

South Norfolk Bulletin



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The hub bulletin is distributed bi-weekly. If you have anything that you would like us to include in the next edition, or if you wish to unsubscribe from our mailing list, please let us know by emailing:

earlyhelphubsouth@S-NORFOLK.GOV.UK

Edition

50

19/07/2019

Creative Arts East- Art Workshop



FREE ARTS WORKSHOPS

Are you an adult living in Norwich?
Would you like to meet other members of your local
community? Would you like to try something new and
find out what's happening in the area?

What?

Come along to try out a range of creative
arts activities, including music- making,
crafts and dancing.

Where?

St Augustine's Church Hall
The Gildencroft, Norwich NR3 1DS

When?

Tuesday 16th July, 2-4pm
Tuesday 6th August, 2-4pm
Tuesday 17th September, 2-4pm
Tuesday 19th November, 2-4pm
Tuesday 21st January, 2-4pm
Tuesday 18th February, 2-4pm

FREE EVENT

**Booking is
recommended**

To book a place, or for more information on the
activities please contact lea@creativeartseast.co.uk
or call 01953 713390

www.creativeartseast.co.uk



Moving to Empowered Programme - Norwich

Moving to Empowered Programme

An award winning women's work and personal development programme for survivors of domestic abuse



Do you doubt yourself and your abilities?
Are you unable to progress your work life?
Do you have little or no confidence or self esteem?

★ Then this is a program specifically for you ★

- ★ Confidence building
- ★ Realistic self-assessment
- ★ Defines the aspects of being a woman
- ★ Helps identify priorities
- ★ Assertiveness skills
- ★ Setting practical yet realistic goals
- ★ Improves your health
- ★ Manage stress
- ★ Presenting a positive image
- ★ Improved communication skills
- ★ Building better relationships
- ★ How to build networks
- ★ Empowering your working life

Workshop Dates 2019

Sept 5th

Maid's Head Hotel,
Tombland

Oct 3rd

NR3 1LB

9:30 - 16:30

Oct 31st

Refreshments and lunch provided
Car parking available at venue

Nov 28th

Email or call for a referral form



E: empower@ortostella.org

M: 07583 370594

W: www.ortostella.org

🐦 @OrtoStella 📘 @OrtoStellaNorwich





Orto Stella (Latin for Rising Star) is a Norfolk Charity that has been formed to empower the working lives of women after they have survived the negative impacts of domestic abuse.

Orto Stella provides:



Peer Support Group



Work and Personal Development Programmes



Work Ready Workshops

For further information and to register your interest please visit our website

M 07583 370594

📞 07583 370594

📱 @OrtoStellaNorwich

🐦 @OrtoStella

✉ empower@ortostella.org 🌐 www.ortostella.org



Supplied Responsibly by

Wellbeing – Workshops and Socials



July 2019 Wellbeing Associates Workshop & Socials



Monday 22nd July – Wildlife Walk – River Wensum – 1.00pm-2.30pm
Location: Meet outside Home Bargains Drayton Rd, Norwich NR3 2DW (free parking too!)
Join us for a leisurely Wildlife walk around Norwich with Sue, our Peer Support Worker. Feel free to bring Binoculars and Cameras. Weather permitting. **No booking required, just turn up.**

Tuesday 23rd July Social 10.30 a.m. – 12.00 p.m.

Location : Pensthorpe Café, Pensthorpe Natural Park (just outside of Fakenham)

Join us in the beautiful surroundings of Pensthorpe Natural Park for a coffee/tea and even a slice of delicious cake. If the weather is nice we can sit outside and enjoy the views. Car Park and entry to the café are FREE! Refreshments available to purchase

No booking required, just turn up.



Friday 26th July –Bowling Session –1.00 p.m. - 3.00 p.m.

Location : Bowling House, Dereham Road, Norwich.

Join us for an afternoon of ten pin bowling fun at this exciting new venue. There will be a nominal charge which we will keep to a minimum, details upon booking. Refreshments available to purchase.

Booking required.

For further information or to book a place
please contact **Stella Sloan or Kelvin Colbourn on 01603 252999**
or email us at **cityLAC@nsft.nhs.uk**



West Norfolk
Great Yarmouth and Waveney
Norwich & Central Norfolk



Norfolk and Suffolk
NHS Foundation Trust

Family voice, Family chat – SEN support



Are you the parent of a child or young person with special educational needs and/or disabilities (SEND)?

Join us for coffee at an information and feedback session about

SEN Support and Education, Health and Care Plans (EHCPs)

We've invited Norfolk SEND Partnership Information, Advice and Support Service (**SENDIASS**) and a representative of the Local Offer to join us so you can:

- Find out more about SEN Support and EHCP assessments
- Tell us about your own experiences of support for your child with SEND
- Ask questions in a relaxed setting
- Share ideas with other parent carers



Tuesday 17 September 10.00am – 1.00pm
Community Room, South Lynn Community Centre, 10 St. Michael's Road, **King's Lynn**, PE30 5HE

Monday 23 September 10.00am – 1.00pm
The Suite, Dereham Football Club, Aldiss Park, Norwich Road, **Dereham**, NR20 3PX

Tuesday 24 September 10.00am – 1.00pm
The Noble Hall, The Priory Centre, Priory Plain, **Great Yarmouth**, NR30 1NW

Monday 30 September 10.00am – 1.00pm
The Colman Room, South Norfolk House, Cygnet Court, **Long Stratton**, NR15 2XE

Wednesday 2 October 10.00am – 1.00pm
Main Hall, Aylsham Care Trust, St. Michael's Avenue, **Aylsham**, NR11 6YA

If you can come, please email us at events@familyvoice.org.uk or call/text on 07535 895748.

Digital Connections events - Norwich

DIGITAL CONNECTIONS EVENT



Drop-in Information Event for Early Years Providers and Partner Services

Date & Time: 19th July from 9am - 5pm and 20th July from 9am - 3pm

Venue: The Woodside Centre Community Hub, Witard Road, Norwich NR7 9XD

Join us at this relaxed mix and mingle networking event for talks, debate and information about digital services and developments! A range of professionals will be available for you to talk to including staff from:

- Just One Norfolk
- The Library and Information Service
- Early Years Achievement Service
- Adult Learning
- Early Help
- The SEND Local Offer team
- East Coast Community Healthcare Speech and Language Therapy Service
- ICT Solutions NCC
- Early Years Finance
- Norfolk's Early Years Wellbeing Garden Project
- Citizens Advice (Saturday only)
- Bright Map
- Norwich City Council Digital Inclusion Project
- UEA Outreach Team (Friday only)
- Norfolk Museums Service
- Family Information and Home Learning

***We'll be adding more information as we receive further booking confirmations.**

This is a drop-in event and so there is no timed agenda. Free hot and cold drinks and light refreshments will be available in the café.

To register your interest in attending, please email the Family Information team at fis@norfolk.gov.uk or text 07860 033099 with your preferred date.



Norfolk County Council

LGBTQ+ Pride of the People Exhibition



Council's up and down the country have been flying the Pride Flag.

2019 marks the first year South Norfolk Council has shown their support for the LGBTQ+ community by flying the flag. The rainbow flag is a symbol that demonstrates our commitment to supporting equality, diversity and tolerance.

This year marks 50 years since parliament repealed the laws which criminalised homosexuality in England and Wales. The anniversary shows us how far we have come but we still need to challenge violence and discrimination perpetrated against those from the LGBTQ+ community.

LGBTQ+ people still get bullied at school, taunted in pubs, and individuals fearful of holding hands or kissing in public. If only in a small way, we can outwardly demonstrate our commitment to making the world a more tolerant and fairer place to live and work, then it's worth showing our support in South Norfolk.

As a follow-up to Pride Month we will be taking our new pop-up LGBTQ+ exhibition 'Pride of the People: Helping History Out of the Closet' on the road across our district.

The exhibition has been put together in partnership with South Norfolk Council and the Norfolk Museum Service and curated by a group of young people from the Teenage History Club.

The exhibition is suitable for a range of small spaces such as village halls, libraries and community venues. The display explores what it was like to be a LBBTQ+ person in this area in the past, it plots a timeline of significant events for the LGBTQ+ community in the UK and provides an interactive activity to enable people to understand the definitions of terms used to describe gender identity and sexual orientation.

if you are interested in booking the exhibition please contact:

Laura Woollacott: lwoollacott@s-norfolk.gov.uk

Summer Reading Challenge 2019

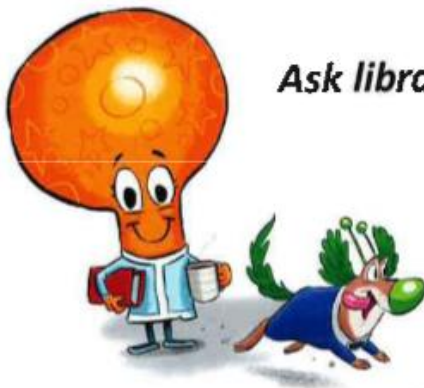


Enjoy your library this summer – something for all the family

Free Space Chase adventure for pre-school children – read together over the summer and collect stickers and a reward for completing the challenge

Illustrations © Adam Stower for The Reading Agency

- Enjoy sharing books together and having fun
- Help your child get ready for playgroup or school
- Fun family activities at your local library



Ask library staff for details or visit
www.norfolk.gov.uk/libraries



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Norfolk County Council

Young Carers Summer Fun



YOUNG CARERS



This summer we will be running a free Young Carers Fun Day in Acle, Long Stratton, North Walsham, Dereham and Watton.

If you are aged between 5 & 15 and look after a member of your family due to a disability, illness, mental health issue or substance misuse and would like to meet other young carers and have some fun, please contact us on 01603 219924 to find out more.

Lunch and refreshments will be provided – Limited spaces available -
Booking is essential!

With thanks to Towergate Insurance Brokers and Aviva Community Fund - Great that both organisations are supporting young carers in Norfolk.

SNYAB- Summer Programme

South Norfolk Youth Advisory Board (YAB)

Activities for young people in South Norfolk June 2019 onwards



Activities that are outside	
Tuesdays and Wednesdays in school holidays – 6 th , 7 th , 13 th , 14 th , 20 th & 21 st August	<u>Appleseed Care Farm</u> - young people aged 13-16 can attend one or more of these days and take part in a range of outdoor activities that develop skills and an understanding of the environment that surrounds them. Activities are based around animal husbandry, horticulture and conservation. To book a place, download the Appleseed Form from www.appleseed.org.uk (click on 'YAB Taster Days') and return asap to secure a place. If this is not possible, complete the slip overleaf. <u>Please choose two dates initially</u> and then indicate if you would like further places if they are available.
Saturdays, once a month	Visit to <u>Clinks Care Farm</u> working with livestock, and carrying out conservation and market garden jobs. The farm has pigs, chickens, cows, sheep, chickens, geese and ducks, amongst other animals on site. Lunch is prepared using produce from the farm. These sessions are for young people aged 13 – 19 years.
22 nd June, 14 th Sept	Visit to <u>Quaker Wood</u> – a day of conservation work, learning new skills from experts in a beautiful woodland area with natural ponds. These sessions are for young people aged 13 – 19 years.
Activities that focus on your wellbeing	
First Friday of each month	<u>Wellbeing and Social Sessions</u> – early evening session for young people to relax, take part in some activities, have a walk, and talk to youth workers about things that are important to them. For young people aged 11 – 19 years (Yr7+).
14 th – 15 th August	<u>Wellbeing Residential</u> – a 24 hour opportunity to be away from home and focus on personal wellbeing and confidence.
Activities that help you get involved and meet others	
Monthly, Wednesdays 7- 8.30pm	<u>YAB Youth Club</u> – session to meet new people, take part in different activities including sports, cooking, and crafts, or just hang out with your friends. For young people of high school age.
21 st August	<u>Intergenerational Project</u> – Lunch and games run by young people for older members of the community. Chance to volunteer some time in Diss while holding a fun event for others. Planning and baking sessions: 13 th August and 20 th August. Young people can attend one, two or all three dates.
Monthly sessions	<u>Digital Support Sessions</u> – chance to volunteer to help people learn more about their smartphone or tablet. These are drop in sessions for young people aged 11 - 19 years (Yr7+), based at the library in Wymondham (Thursdays, 4.30pm – 6pm), supported by a youth worker.
Regular sessions	<u>Young Commissioners</u> – Young people getting together and making sure that the YAB offers young people in South Norfolk good projects and services that meet their needs. Young Commissioners are making a difference in their community by making sure that young people's voices are heard. For young people aged 13 – 19 years.
Wednesday 7 th August	<u>Pleasurewood Hills</u> – coach trip to the theme park with pick up points in Diss, Long Stratton, Costessey and Loddon.
Activities that help you develop skills and get qualified	
Monday 5 th August	<u>First Aid Course</u> – pass this one day course, and get your certificate valid for three years. For young people aged 13 – 19 years.



27 th July or 9 th August	<u>An Introduction to Health and Safety at Work AND / OR Fire Safety at Work</u> – appropriate for those who work or are soon to have work (full or part time) – for young people aged up to 19 years.
27 th July or 9 th August	<u>Food Hygiene Certificate</u> – practical session followed by online test to get nationally recognised certificate. Sessions for 13 – 19 year olds.
16 th August	<u>Art Workshop</u> – Details to be confirmed. Let us know if you would like more information and we will send it to you.
19 th August	<u>Cooking Day</u> – for those young people who have completed a Food Hygiene course. A chance to practice your skills and learn new techniques.
Tuesdays	<u>Cricket for Girls</u> – Hales and Loddon Cricket Club are offering weekly sessions to encourage girls to play cricket and develop their skills, supported by great coaches. These sessions are designed to be fun and enable young women to become more confident. Give us with your name and contact details and a coach will be touch. These sessions are based in Langley and are for 11 – 17 year olds. For more details email pete.dye@canaries.co.uk or text / call 07931711323.
To suit you	South Norfolk YAB can also put you in touch with a <u>Careers Adviser</u> who will talk to you about your future, and help you to make positive choices and take steps in the right direction. If you would like to speak to Graham, you can email him directly on graham@mtmyouthservices.org.uk or fill in the slip below, and he will contact you.

Transport can be provided for young people who live in South Norfolk for most activities – please check
 Unless stated, information and booking forms about these activities can be downloaded from www.snyab.org If you are unable to download any of the information and consent forms that you require, please complete the slip below and information will be sent to you.

Name of young person:.....

DOB:..... Male / Female / prefer not to say

Address:.....

..... Postcode:.....

Home Telephone:..... Mobile:.....

Email address:.....

School / College / Work:.....

I wish to attend (list activities):.....

Reason(s) for wanting to attend / get support:.....

Please return this slip to: MTM Youth Services CIC, Rambler Cottage, The Street, Botesdale, IP22 1BZ
 Or email your requests to: sam@mtmyouthservices.org.uk

The South Norfolk Youth Advisory Board (YAB) works to improve services for young people aged 13 and above. All work undergoes consultation with young people, their communities and relevant agencies before being put in place. For more information about South Norfolk YAB please visit:

<http://mtmyouthservices.jimdo.com/youth-advisory-board/>
<http://www.snyab.org/what-does-snyab-offer/>



Fish Holiday Club- Long Stratton

'Fish' Holiday Club

What is it?

A brand new scheme that aims to provide children between 5-11 years with 2 hours of fun and food during school holidays.

Parents/carers are free to join the children if they wish.

Why 'FISH'?

It stands for Fun (and Food) in School Holidays, and is based on similar schemes being operated in the Norwich area.

When?

Our next sessions will take place on:

- Summer Holidays:
 - Friday 2 August,
 - Friday 9 August,
 - Friday 16 August and
 - Friday 30 August.

Where?

In the hall behind the Congregational Church, Ipswich Road, Long Stratton, NR15 2TF. (Almost opposite the Police station)

Time?

We open the doors for registration at 11.45am and a 2-course lunch will be served at 12.15pm. (So come hungry!) We then have activities for all to enjoy until 2pm.

And best of all, this is completely free.

For further information or to book a place contact either: David (01508 531037), or Preston (01508 471006)

Deopham Coffee and Chat Pop up Event

A break for coffee and a chat could make life more interesting



Knowing what's going on in our own communities isn't always easy, especially if access to transport is limited, or there is no village shop, pub or post office.

Better Together is bringing free 'pop up' events to rural communities, offering all sorts of information about organisations and services.

We also have details of local activities and support for local people who run village groups or are thinking of starting something new.

But most importantly there will be the opportunity to get together to chat with neighbours and old friends (or make new ones!) over tea, coffee and cake.

Why not join us when we visit Deopham?

Saturday 20th July 10-12 at the Gralix Hall



Creating Connections | Building Communities

For more information
01379 851920



YMCA The Hive- Anti-Bullying Support Group- Norwich



'THE HIVE'
**Anti-Bullying
Support Group**
Fortnightly Support
sessions for young people between 11-18 affected by bullying.
Runs 5-7pm for group activities, 1-on-1's and refreshments.
Catton Grove Community Centre, NR3
27th June
11th July
25th July
8th August
22nd August
5th September
19th September
Contact: anti-bullying@ymcanorfolk.org

YMCA
In partnership with



WEEKLY SCHOOL PEER MENTORING CLUB

8-week program at local high schools setting up an anti-bullying group where the students complete an accredited ASDAN Peer Mentoring course. The group then becomes student-led by when they have completed the course as 'anti-bullying ambassadors'. We want to help set up a safe space on school grounds, to be an active presence helping to combat bullying.

YMCA

Anti-Bullying Peer Mentoring Club

Fortnightly evening sessions with fun
activities and refreshments

For more information, please contact:
anti-bullying@ymcanorfolk.org

In partnership with



YMCA

Anti-Bullying Peer Mentoring Club

Fortnightly evening sessions with fun
activities and refreshments

For more information, please contact:
anti-bullying@ymcanorfolk.org

In partnership with



Equal Lives – Art Competition



CELEBRATE INDEPENDENCE!

EQUAL LIVES ART COMPETITION

Submit a piece art of that demonstrates what 'independence' means to you to be in with a chance of winning £25.00 and having your art displayed

SEE OVERLEAF FOR DETAILS



HOW TO ENTER

**THIS COMPETITION IS OPEN TO ANYONE WHO
IS DISABLED AND LIVES IN NORFOLK**

THE CATEGORIES ARE:

USER LED GROUPS

DISABLED INDIVIDUAL

TO ENTER, SEND YOUR ART, OR A PHOTOGRAPH
OF IT (LABELLED ART COMPETITION) TO:

**EQUAL LIVES, 15 MANOR FARM BARN, FOX
ROAD, FRAMINGHAM PIGOT NR14 7PZ**

OR EMAIL TO
MEMBERSHIP@EQUALLIVES.ORG.UK

BEFORE MIDDAY ON 30.08.19

INCLUDED IN YOUR SUBMISSION, YOU SHOULD
CONFIRM WHICH CATEGORY YOU ARE IN, YOUR
NAME, AND YOUR CONTACT DETAILS

WINNERS WILL BE CHOSEN BY EQUAL LIVES
MEMBERSHIP AND ANNOUNCED 1.10.19 - ONE
WINNER FROM EACH CATEGORY WILL WIN
£25.00!

**BE CREATIVE AND USE
YOUR IMAGINATION!**

equallives.org.uk

Action for Children



A new Early Childhood and Family Service for Norfolk

Norfolk County Council have commissioned Action for Children to deliver their new targeted service to families with children aged 0-5.

Who are Action for Children?

A national charity who have been working to support families for 150 years.

A leader in national research and policy development

Deliver services across the four nations of the United Kingdom

Employ over 7000 staff in 522 different services supporting over 301,000 children, teenagers, parents and carers every year.

What will the service focus on?

Based on evidence of what works and what our youngest children need the service will have a focus on

- Supporting children to achieve their developmental milestones
- Preventing neglect and emotional harm
- Increasing social mobility.

By providing high quality evidence based early intervention services to ensure families who need additional support receive the right help at the right time.

What will it do?

This is a Tier 2 Service (please follow this link for a descriptor of Tier 2 <https://www.norfolkscb.org/people-working-with-children/threshold-guide/>) that may also provide an identified tier 2 intervention within a wider tier 3 package of support. The service will offer a mix of group work and 1:2:1 support, including universal services in some cases. The sorts of interventions and support will include Solihull programmes, Baby Massage, Circle of Security, support for the Home Learning Environment and Video Interactive Guidance. There will be a core offer to families, but a distinct response according to local need.

How will it operate?

It is a county wide service operating at a district level from a network of 15 bases, using a range of other venues including libraries, community centres and families own homes.

The service will operate all year, including evenings and weekends

The services will be integrated with partners, co-ordinating and tracking interventions for individual families.

The service will operate as part of an early childhood system with key relationships currently being developed. This will maximise the impact of the work and reduce duplication of delivery.

What happens next?

We will invite stakeholders to one of a series of district roadshows over the summer.

More information to follow.

Meanwhile, we will be meeting with our service users, partners and stakeholders to develop the service further. A programme of services will be available in due course.

Health Information Leaflet Service



The Health Information Leaflet Service (HILS) provides free, good quality health information leaflets and posters for professionals working in voluntary and statutory agencies within Norfolk.

We are part of the Customer Services Fulfilment Team based at County Hall, Norwich.

Over the years we have established a good regular customer base, and we are proud of the valuable service that we provide.

New customers can register by visiting the website:-

<http://brochure.norfolklivingwell.org.uk/>

You can browse and order from a wide range of free leaflets and posters which can then be displayed in your setting or distributed in your community.

Most items are also available as a PDF version, which can be downloaded and printed out at your convenience.

We have a comprehensive selection of electronic resources such as web banners, e-mail signatures, and display screens, which can be downloaded. These are a great way to promote your health promotion messages.

A free courier service will deliver packages to designated locations (mostly surgeries, health centres and hospitals) once a week, and we also now offer a delivery service to libraries. If your location isn't on our courier delivery route, you can nominate your nearest library as a collection point. They will take delivery of your order for you to pick up when convenient. This takes up to 3 working days.

If neither of the above options are suitable, then please e-mail us at hils@norfolk.gov.uk and we would be happy to discuss alternative arrangements.

We look forward to working with you.

Grandparents Plus Advice Service



Raising a
relative or
a friend's
child?

Are you a guardian, Special Guardian or
kinship carer? Are you thinking of taking
on the care of a grandchild?

Call our advice line on 0300 123 7015
www.grandparentsplus.org.uk



Grandparents Plus advice service provides:

- Free, comprehensive advice on welfare benefits and other sources of financial support.
- Independent advice and information on a wide range of other issues including
 - employment
 - housing
 - education
 - disability
 - parenting and
 - legal options.
- Someone Like Me telephone peer support service, giving you the chance to speak to others in a similar situation.

Call **0300 123 7015** or email advice@grandparentsplus.org.uk

Open Mon - Fri 10am - 3pm.
Translation service available.

www.grandparentsplus.org.uk



Charity number 1093975

Veterans Gateway



**VETERANS'
GATEWAY**

The first point of contact
for veterans seeking support

**EX-SERVICE AND
STRUGGLING WITH
CIVVY STREET?**



WE CAN HELP.



WHAT IS VETERANS' GATEWAY?

Veterans' Gateway is for any ex-service personnel and their families looking for advice or support – whatever they're dealing with.

We provide the first point of contact to a network of military and non-military partner organisations to help you find exactly what you need, when you need it - whether you're in the UK or overseas.

We cover seven key areas:

- Housing
- Employment
- Finances
- Living independently
- Mental wellbeing
- Physical health
- Family and communities

“After I had done my duty and served my country I was disappointed that there was no duty to provide the support services I needed. Veterans' Gateway will make it easier for veterans to find the support they need.”

Gareth Jones, 49



WHENEVER YOU NEED US, WE'RE HERE



Call us around the clock
on 0808 802 1212



Give us a text on 81212



Visit us online at
veteransgateway.org.uk



Get in touch via livechat –
you'll find it on our website



Submit a query using our
online form

WE CAN HELP.



Veterans' Gateway is a partnership between
The Royal British Legion, Poppyscotland,
SSAFA, the Armed Forces charity,
Combat Stress and service provider
Connect Assist. We are funded by the
Armed Forces Covenant Fund.

For 24-hour support
Go to veteransgateway.org.uk
or call 0808 802 1212

Partners



Recommissioning of Norfolk and Suffolk Victim Care Service

The Police and Crime Commissioner for Norfolk in partnership with the Police and Crime Commissioner for Suffolk are going out to market to commission a provider to deliver the Norfolk and Suffolk Victim Care Service

Organisations which can help victims of crime cope and recover from what they have experienced are being offered the opportunity to provide a victim care service for Norfolk and Suffolk.

From 10 July, Norfolk PCC Lorne Green and Suffolk PCC Tim Passmore are encouraging bids to provide a victim assessment, support and referral service across both counties.

Since 2015, Police and Crime Commissioners (PCCs) have been responsible for commissioning support services for victims of crime in their force areas – an entitlement set out in the Victims Code of Practice. Grant funding from the Ministry of Justice (MoJ) is made available to PCCs for that purpose.

For the last four years, victims of crime in Norfolk have been benefitting from PCC-commissioned support services designed to assess their needs and ensure they have access to support to cope and recover from the impact of the crime. The current service model – the Norfolk and Suffolk Victim Care service – was launched by PCC Lorne Green in April 2018, with the existing contract is due to end on 31 March 2020.

The new £3.15 million five-year contract, which will be managed by the Norfolk and Suffolk PCC offices, will secure a service available to all victims of crime, with enhanced support on offer for those who are vulnerable, affected by serious crime or persistently targeted. It will also provide referrals to specialist support services as appropriate.

While the service will respect a victim's choice whether or not to report the crime, it will ensure the victim is aware of their right to report and how to do so, and support victims through the criminal justice system.

PCC Lorne Green, said: "Supporting victims and reducing vulnerability is one of my key priorities as Norfolk's Police and Crime Commissioner.

"Availability of and easy access to information, advice and support can have a big impact on how victims of crime cope with the immediate and lasting effects of what they have experienced, and how they then move forward with their lives.

"And, for those victims who report what has happened to them, understanding and navigating their way through the criminal justice system can be challenging, so the independent victim advocacy this service provides can be invaluable in helping them on that journey.



“We owe it to victims of crime to ensure the support they need is available. If your organisation can help us in delivering that vital support, we’d like to hear from you ”**Who can apply and how?**

Organisations that can demonstrate they meet the necessary criteria and are able to deliver a service across Norfolk and Suffolk are eligible to apply. Partnership bids will be accepted, however one partner must take the lead and administer the contract/funds on behalf of the partnership.

Full details are available on the Bluelight EU Supply Portal at <https://uk.eu-supply.com>.

All correspondence, including application and clarification questions will be managed through the Portal.

The deadline for applications is Thursday 15 August 2019

NHS Information sheet



Information Sheet



JustOneNorfolk.nhs.uk

The new 'go to' health website for Norfolk families. The site features advice and information on childhood illnesses, healthy lifestyles, emotional health, staying safe, child development and additional needs. JustOneNorfolk.nhs.uk uses videos and animations to keep content interesting and easy for users to understand. The website also features short films starring real Norfolk families talking about their own experiences. Anyone can create an account and complete a health questionnaire to help them gain skills and knowledge.



Information Sheet



online Solihull

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

Who is it for?
Norfolk parents and carers and professionals

What is it?
New online learning to help parents, families, carers and professionals feel more confident when looking after children and young people. The learning is interactive, easy to understand and focussed on helping you. The learning is free and once registered can be accessed 24/7

bit.ly/sa-learning
Access Code = JON70

Health Unlocked

Who is it for?
Norfolk parents and carers

What is it?
An online community forum where parents and carers can support each other, give advice and ask questions.

bit.ly/jonparents

PAM Health Questionnaire

Who is it for?
Norfolk Parents & Carers

What is it?
A online health questionnaire which will help you to think about your knowledge, skills and confidence in understanding and supporting your child or unborn baby's health. The results of this can help us to support you in setting your goals and priorities in a way that is right for you and your family.

ReciteME - accessibility

Change the colour
Editor
Leave Mark
Dictionary
Select Language
Enable/Disable Text Mode
Download Audio File
Highlighting Gaps

Who is it for?
Anyone on JustOneNorfolk.nhs.uk who needs extra help with accessibility.

Podcasts

Who is it for?
Anyone aged 11-19 living in Norfolk.

What is it?
A series of podcasts hosted by BBC Radio One presenter Cel Spellman. Each 20 minute episode features a different topic including self-harm, depression, substance misuse and sexual health. Just search for 'Health Uncovered' in iTunes or podcast app.

#NorfolkCan

Who is it for?
Norfolk families.

What is it?
NorfolkCan is a new campaign to help young people and families make healthier lifestyle choices. A referral is not required and anyone can request help and support by calling Just One Number on 0300 300 0123.

JustOneNorfolk.nhs.uk/healthylifestyles

Just one Number

Who is it for?
Young people, parents, carers and professionals in Norfolk.
Phone lines are open Monday to Friday 8am - 6pm and Saturday 9am - 1pm.

What is it?
A single point of access to get in contact with the Norfolk Healthy Child Programme. The Just One Number team can help you make or change an appointment, give you clinical advice and information, help you with referrals and connect the right people with the right services.

Parentline
07520 631590

Who is it for?
Norfolk parents and carers of 0-19 year olds.
Monday - Friday 8am-6pm Saturday 9am-1pm

What is it?
A text message advice service for Norfolk parents of 0-19 year olds. Text messages can be anonymous and will cost the same as a standard text or come out of the message allowance. Texts will be replied to by one of our clinicians who will offer health related advice.

our Services 0-19

- Antenatal Visit
- New Birth Visit
- 6 - 8 Week Check
- 1 Year Review
- 2 - 2.5 Year Review
- School Readiness Check
- School Age Immunisations
- Hearing and Vision Screening
- Height and Weight Screening
- 5 - 19 Health Promotion and Support
- 5 - 19 Transitions - School Entry to Adulthood
- Additional Needs Pathway
- Emotional Health Pathway
- Teenage Parents Pathway

Get involved!

We've already had some fantastic input from Norfolk families to help us develop our services. We really value this and would love to get more people involved. If you are a Norfolk parent, carer or professional who would like to help us make our services even better - we would love to hear from you. Contact us through 0300 300 0123, JustOneNorfolk.nhs.uk or get in touch through our social media channels.

ChatHealth 07480 635060

Who is it for?
Anyone aged 11-19 living in Norfolk.

What is it?
A confidential text message advice service. Young people can ask for advice about contraception, mental health, bullying, alcohol, self harm, healthy eating, drugs, sex and smoking. Text messages can be anonymous and will cost the same as a standard text or come out of the message allowance. Texts will be replied to by one of our clinicians who will offer advice and support.

16 - 19 Health App

Who is it for?
Anyone aged 16 - 19

What is it?
A new app for young people aged 16 - 19 years old. The app has advice on a range of topics including sexual health, drugs, mental health and travel safety. Young people can also access their own GP health record using Evergreen life. Free to download from the app store or Google Play.

Find us on social media

Find us on
vimeo
CCS NHS Trust

@NorfolkCYP

Norfolk Scam Prevention



Have you been left

in the red by a scam?

If you've been the victim of a scam, Norfolk Scam Prevention Service can offer you specialist help and support.

Call: 101, followed by extension 5483

Email: scamspreventionservice@norfolk.pnn.police.uk

Visit: www.nsvictimcare.org

Norfolk Scam Prevention Service is a free and confidential service offering specialist support to anyone who has been a victim of a scam in Norfolk.

We'll help you by:

- Providing a home visit from a trained Police Volunteer to talk through what has happened;
- Offering practical advice on ways to prevent you being a victim of scams in the future; and
- Giving you emotional support to help you cope and recover.

However you're feeling after a scam, get in touch with us today.

Together with Norfolk & Suffolk Victim Care, the Norfolk Scam Prevention Service is brought to you by the following partners:



**OFFICE OF THE POLICE & CRIME
COMMISSIONER FOR NORFOLK**



**NORFOLK
CONSTABULARY**
Our Priority is You



Norwich Jobs Fair



**Castle Mall, The Terrace (use Timberhill entrance)
11th September 2019 11am – 1pm**

Harleston Jobs Club

Harleston
information *plus*

JOBS CLUB

**Every Wednesday
10am–2pm**

**8 Exchange Street
Harleston**

The Jobs Club provides a friendly and informal environment where you can drop in and access a range of free employment support including:

- ✓ Help with CV writing, covering letters and job applications
- ✓ Online job searching
- ✓ Tips and advice for job interviews
- ✓ Business start-up information
- ✓ Private consultations with a Careers Adviser
- ✓ Training opportunities
- ✓ IT help and support
- ✓ Volunteering opportunities

**Everyone
Welcome**

All our services are free and confidential

Phone: 01379 851920

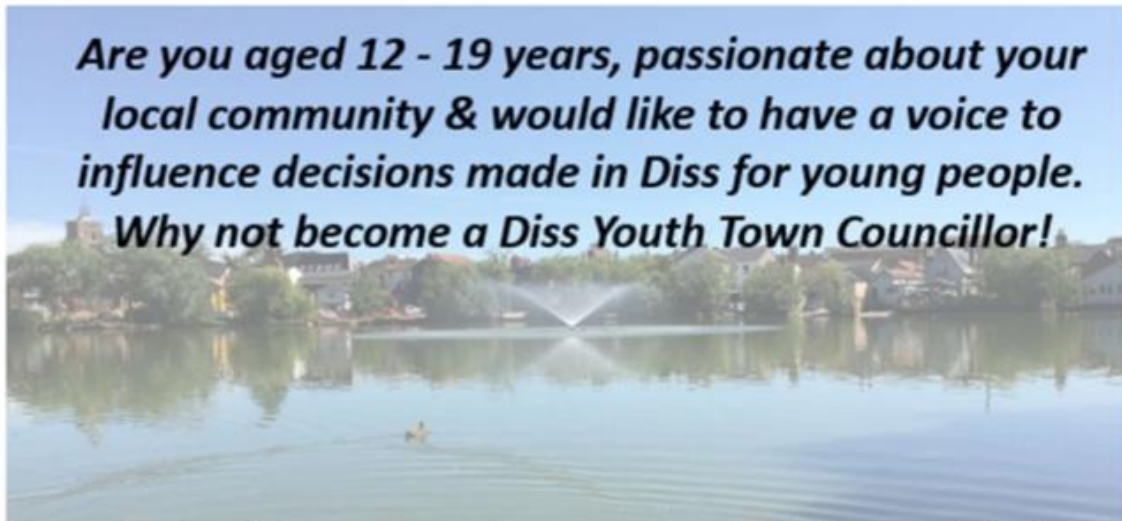
E-mail: jobsclub@harleston-norfolk.org.uk



Harleston Information Plus, 8 Exchange Street, Harleston, Norfolk, IP20 9AB
HIP Charity Number - 1146735



Diss Town Council - Youth Councillor



We, Diss Youth Town Council, support and work alongside the wider community to improve areas in Diss, with a particular focus on youth. We encourage youth to have a say & get involved, whilst working together with Diss Town Council.

Our Youth Council meetings are held monthly.

What can you achieve by becoming a Youth Councillor?

- ☐ "Life skills helping with communication & confidence"
- ☐ "Voluntary experience that you can add to your CV"
- ☐ "Opportunities to represent the youth of Diss at official functions & support community fun events".

If you would like more information or to get involved - Text or call Julia on **07546 059061** Email julia@mtmyouthservices.org.uk or find us online - <https://diss.gov.uk/your-council/diss-youth-council/>



Fire and Rescue Community Volunteers



NORFOLK FIRE & RESCUE SERVICE

Community Volunteers

Help support your local Fire & Rescue Service and help make a vital difference to people's lives?

Have you a passion to help people in your local community?

Do you want the opportunity to develop new skills and enhance your experience?



Norfolk Fire & Rescue Service community volunteers gave over 1600 hours of time to help keep their communities safer in 2018/19. They deliver important safety messages in Fire Safety, Arson Prevention, Road Safety and Water Safety as well as promoting health and wellbeing.

We encourage applications from people where English is your second language, this can help us widen our protection within local communities.

If you are 18 or over you could apply to become a volunteer. To find out more information please

Contact: hq@fire.norfolk.gov.uk

 **Norfolk** County Council

LIFT OFF Work Trials



Pathmakers
Connecting Norfolk countryside & communities

LIFT OFF Work Trials

Would you like to work in the outdoors?
Are you from Norfolk or North Suffolk?
Does your confidence need a boost?



LIFT OFF Work Trials are short term work experience opportunities, for people who might otherwise struggle to find employment in the environment sector. If you are 16+, and not in work, education or training, find out if you are eligible by emailing: ella.meecham@norfolk.gov.uk



Pathmakers.org.uk



[@Pathmakers_CIO](https://twitter.com/Pathmakers_CIO)



[@PathmakersCIO](https://www.facebook.com/PathmakersCIO)



European Union
European Social Fund
Investing in jobs and skills



Voluntary Norfolk- Health and Wellbeing Volunteers

Health & Wellbeing Volunteers available for 1:1 support in Breckland, South Norfolk, North Norfolk and rural Broadland



Practical and emotional support to help residents self-manage long-term health conditions or regain independence after illness, injury, an operation or challenging health diagnosis

- Regular social interaction
 - Supporting clients to carry out activities including shopping & cooking
 - Assistance with managing health conditions
 - Help to access information & services
 - Encouraging healthy eating & activities
- Please note, volunteers are not expected to deliver any personal or medical care

NHS
North Norfolk
South Norfolk
Clinical Commissioning Groups

VOLUNTARY
NORFOLK

The Health & Wellbeing Volunteer Service is delivered by Voluntary Norfolk and funded by North Norfolk and South Norfolk (NHS) Clinical Commissioning Groups.

If you know a patient, client, friend or relative who is without their own support network and could benefit from this service, call **07384 816574** or visit: **voluntarynorfolk.org.uk** & search 'health volunteers', or email: **hwwolunteer@voluntarynorfolk.org.uk**

Better Together Grants



Creating Connections | Building Communities

**VOLUNTARY
NORFOLK**

Better Together Grants

Would you like to bring people in your community together?

**Do you need funding to organise an event or activity
in the Norwich area?**

If so you could apply for a Better Together Grant worth up to £200

This funding is for individuals or small groups of like-minded people to organise a community event that helps prevent loneliness and social isolation. This could be anything from a shared meal to a community litter pick, a games evening in a local café or a group outing. We look forward to hearing your ideas!

To find out more contact Amelia Worley, Community Development Worker,
t.07384 110 362 or e. amelia.worley@bettertogethernorfolk.org.uk



www.bettertogethernorfolk.org.uk

Better Together Norfolk Helpline 0300 303 3920