



# **BROADLAND & NORTH LOCALITY – COMMUNITY FOCUS MONTHLY BULLETIN**

Date: 26/6/2020

## **EVENT**

- The CBA Festival of Archaeology
- International Joke Day

## **RESOURCES**

- Be Awesome, Go Big – Year 6 Transition Project
- Alcohol Base Hand Sanitiser – Fire safety warning

## **TRAINING/COURSES**

- Coffee and Chat
- Online Family Healthy Relationships
- Free Domestic Abuse Awareness Webinar for the Beauty Industry

## **SUPPORT SERVICES**

- Essential Sequential Comic Drawing Workshops
- Take Our Hand
- What are the new rules for social contact?
- Able Futures

## **FUNDING**

- Aviva Community Funding

## **Please email:**

Community Focus North and Broadland [cs.cfoteam.nandb@norfolk.gov.uk](mailto: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**

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## EVENTS

# About the CBA Festival of Archaeology



The CBA Festival of Archaeology is back for its 29<sup>th</sup> year in 2020 offering hundreds more opportunities to get involved in archaeology across the UK.

This year's Festival will be slightly different to the way we have run it in the past, due to the current Coronavirus situation.

From **11th to 19th July** we will be running a **digital Festival**, with a programme of online events for people to take part in.

<https://festival.archaeologyuk.org/about>



## International Joke Day 1/7/2020

Joke Day is not just a day for you to prove to everyone how funny you are. It is the perfect day for you to share laughs and to put a smile on people's faces, including your own. Whether you prefer to share jokes or you like to listen to them, this is a day that is all about smiling, laughing, and having fun, and who wouldn't want to be a part of a day like this?

They say that laughter is the best medicine, and a lot of people would agree with this! After all, there are actually a lot of health benefits that are associated with laughing. Laughter draws people together in a manner that triggers healthy emotional and physical changes in the body.

Laughter can help to protect you from the damaging impact of stress, diminish pain, boost mood, and strengthen your immune system. Nothing works more dependably or quicker to bring your body and mind back into balance than a good old laugh.

Humour keeps you alert, focused, and grounded, as well as connecting you to others, inspiring hope, and lightening your burden. It also helps you to forgive sooner and release anger too.

You may have also heard that laughter is a good way to burn calories, and this is true too! Of course, this does not mean that you should replace going to the gym with laying on the sofa and watching your favourite comedian.

So here's a few jokes for teachers to tell their classes:

Maths -

- Did you hear about the mathematician who's afraid of negative numbers? He'll stop at nothing to avoid them.
- Why should the number 288 never be mentioned? It's two gross.

Science –

- Why don't scientists trust atoms? Because they make up everything.
- I was reading a book on helium. I couldn't put it down.

English –

- What's the different between a cat and a comma? A cat has claws at the end of paws; A comma is a pause at the end of a clause.
- Why can't you hear a pterodactyl go to the bathroom? Because the "P" is silent.

(I didn't say they were good jokes!)



## RESOURCES

### BE AWESOME, GO BIG - YEAR 6 TRANSITION PROJECT

**Be Awesome, Go Big** is a package to help Year 6 students transition into Year 7. It can be used by students and parents at home or in school with teachers in class. It is designed to be motivational, helpful and reassuring and to help young people feel valued, loved, encouraged and equipped for the journey ahead. A project from [PiXL Club](#) and [Hachette Children's Group](#).

The resources are based on bestselling children's books *You Are Awesome* by Matthew Syed and *Go Big: The secondary school survival guide* by Matthew Burton. **Class set discounts of 50% are available for schools, visit the teacher resource page for more details.**



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<https://www.hachetteschools.co.uk/landing-page/hachette-schools/be-awesome-go-big-in-association-with-pixl/>



## Health, Safety and Wellbeing **Safety Quick Share**

### Alcohol-Based Hand Sanitiser – Vehicle Fires

This quick share is to alert all colleagues to the potential fire risk in vehicles, caused by alcohol-based hand sanitiser. We have received a number of reports of hand sanitiser being the cause of fires when left in vehicles in the hot weather the UK is currently experiencing.



*This picture shows damage to a car as result of hand sanitiser fire*

The alcohol hand sanitiser is becoming heated resulting in flammable vapours being released. These vapours are reaching their 'flashpoint' and then ignite in normal air conditions, setting fire to flammable components within the car.

#### Product Details

All alcohol-based hand sanitiser products

#### What you need to do

Remove all alcohol-based hand sanitiser products from vehicles when they are not occupied, do not leave hand sanitiser in un-attended vehicles.



You should continue to use hand sanitiser as part of your hygiene routine where you cannot use soap & water.

Remember: hand hygiene is one of the most effective methods to stop the spread of COVID-19 following indirect contact (picking up the virus up by touching contaminated surfaces and objects).

## TRAINING



 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

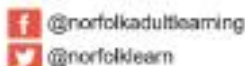
29/06/20 – ‘Using MS Publisher’ with Nigel Williamson

01/07/20 – ‘Share your lockdown tips’ Have you started a new hobby or learnt something new? Come along to share and learn.

03/07/20 – ‘Super-saving websites and cashback’ with Melissa Brown

For more information on all our courses visit our website:

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





## Online Healthy Family Relationships

Join our Relate Relationship Counsellors for a 1.5hr session on how we can keep our family relationships healthy during the COVID-19 Pandemic. The session will cover:

### Family Relationships

- What a healthy family relationship looks like
- Skills for managing family relationships
- Coping with difficult situations
- Contacts for additional support

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

**You will need to book a place at least 24 hours before a webinar is due to start.**

The webinar content focuses on resources and information to help the general public maintain good emotional and psychological wellbeing during the Coronavirus Pandemic. It is not designed to offer specialist mental health support for those with more severe and enduring mental health problems.

Visit <https://www.wellbeingnands.co.uk/norfolk/course/healthy-family-relationships/> for more information and to book a course

## Upcoming Course Dates

Online Healthy Family Relationships is available on the following dates. Click on the button to request a place on your preferred date.



3:30 pm to 5:00 pm

Online Webinar

Online Webinar

Request a place on this course



3:30 pm to 5:00 pm

Online Webinar

Online Webinar

Request a place on this course



3:30 pm to 5:00 pm

Online Webinar

Online Webinar

Request a place on this course

# Free Domestic Abuse Awareness Webinar For the Beauty Industry - Norfolk Only!

When: Thursday 2nd July @2pm - 3:30pm

Where: Microsoft Teams

To book, email:

[da.change@norfolk.gov.uk](mailto:da.change@norfolk.gov.uk)

Capacity @ 250 - Only book if you can attend



Norfolk County Council



## SUPPORT SERVICES

### Essential Sequential Comic Drawing Workshops

I'm currently reaching out to people and organisations working with women in Norwich and surrounding areas to tell them about [Essential Sequential's new Lottery Community funded project "Sharing Stories"](#).

Sharing Stories is a 12 month project with the aim of producing comics co-creatively with women and people identifying as female currently experiencing (or at risk of experiencing) loneliness, isolation and their associated effects on wellbeing.

#### **Essential Sequential's previous projects have included;**

- Facilitating teams of long-term unemployed men and women in Gt Yarmouth to create an [ongoing manga series distributed within the community](#).
- Co-creating comics with young people facing marginalisation working with partners including MAP, Connects & Co, Norwich International Youth Project (NIYP) and YMCA.
- Running comic creation workshops and activities for Arts Council National Portfolio organisations such as Seachange Arts and Norfolk & Norwich Festival.

If you work with any women or people identifying as female who you think would enjoy and benefit from working collaboratively to create comics (either in person or remotely through Zoom, file sharing and snail mail!) I would love to discuss providing some taster workshops or activities for you and your organisation.

If you think this is something that would benefit your organisation and the people it works with please get in touch by [replying to this email](#) or calling me on 07747 520 118

I look forward to hearing from you!

Kind Regards

Stuart Paterson  
*Project Coordinator*



## TAKE OUR HAND

**Take Our Hand** is a Norfolk based registered charity (1176795) supporting young people aged 16-24, their families and friends through bereavement. This is done through providing alternatives to counselling, offering a face to face and online support group and through connecting individuals to other charities and services that can support them.

**Take Our Hand** are pleased to announce that they are now accepting referrals for their bereavement care packages. These care packages are available to any young person aged 16-24 who has been through or is going to be going through a bereavement. They must live in Norfolk to be eligible to receive a package. Each care package will contain a mix of practical support including a memory jar, journal and mindfulness activities as well as some nice treats and will be delivered directly to those in need.

We are accepting referrals from organisations and individuals themselves through completing the referral form that can be found on the front page of our website at [www.takeourhand.org.uk](http://www.takeourhand.org.uk).

We would appreciate it if you could please share this with all your networks and support groups. For more information or to speak to us please contact us by email at [info@takeourhand.org.uk](mailto:info@takeourhand.org.uk).

If you are viewing this information via an active-link document you can make a referral by clicking here: [Referral form](#)





## What are the new rules for social contact **between two households?**

From 4 July, you will be able to meet indoors in groups of up to two households (including your support bubble).

This includes inviting people from one household into your home or visiting the home of someone else with members of your own household.

You should continue to maintain social distancing with anyone you do not live with or who is not in your support bubble when doing so.

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

**Able Futures** can help you manage your mental health at work so you can enjoy more good days. We could give you nine months advice and guidance from a mental health specialist who can help you learn coping mechanisms, build resilience, access therapy or work with your employer to make adjustments to help your mental health at work.

Call **Able Futures** free on **0800 321 3137** from 8am to 10.30pm, Monday to Friday or **apply online**.

**Able Futures** delivers the **Access to Work Mental Health Support Service** on behalf of the **Department for Work and Pensions**. It could be available to you if you can answer "yes" to the following questions:

- Are you aged 16 or over?
- Are you in work, on an apprenticeship, about to start work or furloughed?
- Do you live in Great Britain?
- Do you have mental health difficulties that impact upon your work?

This list is not exhaustive and it is ultimately up to the Department of Work and Pensions Access to Work Mental Health Support Service adviser to determine eligibility.

<https://able-futures.co.uk/mental-health-support-for-individuals/>

## FUNDING



<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.**