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Please email: cs.cpcc.gtyarmouth@norfolk.gov.uk, if:

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 - 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

EARLY HELP HUB
GREAT YARMOUTH



WE ARE MOVING

MONDAY 29TH OCTOBER 2018

New address:

**The Catalyst
The Conge
Great Yarmouth
NR30 1NA**

CONTACT DETAILS REMAIN THE SAME.

Email earlyhelphub@great-yarmouth.gov.uk

Phone 01493 846375

Source: Sue Robinson, EHH Manager

ACTIVITIES – YOUNG PEOPLE



Creative Collisions and Young Norfolk Arts Trust invite you to be a part of

YOUNG COMMUNICATORS YARMOUTH

Gain training & mentoring from industry professionals
Develop your knowledge of the creative and cultural industries
Meet artists & get behind the scenes access to events
Enhance your cv & career prospects
Work towards bronze & silver arts award

Podcasting with BBC Voices
Creative Writing for blog with National Centre for Writing
Design a zine
Photography & Film.
& Exhibition Planning with Original Projects

if you are 16-25yrs and would like more information or to apply please contact tricia.hall@norfolk.gov.uk



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



Source: Tricia Hall, NCC

EVENTS

As you countdown to RED January, a great way to build support for yourself and others is to get your local community involved. Forming a local network of REDers can be a fantastic way to stay motivated, helping each other to get active in support of your mental health.

Whether it's chatting to your friends and family or getting the word out to local schools and workplaces, we've got a handy 5 step guide to help you on your way.

1 What is RED January?

It's a community initiative encouraging people to support their mental health by doing something active every day in January.

If it's running 5k, or walking to work a new way, a morning swim or just taking the bike for a spin – the choice is yours!

2 Why January?

- Expensive Christmas? RED is free to take part
- RED provides a goal and focus to help you through a characteristically tough month
- People can feel isolated and pressured to achieve New Year's resolutions. RED is a no pressure movement fuelled by community spirit.
- RED empowers, educates and supports people to start the year as they mean to go on, forming healthy habits to continue beyond January.

3 Helping to support yourself and others.

RED January helps people find the tools to manage and support their own mental health via physical activity.

87% of REDers felt significantly better physically and mentally after completing RED January 2018*

*according to the post RED January 2018 survey.

There's also the option to support others by fundraising for Mind, RED's exclusive charity partner. All proceeds will go towards supporting their vital work.

4 Exercising every day might be daunting for some.

Whether you're planning on swimming lengths, walking 10 mins a day or running 100 miles in the month, RED promotes a flexible exercise schedule that celebrates every achievement, no matter how large or small.

You can scale things up or ease them back, just keep listening to your body. RED experts will be on hand to offer handy tips and advice.

5 Where do I sign up?

Register for FREE at gywmind.org.uk/red-january-2019

Registration closes on January 3rd 2019, but we suggest signing up early to get the most out of your RED January experience.

To support you on your RED journey join the RED January community today and see the difference it can make to you and others.

 [/redjanuaryuk](https://www.facebook.com/redjanuaryuk)

 [/redjanuaryuk](https://www.instagram.com/redjanuaryuk)

 [/redjanuaryuk](https://twitter.com/redjanuaryuk)

We'll be with you every step, splash and pedal of the way!



RED January in 5 Easy Steps



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

**Do you want to find out about
SCHOOL AND COLLEGE TRAVEL AND TRANSPORT?**

Join us for coffee at one of our information and feedback sessions to talk about **TRANSPORT** options and what they could mean for your family.

We've invited Niki Park, Head of Passenger Transport at Norfolk County Council, to tell you about options including **Independent Travel**, **TITAN**, the **Personalised Travel Scheme** and the **Local Offer**.

- Ask questions about what could be available for your family.
- Find out who can help and advise you.
- Share ideas with other parent carers.
- Make sure NCC knows what most concerns families like yours.



Monday 5 November 2018

10:15am – 1:15pm
Community Room, South Lynn Community Centre, 10 St Michael's Road, **King's Lynn**, PE30 5HE

Thursday 15 November 2018

10:15am – 1:15pm
Grey Monks Room, The Priory Centre, Priory Plain, **Great Yarmouth**, NR30 1NW

Monday 12 November 2018

10:15am – 1:15pm
The Guild Chapel, The Pennoyer Centre, Station Road, **Pulham St Mary**, IP21 4QT

Tuesday 20 November 2018

6:00pm – 9:00pm
St Quintin Room, Diamond Centre, School Lane, **Sprowston**, NR7 8TR

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



**Supporting Headway
is as easy as pie...**

MINCE PIE MORNING

Host a mince pie coffee morning and raise money for Headway!

**Wednesday 12th December
Anytime between 10-12am**



Headway House, Trafalgar Road East, Gorleston, Gt Yarmouth. NR316NX

You are invited to join us for a christmas treat and to see what we do to support clients and their families who have been affected by an acquired brain injury or stroke.

Refreshments will be provided and an example of the clients crafts will be on display and for sale.

Source: ASSD Development Worker, NCC

Make it Happen

in Cobholm, Southtown, Halfway House and Gapton Hall



We are supporting Cobholm residents looking to revive a neglected community space (Cobholm Community Garden). Cobholm residents and families are invited for Tea and Cake, see details below.

COBHOLM RESIDENTS AND FAMILIES

INVITATION FOR TEA and CAKES



10th November at Cobholm Community Centre

10.30—12.00

Help us to revive a neglected plot of land into a thriving

Cobholm Community Garden

Get involved, share your thoughts and views

activities for children provided



Source: Julie Lawes, NCC

TRAINING - - PROFESSIONALS



Good Practice events

Inclusive Activities

Would you like to make your youth club, sports group or project more inclusive for young people with additional needs?

Our November Good Practice sessions will help you understand more about inclusivity and show you some new activities you can use with the young people you work with.

The sessions are informal, with plenty of group discussion and chances for you to ask questions. They are aimed at frontline staff and volunteers from youth clubs, sports groups and other projects for young people, although anyone working with 11-19 year olds is welcome to attend.

And as usual, the meetings will include an opportunity to meet other groups in your locality, hear about opportunities from Momentum, and find out about Ambition Quality or get your portfolio checked.

Norwich:

Friday 9th November, 4-6pm

Great Yarmouth:

Tuesday 27th November, 10am-12 midday

Breckland (Swaffham):

Monday 12th November, 4-6pm

West Norfolk (King's Lynn):

Wednesday 28th November, 10am-12 midday

North Norfolk and Broadland (Aylsham):

Thursday 15th November, 4-6pm

South Norfolk (Wymondham):

Thursday 29th November, 4-6pm

All dates, times and venues can be subject to change – please contact us if you are intending to come along so you can be kept up to date with any changes.

For more information or to book a place, contact Aimee Gedge, Supporting Excellence Officer.

Email: aimee@momentumnorfolk.org.uk | Phone: 01603 883869

Source: direct Aimee Gedge, Momentum

Struggling at Work?

1/3 of employees are *struggling* with health and wellbeing issues at work.

You may have been off sick with mental health and worrying about going back to work.

This webinar is aimed at giving you support information

Tuesday 20th November 11am – 12pm

Presented by

Christine Mattin Disability Employment Advisor DWP

&

Anita Wren Wellbeing Employment Support

For further details contact

To book:

Call: 0300 123 1503

Email: admin@wellbeingnandw.co.uk

Or via our website: wellbeingnands.co.uk/courses





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

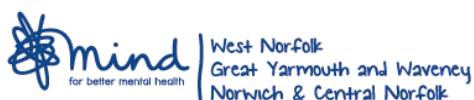
Email: admin@wellbeingnandw.co.uk

Or via our website:

wellbeingnands.co.uk/courses



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

Source: Anita Wren, NSFT

SUPPORT SERVICES

Phoenix Futures Family Service

How can we support you?

We can provide advice, information and support to families or loved ones affected by a prisoners' drug and/or alcohol misuse. We offer a range of 1-2-1 support based around your individual and personal circumstances.

Based in the prison and the visitors centre we offer support and guidance for example-

- Understanding your loved ones' drug and alcohol misuse
- Supporting your loved one to recovery
- Supporting you through your loved ones' sentence
- Help and support with your own drug and alcohol misuse
- Housing issues
- Financial issues
- Emotional and physical wellbeing of adults and children in your family
- Accessing mental health support

We will also signpost to specialist support agencies local to you.

Get in touch!

- Our service is completely confidential and you can arrange to meet with our family worker at a time that is convenient for you
- You can self-refer via the visitors centre, just pick up a referral form
- We will be in contact however is best for you; Telephone, Email and face to face.

Tel: 01603 708 666
01603 708 663

Email: Gemma.Cooper@hmps.gsi.gov.uk

Phoenix Futures is a registered charity in England and Wales (No 284880)
and in Scotland (No SC039008); Company Limited by Guarantee Number 1626869;
Registered Provider of Social Housing with Homes England (H3795)



STOP

Does your client:

- Owe money to 'friends or family'
- Have a cash loan which grows, even with regular repayments?
- Have no or little paperwork relating to this loan?
- still have their bank or building society cards, or have they been taken as 'security' against a loan?
- Seem scared, frightened or intimidated by the person who gave the loan?



**GET
READY**

What you can do if you think your client is using a Loan Shark;

- Ask THEM to report the information directly to the Stop Loan Shark team
- YOU TOO can also pass on any details, without breaking confidentiality
- REMEMBER the loan is illegal and, after prosecution, probably does not have to be paid back – but we need to know about it



GO

Call: 0300 555 2222

Email: reportaloanshark@stoploansharks.gov.uk

Web: www.stoploansharks.co.uk

Text: 07860022116 with your message

Any information is given in the strictest of confidence

Many victims see the illegal lender as a friend; yet loan sharks prey on the most vulnerable in society and can be dangerous.

Help us to help your clients in removing loan sharks from communities and showing people safer and cheaper ways to sort out their finances

STOPLOANSHARKS
Intervention . Support . Education



VACANCIES



Senior Employment Advisors

£26491.61 (moving to £27,669.02 after successful completion of 6 month's probation period)

Full Time 37.5 hours

Fixed term contracts to 2020

A range of work bases are available across Norfolk

This is an exciting time to be joining Mind and becoming part of the partnership with the Norfolk & Suffolk Mental Health Foundation Trust delivering services within the provision of the Norfolk and Waveney Wellbeing Service. The service is commissioned by the five CCG areas to help people with mild to moderate mental health problems such as anxiety and depression. Services are provided from bases in Kings Lynn, Gt Yarmouth, Wymondham and Norwich for people aged 16 and over. The successful applicants will be committed to delivering excellent support to those accessing the Wellbeing Service, be able to work within a team and be responsive and adaptive to change.

These roles will lead the employment advice service, working closely with the wider team which provides psychological therapies to people with common mental health problems such as anxiety and depression, and their clinicians. The employment advice service will support people to gain, return to or retain employment and will work directly alongside Job Centre Plus, employers, trade unions and employment agencies to keep people in employment and secure employment opportunities.

The post-holders will manage and support a team of Employment Advisors and the successful candidates will be highly-organised, will be able to work autonomously and will have a creative and collaborative approach.
A full driving license and access to your own transport is essential for this role.

If you have a proven track record leading in an information and advice background, have been responsible for managing and coaching others and have the ability to empower people to come up with their own solutions we would love to hear from you.

Closing date for applications is **11 November 2018**.

Interviews will take place on the **19 November 2018**.

Please click on the following link to apply, remembering to indicate which local Mind you would prefer to be based with:

<https://norwichandcentralnorfolkmind.peoplehr.net/Pages/JobBoard/Opening.aspx?v=2a6d32b2-de5a-475a-83a9-ae0bd98d31df>

Source: Anita Wren, NSFT

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.