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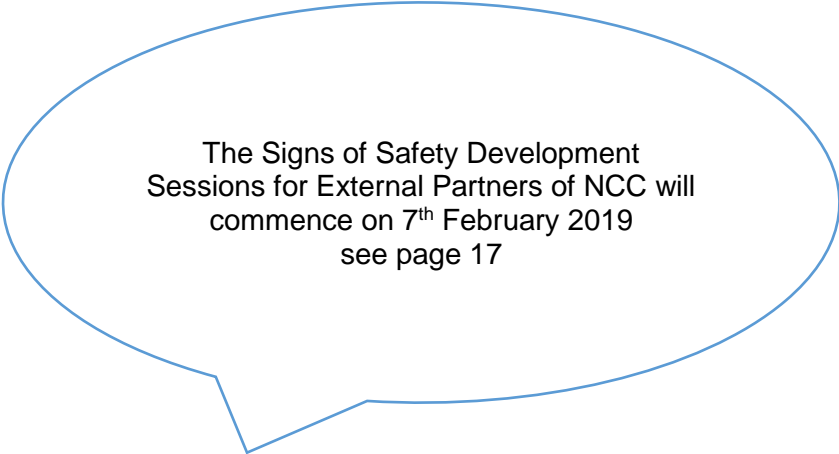
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The Signs of Safety Development
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Please email: cs.cpcc.gtyarmouth@norfolk.gov.uk, if:

- 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

EARLY HELP HUB



Christmas Closure.

**Monday 24th December 2018 – Tuesday
1st January 2019 inclusive.**

Venue: Great Yarmouth Early Help Hub, The Catalyst, Greyfriars House, Greyfriars Way, Great Yarmouth, NR30 2QE

Email earlyhelpclub@great-yarmouth.gov.uk
Or call 01493 846375

Please email any agenda items to the same address. Thanks

EVENTS

YOUNG CARERS AWARENESS DAY

The event will be held at Dereham Town Football Club, Norwich Road, Dereham NR20 3PX on Thursday 31st January 2019 from 4.30-7.30pm. The theme for this event will be around mental health and there will be activities around this as well as the results of our [Getting Our Voices Heard 2018](#) survey (which is currently live) with the prize draw where young people who have completed the survey can win one of two £20 Amazon Giftcards and one organisation will win £100 cash.

There will be a buffet and refreshments therefore we will need to know how many people will be attending. Please could you RSVP by Thursday 20th December 2018 to nycf@carerstrustcpn.org with name, job title and organisation.

Source: Claire Rogers, NYCF



Christmas on the Mag

Magdalen Square
Saturday 22nd December
3pm - 5pm

with Peterhouse and Herman school choirs

Christmas
featuring the Big Sing at 4pm
with GY Brass Ensemble

giant snow globe

Xmas craft

floodlit football cage

grotto and sleigh

free refreshments

#FollowTheStar

hosted by 

18451002 © Church of England

Gt. Yarmouth



Why not come and join Hayley, Leanne & Tracey on

Wednesday December 19th - The Christmas One!

Guest Speaker - ADHD Nurse Kevin Barnard

Kevin will be coming along to talk about his role as an ADHD Nurse including assessment, diagnosis and treatment.

P l u s

- Christmas Card Making
- Hot Chocolate with Cream and Marshmallows

No need to book 19th December 6:30pm - 8:30pm @ The Priory Centre,
Priory Plain, Great Yarmouth, NR30 1NW

New Year @ Gt. Yarmouth...

The first drop in for 2019 is **Wednesday, 23rd January**. Just turn up, no need to book.

Any questions please feel free to email the team on
greatyarmouthhub@adhdnorfolk.org.uk

LOCAL LIBRARY EVENTS/ NEWS

Reading pathway coaches needed

Did you know that one in six adults struggle with their reading? Could you spare a few hours a week to help adults learn to read at [Gorleston](#), [Yarmouth](#) or the [Millennium library](#)?

The Norfolk Reading Pathway is a project which matches volunteers with adults who need support with reading. Coaches and learners meet in the library once a week for an hour and work through the 'Yes we can read' workbook. All of our coaching volunteers are given an induction, tips on working with adult learners and safeguarding information.

Being a Pathway coach can be very rewarding. One of our coaches told us *"I feel proud to be an active part of this scheme. I felt nervous before the first session with my reader, but by the end of it, I was confident that it was going to work out"*.

Email nrp@norfolk.gov.uk to find out more.



Family fun afternoons

Free Family Fun Afternoons at [Great Yarmouth](#) and [Martham](#) libraries.

Come along every Saturday afternoon, 14:00 - 16:00, for games and crafts suitable for the whole family. Refreshments will be available so enjoy a relaxing couple of hours and maybe even borrow some books.

SURVEYS

General House Maintenance Course for Beginners



Do you want to learn how to fix that leaky tap, fed up with having a loose toilet seat, would really like some shelves up or repaint the bedroom but don't know how?

Make It Happen (Neighbourhood Centre) and Community Roots have the time and skills to show you how.

However, we want to know what you think!

We have a survey on Make it Happen Facebook page to get your feedback in what you would like to learn and the times that would be suitable. We can also offer free child care activities if needed, but we can't do any of this unless you tell us.

So please tell us by accessing the survey on Make It Happen Facebook page or give us a ring on 01493 651081 or email us on Lauren.Randall@Voluntarynorfolk.org.uk



YOUNG CARERS SURVEY

We are conducting a survey this year 'Getting our Voice Heard 2018' and we need your **help**.

Please get as many young carers that you come into contact with to complete this survey

<https://www.surveymonkey.co.uk/r/8VCPMPR>

We need all surveys completed by the end of December

There will be two £20.00 vouchers prizes for individuals that complete the surveys and further £100.00 voucher for the group that one of the young carers belongs to that completes the survey

These will be drawn on Young Carers Awareness Day 31st January at Dereham Football Club **SAVE THE DATE 31st January 4.30pm – 7.30pm 2019 – Invitation to follow**

Claire & Eloise will be in Touch over the next few weeks to check if you need any support

I realise I have not met some of you yet and I look forward to doing so soon, but thank you in advance, lets together make this a great success

Tony

Tony Elliott | Team Manager Awareness

Tel: 01480 275324 | Mobile: 07843 327 391

Friday 30th November 2018 is Carers Rights Day. Find out more about your rights as a family carer by clicking to subscribe to the quarterly Cambridgeshire and Peterborough Carers Magazine. For families, for partners, for supporters... for you.

Registered Charity Number 1091522. Company limited by guarantee in England and Wales No. 4379948



Source: Sue Hobbs, NCC

FUNDING



Have received funds from the Tampon Tax Fund to provide grants to projects which enable women on low incomes to access new skills, training, confidence building and employment opportunities. Tampon Tax funding is matched with Smallwood Trust funding.

The impact goal of the Fund is to:

Build the skills, confidence and aspirations of women on low incomes to enable them to enter into employment.

To date these funds have been used to award £150,055 to 17 organisations to seed new ideas. The grants of £5,000 to £10,000 were awarded over one year and projects started in July 2018.

They are now accepting applications for funding for 2019.

<https://www.smallwoodtrust.org.uk/women-first>

Source: Rosemary Henderson, NCC via EHH



Warm Homes Fund

If you are struggling to pay your energy bills and your home is hard to keep warm in winter, you may be eligible to receive help through Norfolk's Warm Homes Fund Partnership.

The partnership was created following [Broadland District Council's successful bid](#) for £3.1m in funding from the National Grid's Warm Homes Fund. The project aims to help more than 1,000 people, including homeowners and renters.

This money will be used to provide insulation and first-time central heating such as renewable heating, mains gas, oil, or LPG. The aim is to increase comfort in fuel-poor households that do not have any central heating, as well as to provide energy advice and support.

You may be able to get help from the Warm Homes Fund if you have underlying health issues, are caring for someone vulnerable and are worried about your home being cold or damp. To find out if you, a relative or friend are eligible for support under the scheme, please contact us using the details below.

Energy Team – 01603 430627 energy@broadland.gov.uk

Source: Rosemary Henderson, NCC

Buttle UK can now offer enhanced packages of support of up to £2,000.

Chances for Children grants are holistic packages of support designed to help address the material barriers to a child or young person's education, stable home life as well as physical and mental wellbeing.

These grants are designed to help children and young people in situations of financial hardship who may have experienced a range of issues including, but not limited to:

- Estrangement from family support networks
- Kinship Care arrangements
- Domestic Abuse



Beds for Kids

Our research indicates that up to 400,000 children in the UK may not have a proper bed of their own to sleep in tonight.

Our beds for kids grants can provide beds as either a single item grant where only beds are required, or as part of a larger package of support.



ButtleUK can now offer enhanced packages of support of up to £2,000. Chances for Children grants are a package of support designed to help address the material barriers to a child or young person's education, stable home life as well as physical and mental wellbeing.



CHANCES FOR CHILDREN
BUTTLEUK

CRITERIA ACROSS ALL GRANTS

Applications must be completed by an organisation that is supporting the family or young person and is capable of assessing their needs. The referrer should also be able to administer and supervise the grant on our behalf.

- Children and young people who are in financial hardship and experiencing at least one other social issue.

Please note that whilst we will consider all circumstances, facing financial hardship alone does not make a client eligible for our support; to be considered they need to be facing additional social welfare issues.

To be considered for enhanced support applicants must be:

- Receiving on-going, regular support from a professional organisation.
- Normally resident in the UK with the intention to remain in the country long term.
- Applicants must have ensured that every effort has been made to check that a statutory, education or governmental body cannot fund the activity or item being requested.

We are unable to help:

- Children who are Looked After by the Local Authority
- Where there is any other clear statutory responsibility for meeting their needs

For more information please contact us at:
info@buttleuk.org or 0207 828 7311

buttleuk.org | @ButtleUK f t i n

Registered Charity No. 313007 / Scotland - SC037997

ESTRANGED YOUNG PEOPLE

WHO?

Young people aged 16-20, estranged or orphaned and living outside the family home, receiving little or no financial or emotional support from family members.

We can provide financial help to young people who receive no support from their parents or guardians so that they can further their education or employment. To apply the young person must have a clear education, training or employment goal that they are or intend to pursue.

Stability is a key factor in re-engaging young people with education or employment. Part of our funding can be used to help a young person set up a comfortable home environment or improve their physical and mental wellbeing.

KINSHIP CARE

WHO?

Children or young people aged 18 or under; living with kinship carer(s) in financial hardship and who have experienced at least one other social issue.

Kinship care occurs when friends or relatives take on care of a child or young person when their parents can no longer cope. What can we provide?

The responsibility of looking after a child can come at short notice and bring unforeseen financial stress, often a difficult time for the potential carer. That's why we can also help set up a home as part of the grant.

DOMESTIC ABUSE

WHO?

Children aged 18 or under living with parent(s) or carer(s) and young people aged 20 and under who have recently experienced domestic abuse and are in the rehousing or post-housing stages.

Exposure to domestic abuse can impact on how a child or young person processes their feelings, interacts with others and can affect their mental health. They often experience significant upheaval, losing everything familiar to them. They may need help adjusting to their new surroundings and coming to terms with their experiences.

WHAT CAN WE PROVIDE?

- Books and educational tools
- Uniforms and interview clothes
- Laptops, tools and technical equipment
- Travel costs to and from college
- Critical home furniture such as a cooker or a child's bed
- Clothing and school or work uniform
- Toys and baby equipment
- Educational supplies such as laptops, stationary and equipment
- Therapy – for example art therapy or play therapy
- Clubs to help them integrate into a community or build relationships with their peers
- Activities that allow a child to explore their feelings for example drama or art club

If you are looking for support for a family that does not fit into any of the categories we have so far described, we may still be able to consider assisting you, subject to available funding.

Beds for Kids

In addition to these larger packages, with the help of Dreams Beds and the Sun newspaper, Buttle UK is able to provide beds for children who may be sharing with siblings and parents, or in some cases simply sleeping on the floor.

Children's beds are frequently one of our most requested items, with **13,311 beds distributed in the last ten years**. We awarded over **3,000 beds** to children and young people across the UK in 2017/18 alone. Our own research indicates that as many as **400,000 children in the UK** could be without a proper bed of their own to sleep in.

These could be single items for families where only beds are required or could form part of a larger package.

Source: Christen Williams, Domestic Abuse Change Coordinator, NCC

SUPPORT SERVICES

[Baby Buddy](#) is a free app, available on the [App Store](#) and [Google Play](#) and our [web version](#). This [NHS accredited](#) has been designed in collaboration with parents, academics, doctors, midwives and other organisations. Baby Buddy is your personal baby expert – a virtual friend who will guide you through your pregnancy and the early stages of your baby's life.



Download it today FREE!

baby buddy™

the multi-award winning free app for parents and parents-to-be

Available on:

ANDROID APP ON Google play

Download on the App Store

created by best beginnings

Baby Buddy is your personal baby expert – a virtual friend who will guide you through your pregnancy and the early stages of your baby's life.

Once you have created your buddy, you will receive daily information about you and your baby that is right for your baby's age and personalised just for you. Your buddy will support you on your emotional, physical and social journey.

The free Baby Buddy app includes:

- Today's information** – a daily notification with personalised key messages relevant for each day of your journey
- You can do it!** – a tracker for your personal goals and achievements
- Ask me** – type in any question and your Buddy will answer with expert information
- Your appointments** – a handy reminder of the dates and times for your check-ups
- Remember to ask** – your reminder list for questions to ask at your next appointment
- Videos** – a growing range of clips to help you look after yourself and your baby
- Bump Book™ and Baby Book™** – a diary to record your thoughts, feelings and photos that you can share if you want to
- Bump Around™ and Baby Around™** – a map that helps you find great local services
- Crisis Messenger** – Text BABYBUDDY for free, 24/7 confidential text support when you're in emotional pain or a crisis (powered by Crisis Textline)

Baby Buddy was created by the national charity, Best Beginnings, and developed thanks to funding from the Big Lottery Fund, The Tedworth Charitable Trust and Guys and St Thomas' Charity.

Huge thanks to the many midwives, health visitors, doctors, speech and language therapists, and young parents who helped develop this informative, interactive and easy-to-use app.

Baby Buddy has a **top ten** rating on ORCHA – an independent and impartial health and care app review platform, and is endorsed by the following organisations:

RCPCH (Royal College of Paediatrics and Child Health), **CPHVA** (College of Public Health and Veterinary Associates), **British Society of Paediatric Dentistry**, **RCPSYCH** (Royal College of Psychiatrists), **ihv** (Institute of Health Visiting)

Baby Buddy is featured on the NHS Apps Library. Download, or access the web version at: www.babybuddyapp.co.uk

For further information and our contact details, please visit: www.bestbeginnings.org.uk

Follow us on:

Charity No: 1120054 Company Number: 5866886

Crisis Messenger:

Within Baby Buddy you can access the Baby Buddy Crisis Messenger – a free 24/7 confidential text support from a trained counsellor when you're in emotional pain or a crisis.

The trained volunteer will introduce themselves by text, reflect on what you've said, and invite you to share at your own pace. You'll text back and forth, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you sort through your feelings until you both feel you are now in a calm, safe place.

Source: Keith Mawson, Community Focus team



Sue Lambert Trust is moving from the building we have been sharing with Victim Support in Market Row GY to 33 King Street, the old Fatsos which the Preservation Trust have been restoring. We will be there from the first week in January and are holding our official opening on Wed 16 January.

Source: Sonia Marshall, Sue Lambert

VACANCIES

FAMILY PRACTITIONER VACANCY – HAVENBRIDGE HOUSE

Children's Services Early Help are seeking to recruit a number of Family Practitioners for their Early Help Team. This is an exciting opportunity to work with in Early Help as a Family Practitioner.

Early help encompasses the work of a broad range of partners supporting families and individuals during often challenging and difficult times. Much of this work, although not exclusively, is undertaken in partnership with others. The development of universal Early Help Hubs across Norfolk has helped partners to gain a greater understanding of the work of partners and to develop networks and collaboration for the benefit of the residents of Norfolk.

Family Focus is the targeted end of early help – for services operating at the edge of more intensive and or statutory services. Our practitioners provide support to families that have the most complex needs, who without targeted support, their situation will escalate to become acute, chronic and costly to the child / young person and their family requiring social care or other statutory intervention. Therefore, we are looking for an energetic person to work in the early help teams in Great Yarmouth and develop new ways of working with families which focus on lasting change.

There is a strong emphasis on partnership working across all agencies, and Family Practitioners undertake direct work with families in the community to bring about long lasting social change.

To undertake direct work with children and their families, working within statutory legislation and delivering interventions prioritised by the line manager. To be accountable for achieving required team performance targets (particularly Step Up / Step Down & DCLG Troubled Families payment by results targets)

For an informal discussion about this post please contact Teresa Gonzalez Family Focus Team Manager, or Mairi Hutchinson Family Focus Team Manager on 01493 448188.

To view further information regarding the vacancy - <https://www.norfolk.gov.uk/jobs-training-and-volunteering/search-and-apply-for-a-job>

Closing date: 16 December 2018

VOLUNTEERING

WE NEED YOU!!

Help us to support families in your area.
Are you able to spare a couple of hours a week
volunteering for Home-Start Norfolk?

Home
Start
Support and friendship
for families

We are looking to recruit and train parents to become part of our home visiting volunteer team. Volunteers offer one to one support to families finding it hard to cope for a wide range of reasons. This could be due to multiple birth/children under 5, sleepless nights, isolation, loneliness, children's behaviour or just struggling with the emotional and physical demands of parenting. Our volunteers offer friendly, non-judgemental and confidential support through weekly visits to a family in their own home.

To volunteer, we ask you to attend our free 8-session volunteer preparation course, (term time only).

Our next course starts on: Thursday 17th January 2019, 09:30 to 14:30 at Gorleston Library. High Street , Gorleston on sea, Great Yarmouth, Norfolk NR31 6QU. This course will run on consecutive Thursdays up to and including Thursday 14th .
If you are interested, or to find out about future training, we would love to hear from you.
Please contact us on: 01603 977040 or admin@homestartnorfolk.org

Registered Charity no. 1106362

Source: Lara Williamson, Community Focus team.

TRAINING

Norfolk Community Learning Services Bringing Free and Fun Learning to 'Your Community'

If you are you looking to learn a hobby, gain new skills or want to improve your confidence and stay positive then keep reading!

You may be interested in learning about **buying and selling online** or if you like gardening and the outdoors you may want to explore **Crops in Pots** or have a go at our **digital photography** course using your phone device or tablet.

Take a look on the next page to find out more!

At Norfolk Community Learning Services our courses are informal, friendly and relaxed so you don't need to feel worried joining in and having fun! You can even try out a course by coming along to one of our information sessions!

**For more information get in touch by text, phone or email
rachel.dunn@norfolk.gov.uk Tel: 07450 717150**

Course Title	About the course
Crops in Pots	Learn about growing your own vegetables. Plant your own and see them flourish.
Buying and Selling On-line	Discover how to buy and sell online. Learn how to present items and text, price an item and charge for postage. Set up an online auction or shop.
Connecting People	Ever feel lost for words or have trouble communicating a message? Learn strategies for helping your child, speaking or even talking to neighbours.
Digital Photography	Fed up asking your children or friends for help with your phone or tablet? This course will help you understand photography using your Android or Apple device
Food Shopping on a Budget	Learn hints for making the most of your food shopping budget. Compare prices, special offers or share tips with other members of the group. Best of all enjoy some tasty meals!
Money Maximiser	Join our fun course which will help you balance your income with your outgoings. Explore money saving tips, freebies and techniques that help you get the most out of your income.
Healthy Habits for Your Head	We can't control the challenges that life throws at us. Explore some simple practical ways we can improve our mental health.
Healthy Habits for Your Body	Whatever our starting point we can all make choices. Build simple habits into your daily routine to give you more zip!
Story Walking	From digital photography to creative writing, sketching to craft work! Find inspiration as we walk together.
English & Maths	Gain confidence in your English and Maths skills and work towards a qualification.
Level 1 & 2 Childcare	If you are interested in becoming a Childminder or Nursery School Teacher then why not gain a qualification?
An Introduction to IT	Learn the basics of IT in an informal course. Bring your own laptop or use one of ours!
IT Level 1 & 2	Gain a qualification in IT and start using your new skills
AAT Level 1 & 2	Do you want to become self employed and manage your's or someone else's books then this course is a great starting point!
Employability Skills	A range of courses designed to help you achieve your career goals

For more information feel free to text, call or email me rachel.dunn@norfolk.gov.uk Tel: 07450 717150

Source : Rosemary Henderson, Adult Community Development Worker, Adult Services

**Join us for a Free and Fun Information
Session on**
Buying and Selling On-line
At Great Yarmouth Library, Northgate Room
on 18th January 2019 from 1pm to 3pm

What will I find out?

- You'll discover ways to buy and sell items on-line
- Learn how to present your items and text
- How to price an item and charge for postage
- The next steps towards setting up an online shop or auction



If you are interested in joining the five-week course after the information session, you'll be well on the way to starting your own small on-line business.

Our Buying and Selling sessions are friendly and relaxed. You can work at your own pace and ask questions at any time. You can bring along your own device such as an Apple, Android phone or iPad. If you don't have an iPad or device we can bring some along on the day just let us know beforehand!

If you would like to attend the course please email

Rachel.dunn@norfolk.gov.uk

Or you can text or phone Rachel on

Tel: 07450 717150



Limited places available so book your place now!

Eligibility criteria: all learners must be aged 19 or above

We have helped over 1000 learners use the Internet with confidence in the last 5 years, so stop being left behind and get connected today!



Signs of Safety External Partners Development Sessions

These sessions will be held at Havenbridge House,
North Quay, Great Yarmouth, NR30 1HZ
at 3.30pm to 5.00pm

Date: 7th February 2019

Theme: Wishes and Feelings
Family Network Finding
4th April 2018
13th June 2018
11th July 2018

Please email:
cs.earlyhelpprocessteam.gynnb@norfolk.gov.uk
to confirm if you would like to attend.

Forthcoming dates:- 4th April 2019
13th June 2019
11th July 2019

Exams coming up? Feeling overwhelmed?

Our online workshop 'Successful Study' can guide you through exam stress, understanding the study trap and ways to manage.

The programme is written for anyone who is undertaking study whether it be GCSEs, A Levels or Further Education, however the content will benefit any student regardless of age and level of study.

How: Online webinar for Norfolk and Suffolk
When: running fourth Monday of every month
At: 5-6pm
For: Year 11 and above
For more information:
<https://www.wellbeingnands.co.uk/courses>



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Wellbeing Norfolk and Waveney and Wellbeing Suffolk are partnerships of NHS and voluntary organisations working together to offer a wide range of support for low mood, anxiety and depression.

• Norfolk and Suffolk NHS Foundation Trust • VoiceAbility • Suffolk Young People's Health Project (4YP) • Relate • Shaw Trust
• Suffolk Family Carers • MTCIC • Great Yarmouth and Waveney Mind • Norwich and Central Norfolk Mind • West Norfolk Mind

We work together to deliver a range of support interventions for people of all ages with low mood, anxiety and depression. For more information about who we are see: www.wellbeingnands.co.uk/about

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

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.