



BROADLAND & NORTH LOCALITY – COMMUNITY FOCUS MONTHLY BULLETIN

Date: 19/6/2020

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- Happy Place Virtual Festival

RESOURCES

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- Latest Scams Alert from Norfolk County Council Trading Standards
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- Virtual Cuppa
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- FREE 6-week online self-management programme for parents and caregivers of children with autism
- The Sainsbury Centre for Visual Arts Online Drawing Course
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VOLUNTEERING

- Career Central at UEA - volunteers

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

Family Voice is running two Zoom sessions this month. The first session is on Tuesday 23 June from 10am to 11:30am.

We want to hear from parent carers whose children and young people are still at home. The second session (30 June from 10am) will be for parent carers whose children have returned to school.

Please email us at events@familyvoice.org.uk for joining instructions.



Let's talk... about children and young people still at home

How have you and your family managed – physically, emotionally and mentally – in the last few months? And what are your thoughts going forward? We're running Zoom sessions for parent carers where you can share your views, which may well be complex, about the past and the future.

Tuesday 23 June from 10am to 11:30am

Email events@familyvoice.org.uk for booking and joining instructions.

Welcome to Happy Place Virtual Festival.

[The Happy Place Festival](#)

We're excited to present a month-long schedule full of passionate people promoting mental and physical wellbeing! Roam around our virtual grounds and find inspiration from the amazing performances, tutorials, and speakers that are making this festival so special! Hosted by Fern Cotton.

Connect your mind and body, unlock your creativity, and find your Happy Place!

The festival is completely free, but we encourage you to donate to our wonderful **charity partners**.

Learn how to make Squishy Soap in the Family Retreat, practice Family Mindfulness in the Wellbeing garden and lots, lots more

RESOURCES



Have you checked out the National Literacy Trust Family Zone recently. There are lots of amazing ideas and guidance for fun, simple activities that will engage your children at home, while also benefiting their reading, writing and language development.

<https://literacytrust.org.uk/family-zone/>

The Covibook is available in 25 languages and 'Covi' explains what happens if he comes to visit your family. Free to download.



https://www.mindheart.co/descargables?utm_source=hs_email&utm_medium=email&utm_content=88214634&hsenc=p2ANqtz-8BM-TkzHA_ab9xyfZkB3jvEluvltluGq8p0ZQX0lu46tbZRgnvgMByz8-4kjeYUG6Ky4_3kr4l84zWbe3mvgLZ9-D2w&hsmi=88214634

Latest Scams Alert from Norfolk County Council Trading Standards

PLEASE share with your networks

- [Rogue Trader Alert – Doorstep cold callers claiming to be from organisations or charities](#)
- [Scam Alert – Emails claiming to be from ‘British Gas’](#)
- [Scam Alert: Text messages claiming to be from ‘DVLA’](#)
- [Rogue Trader Alert – Doorstep Cold Callers offering ‘roofing work’](#)
- [Cold Calling Alert – Doorstep Cold Callers offering ‘driveway work’](#)

Reporting scams

Reporting scams you receive helps us continue to build up intelligence on the scammers and how they target people.

You can report scams and get further advice from our partners the Citizens Advice consumer helpline: **0808 223 1133 (freephone)** [Citizens Advice consumer service website](#)

You can also report Frauds, Cyber Crime and Phishing attempts to Action Fraud, the National Fraud & Cyber Crime reporting centre: **0300 123 2040** [Action Fraud website](#)

My apologies for any cross-posting.

To help keep yourself up to date on the latest information on adult safeguarding – follow NSAB on Twitter. Join us today – @NorfolkSAB



New!

Early Years

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

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

www.youtube.com/c/soundabout

   **soundabout**
make music change lives

NLCF's Emerging Futures Fund – Short Application Window- Deadline June 25, 5pm

This new fund from the National Lottery Community Fund aims to give communities and civil society organisations across the UK 'the space, resource and additional expertise to step back [from COVID-19] and ask questions, imagine alternatives and gather to shape the emerging future'.

There is a total of £1 million for this fund over three to six months. Grants of between £20,000 and £50,000 are available to voluntary, community and social enterprise sector organisations that are based and working within the UK.

The funding is for three different types of work:

- *Exploring new narratives, perspectives and community storytelling. The funding is for projects that can create narratives that:*
 - *Look at the stories emerging from them pandemic, to find out who, or what, needs to be focussed on more.*
 - *Explore new kinds of relationships that have formed in response to COVID-19.*
 - *Show what is most important to communities.*
 - *Help inspire community togetherness after the pandemic.*
 - *Show where new kinds of infrastructure are being created, and why it's valuable.*

- *Community foresight and public imagination. The funding is for projects that:*
 - *Put diverse voices at the centre, and in the lead*
 - *Activate and strengthen social imagination in communities so that the voices and ideas of local communities can contribute to the renewal of civil society.*
 - *Support communities to develop and use community foresight practices together*
 - *Develop approaches with communities to create collective visions and demonstrate practical ways for those visions to be acted upon*
 - *Know how to use what they've learned from their project to influence change.*

- *Investing in strong signals of transformation. The funding is for projects that:*
 - *Can show practical ways about where we go from here*
 - *Need resource to develop their idea so that when the time is right the idea is more likely to be adopted*
 - *Can show us why they think the time is right for their idea*
 - *Can show us how they have responded to different challenges – like different patterns of work, community togetherness and the valuing of relationships.*

The funding can cover staff salaries, project activities, engagement activities, running costs, and equipment.

The deadline for applications is 25 June 2020 (5pm).

<https://www.tnlcommunityfund.org.uk/funding/programmes/emerging-futures-fund>

Donate Education Resources

Educating children at home can be a challenge, especially for families not able to afford resources and stationary to support learning.

Could you or your business donate learning resources to your local council hub to support the vulnerable families in your local community? You can help support families who are finding the current situation particularly difficult and challenging, where a donation like yours may make all the difference.

From educational games and activities to notebooks and pens, we're aiming to help children keep learning while school remains closed, providing additional resources to families alongside those given by schools.

Can you help?

We need:

- craft paper
- paints and paintbrushes
- colouring pencils
- colouring books and paper
- new games and toys
- new puzzles
- new books

Unfortunately, we are only able to accept new items from organisations or local businesses to pass on to families.

To donate, please send an email to 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.

Help with children understanding coronavirus (COVID-19)

A number of resources are available to help children to understand more about the coronavirus.

The publishers at Nosy Crow have made a book with Gruffalo illustrator Axel Scheffler. This is available to download for FREE at nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/



The Norfolk Safeguarding Adults Board (NSAB), working with Norfolk Police and Norfolk County Council have launched an adult abuse awareness campaign.

There is one key message about adult abuse they want everyone in Norfolk to get – **See Something, Hear Something, Say Something.**

If you are worried about an adult being abused or at risk of abuse call 0344 800 8020.

NSAB asks all stakeholders and partners to:

1. use the social media graphic on your social media
2. to retweet messages about the See Something, Hear Something, Say Something campaign
3. have the poster on your website for staff and people to download
 - [Click here for social media graphic | Social-Media-Safeguarding#1](#)
 - [Click here for social media graphic | Social-Media-Safeguarding#2](#)
 - [Click here for social media graphic | Social-Media-Safeguarding#3](#)
 - [Click here for Poster | See Something, Hear Something, Say Something](#)
 - [Click here for case study | Financial abuse](#)

They would like to strongly encourage partners to use this information on a rolling basis for the next couple of months.



Carers Matter Norfolk

VIRTUAL CUPPA

Every Tuesday &
Thursday

11am- 12 Noon

Via Zoom

Socialise. Chat to other carers, share your experiences and receive advice.

For more info or to register
Email: info@carersmatternorfolk.org.uk



<https://www.avivacommunityfund.co.uk/>

The COVID-19 outbreak is a challenging time for many. We know that now, more than ever, small charities need our support. That is why we have broadened the criteria of the Aviva Community Fund to include applications for projects that enable causes to adapt or continue their vital services by covering core running costs, so they can help their beneficiaries and communities during this time of need. See updated [terms and conditions](#).

Applications are now open for the next round of the Aviva Community Fund until 28th July.

The @OpenUniversity is offering 50 scholarships for unpaid carers to study with them for free. 15 places will be for young carers aged 18-25. If you are a carer for an average of 15 hours a week, apply by 31 July for 2020/1 or 2021/2 <http://www.open.ac.uk/.../fees-and-fu.../carers-scholarship-fund>



The Open
University

OPEN.AC.UK

Carers' Scholarships Fund | How to Pay | Open University

Study a Full Open University Qualification for Free with our Carers'...



TRAINING

More courses from the Adult Learning Team – Learning for Communities

I have also attached (pdf below) a how to enrol guide which may help with the online enrolment process and searching for some of our courses.



Enrolment step by
Step Guide to Teams



Learning for Communities

Ofsted
Good
Approved

An Introduction to Customer Services

During the course you will:

- Learn about organisations and policies and procedures
- Gain knowledge to help you deliver excellent customer care
 - Develop problem solving techniques
 - Learn how to deal with challenging conversations
- Understand the importance of a positive approach

Monday 22nd June 2020 1pm to 3pm

Online for 4 weeks FREE

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

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

 @norfolkadultlearning
 @norfolkteam

 Matrix

 Education & Skills
Funding Agency

 European Union
Erasmus+
Skill Fund

 Adult
Learning

 Norfolk
County Council

 Learning
for Communities



An Intro to MS Publisher

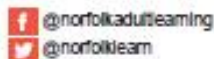
During the course you will learn how to use Microsoft Publisher using Windows 10. The course will give you the skills and knowledge required to personalise your products using photos or pictures. You will also learn how to add colour, borders, backgrounds, text, picture and photographs to your chosen products and cards.

Tuesday 23rd June 10:00 to 12:00

Online for 5 weeks FREE

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

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



 Learning
for Communities



An Intro to Business Admin using Computers

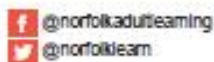
During the course, you will learn how to type minutes, professional letters, use mail merge, email signatures, create distribution lists, set up reoccurring appointments and meetings. You will also learn how to use a variety of office templates to create professional documents and learn many office skills.

Thursday 25th June 10:00 to 12:00

Online for 6 weeks FREE

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

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





GET INTO HEALTH AND SOCIAL CARE

**START
SOMETHING**

Programme: Monday 13th July - Friday 24th July 2020

Location: Online

Interviews: Phone interviews for all enquiries

Are you aged 18-30? Not in education, employment, or training?

The Prince's Trust, in partnership with Steadfast Training, are offering a FREE online employment training course, which gives you a fantastic opportunity to start a career within Health and Social Care. You can expect the following:

- Level 1 qualification in preparing to work in health and social care
- An introduction to different healthcare services, including roles and responsibilities
- Learning the values, skills, and attitudes required for health and social care
- Guaranteed 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

Register your interest today, email
Peter.Hennessey@Princes-Trust.org.uk



Prince's Trust



FREE 6-week online self-management programme for parents and caregivers of children with autism

Are you a parent or caregiver of a child with autism? Would you like to cope better, feel more in control of your emotions and be more resilient?

Caring Together are working in partnership with Hope For The Community CIC to offer the The Hope Programme. This is a FREE 6-week online self-management programme for parents and caregivers of children with autism to help them cope with life during Covid-19. The course can be completed at your own pace.

The course was co-created with parents and with researchers at Coventry University to make sure it is rooted in science.

Each week it covers topics like:

- ✓ managing stress
- ✓ smarter goal setting
- ✓ gratitude
- ✓ character strengths
- ✓ physical activity
- ✓ eating well
- ✓ coping with fatigue
- ✓ practicing mindfulness
- ✓ communication and relationships

Please ignore the date on the poster. The next course is set to start the week beginning Monday 3rd August and then a further one in September.

To register your interest, please email hello@caringtogether.org (ideally with the subject title "Hope course" or ring 01480 499090.

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 sainsburycentrelarning@uea.ac.uk

Free online course - COVID-19: Psychological First Aid



Public Health
England



Public Health England (PHE) has launched an updated Psychological First Aid (PFA) training module, aimed at all frontline and essential workers and volunteers.

The course teaches the key principles of giving psychological first aid in emergencies and aims to increase awareness and confidence to provide this support to people affected by COVID-19. The course is free, and no previous qualifications are required.

By the end of the course, outcomes will include: understanding how emergencies like the COVID-19 pandemic can affect us, recognising people who may be at increased risk of distress and understanding how to offer practical and emotional support. The course takes around 90 minutes to complete and is also available in three sessions for the learner to complete at their own pace.

<https://www.futurelearn.com/courses/psychological-first-aid-covid-19/1>

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



Sources of Young Carers Support in Norfolk



Sources of young carers support in Nc



**YOUR FUTURE, YOUR LIFE,
SUPPORTING YOU ALONG YOUR WAY.**

**LOOKING FOR FULL TIME
OR PART TIME WORK?**
We can help!

A free* programme designed to help ex-offenders, who are over 25, in the Norfolk area back into the workplace

Support for ex offenders

- Creating individualised pathways into training, job search or work
- Equipping you with skills and support to succeed
- Giving you a sense of purpose and feeling of value to lower the risk of re-offending
- Weekly sessions adhering to social distancing rules
- Friendly support to help you achieve realistic goals

TO FIND OUT MORE, CALL 01603 720308 OR EMAIL INFO@ACE-PROJECT.ORG.UK TO REGISTER YOUR INTEREST AND GET PRACTICAL HELP IN RETURNING TO WORK

*Free for those meeting the eligibility criteria. Call for details.

ACE (Action Community Enterprises) is a not-for-profit social enterprise
Norfolk Community College project is funded by the European Social Fund and the National Lottery Community Fund as part of the Building Better Opportunities Programme



LIFE LADDER

Positive Steps Towards Improved Wellbeing and Overcoming Barriers to Employment

ACE would like to help UC claimants that are:

- Feeling isolated or lacking a sense of purpose?
- Feel that life is taking over or are lacking direction?
- Feeling anxious during these uncertain times?
- Don't know what their goal in life is, or the pathway to get there?

Life ladders is a program where your UC claimants can get support from an ACE buddy - building confidence and helping to take positive steps towards getting their life back on track, but at their own pace - no pressure, no judgement.

If the claimant is over 25 and been unemployed for 6 months or more, they can be referred to the scheme.

We will pair them with an ACE Buddy, who will work with them to identify their next steps and make the idea a reality.

Email: info@ace-project.org.uk

Call: 01603 720308

to refer your UC claimant





YOUR FUTURE, YOUR LIFE, YOUR WAY...

LOOKING FOR FULL TIME OR PART TIME WORK?

We can help!

A free* programme designed to help the over 25s in
the Norfolk area back into the workplace

- Realistic practical help
- Reassurance around keeping you safe in the workplace during uncertain times
- Help to find work that fits YOUR lifestyle
- Weekly sessions adhering to social distancing rules
- Friendly support to help you achieve realistic goals

TO FIND OUT MORE, CALL [01603 720308](tel:01603720308) OR EMAIL INFO@ACE-PROJECT.ORG.UK TO REGISTER YOUR INTEREST AND GET PRACTICAL HELP IN RETURNING TO WORK

**Free for those meeting the eligibility criteria. Call for details.*



ACE (Action Community Enterprises) is a not-for-profit social enterprise

Norfolk Community College project is funded by the European Social Fund
and the National Lottery Community Fund as part of the
Building Better Opportunities Programme



Ready for school in September? Free online session will help you and your child prepare for the big day

Being run by our Family Learning team, 'Ready for School' is a free online session designed to equip you with the tools and activities you need to make sure your children are ready to join their reception class in September.

Available now and run by a dedicated and experienced tutor, these sessions will teach you activities, tips and tricks as well as give you some useful advice and information on how you can best support the personal, social and emotional development of your children to ensure you both feel confident and look forward to starting school this September.

These sessions will also give you the chance to connect with others who have children of a similar age and will give your child some activities to complete which you can be confident will nurture their skills, confidence and passion for learning.

The Family Learning team run a whole series of other online 'Come and Try' sessions and longer courses focusing on a whole range of areas including your child's maths, English and art as well as craft sessions designed to help you understand how play can be a great way to learn!

[To find out more about the 'Ready for School' series as well as the other courses offered by the team, visit \[www.norfolk.gov.uk/familylearning\]\(http://www.norfolk.gov.uk/familylearning\).](http://www.norfolk.gov.uk/familylearning)

Increased threat from Courier Fraud in the west of Norfolk

17 June 2020

In last few weeks Norfolk has seen a **significant spike in courier fraud** in the west of county. Criminals have been targeting vulnerable older people by impersonating police officers. Large sums of money have been stolen.

NSAB is asking everyone to share this information to help protect those at greatest risk from this crime. This threat *could move to other parts of our county*, so we need everyone to share this information.

How is it working? Suspects contact victims by phone, stating they are police officers, saying:

- The victim's personal details have been stolen and the banks are in on it. Victims are told to withdraw cash that is suspected as counterfeit. Police will collect and then compensate them later
- The victim's bank cards have been cloned. They tell the victim to go to the bank that is supposedly in on the scam and issuing counterfeit notes. The victim is told to read the serial numbers of the notes out over the phone
- People have been arrested in London using the victim's bank cards and claimed they know the victim
- Other victims were asked how much money they have in their bank and were asked to buy expensive watches and gold bullion.

The common themes are that the suspects use police identities from Paddington Police Station and refer to banks being involved in the distribution of counterfeit notes.

When attending the banks, the victims will often be asked to keep a telephone line open to the fraudster. This is thought to be so the fraudster can monitor the transaction and get an early indication if the scam has been challenged or unsuccessful.

Please take the following actions:

- 1) tell all your work colleagues to be extra vigilant to this scam and pass this information on to family and friends
- 2) share it with service users to help raise awareness
- 3) download this poster and ask local shops and businesses to display it

Autism Awareness Card

Autism Alert Card



These can be very useful when travelling on public transport now that the Government have asked people to wear a mask. Some autistic people are unable to wear a mask. We are waiting for more guidance on 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 Card, please email Norwichgroup@nas.org.uk

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

VOLUNTEERS

CareerCentral -volunteers

CareerCentral at UEA help non-profit organisations recruit volunteers among the student population. There are a number of students looking for volunteering roles in a range of different areas as a way of gaining experience, sharing their skills and engaging with the local community. They have a free online advertising platform where non-profit organisations can add their volunteering roles (and paid roles if applicable). This platform gives you access to promote your opportunities to our student population and recent graduates for up to three years. They can always help you to advertise your roles for you if there are any IT challenges. They can also work with organisations to engage further with us in other activities to help raise their profile, work on specific projects etc.

Please get in touch with Kerensa Rands, the Volunteering Administrator in the Careers Service, at volunteers@uea.ac.uk or on 01603 597637.

<https://www.uea.ac.uk/careers/>