

South Norfolk Bulletin



Training & Workshops

- [Narcotics Anonymous- Open Event](#)
- [Robotics STEM Course](#)
- [Prince's Trust- Outdoor Adventure](#)
- [Wellbeing Service- Steps to work](#)
- [SEND- E-Learning Course](#)

Service Information

- [Norfolk County Council- Fire safety in your home](#)
- [Neighbours in Need](#)

Conferences & Events

- [Wellbeing & Mental Health Service 0-25yrs Transformation](#)
- [Norfolk YOT Open Day- Great Yarmouth](#)
- [Toys and Tins Open Day](#)

Employment & Volunteering

- [Norfolk and Norwich Association for the Blind – Volunteer Service](#)
- [Harleston Jobs Club](#)
- [CGL Norfolk Volunteering Opportunities](#)

Clubs, Groups & Activities

- [Youth Advisory Board- May Activities](#)
- [Fish Holiday Club- Long Stratton](#)
- [Young Carers Activity Session- Diss](#)

Grants & Funding

- [LIFT Small Skills Project Funding](#)

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

46

24/05/2019

Narcotics Anonymous – Open Event



**Narcotics Anonymous
Public Information Open Event for Professionals
Friday 7th June 2pm - 4.30pm**

Norwich Central Baptist Church, Duke Street, Norwich, NR3 3AP

We are writing to invite you to a free training and information event designed to increase awareness of Narcotics Anonymous (NA). Since your organisation may interact with people with substance dependence, we believe it may be useful for you to be aware of Narcotics Anonymous as a community resource.

The Local Services Subcommittee of the Norfolk and Suffolk Area of Narcotics Anonymous are hosting this event, which will include:-

- a short presentation about the basic principles of NA and how it works,
- information about local NA meetings,
- an opportunity to observe an NA meeting and meet members of Narcotics Anonymous
- a question and answer session,
- light refreshments.

**Limited places for this event will be allocated on a first come, first served basis.
Please respond by email to lsc.nasa@ukna.org
for more information and to book your place.**

What is Narcotics Anonymous?

NA is a member-driven, international organisation in which no dues or fees are charged for membership. All we ask is for a potential member to have a desire to stop using drugs. Our program is based on a set of spiritual principles, and we have no affiliation with any organised religion. Narcotics Anonymous is a twelve-step approach to recovery from addiction with the primary purpose of helping any individual to stop using drugs. NA's program focuses on an addict's recovery from the disease of addiction, rather than any specific drug. Through our group meetings and the therapeutic value of one addict helping another, addicts learn how to live drug-free and productive lives. In 2016 there were almost 67,000 weekly NA meetings in 139 countries worldwide, with 32 meetings currently in the Norfolk and Suffolk Area. For further information about Narcotics Anonymous please see www.ukna.org or www.na.org

Venue and parking

The venue for this event is Norwich Central Baptist Church. Directions can be found here <https://norwichcentral.org/visiting-us/how-to-get-here/>

On site parking is limited, however there are many public car parks near by, for example:-

[St Andrews Multi-Storey](#)
[Botolph Street Pay and Display](#)
[St Crispin's Pay and Display](#)

Please feel free to forward this invitation to colleagues and other professionals who may be interested to attend.

Best wishes, on behalf of the Local Services Subcommittee of the Norfolk and Suffolk Area of Narcotics Anonymous

Robotics STEM Course



Get Started

Robotics

Are you 16-25? Want to learn about Robotics?

PLT is a provider for STEM courses, with a focus on engagement of young people within Science and Engineering

Programme: Monday 24th - Friday 28th June 2019
Location: Norwich City Centre
Interviews: week commencing 10th June 2019

In partnership with:

PLT.

Procter Learning Technologies

- Learn about Science, Engineering and Robotics
- Gain a British Science Association CREST Discovery Award
- Complete STEM workshops to learn some of the engineering and technology behind robotics
- Build and support your robot to complete an assault course and challenges
- Improve your teamwork, communication skills and boost your confidence
- Receive 3 months support after the programme
- Travel costs supported by The Prince's Trust or through your Job Centre
- Lunch provided every day

LIMITED PLACES AVAILABLE

To join the course or find out more:

Call for Free on 0800 842 842



**YOUTH
CAN
DO IT**

Prince's Trust- Outdoor Adventure



The banner features a scenic background of mountains and a campfire. In the top left, there is a red ribbon with the Prince's Trust logo and the text 'Get Started'. The main title 'Outdoor Adventure' is written in a large, white, handwritten-style font across the center. Below the title, three small inset images show a person kayaking, archery targets, and a tent. At the bottom of the banner, a black bar contains the text 'Are you 16-25? Not in Education, Employment or Training?' followed by a yellow bar with the text 'The Prince's Trust, in partnership with Ascend Adventure, are offering a FREE one week training course which gives you a fantastic opportunity to have fun in the Great Outdoors'. Below this is a red bar with a table of details.

Get Started

Outdoor Adventure

Are you 16-25? Not in Education, Employment or Training?

The Prince's Trust, in partnership with **Ascend Adventure**, are offering a **FREE** one week training course which gives you a fantastic opportunity to have fun in the **Great Outdoors**

Programme	Monday 22th July - Friday 26th July 2019
Location	Bittern Meadow, near Norwich
Interviews	week commencing 1st July 2019

Delivered in partnership with:



- Spend 5 days in the wild, learning about yourself through mindfulness in nature
- Take part in Bush craft, Raft building, Canoeing, Archery, Orienteering and Arts and Craft
- You will also spend 1 night setting up a camp and staying overnight in the wild
- Enjoy a fun week Improving your Teamwork, Communication Skills and Confidence
- Doesn't affect your benefits & travel expenses paid on programme (or by your Job Centre)
- Receive 3 months support after the programme

LIMITED PLACES AVAILABLE
To join the course or find out more:
Call for Free on 0800 842 842



**YOUTH
CAN
DO IT**

Wellbeing Service- Steps to Work



Steps to Work

Steps to Work is an informal online webinar for people experiencing mild to moderate symptoms of low mood or depression who are ready to start thinking about making steps towards training, education, voluntary work or employment.

When:

**On the first Wednesday
of every month**

Time: 10am – 11am

To book:

Call: 0300 123 1503

Email: admin@wellbeingnandw.co.uk

Or via our website:

wellbeingnands.co.uk/courses



Wellbeing is commissioned by Great Yarmouth and Waveney, North Norfolk, Norwich, South Norfolk and West Norfolk Clinical Commissioning Groups.

SEND E-Learning Course

Improve your knowledge and understanding of SEND

We are pleased to inform you that there is now a **new SEND E-Learning course**. It has been developed to improve the knowledge and understanding of special educational needs and disability (SEND) and associated responsibilities **for parents/carers or professionals** working with children and young people with SEND.



The course was **co-produced** by a small group with representation from Norfolk County Council, the Clinical Commissioning Groups and Family Voice Norfolk.

Norfolk County Council employees should access the course via the Learning Hub website.

Everyone else can access the course on the **SEND Local Offer**.

<https://www.norfolk.gov.uk/children-and-families/send-local-offer>

Couple Conflict Training Course



Adfam, [Tavistock Relationships](#) and [One Plus One](#) have been funded by the Department of Health and Social Care to deliver free training in different areas of the country for practitioners who supports families affected by problematic alcohol use.

We're delivering a session next month in Norwich which will focus on reducing the impact of inter-parental conflict on children in families affected by alcohol misuse.

- **Dates:** Monday 10th & Wednesday 12th June
- **Location:** Conference Room 2, The King's Centre, King Street, Norwich, NR1 1PH
- **Cost:** Free
- **[Find out more - and register -](https://tavistockrelationships.ac.uk/forthcoming-events/1219-alcohol-training)**
<https://tavistockrelationships.ac.uk/forthcoming-events/1219-alcohol-training>

Please note this is a TWO DAY programme (participants are asked to attend both days)

Wellbeing & Mental Health Services

0-25yrs Transformation

WELLBEING & MENTAL HEALTH SERVICES (0-25YRS) TRANSFORMATION

NORFOLK & WAVENEY



01603
222033



camhs@
norfolk.
gov.uk

The transformation process of CAMHS has been gathering pace, informed by input and ideas from children, young people, families and practitioners. A core group of operational colleagues and commissioners has worked hard to turn these ideas into a new model, based on the THRIVE framework.

Front line staff from any sector with an interest in CAMHS are invited to take part in the first of a series of events to help test and shape the new model of wellbeing & mental health services for 0 – 25 year olds.

NORWICH, 24TH MAY

Edwards Rm, County Hall,
NR1 2UA, 1230-1600

NORWICH, 30TH MAY

Oak Rm, PDC, 144 Woodside
Rd, NR7 9QL, 1330-1700

BECCLES, 7TH JUNE

1 Common Lane North,
NR34 9BN, 1330 - 1700

FUTURE DATES TBC

Norfolk YOT Open Day- Great Yarmouth



Open Day – Great Yarmouth

20th June 2019

Visit between:

14:00 – 17:00

Norfolk Youth Offending Team (NYOT) is a multi-agency partnership team whose aim is to prevent children and young people from offending and to help them restore the damage caused to their victims. We aspire to make Norfolk an even safer place to live and help young people achieve their full potential in life.

NYOT – Havenbridge House, North Quay, NR30 1HZ.

No parking facilities are available on site, however Stonecutters Quay Pay and Display car park is located next to Havenbridge House.

Tea, coffee and biscuits will be provided. Cakes and treats will also be available to purchase from our Charity Bake sale.

To confirm your attendance please RSVP with the names of attendees and approximate arrival time by 1st June 2019 to dane.stannard@norfolk.gov.uk

Toys and Tins Open Day

Toys and Tins Open Day

Monday 1st July 2019

Come along for an opportunity to find out

41 Morgan Way
Bowthorpe Industrial Estate
Norwich NR5 9JJ

Drop in
anytime between
10am and 4pm!

Just give us a call before
the day to let us know
you are visiting The Hub.

Telephone: 01603 724407

Including presentations
by our Community
Services Specialist!

Tea, Coffee and Cake provided

The Salvation Army
- not just for Christmas



Youth Advisory Board- May 2019 Activities

South Norfolk Youth Advisory Board (YAB)

Activities for young people in South Norfolk

May 2019 onwards



Activities that are outside	
Tuesdays and Wednesdays in school holidays – 28 th and 29 th May	<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.
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.

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+).

Activities that help you get involved	
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.
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.

Activities that help you develop skills and get qualified	
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.
Dates to be agreed	<u>First Aid Certificate</u> - accredited course to enhance your CV. Give us with your name and contact details and we will let you know the dates of the next courses.
Saturday 11 th May	<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.
Saturday 11 th May	<u>Food Hygiene Certificate</u> – practical session followed by online test to get nationally recognised certificate. Sessions for 13 – 19 year olds.

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:

- May Half Term:
 - Friday 31 May 2019
- 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)

Young Carers Activity Session- Diss

Young Carers Diss Activity Session Wednesday May 29th

If you are a **Young Carer living in South Norfolk**, aged between 5 and 19 years old, you can:

- Meet other Young Carers
- Get one-to-one support
- Ensure your voice is heard
- Access training and socialising opportunities

We are running two activity sessions on May 29th at Diss Youth Centre, Shelfanger Road, Diss IP22 4EH. The first session will be for the Junior School group 5-11yrs old from 11am to 1pm. The second will be for the High School group 12-19yrs old from 1.30pm to 3.30pm.

There will be lots of people to chat with you, plenty of activities to do while you are there, and some lovely snacks and drinks. And it's all **free!**

To attend please contact us on:

emma@mtmyouthservices.org.uk

(07760283864) or

graham@mtmyouthservices.org.uk

(07847049399)

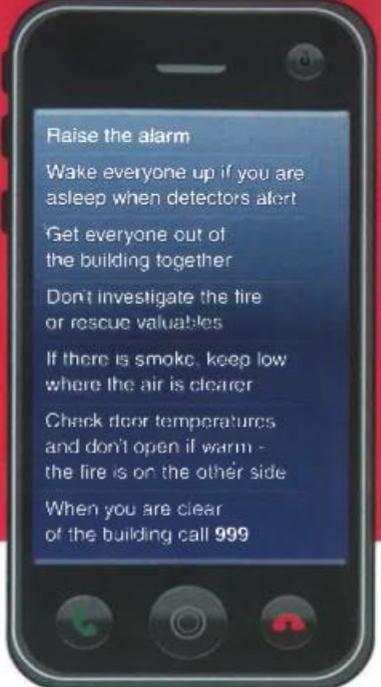
Or the **Carers Matter Norfolk Advice Line** on
0800 083 1148



Norfolk County Council Fire safety in your home

In the event of a fire, don't tackle it yourself.

GET OUT STAY OUT AND CALL 999



Smartphone screen text:
Raise the alarm
Wake everyone up if you are asleep when detectors alert
Get everyone out of the building together
Don't investigate the fire or rescue valuables
If there is smoke, keep low where the air is clearer
Check door temperatures and don't open if warm - the fire is on the other side
When you are clear of the building call 999

For further information and advice on any aspect of fire safety in the home please contact our Prevention Department on:

NFRS Headquarters
Operations & Communications Centre, Jubilee House, Falconers Chase, Wymondham. NR18 0WW

You can also get information & advice from our website www.norfolkfireservice.gov.uk

Email home.safety@fire.norfolk.gov.uk
Freephone 0800 9178137
Telephone 0300 1231669 option 2 for HFRC
Text phone for hearing impaired 07799 840800

 **Norfolk** County Council



Fire safety in your home

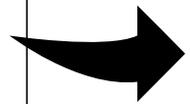
A guide for householders to keep safe from fire

Smoke detectors

- Fit a smoke detector on every floor of your home, ideally on ceilings in the hallway or landing
- Don't put a smoke detector in the kitchen where it can be set off accidentally
- Test the batteries once a week. Long life smoke detectors are available



 Remember: Test it, change it, replace it



Be prepared

- Plan your escape routes and keep exits clear
- The best route is the usual way in and out of your home
- Get everyone to practice your escape plan
- Keep door and window keys handy - tell members of your household where they are



Make a fire escape plan



Make sure candles are secured in a proper holder and away from materials that may catch fire - like curtains.

- Put candles out when you leave the room, and make sure they're put out completely at night
- Use a snuffer or a spoon to put out candles. It's safer than blowing them out when sparks can fly
- Children and pets shouldn't be left alone with lit candles



How to prevent common fires in the kitchen

- Do not leave cooking unattended - take pans off the heat
- Take care when wearing loose clothing - it can easily catch fire
- Keep electrical loads, tea towels, and cloths away from oven or hob
- Spark devices are safer than matches or lighters to light gas cookers
- Switch off oven or hob when you have finished cooking
- Never leave children alone in the kitchen
- If you deep fry food, consider buying a thermostatically controlled electric deep fat fryer

Do not tackle pan fires: get out, stay out and call 999

- 1 Never throw water over it
- 2 Turn off the heat if possible
- 3 Do not move the pan

Bedtime checklist

- Close inside doors at night to stop a fire from spreading
- Turn off and unplug electrical appliances unless they are designed to be left on - like your freezer
- Check your cooker is turned off
- Don't leave the washing machine on
- Turn heaters off and put up fireguards
- Put candles and cigarettes out properly
- Make sure exits are kept clear
- Agree your escape plan with overnight guests

You are more at risk from fire when asleep

Register my appliance

Improve your home safety by taking the simple step of registering your fridges, freezers & washing machines at www.registermyappliance.org.uk a safety precaution allowing you to be contacted quickly if a recall or free safety repair is ever needed. It's important to install & use appliances according to manufacturer's instructions.



Electric blankets



This picture shows just some of the blankets that failed last year

- Do not fold. Roll or store flat
- Unplug at night - unless thermostatically controlled
- Do not buy second hand
- If your blanket has scorch marks/worn fabric/bare wires/a damaged or buzzing connector - **Replace it!**

Portable heaters

- Try to secure heaters against a wall for stability
- Keep heaters clear from curtains and furniture
- Never use heaters for drying clothes

Furniture

- Check new furniture complies with the Furniture and Furnishings (Fire) (Safety) Regulations 1988
- Look for the fire-resistant permanent label



Stub out properly and dispose of carefully



Cigarettes

- Never smoke in bed
- Use ashtrays and empty to an outside bin regularly
- Use child resistant lighters or matchboxes and keep out of reach of children
- Take extra care if you smoke when tired, use medication or have been drinking alcohol - you could fall asleep and cause a fire



Electrical safety

- Don't overload sockets - keep to one plug per socket
- Unplug appliances when not in use or when you go to bed
- Always use the correct fuse
- Check and replace old cables and leads
- Do not place cables under carpets and mats



Lights

- Keep curtains and other fabrics away from light bulbs
- Do not exceed the maximum wattage on shades or fittings



Check electrical appliances for signs of:

- Loose wiring
- Scorch marks
- Hot plugs and sockets
- Fuses that blow
- Circuit-breakers that trip
- Flickering lights

Use the list above to safety check your electrical appliances.

If you find any faults or have any concern, isolate the appliance and consult a qualified electrician.



Keep all electrical appliances clean and in good working order

Neighbours In Need



The aim of this project is to offer a cost free Repair/Maintenance service on a one off basis to our neighbours in and around Wymondham (10 mile radius).

It is not intended to replace the support offered by existing statutory or voluntary services, but is designed to fill those gaps where the neighbour's needs cannot be met by those agencies.

The project team is made up of volunteers who are passionate about communities, and are keen to offer "hands on" support to those families and vulnerable adults in need living amongst us.

Requests for help will be assessed following confirmation that:

- The neighbour in need has been turned down by all existing responsible agencies and
- is not in a position to self fund the task.

Examples of types of support available:

- Where the agency involved has supplied a skip for garden clearance but the neighbour is unable to undertake the task of clearing the garden due to disability, ill health, etc.
- Where the tenant/householder has had a fence panel blown down and cannot afford to have it put back up.
- Where the neighbour has applied to South Norfolk Council's Handyman service for a small repair to be done, but cannot be seen, due to pressure on that service.
- Some social landlords offer paint/decorating vouchers to new tenants, and we would consider helping with some of the decorating where that tenant has physical or mental health issues, or is a single parent without family support.

Each assessment will be undertaken by two team members. They will assess our suitability/availability for the task, carry out a risk assessment of the task involved and any other environmental risk factors involved.

Provided we are able to complete the task safely and efficiently we will agree a suitable timetable to do so (subject to availability of volunteers)

Any materials required for tasks undertaken will need to be funded by the recipients or their supporting agencies.

There will be no charge for any tasks undertaken, but recipients of support may make a donation to the Neighbours in Need project fund if they wish to.

All enquiries to Tony Smith, tel: 07366 851748 or email: NinN.hub@gmail.com

Norfolk and Norwich Association for the Blind – Volunteer Service



The Norfolk and Norwich Association for the Blind (NNAB) is an organisation that supports people with sight loss to live independent lives.

Our offices in West Norfolk, Norwich and Great Yarmouth offer a wide range of equipment, services, activities and support across the county

We could not offer all of this without the support of our many fantastic volunteers who assist us in bringing our services, activities and support into communities all across Norfolk.

Volunteering is a great way of gaining confidence, new skills, of meeting people and of taking part in the local community.

We are currently looking for volunteers in a variety of areas with opportunities from mini bus drivers, to sports and leisure activities, telefriends, fundraising and much more.

If you would like to discuss the opportunities we have at the NNAB then contact the Volunteer Engagement Co-ordinators on: Penny Parker Tel 01553 407004, Rachael Green Tel 01603 973377 or email volunteers@nnab.org.uk for a friendly and informal chat and see if we have an opportunity that is just right for you.

Harleston Jobs Club

Jobs Club

Harleston
information *plus*



Drop in for employment support

Earsham Village Hall

Tuesday 4th June 10am-12pm

Hempnall Village Hall

Monday 10th June 10am-12pm

And every Wednesday 10am-2pm at Harleston Information Plus

All our services are free and confidential

Phone: 01379 851920 E: jobsclub@harleston-norfolk.org.uk

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



CGL Norfolk Volunteering Opportunities

CGL Norfolk are advertising a number of volunteering opportunities across the county. The current closing date for these is Friday 14th June; please note this date may be extended if vacancies remain unfilled.

CGL3456 Volunteer Admin/Reception x9:

<https://www.changegrowlive.org/vacancy/volunteer-adminreception-x9-norfolk-sms-cgl3456>

CGL3457 Volunteer Recovery Support x5:

<https://www.changegrowlive.org/vacancy/volunteer-recovery-support-x5-norfolk-sms-cgl3457>

CGL3458 Outreach Volunteer x6: <https://www.changegrowlive.org/vacancy/outreach-volunteer-x6-norfolk-sms-cgl3458>

LIFT Small Skills Project Funding



NEW Small Skills Project funding

Open to individual businesses in rural Norfolk and North Suffolk to apply

Up to 50% funding for the costs of training with no minimum grant level.

LIFT Skills is a grant scheme managed by Norfolk County Council and funded by the European Social Fund. We can fund support for managers and workers in small and medium sized businesses to gain skills and progress at work. The scheme is open to businesses in rural Norfolk (not Norwich, Gt Yarmouth or Gorleston towns) and those in north Suffolk and Waveney (not Lowestoft).

We have a new 'Small Skills Project' application process available now for individual businesses to apply directly. You could be eligible to apply if your business needs training that is not a statutory requirement and not already available through another LIFT funded training scheme.

For more details and to check your eligibility please email the LIFT funding team at LIFT@norfolk.gov.uk

