



BROADLAND & NORTH LOCALITY – COMMUNITY FOCUS MONTHLY BULLETIN

Date: 12th June 2020

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- Just one Norfolk
- #7 Days of Cycling
- On your mind webinars

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- Parents of children with Autism Survey

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- The Foyle Foundation (UK)
- The Asda Foundation (UK)
- Aviva UK

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



Celebrating Men's Health Week:
**Men's Health Virtual
Wellbeing Social
With Cedric Anselin**

Wednesday 17th June, 7pm – 9pm

An evening of looking at Men's Health, discussing and sharing ideas of how we can look after our mental & physical health. A mental health positive environment, feel free to just join and listen with camera and mic off or join in, both are absolutely fine. No judgement, no pressure.

For details and to join: [Click Here!](#)
Or go to www.wellbeingnands.co.uk
and click on 'Social Events'



 WellbeingNandW

 WellbeingSuffolk

 @WellbeingNandW

 @Wellbeing_Suff



WE NEED YOU!

Does your child start school or move up to high school in September?



Come along join us and other parents to talk about this.

Share ideas and see what is available on the Just One Norfolk website to help you and your children to get ready for starting a new school

Use this link: bit.ly/norfolkmeet4 to download Microsoft Teams and join the group on

Friday 19th June 13:30pm

To find out more: contact Michelle on 07833524216
or email michelle.walker6@nhs.net

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

#7DaysofCycling

Make cycling your daily exercise during Bike Week 2020. Can you get on your bike for seven days in a row between 6-14 June? You don't have to complete all seven days – just as many as you can.

Why take part

It's awesome fun and a great way to fit in your daily exercise.

You can do the rides as part of your commute to the shops or to take a break and enjoy fresh air and the outdoors.

Last year thousands of people took part and tracked their daily updates on social media using hashtag **#7daysofcycling**.

Will you join?

At the end of the challenge we'll randomly select participants in the challenge to receive one of these prizes:

[Ridgeback Tempest bike worth £700 from Freewheel](#)

[An adventure zoom balance bike from Freewheel](#)

[Children's cycling sunglasses and a puncture repair kit from VeloChampion](#)

[Evans Vouchers from West Midlands Combined Authority](#)

[Rehook tools bundle “](#)

<https://www.cyclinguk.org/bikeweek>

'On Your Mind' Webinars

Many of us have experienced high levels of anxiety during the Lockdown. Whether it be fears around health, finances, our children's education, or the stress caused by the interruptions to our normal patterns of work and life; these last months might have felt like an ordeal. For others, the experience has compounded already familiar struggles.

Join us for our live-streamed Monday night webinars, where Bev Dubberley (Outreach, Surrey Chapel) will interview Helen Thorne (Speaker and author of Real Change and Walking with Domestic Abuse Sufferers), and two local pastors; John Hindley (Broadgrace Church), John Brown (Servants Church) on three topical issues, and explore how the Christian faith offers unique answers and resources for dealing with these challenges.

Sit back and listen, or join in with the discussion and question time. All welcome!

<http://www.surreychapel.org.uk/on-your-mind>



RESOURCES

CROMER CARNIVAL

Announcement!!!

Cromer Carnival virtual children's weeks.

10 weeks of activities for all to enjoy.

This week: Create a Cromer Carnival badge

Could you be the inspiration for upcoming carnival badges?

Competition closes Saturday 13th June at 5pm.

Please email your entry to cromercarnivalcompetitions@gmail.com

With create a carnival badge as the subject along with your name and age.

Winners will be announced on Facebook.

Enjoy!

See the Cromer Carnival Facebook page for more details:

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

On Track For September 2020 – E-Leaflet for Young People in year 11

Norfolk County Council have produced this six page E-Leaflet which they have asked schools to forward to their year 11s and / or their parents/carers and to post it on their websites if they think it would appropriate to do so.

The leaflet has been designed is to provide re-assurance to year 11s about their choices and applications for September 2020 and to reinforce the help and advice that is available to them if they need additional support at this time.

The University Technical College Norwich (UTCN) and the Norwich Opportunity Area (NOA) have also produced leaflets which can be used / adapted for year 11s too. These also reinforce messages around Post 16 options and choices and signpost a number of online subject and careers resources that may be of use to young people.

If you would like an electronic copy of any of these information leaflets please contact Karen Searle via email at karen.searle@norfolk.gov.uk



Autism Awareness Card

See Facebook page for more details: <https://www.facebook.com/NASNorwich>

Autism Alert Card.

These can be very useful when travelling on public transport now that the Government have asked people to wear a mask.

For some autistic people they are unable to wear a mask. We are waiting for more guidance as whether proof will be needed to show you are exempt and will post as soon as this is available.

If anyone would like an Autism Alert Card please email Norwichgroup@nas.org.uk



Crucial Crew

Keeping children safe and occupied during lockdown

Crucial Crew is a free children's safety project run by Norfolk Fire & Rescue Service (NFRS) and their partners offering tips about fire, water, electrical, online and beach safety, as well as first aid and other skills.

As the usual Crucial Crew workshops cannot take place this year NFRS, with support from partner agencies, has launched Online Crucial Crew which is suitable for children of all ages.

NFRS also has a range of fun and educational learning materials in Kids' Zone which currently includes a competition, offering youngsters the chance to design a fire safety poster for the chance to win a fire crew visit to their school later this year. The competition is open to all children up to and including the age of 11 and it closes on 30 June.

For details go to www.norfolk.gov.uk/fire

To access online Crucial Crew, go to www.norfolk.gov.uk/crucialcrew

TRAINING / LEARNING

Norfolk Adult and Family learning

Below is a selection of the variety of family learning courses available for free, please see the website for more details: <https://www.norfolk.gov.uk/education-and-learning/adult-learning/courses/search?searchterm=family0to4>

Come and Try - Food Explorers (Happy Tum) - Wednesday 17th June at 10am

This fantastic FREE online session is an opportunity to find out more about the Food Explorers (Happy Tums) Online course as well as taking part in some fun, informative learning activities that promote a healthy lifestyle and improve wellbeing.

Come and Try - Let's Explore Together - Wednesday 17th June at 1pm

This fantastic FREE online session is an opportunity for parents/carers with their children 0-2 years, to find out more about the Let's Explore Together Online course and take part in activities which encourage young children to learn through their senses. This session is designed for those with children aged 0-2 years.

Come and Try - Storysacks Online - Thursday 18th June at 1pm

This fantastic FREE online session is an opportunity for parents/carers with their young children to find out more about the Storysacks Online course, whilst taking part in fun, craft-based learning activities that have a nursery-rhyme theme. This session is suitable for those with children aged 0-7 years.

Nature Explorers Online - Monday 22nd June at 1pm

This fantastic FREE online session will help you get out of the house and explore the world around you with your child/children aged 4 and under! With the support of our dedicated tutor, you will discover and run some fun and worthwhile outdoor activities to inspire and support your children while they are out of school. You will all get to smell, feel and sample the sights and sounds of your locality while your child spends some quality time away from their tablet, TV, PC or games console.

Ready For School Online - Monday 29th June at 1pm

Is your child due to start school in September? Are they ready? Are you? This fantastic FREE one off online session is focused around fun activities that support children's development ready for when they start in Reception. With the support of our dedicated tutor, you will discover and run some fun and worthwhile activities to inspire and support your children while they are at home. There will be information for parents to support their child's school readiness with a focus on personal, social and emotional development (PSED). The session will last 90 minutes.

To book go to: <https://enrol.norfolk.gov.uk/NewEnrolmentView.asp?ID1=1111&ID2=73797&ID3=1>



COFFEE AND CHAT

Join our free 'coffee and chat' sessions where you will have the chance to meet up virtually and find out what online sessions Adult Learning are running. Each session includes a short taster of a different course.

Sessions run on Mondays, Wednesdays and Fridays
10.30am to 11.30am using Zoom

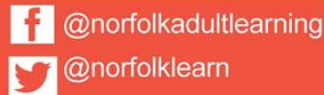
Access here: <https://zoom.us/join>
Code: 553 027 2723
Password: 150420

Wednesday 10th June
[What are Podcasts?](#)

For more information on all our courses visit:
www.norfolk.gov.uk/adultlearning



www.norfolk.gov.uk/adultlearning



This new short course will help #parents & #carers to better understand the senses & how we process information from our senses. It introduces what sensory issues can look like in a child's behaviour & engagement, & offers ideas on how to support your child's #sensoryneeds at home:

<https://bit.ly/3hbw5h6>

#SensoryIntegrationEducation #SensoryIntegration #SensoryProcessing #SPD



Managing Sensory Processing at Home

Online, Interactive
1-Hour Course for:
Parents & Carers
Adoptive Parents
Adoption Agency Staff

ONLY **£5**

sensory integration education

See the **Sensory Integration Network** Facebook page for more details:
<https://www.facebook.com/SensoryIntegrationNetwork>



Norfolk Safeguarding Children Partnership free On-line Training

The [Norfolk Safeguarding Children Partnership \(NSCP\)](#) is made up of statutory and voluntary partners who work with families and children. The organisation makes sure that people working with children carry out their safeguarding responsibilities as required by the law.

There are several training courses offered by NSCP available in the upcoming months.

- [Domestic Abuse Virtual Action Learning Set](#) - Tuesday 23 June, MS Teams
- [Domestic Abuse Virtual Action Learning Set](#) - Tuesday 14 July, MS Teams
- [Safeguarding Disabled Children Virtual Action Learning Set](#), Tuesday 21 July, MS Teams

Training opportunities for young people

The Sainsbury Centre for Visual Arts online drawing courses

The Sainsbury Centre are keen for care-experienced young people to participate in their brand new online drawing course, so please do circulate the information below to any young people you are working with or caring for.

As well as all activities below, The UEA are will also be launching additional programmes to support students of all ages in their learning and across various transition points (primary to secondary, KS3 to KS4, and more

Free online drawing course for 12-18 year olds, 25 June for 4 weeks

Architecture and the Body is being offered by the Sainsbury Centre for Visual Arts at UEA.

Are you between 12 and 18? Love to draw? Want ideas and prompts from professional artists? This four-week course will show you amazing images made by connecting buildings and bodies. You'll get practical guidance on how to explore buildings and bodies through your own drawings: a great way to stay inspired during social distancing.

Video sessions take place every Thursday from 25 June to 16 July. Log in at 3pm for a 3.15pm start.

Places are very limited: to book a place ask your carer / guardian to email sainsburycentrelearning@uea.ac.uk

Mental Health and COVID-19 webinars for Year 9+ students

Are you finding lockdown hard? Are you concerned about the effect COVID-19 is having on your mental health? Why not join our webinar on 'Mental Health and COVID-19'! Delivered by UEA students from our student union group 'Headucate', they will give you advice on mental well-being and tools for self-care; a myth-busting quiz about COVID-19 to help you distinguish fact from fiction; and scenario-based discussions about teenagers who are struggling during this pandemic.

To sign up to this FREE webinar simply complete the [booking form](#) and we'll send you the link for the webinar!

 Learning
for Communities



Pathway to Employment - CV

During the course you will:

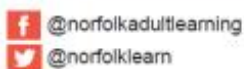
- Identify your personal and career goals
- Identify your own strengths, abilities and everything that you are good at
- Produce an effective CV and personalised profile
- Gain confidence and feel positive about your future

Tuesday 16th June 2020 10:30 to 12:30

Online for 3 weeks FREE

for more information contact - CLDO@norfolk.gov.uk

Book online - www.norfolk.gov.uk/education-and-learning/adult-learning





Pathway to Employment - Interviews

During the course you will:



- Develop your understanding of body language
- Learn how to present yourself positively to an employer
- Prepare for an interview
- Tailor the job description to your skills
- Learn about competency based interview
- Prepare questions to ask
- Feel positive about your future and gain increased confidence

Thursday 9th July 2020 10:00 to 11:30

Online for 3 weeks FREE

for more information contact - CLDO@norfolk.gov.uk

Book online - www.norfolk.gov.uk/education-and-learning/adult-learning

 @norfolkadultlearning
 @norfolklearn



 Education & Skills
Funding Agency



 Adult
Learning

 Norfolk
County Council



Women and Gambling-Related Harm – FREE online training – multiple dates available.

Book your place using Eventbrite: <https://bit.ly/2z7HqRP>

GamCare is a national provider of free information, advice and treatment for anyone affected by problem gambling. There are around 500,000 problem gamblers in the UK, up to 20% of whom are women. For every person who has a problem with gambling, up to 10 other people can be affected, and women are disproportionately at risk of experiencing gambling-related harm. Gambling-related harm can include debt, relationship difficulties, housing issues, gender-based violence, health problems, depression and anxiety, feelings of isolation, and suicidality.

Our FREE training is usually offered face-to-face, but we now have a 1.5 hour session which we are delivering online via Zoom. Individuals can register to attend the training at their convenience, using a mobile phone, tablet, or laptop.

During the training session, we will talk about gambling-related harm, risk factors, impacts, and how to identify and support people affected. Learn about our treatment network and how to refer clients to treatment services. This training is essential for any professionals who work with women and families.

Sessions currently available:

Wednesday 17 June	10.00am to 11.30am
Thursday 25 June	2.00pm to 3.30pm
Tuesday 30 June	2.00pm to 3.30pm
Friday 3 July	10.00am to 11.30am
Wednesday 8 July	2.00pm to 3.30pm
Thursday 9 July	10.00am to 11.30am
Tuesday 14 July	10.00am to 11.30am
Friday 17 July	10.00am to 11.30am
Tuesday 28 July	2.00pm to 3.30pm

Book your place using Eventbrite: <https://bit.ly/2z7HqRP>

If you have a group of staff or volunteers you would like to train together as a group, please e-mail polly.johnson@gamcare.org.uk and we can book a bespoke session for your team.

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

Cromer Cares

This is a befriending service being offered by **Cromer Cares**, for Cromer and the surrounding areas only. Please contact phone Cromer Cares at **01263 512254** for more details.

Telephone befriending Process

- 1) Request made and details passed to volunteer co-ordinator
- 2) Initial contact made with the service user and background details obtained and password chosen
- 3) Service user matched with a volunteer.
- 4) Volunteer makes contact with the service user and establishes a dialogue with them.
- 5) Further follow up contact between the service user and the volunteer.



GMOTFW ZOOM BREW

Online virtual chats with the GMOTFW team
Weekday Mornings - All Welcome

PARENTS!

Join the team from Get Me Out The Four Walls for our NEW Daily Zoom Brew!

Pop the kettle on and join us for a light and informal daily natter about parenthood, hobbies, worries and everything in between.

It is a great opportunity to meet other parents, ask questions about support and a chance to see some happy faces from inside your four walls!

All are welcome to join – head to our closed GMOTFW groups for full details.

GMOTFW Norfolk – Weekdays from 11am

<https://www.facebook.com/groups/gmotfwnorfolk/>

GMOTFW Suffolk – Weekdays from 10am

<https://www.facebook.com/groups/gmotfwsuffolk/>

Generously Funded by:



SUFFOLK
Community
Foundation



Charity Reg: 1177508



MensCraft promote social inclusion for the public benefit, by preventing men and boys of all ages within Norfolk and surrounding areas from becoming socially excluded, relieving the needs of those people who are socially excluded, and assisting them to integrate into society in particular but not exclusively by:

- a. Providing facilities in which they can meet jointly or individually to undertake creative, physical or recreational activities, learn or pass on skills and knowledge and support each other socially;
- b. Providing practical advice and support to those individuals;
- c. Raising public awareness of the issues affecting those individuals both generally and in relation to their inclusion; and
- d. Providing advice so that the local community and businesses can adapt their services to better understand and meet the needs of those individuals.

For the purpose of this clause 'socially excluded' means being excluded from society, or parts of society, as a result of one or more of the following factors: unemployment; financial hardship; youth or old age; ill health (physical or mental).



Family Court Domestic Abuse Support Service



Our service offers practical information about the court process and emotional support to help victims feel more confident about attending family court hearings.

It's free, independent, confidential and impartial.



Who we can help

Any applicant or respondent attending a family court who identifies as a victim of domestic abuse. We'll give priority to:

- Litigants in person (representing themselves)
- Private family law cases (involving child disputes and protective orders)

Advance referral to the service



www.citizensadvice.org.uk/familycourt

Applicant / respondent number: **0300 332 1000**



Partner number: **0300 330 1161**

If the hearing is within 3 days, contact should be made by phone rather than the online form.



SURVEY/FEEDBACK

ASD Helping Hands promoted the following survey:

To complete the Survey use the link below

(https://herts.eu.qualtrics.com/jfe/form/SV_6s6AJo88ZoYkvch)



We are looking for parents of children with autism aged 0-18 years to participate in research.

WHAT ARE PARENT'S PREFERENCES ABOUT TECHNOLOGY BASED SUPPORT WHEN IT COMES TO CHOOSING THEIR CHILD'S SESSION?

There is limited research about the use of technology in autism research. Working together while learning about parent's preferences we could change this!

We are researchers at the University of Hertfordshire. We would like to invite parents/carers to complete a questionnaire and share your views about using phones, tablets, virtual reality goggles and robots with children and young people on the autism spectrum. Your child doesn't need to have used any of these technologies for you to take part in this research.

Here is the link to access a survey that lasts for about 15-20 minutes

(https://herts.eu.qualtrics.com/jfe/form/SV_6s6AJo88ZoYkvch)

For more information, contact: Nancy Kouroupa - ak18adj@herts.ac.uk

University of Hertfordshire

Ethics number: LMS/PGR/UH/04164



GRANTS / FUNDING

Apply for the Co-op Local Community Fund

The Co-op Local Community Fund supports projects across the UK that our members care about.

We want to help communities to come together, co-operate and have a positive impact on community wellbeing – physically and virtually.

Use this form to apply to be one our causes. If you're successful, the funding period will begin on 25 October.

You can save your application at any time.

Applications must be completed by midnight on 28 June 2020.

Who can apply

Your project must either:

- bring the community together to help those in need, providing access to life's essentials such as community spaces, food and bereavement support
- support the mental and physical health of others through community wellbeing activities
- enable people to develop or share their skills to foster community spirit and build resilient communities for the future

Your project or event must also:

- take place in the UK or Isle of Man
- not have religious or political aims (although you can still apply if you're a religious organisation)
- meet the Co-op's values
- take place or will still be running after November 2021
- benefit your local community

[Find out more about who can apply for the fund and what projects we're unable to support](#) “

<https://causes.coop.co.uk/>

The Foyle Foundation (UK)

Name of Fund: Small Grants Scheme

The Foyle Foundation has re-opened its Small Grants Scheme to support smaller, grass-roots and local charities across the UK during the Covid-19 crisis. Organisations which are currently delivering services to the young, vulnerable, elderly, disadvantaged or the general community either directly or through online support can apply for grants of between £1,000 and £10,000. Funding can be used to cover core costs or essential equipment, to enable ongoing service provision, homeworking, or delivery of online digital services for charities with a turnover of less than £150,000 per annum that can show financial stability and a clear need for their services. Competition for funding is expected to be strong. Applications can be submitted at any time.

<http://www.foylefoundation.org.uk/how-to-apply/>

The Asda Foundation (UK)

The Asda Foundation support local grass roots organisations which benefit and involve local communities centred around Asda Food Stores. In response to the coronavirus, the Foundation has launched two new emergency Covid-19 grants:

Hygiene Grants which focus on personal hygiene dignity, and supporting residents/patients in facilities who are unable to provide their own toiletries. Applications will be accepted from care homes, hospices, hospitals and homeless shelters.

The Healthy Holiday Grant which would normally hold summer holiday activities to ensure children have a hot meal.

Grants of up to £500 are available per group, and up to £1,125 per store. Each store has a Community Champion whose role is to support projects. Applications can be submitted at any time via the community champion.

<https://www.asdafoundation.org/how-to-apply>

Aviva (UK)

Name of Fund: Aviva Community Fund

Small charities and constituted community groups with innovative ideas that benefit their community can apply for funding of up to £50,000 for projects that build more connected, more resilient communities and give people the tools to become more financially independent. In response to the Covid-19 Aviva are temporarily opening up the Fund to projects that will ensure organisations can adapt or maintain critical services and infrastructure in response to the impacts of COVID-19. Projects must still relate to one of Aviva's key funding areas. The closing date for this funding round is the 28th July 2020.

<https://www.avivacommunityfund.co.uk/start-crowdfunding#criteria>