for more pupils, as a parent or carer you may feel concerned about your child returning to school, especially if they find change difficult to handle.

Here are some things that you can do to help prepare your child and to gain a sense of control over the uncertainties.

- 1 Think about your child's individual needs:** each young person has their own personality, strengths and requirements so will need different preparation and support.
- 2 Find out your child's worries:** are they worried about catching the virus or family members getting sick? Once you know their concerns, you can provide them with information and reassurance to help them feel safe at school.
- 3 Share with teachers and support staff your family's lockdown experience,** as this will affect how your child will feel about returning to school. For some families, just getting through each day has been the priority, while others will have lost someone close to them. This will help school staff to provide the support your child needs.
- 4 Work together** with your child's teacher and other professionals to agree a 'return to school' plan. It will help to think about what time your child will start and finish school, who will meet them and where they'll spend breaktime. You can add more details as they become known.
- 5 Use your child's preferred communication method.** Your child could help write their own 'return to school' plan. Other children may find symbols, photos or videos more helpful. Social stories which use short descriptions of a situation or activity can help children understand and cope with changes.
- 6 Think about what will be the same** when your child returns to school, such as their teachers and uniform. Focusing on this first will be reassuring and help reduce their anxiety.
- 7 Find out how the school environment will be different,** such as the number of desks in classrooms. School staff may be able to provide photos or videos so your child can see what school will look like. Remember, certain changes may benefit your child, for example fewer children may reduce the risk of sensory overload.
- 8 Consider how changes to school routines and activities will affect your child:** for example, there could be new rules about entering and moving around school. Some activities that your child enjoys may not be allowed, such as swimming. Help your child to understand those changes to their school day and why they are happening.
- 9 Think about what you learned about your child during lockdown.** Did certain activities calm your child down? Did regular movement breaks improve their focus? Share this with their teacher. It could also help to continue some of the activities you started in lockdown once schools reopen.

Website links

Social stories: autism.org.uk/about/strategies/social-stories-comic-strips



Norwich Castle Presents

Snap at Home!

online videos for children aged 0-5 to enjoy at home!

Snap, our friendly museum dragon, is keeping safe and staying home inside Norwich Castle. But his cousin, Snappy is here to play!



Join **Snappy, Steve and Amy** for fortnightly online videos for children aged 0-5 and their caregivers - with songs, rhymes and amazing museum objects to develop your child's imagination and conversation!



Going LIVE AT 10am on Monday 8 June 2020
"Snappy's Treasure Adventure"

Watch online - Search for Norwich Castle on Facebook or Norfolk Museums on YouTube



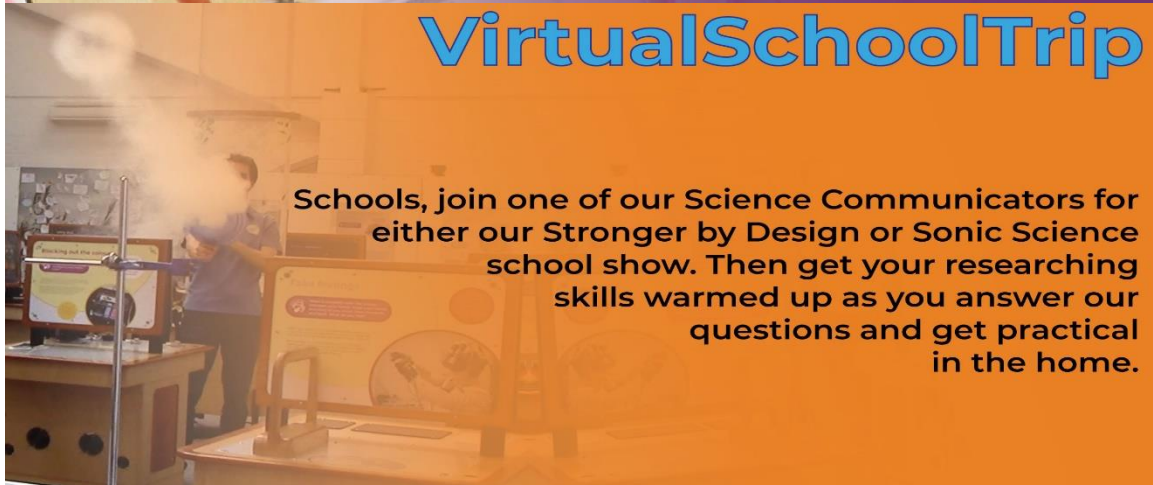
museums.norfolk.gov.uk/norwich-castle





CSC Online

Over 200 activities to do how you want, when you want! Our archive lets you explore your favourite subjects, and features over 30 themes to let you discover a topic in detail.



VirtualSchoolTrip

Schools, join one of our Science Communicators for either our Stronger by Design or Sonic Science school show. Then get your researching skills warmed up as you answer our questions and get practical in the home.

Our Social Media

We have a new theme every week! Full of challenges, puzzles and experiments to do at home. Will you solve our challenge of the week? Click the logo of your favourite platform.



Find Out More

For more details on what we're offering during COVID-19, click the buttons below.

[Click here for OpenUpScience](#)

[Click here for VirtualSchoolTrip](#)

[Click here for Science@6](#)

[Click here for CSC Online](#)



COMMUNITY GRANTS

by CANConnect

EQUIPMENT | MATERIALS | ROOM HIRE | EVENTS | PROMOTION

CANConnect are offering grants to support new and existing community groups in the North Norfolk area. Maximum amount - £1,000.

Funding can be provided for room hire, materials, equipment, running events, marketing and promotion etc.

If you would like more information or an application form, please contact: Sally Thornton, Community Action Norfolk:

sally.thornton@communityactionnorfolk.org.uk
01362 698216



TRAINING



East Coast Children's Speech and Language Therapy

19 hrs · 🌐



The National Deaf Children's Society are offering a free online sign language course. There are 12 free weekly sessions, uploaded every Friday.

<https://www.ndcs.org.uk/.../onli.../family-sign-language-course/>



NDCS.ORG.UK

Family Sign Language video course | Learn BSL with your child

We're offering free video BSL lessons to all the family. Support your deaf child and learn with the whole family



https://www.ndcs.org.uk/our-services/our-events/events-for-parents-carers-and-families/online-events/family-sign-language-course/?fbclid=IwAR3nBE3I4A087Gv7q_L2XNtGyAheK-Aih-x4fddGN-CYHhf8iY_hORsGQ

Free online seminars - Do you understand credit unions?

Leading the Seminar will be England Illegal Money Lending Team's specialist Credit Union Liaise Officer, Sean Lynch, who was recruited from Citysave Credit Union, based in Birmingham which had roughly 7,500 members and savings deposits of over £7 Million. He had more than 8 years' experience with this medium/large size credit union before joining the Illegal Money Lending Team. For the last 3+ years of his time there, He was the manager of the Credit Union and looked after day to day operations, lending, marketing and website content etc. Working with the CEO, he contributed to the governance as well as all policies approved by the board.

To Book a place please follow the link to Eventbrite

10AM TUESDAY 16TH JUNE

<https://www.eventbrite.com/e/do-you-understand-credit-unions-tickets-107201079314>

10AM THURSDAY 18TH JUNE

<https://www.eventbrite.com/e/copy-of-do-you-understand-credit-unions-tickets-107201428358>

Link to training will be sent to you the day before



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

08/06/20 – ‘Disorderly Lives’ Tudor and Stuart Norwich

10/06/20 – ‘What are Podcasts?’

12/06/20 – ‘Nail Art’

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

Community Courses

These Fitness Yoga courses will improve your flexibility, balance and muscle tone. These are non impact exercise classes. You will have the opportunity to practise basic yoga postures and learn how to combine these with breathing techniques that relieve stress and improve general health and well-being.

Yoga sessions coming up in June 2020;

08/06 – Online Yoga, 9.30am – 10.30am or

10/06 -Online Yoga, 5pm-6pm

Courses are 10 weeks and will be on the Zoom platform.

To book and 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 or contact Nick on 07738 708554

Princes Trust update

Princes Trust have now moved to online delivery and brought in colleagues from across the whole of the East of England to form one new team.

Their programme for June 2020 is ready to be shared so please contact Karen Searle via email at karen.searle@norfolk.gov.uk if you would like an electronic copy of the programme.

None of these programmes have dates attached to them because the Princes Trust will be repeating all of the themes regularly and they will create a tracker to register young people's interest. Each time a new programme begins, they will work through the tracker in order of the dates young people submitted their interest.

Princes Trust online offer currently is:

1. Get Into Adult Social Care (with West Suffolk College)
2. Get into Health & Social Care (with Steadfast Training)
3. Get Started with Games Design (with WuWo Media)
4. Get Started with Nail Art (with Solis Nail & Beauty Training)

Get into Health and Social Care in partnership with **Steadfast Training**

Next Programmes:	Monday 15 th June – Friday 26 th June 2020
Location:	ONLINE
Interviews:	Phone Interviews prior to programme start date

This is a great opportunity for anyone aged 18-30, looking to start a career in the Health and Social Care sector – so get in touch quick to prevent them missing out.

I have attached a flyer for you to share with YP, colleagues and friends / family – Please feel

free to share on social media too.



Online Gi Health
and Social Care - Jur

This is an employment opportunity for any of your clients aged 18-30, looking to start a career in the Health and Social Care sector.

- Level 1 qualification in preparing to work in health and social care
- An introduction to different care services, including roles and responsibilities
- Learning the values, skills, and attitudes required for health and social care
- Supported to obtain a job interview if you complete and pass the course
- Boost employability skills and access employment opportunities
- Doesn't affect your benefits and up to 6 months mentoring support!

LIMITED PLACES AVAILABLE | To join the course YP can email:
peter.hennessey@princes-trust.org.uk



Marsh Virtual Webinars

Marsh will be hosting several different webinars to talk about their apprenticeship programmes and what Marsh do in more detail. This will give an insight and an overview into the insurance broking and risk management world and also give students a chance to ask any questions they might have at the end of each webinar.

Any students that are interested can sign up using the link below and will receive a calendar invitation to each session they register for. Marsh's virtual insights series begin from next week on the below dates:

- **The Apprenticeship Scheme:** Monday 8th June at 11.30am – 12:00pm
- **The Role of a Client Executive:** Wednesday 10th June at 4:00pm – 4:45pm
- **The Role of a Broker:** Tuesday 16th June at 11:00am – 11:30am
- **The Role of a Policy Technician:** Thursday 18th June at 2:00pm – 2:30pm
- **The Role of a Claims Advisor:** Monday 22nd June at 11:00am – 11:30am
- **The Risk Game & Understanding the Application Process:** Wednesday 24th June at 11:00am – 11:45am

Students should click [here](#) to sign up to all the session they wish to join. They can sign up to as many as they want, however it is recommended that they sign up to all sessions so that they get a greater understanding of Marsh. They will receive a calendar invite shortly after they register.

Marsh will be using Zoom which is accessible from a laptop or a phone.

'My Week of Work'

for Year 10 (& others) missing out on work experience

With many Year 10 students (& others) missing out on work experience opportunities in the summer term, The Careers & Enterprise Company in collaboration with The Oak National Academy & LearnLive are hosting My Week of Work, next week 8-12 June.

Sessions will be focussing on Construction, Healthcare, Engineering and Manufacturing, Creative and Digital & Renewables. There'll be 4 sessions a day & live question & answer sessions with employers as well as a chance for young people to access personal guidance sessions with a careers adviser.

Find out more here <https://mailchi.mp/careersandenterprise/my-week-of-work-email-210520>

Clarion Futures trialling two new online courses

Clarion Futures are trialling two new on line courses over the next 3 months. The courses are:

- DOMESTIC AND COMMERCIAL CLEANING CERTIFICATION (12 hrs on line training)
- HEALTH AND SOCIAL CARE CERTIFICATION (20 hrs on line training)

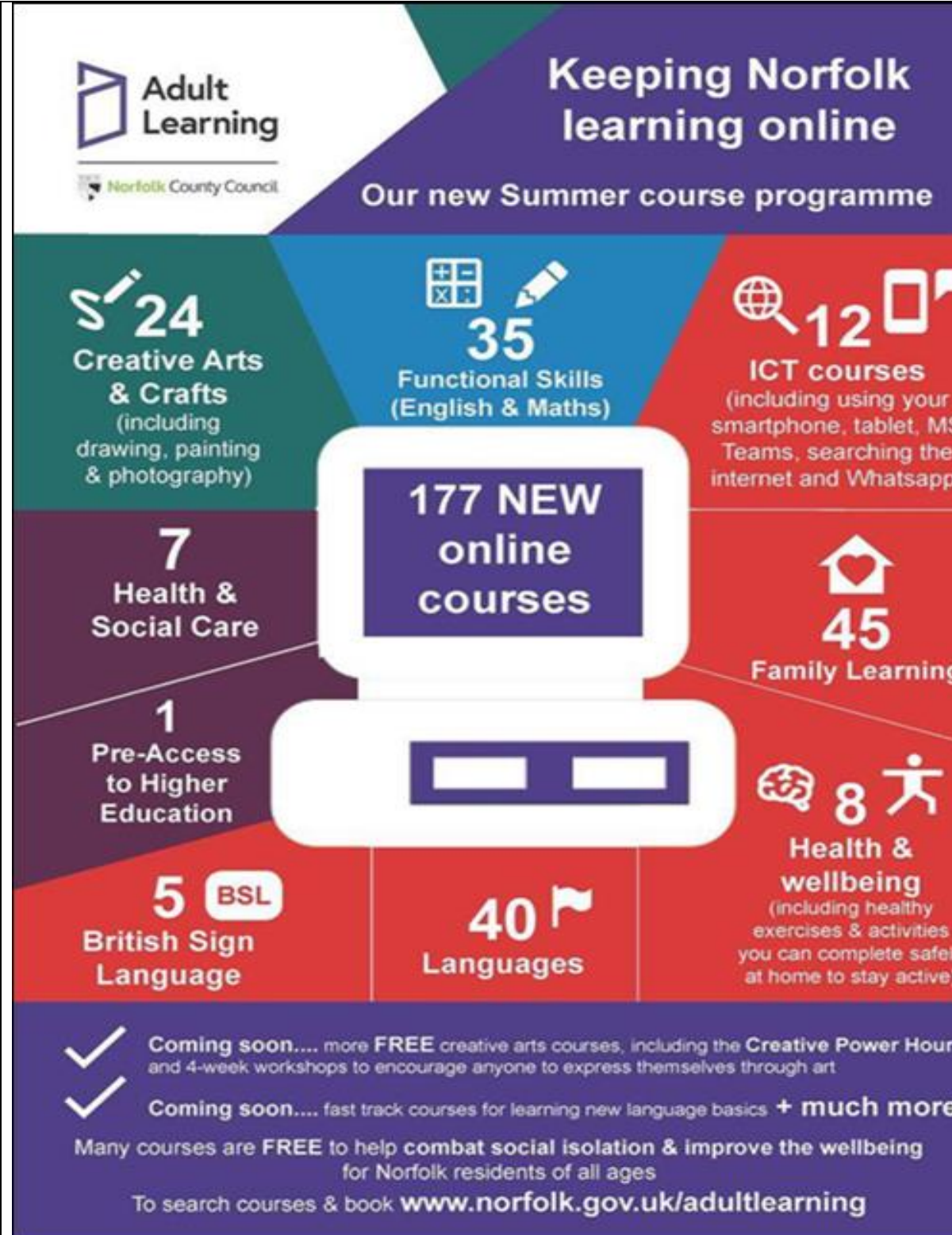
Clarion will fund the training & certification of both these courses and participants will need to have access to the internet to complete them.

They have no criteria for referrals (employed / unemployed / unstable employment or economically inactive) all welcome especially those individuals who are at risk of losing or have lost their job due to the COVID-19 pandemic.

To find out more about these courses and the other online courses available through Clarion Futures, please get in touch with Jacqui Brown, Employment Support Officer

E: jacqueline.brown@clarionhq.com

M: 07901 113457



Adult Learning
Norfolk County Council

Keeping Norfolk learning online

Our new Summer course programme

24 Creative Arts & Crafts
(including drawing, painting & photography)

35 Functional Skills
(English & Maths)

12 ICT courses
(including using your smartphone, tablet, MS Teams, searching the internet and Whatsapp)

7 Health & Social Care

45 Family Learning

1 Pre-Access to Higher Education

5 **BSL** British Sign Language

40 Languages

8 Health & wellbeing
(including healthy exercises & activities you can complete safely at home to stay active)

177 NEW online courses

✓ Coming soon.... more **FREE** creative arts courses, including the Creative Power Hour and 4-week workshops to encourage anyone to express themselves through art

✓ Coming soon.... fast track courses for learning new language basics + much more

Many courses are **FREE** to help combat social isolation & improve the wellbeing for Norfolk residents of all ages

To search courses & book www.norfolk.gov.uk/adultlearning

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

Money Matters

This is a financial advocacy service available to people who face disabling barriers. The Money Matters service delivered by Equal Lives is available to disabled people, whatever their age. It provides information, advice and practical support around personal finances, usually as a short term intervention. It is built on the model established by Age UK, which provides financial advocacy to older people aged 65 and above.

People mostly have to be referred in to this service by a professional (usually a care assessor), and the service is for those people who have no other way of developing their financial skills or confidence either through friends, family or other professionals.

People have to want to receive this service, and we will support them to remain in control at all times.

People living in Norwich postcode areas can self-refer into our Money Matters service, but other areas of Norfolk would require a professional referral.

<https://equallives.org.uk/info-and-advice/advocacy/668-2/>



SKILLS SUPPORT FOR REDUNDANCY



The SSR service provides information, advice and guidance to companies and individuals (who are aged 16 or over), based in Norfolk & Suffolk, affected by redundancy and offers the opportunity for staff – and those already made redundant within the last 3 months – to re-skill and help them to find new employment or prepare for a new career after redundancy.

SUPPORT

We will provide Individual Career Planning and Skills Analysis to identify any training needs and help you to develop a job search Action Plan. This will be delivered your place of work or off-site.

RE-SKILL

Based on identified training needs, we will help you access training that can cover areas such as functional skills (English, Maths, ICT), interview and job search techniques and vocational courses to help you to re-start your career.

FIND WORK

We will help you secure sustainable employment as quickly as possible by assisting you to gain the skills, advice and practical support you need to succeed.

For more information call or email us to book an appointment with one of our Skills Advisers

01775 513055 | ssr@steadfasttraining.co.uk



European Union
European
Social Fund

NEWANGLIA
Local Enterprise Partnership
for Norfolk and Suffolk



“Free support and advice for residents across Norfolk, Norfolk Community Advice Network

Whatever your age, if you need advice and support there are a number of charities that can help.

Whether it’s a feeling of isolation, advice on housing, benefits, disability rights, debt and money, legal help, homelessness or domestic abuse, these organisations can offer free, quality and impartial advice as soon as you need it. Services can be provided in different languages and formats on request.”



NCAN leaflet - final version.pdf



[Update 1. Covid19 - Benefits & the changes](#)

[Update 2. Covid19 - Work & pay](#)

[Update 3. Covid19 - Housing & rent \(and a bit of money\)](#)

[Update 4. Covid19 - Getting online](#)

[Update 5. Covid19 - Getting help](#)

[Update 6. Covid19 - Finding Work](#)

Follow this link to find out more about what [Your Own Place can offer the young people you are working with.](#)

SURVEY/FEEDBACK



Norfolk SEND Partnership

20 hrs · 🌐



Are you are 11-25 yrs old and have Special Educational Needs or Disabilities (SEND) and in education or training? Please take a moment to complete our short survey for your chance to win a £50 voucher (closing date is 27th June)

<https://www.norfolksendpartnershiass.org.uk/.../how-we-can.../>



Are you 11-25 yrs old?

with Special educational needs or disabilities, and in education or training?

Have
your
say

Visit our website for more information and
to complete our short survey

www.norfolksendpartnershiass.org.uk

01603 704070



VOLUNTEERS



 **Broadland District Council** 18 hrs · 

Are you looking for a way to help people during the COVID-19 pandemic and support small local businesses? We're looking for volunteers to join our Confidence team to help others shop safely in our towns and villages. If you have 4 hours (or more) per week to spare and a passion to help, we'd love to hear from you: <http://ow.ly/E0cE50zWJ33>

#ConfidenceinBroadland #VolunteersWeek



Shop with
CONFIDENCE
VOLUNTEER