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

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- you need any other help or information

EVENTS

Promoting Asset Based Community Development Across Norfolk



Asset Based Community Development builds on the assets that are found in the community and helps to bring together people and organisations to develop their strengths around issues that move them into action. It empowers people in communities by encouraging them to use what they already possess.

To find out more about ABCD go to www.nurturedevelopment.org

Come along to this exciting event and find out more about how ABCD can work for you and your community. You can find out more about how people in Norfolk and elsewhere are using an ABCD approach, ask questions, join workshops, meet other like-minded people and be part of taking Asset Based Community Development forward across Norfolk.

To let us now you're interested in the event, visit www.bit.ly/ABCDevent

Free Event on Monday 28th January 2019 at 10am - 4pm

Refreshments available

 Follow the event on Twitter using #ABCENorfolk

**The King's Centre
63 - 75 King Street
Norwich, NR1 1PH**

**NORFOLK COMMUNITY
DIRECTORY**

Source: ASSD Development, NCC

Norfolk Makers Festival



The Norfolk Makers Festival is coming to Norfolk libraries from 9 - 24 February. Free at the Forum with Fringe events at Dereham, Great Yarmouth, King's Lynn and North Walsham libraries. This is your chance to have a go at weaving, printing, painting, knitting, sketching, crochet, crafting, spinning, sculpting, embroidery and much, much more.

www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/your-local-library

Source: Norfolk County Libraries Newsletter

Coming soon

Digifest comes to all Norfolk libraries

Codable caterpillars, microbit unicorns, stop motion animation and mini robots - just some of the exciting events coming to all Norfolk libraries in February 2019 as part of DigiFest - a celebration of all things digital.

This family-friendly event will include **free workshops** to help children explore creative technologies and will include simple computer coding, creating works of art with Scribble Bots and making mini movies using Stop Motion Studio.



Throughout February we'll also be running a competition asking young people to design and create something fabulous using a microbit. There are 500 microbit packs that can be borrowed free of charge from Norfolk libraries.

Details of all the events taking place will be available on the Norfolk libraries website - <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/whats-on/norfolk-digifest>

Source: Norfolk Libraries Newsletter

The logo for 'your own place' features the words 'your own place' in a lowercase, sans-serif font. The word 'own' is in orange, while 'your' and 'place' are in green. Above the word 'own' is a simple orange outline of a house with a gabled roof. Below the word 'own' is a horizontal orange brushstroke.

Are having an open day at their Norwich training flat. Got along to find out more about the work they do and how you can work together. No need to book just turn up.

12th February – 10am – 4pm

23 Johnson Place, Norwich, NR2 2SA

Source: Rebecca White, Your Own Place

SUPPORT SERVICES

Stay Alive App launched



The new Stay Alive App from Norfolk County Council is a pocket suicide prevention resource for the county, packed full of useful information and tools to help people to stay safe in a crisis. The Council's public health team have launched this as part of its suicide prevention campaign. The Stay Alive app is completely free and can be downloaded via App store and Google Play.

Once downloaded, users will be able to access support from local organisations in Norfolk and Waveney simply by selecting the relevant region. For more information about the resources available to those at risk of suicide visit www.norfolk.gov.uk/iamokay

The stay alive app contains the following features:

- Import safety contacts - including for Norfolk - who can help if you are having thoughts of suicide, direct from your device
- Create your own Wellness Plan for your recovery. A place for your positive thoughts, inspirations, and ideas.
- Equal breathing exercises to distract you from negative thoughts and help you stay calm
- Quick access to UK national crisis support helplines
- Quick access to local crisis services in Norfolk and Waveney
- A mini-safety plan that can be filled out by a person considering suicide
- A LifeBox to which the user can upload photos from their phone reminding them of their reasons to stay alive
- Safety contacts page
- Strategies for staying safe from suicide
- How to help a person thinking about suicide
- Wellness Plan for your recovery, a place for your positive thoughts, inspirations and ideas
- Suicide myth-busting
- Research-based reasons for living
- Online support services and other helpful apps
- Suicide bereavement resources"

www.norfolk.gov.uk/news/2018/12/new-suicide-prevention-stay-alive-app-launches-in-norfolk

VOLUNTEERING



Wonderful opportunity to become a Volunteer Tenancy Mentor Great Yarmouth dates – 22nd and 23rd January 2019

Gain new skills, meet like-minded people and make a difference in your community. Moving to independence is a really big step for any young person. Even more so if you've been in care, don't have lots of support or are struggling on a low income. A mentor can help to bridge the gap and be someone to chat to confidentially about goals, aspirations and difficulties along the way.

If you would like to become a mentor ...

We offer you:

- a fun and interactive two-day training course covering topics such as what mentoring is and isn't, listening and questioning skills, using an asset based approach, money skills exercises and child/vulnerable adult protection
- a certificate, lots of on-going support, peer encouragement, further training and celebration events and the satisfaction of helping someone else.

We ask that you

- will undertake a DBS check and short interview before we carefully match you to a mentee
- preferably meet with your mentee weekly and no less than fortnightly. The early days are critical to building a relationship and making it work
- remember the mentee is in charge of the relationship and decides what they want help with, they have the answers to their own issues they just need you to help them tease out the details or act as a sounding board
- undertake a final questionnaire to help us evaluate our services.

Click here for [FAQs](#) about being a mentor and for more info about our work see:
www.yourownplace.org.uk

Apply to be a Volunteer Tenancy Mentor: - <https://rebka99.wufoo.com/forms/m1y51kvy1o9gveg/>

Source: Simone Black, Your Own Place



**VOLUNTARY
NORFOLK**

Volunteering in the Community

This course is an introduction for anyone considering or already volunteering, who wishes to develop their existing experience and skills. It is also invaluable to those wishing to progress into larger programmes of study in related business areas such as healthcare.

You will attend a course delivered over 2 weeks, 2 days per week, 5 hours each day.

The aim of this course is to prepare our learners for a role within a voluntary organisation. The objectives of this course are to help learners understand the role of a volunteer, the activities of voluntary organisations, how to identify the skills required to be a successful volunteer and understand the Regulatory frameworks that apply to a volunteer.

You will;

1. Be supported to have a comprehensive insight into the role of volunteering in the community
2. Be helped to appreciate the role of a volunteer, the activities of voluntary organisations, identify the skills required to be a successful volunteer and recognise the Regulatory frameworks that apply to a volunteer
3. Complete a series of exercises, activities and discussions in groups that explore volunteering and the ways to become a volunteer and personal standards and requirements for working in a volunteering role
4. Will be supported and coached to successfully demonstrate your achievement of all the outcomes set out in the course objectives.
5. Look at the commitment required and benefits of volunteering
6. Explore the function of different volunteering organisations and how they use volunteers and examine the skills required to become a volunteer and learn how to improve and develop existing and new skills.
7. Finally discuss and examine the role of a volunteer and how to access volunteering

Together we will;

- A. Examine the importance of meeting personal standards, within volunteering organisations, to include the need to follow rules and instructions, dress code, behaviour and customer care
- B. Identify the importance of Equal Opportunities and raise your awareness of discrimination
- C. Explore the importance of safety requirements when volunteering
- D. And enable you to demonstrate your skills and knowledge as a volunteer, in a scenario based group exercise.

Dates: 21st, 22nd, 28th and 29th January Times: 0930-1430 Venue: Great Yarmouth Library.

To register your interest please contact:

Laura Holland, Volunteering for Skills Training Coordinator, Voluntary Norfolk email laura.holland@voluntarynorfolk.org.uk Telephone: 01603 883820

Source: ASSD Development, NCC

TRAINING - PROFESSIONALS



Norfolk County Council

FAMILY SUPPORT PROCESS CORE TRAINING

The training is suitable for staff who work with children and young people aged 0-18 years, or those who work with adults who have children. It is a multi-agency training course and is open to all agencies and services in Norfolk. It is a good opportunity to network and gain knowledge on services in Norfolk.

Dates for Great Yarmouth

Wednesday 6th March 2019

Thursday 23rd May 2019

Thursday 31st October 2019

All of the above East locality courses will be held in Bridgeview Room, Havenbridge House, Great Yarmouth between 9.30am and 4pm.)

For more information and dates throughout the county please visit the website:

<https://www.norfolk.gov.uk/children-and-families/early-help-and-family-support/support-for-professionals/early-help-training/family-support-process-core-training>

Source: Partner Focus Team, NCC

TRAINING

Free Learning Opportunities

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

If you are looking to learn a hobby, gain new skills, qualifications or want to improve your confidence and stay positive then keep reading! Come along and meet me in the library by the information stand on **Wednesday 18th January between 09.30am and 12.30pm** and I'll be able to answer any of your questions.

In January the following courses are running in Great Yarmouth

14th January 1pm – 3pm - Connecting People (communication skills, 5 ways to well-being and making positive changes), Great Yarmouth Library

14th January 09.30 – 12.30 - Information Session on Childcare Level 1 & 2 at The Priory Centre, Great Yarmouth

16th January 9.30 – 12.30 – Childcare Level 2, Village Green Children's Centre, Belton

18th January 1pm – 3pm - Buying and Selling Online, Great Yarmouth Library

23rd January 10am – 12pm - Crops in Pots at Community Roots, Great Yarmouth

Courses for People with learning disabilities:

Get Creative - 18th Jan 10am – 12.30pm at Great Yarmouth Library

Get Confident - 18th Jan 1pm – 3.30pm at Great Yarmouth Library

Our courses are informal, friendly and relaxed so you don't need to feel worried joining in and having fun!

For more information get in touch with me by text, phone or email

rachel.dunn@norfolk.gov.uk Tel: 07450 717150



Community Learning Courses

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: Rachel Dunn, NCLS

Maths and English Functional Skills

Great Yarmouth Library

Wednesday or Friday afternoon from 12.30 - 3pm

For more information please contact

Rachel.dunn@norfolk.gov.uk

Tel: 07450 717150



Maths and English Functional Skills

We use maths and English skills in almost every aspect of our daily lives and we all need to use them well to reach our goals.

On the Functional Skills courses you will develop your skills, build confidence and get qualifications that can boost your CV, improve your chances of finding work and help you to study on vocational courses.

We have four types of courses you can attend:

1. Class based - you will attend two sessions per week for around ten weeks to achieve and move onto the next level
2. Blended - you will attend one session in class per week and work independently for 3 hours per week on an online programme. You will still be able to achieve in approximately ten weeks and move onto the next level
3. Fast-Track - This is a six week programme. You will work mainly on the online programme and will have the opportunity to attend a weekly workshop in one of three locations: Cromer, Great Yarmouth or Norwich
4. Pure Online - You will work completely independently on the online programme with access to an online tutor to support your progress. You will be expected to study for approximately six hours per week and achieve within six to eight weeks.

www.norfolk.gov.uk/adultlearning

0344 800 8020

For Pure Online courses email fsonline@norfolk.gov.uk

AL085 KS June 2018

For other courses we offer please visit our website:

www.norfolk.gov.uk/adultlearning



Norfolk Community Learning Services



@NorfolkCLS

Source: Rachel Dunn, NCLS

Adult Education Courses for 19+

Short course - Bricklaying



During this short course, you will get an introduction to bricklaying and learn to build a three course high half-brick wall. This is a hands-on course, giving you practical experience and knowledge of the techniques required. These accredited units will help you work towards a vocational qualification and further learning.

Course dates: Starts Friday 11th January 2019, and each of the subsequent four Fridays, 10.00am to 3.00pm



Training location: ACE Training Centre,
Viking House, Rackheath, Norwich.
Fully funded for those participants meeting
the eligibility criteria. Ask for details.

Call or email to apply



www.ace-project.org.uk • info@ace-project.org.uk • 01603 720308



Source: Lanie Vincent, ACE

Study Programme

Starting Jan/Feb 2019 - 24 week course



In partnership with
The College of West Anglia 

The 'Stepping Stones' Study Programme is designed to support young people aged 16 -18 to gain a vocational qualification and work experience in preparation for progression to further study, an apprenticeship or employment with training.

The Study Programme will run from our centre in Rackheath. You will attend 3 days a week, from 9am – 4pm where your timetable will include vocational training in two sectors of your choosing*, English, maths, employability skills and work experience.



Visit ACE and see what's on offer

OPEN DAY - 2.30pm to 4.30pm

Thursday 17th January 2019

- Catering & Hospitality - Health & Social Care
- Motor Vehicle / Engineering
- Children's Play, Learning and Development
- Construction & Bricklaying - Sport & Leisure



There are no entry requirements for Entry 3/Level 1 courses. Students without minimum 3 GCSE's will need to undergo an initial assessment.

* Vocational sector offer dependent on numbers

Call or email for further details

Financial support with transport, refreshments & PPE costs is available for those who are eligible
ACE is accessible via many bus routes and is located on the pink line.

Starting early 2019 to July 2019

www.ace-project.org.uk • info@ace-project.org.uk • 01603 720308



Source: Lanie Vincent, ACE

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