

EAST LOCALITY – COMMUNITY FOCUS

WEEKLY BULLETIN 146

Date: 22nd March 2019

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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

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.



EVENTS



ANCHOR PROJECT LAUNCH

Tuesday 2nd April 2019

9am - 1:30pm

The Space, Norwich, NR7 8SQ

The Anchor Project is a new pilot project working in partnership with **Leeway, The Matthew Project, Orwell Housing, and Change, Grow, Live** to support any victim of Domestic Abuse across Norfolk, who has additional needs including poor mental health & substance misuse.

To find out more on how the service will be delivered and how to refer, come to the launch event.

To book your free place go on www.eventbrite.co.uk and search for 'Leeway' in Norwich, UK.



Lunch will be provided.



0300 561 0077



www.leewayssupport.org

Charity No. 1079214

Source: Leeway via Caroline Brand, Community Focus Team



Go Geronimo CIC
HEALTH - EDUCATION - COMMUNITY

Active X

**HALF TERM ACTIVE X
ACTIVITY DAY**

Easter
FUN FOR ALL

**ONLY
£10!
A DAY**

4-14 YEAR OLDS WITH ACTIVE-X & MINI-X
FULL DAY: 9-3 / HALF DAY: 9-12 OR 12-3

*** BECCLES PRIMARY ACADEMY ***
ELLOUGH ROAD, BECCLES, NR34 7AB
April 9th, 10th & 11th only.

*** ST MARYS & ST PETERS PRIMARY SCHOOL ***
EAST ANGLIAN WAY, GORLESTON, NR31 6QY
April 8th, 9th & 10th only.

*** NEW RD SPORTS AND LEISURE CENTRE ***
NEW RD. BELTON, NR31 9JW
April 16th & 17th only.

To book your place contact office@gogeronimo.community
or call 07375498829 or visit www.gogeronimo.net

Source: Facebook

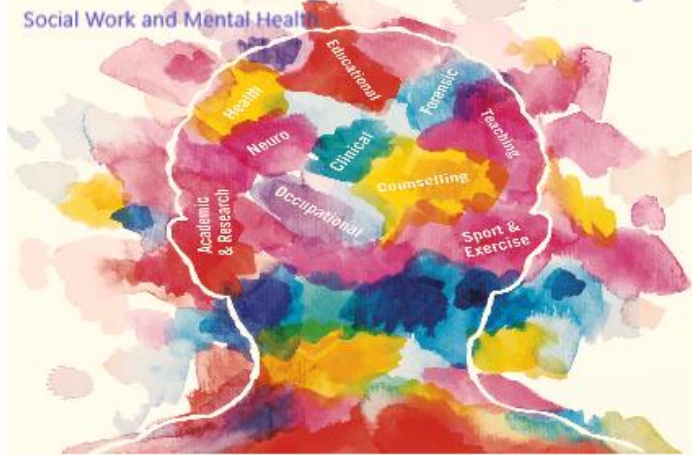


Source: Genevieve Rudd

Pride of Place - drop-in stitching session, Thursday 18th April at 10:30am to 12:30pm, Great Yarmouth Library, Tolhouse St, NR30 2SH

In this free drop-in session with #SayItWithStitchGY, we will make mini-banners celebrating 'pride of place', stitching our favourite things about where we live, linked to the stories uncovered in The Rows of Great Yarmouth project. All materials are provided and the event is open to all, with children accompanied by an adult at all times. No need to book, just turn-up!

Young People & Mental Health, Anxiety & Stress Management, Clinical Information & Services, The Role of Schools and Colleges, Jobs in Mental Health, Training Needs and Opportunities, Social Work and Mental Health



mental health conference

Great Yarmouth Campus
9.30-2.30
Thursday 13th June

All welcome

Free Event

Community Information

Call for agencies and organisations to contribute:

Stands / stalls available

Marketing and charity fundraising permitted

Presentations / speakers requested

Contact Ruth on 01493 419204

r.thacker@eastcoast.ac.uk

Source: Ruth Thacker, East Coast College



**Norfolk & Waveney Palliative and End of Life Collaborative
in partnership with
Macmillan Cancer Support**

Presents

**Dying Matters Event
Thursday 9th May 2019
9.00am to 2.00pm**

The Forum, Millennium Plain, Norwich NR2 1TF

- | | |
|-------|---|
| 9.30 | Welcome and Introduction – Richard Jewson |
| 9.35 | Was My Death As Good As Yours
2 angels in heaven discussing the difference in
their advanced care planning |
| 9.45 | I Wish I had Spoken Earlier
3 pupils will be reading their work for the English
Project being led by the Norwich School on death, dying
and grieving |
| 10.15 | Nelsons Journey – Child Bereavement Charity |
| 10.40 | Break |
| 11.00 | A Date with Death
Wills LPAs – Phil Bayliss
Leaving Gracefully – Beverly Bulmar
ReSPECT – Caroline Barry |
| 11.45 | Off the Twig presents 'Who Wants to Live Forever?' |
| 12.15 | Program close – Becky Cooper |

To register a place please click on the link

<https://www.eventbrite.com/e/dying-matters-conference-tickets-59065003014>

In addition to the above presentations in the auditorium, there will be over 20 stalls in the atrium to provide a wide variety of information about end of life and palliative care. We are also pleased that the Death Café will be open to provide tea, coffee, cake and an opportunity to chat.

We look forward to seeing you all on the 9th May.





NOMINATIONS



Pride in Our Carers Awards 2019 Nomination Form

To celebrate Carers Week 2019, we are giving you the opportunity to say **THANK YOU** to someone who cares by nominating them for an Award.

Who can be nominated?

The awards are for carers of all ages who have contributed to supporting other carers in their community and makes a difference to someone else's life. The awards are also for organisations and individuals who are carer friendly and regularly go above and beyond in their support for carers. They are for everyone in Cambridgeshire, Peterborough and Norfolk.

How to enter

- Complete the attached nomination form giving details of the nominee and why you feel they merit the award.
- Once completed, send the form to:
Pride in our Carers Awards 2019, Carers Trust Cambridgeshire, Peterborough, Norfolk, Unit 4, Meadow Park, Meadow Lane, St Ives, Cambridgeshire, PE27 4LG or email the nomination form to engagement@carerstrustcpn.org with 'Nomination Form' in the subject field **by 5pm on Monday 15th April 2019**.
- Please do not attach any further information or pictures as these will not be considered during judging.
- Incomplete forms may not be accepted so please ensure you provide full contact details for yourself and the nominated person and be sure to specify the Award Category you are nominating them for.
- Nominations can be made online at www.carerstrustcpn.org/pioc-2019.

How will the nominations be judged?

All entries will be anonymised (i.e. page 2 will be removed) and reviewed by an independent panel of family carers and professionals. Shortlisted nominees will be notified and invited to the Pride in Our Carers Awards that will take place in Carers Week 10-16 June 2019. The decisions of the judging panel are final.

Your data

The information contained in this nomination is strictly confidential and will not be communicated to any person other than those involved in the administration and judging of the awards. Upon notification, consent will be requested from shortlisted nominees to use any information provided in support of the nomination in award announcements and other associated promotional activity, including sharing with third parties, e.g. the press, sponsors and partners.

All nomination forms are destroyed after the event.

For further information please see the Privacy notice on our website.

ALL entries must be received by 5pm on Monday 15th April 2019.



TRAINING – Adults



Sleep Well, Live Well – for Parents and Carers

24 May, 09:30 Hall Rd, Norwich NR4 6ET, UK

“Sleep What’s that ?”

Are you and your children struggling to get a good night’s sleep? In conjunction with Sleep East we are proud to bring you, The Sleep Workshop is also suitable for parents of children with complex and additional needs.

Are you and your children struggling to get a good night’s sleep?

The Sleep Workshop is also suitable for parents of children with complex and additional needs. It is fun, interactive and covers the following:

- How sleep works
- Play Sleep Bingo
- Sleep Quizzes
- Sleep information and strategies
- Developing a good bedtime routine
 - Self settling
 - Sleeping through the night
 - Early waking
- Maintaining a good sleep pattern

Refreshments included

Tickets are:

£14.00 for ASD Helping Hands Supporters

£18.00 for regular tickets

Source: ASD Helping Hands

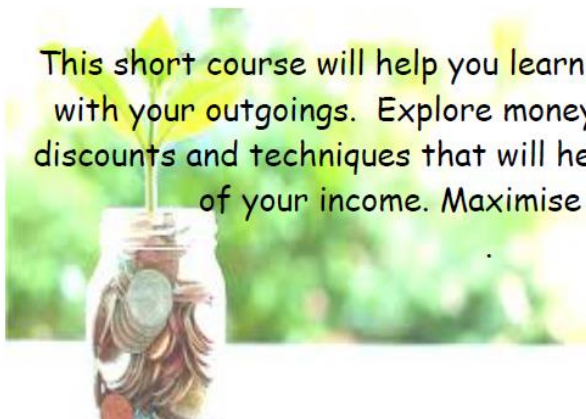


Join us for a free fun five week course at
Mind, Dene Side Great Yarmouth

Money Maximiser

Wednesday 1st May 9.30am - 11.30am

This short course will help you learn to balance your income with your outgoings. Explore money saving tips, freebies, discounts and techniques that will help you get the most out of your income. Maximise your income!



What else will I learn?

- Overview of Universal Credit
- Budgeting skills
- Team Building Skills
- Ways to reduce your outgoings

If you would like to attend the course then please let Mind know or you can contact Rachel Dunn by:

Email: CLDO@norfolk.gov.uk
Or Text / Phone: 07450 717150



Skills Funding
Agency

www.norfolk.gov.uk/adultlearning



@NorfolkCLS



Norfolk Community Learning Services



European Union
European Social Fund
Investing in jobs and skills

TRAINING – Young People



Get Started

with **Nail Art**



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

The Prince's Trust and Solis Nail and Beauty Training are offering a **FREE** one week training course which gives you a fantastic opportunity to work in a fun and new environment

Programme: Monday 29th April - Friday 3rd May 2019
Location: Great Yarmouth
Interviews: week commencing 15th April 2019



- Learn about different nail techniques
- Get to have a go with different nail art products
- Chance to gain two accredited BABTAC level 2 qualifications in Luxury Manicure and Gel Polish
- Work with experts in the beauty industry
- Enjoy a fun week improving your teamwork, communication skills and confidence.
- Three months support after the programme
- The course will cost you nothing - your travel expenses and lunch will be provided each day

LIMITED PLACES AVAILABLE

To join the course or find out more:

Call for Free on 0800 842 842

jobcentreplus



Prince's Trust

**YOUTH
CAN
DO IT**

Source: Peter Hennessey, Princes Trust



SUPPORT SERVICES

Do you know a young person - 18 & under - who has caring responsibilities for a family member?

From 1st April 2019 Norfolk County Council has funded Carers Matter Norfolk to provide support for young carers and their families, including:

- 7 day a week Freephone Advice Line
- 1:1 support for young carers and their families
- Life skills and social development
- Connecting carers with other young carers for activities and support

For more information and to refer a young person:

- Use our Online Referral Form
- Visit: www.carersmatternorfolk.org.uk
- Call 0800 083 1148

The Young Carers & Families Support Service is funded by Norfolk County Council Children's Services and is delivered by Carers Matter Norfolk in partnership with local youth and young carers organisations.



info@carersmatternorfolk.org.uk

Text Only – 07537417850



@CarersMatterNfk



CarersMatterNorfolk





Need help making a new Universal Credit claim?

At Norfolk Citizens Advice we can support you to make a new claim for Universal Credit, from opening your account to receiving your first full payment.

Call: Freephone 0800 144 8 444 (Mon-Fri 08:00-18:00)

Visit us: 2 Stonecutters Way, Great Yarmouth NR30 1HF (Mon, Weds, Thurs 09:30-15:30, Tues 09:30-11:30)

DIAL 26 King Street NR30 2NZ (Tues 12:00-15:30)
Great Yarmouth Job Centre (Fri 09:30-15:30)

You can find more information on Universal Credit on our website: citizensadvice.org.uk/universalcredit



Source: ASSD NCC

SURVEY FEEDBACK

NORFOLK YOUNG CARERS FORUM SURVEY INFOGRAPHIC

Following our Young Carers Awareness Day event on Thursday 31st January 2019, we recently shared some resources which included the 'Norfolk Young Carers Forum Healthy Carers Survey Infographic' and that document included a link to our source of infographics. It has been brought to our attention that the domain name that was featured on the document has since expired and subsequently been purchased by a company that features content that is inappropriate.

We have taken this document out of circulation with immediate effect and would like to ask you to do the same where possible, if shared either online or within your networks.

Attached is an updated version of the Infographic without the link so would ask that if you have previously shared the infographic that you share the updated version also.

Please note, this issue does not affect the recent Norfolk Young Carers Forum "Getting our Voices Heard" infographic which was launched on Young Carers Awareness Day 2019, a copy of which is also attached for you.

Please accept our sincere apologies for the inconvenience and we thank you for your continued support.

Kind Regards, Andy McGowan | Operations Manager (Communities)

Source: Andy McGowan, Norfolk Young Carers Forum



Norfolk Young Carers Forum

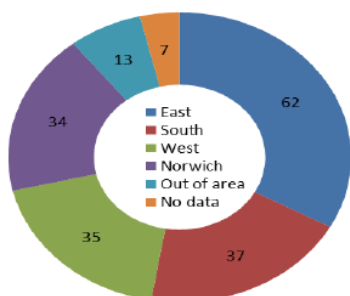
Healthy Carers Survey Report

2018



LOTTERY FUNDED

Which areas were the Young Carers who answered the survey from?



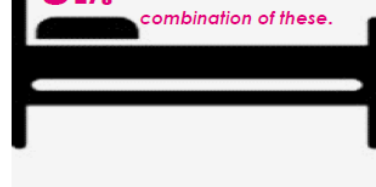
17%

of young carers worry "all the time" about the person they care for.

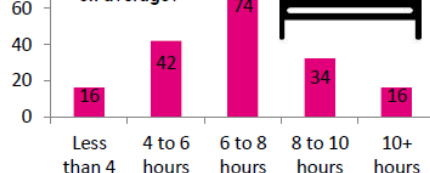


61%

of young carers had to either get up in the night, wake up earlier or go to bed later or a combination of these.

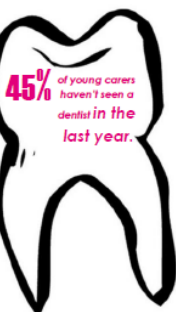


How many hours sleep do you get on average?



56%

of young carers didn't know they could either register as a carer at their GP or get a free flu jab.



45% of young carers haven't seen a dentist in the last year.



81%

of young carers carry out physically demanding tasks.



82%

of young carers are not getting their five portions of fruit or vegetables each day.

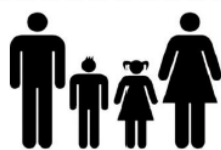
The average
MENTAL
HEALTH
score is
5.4/10

The average
PHYSICAL
HEALTH
score is
5.9/10

Designed and created by members of the Norfolk Young Carers Forum.

TEACHERS

are the most common professional that young carers feel able to talk to.



59% of young carers felt that they could talk to parents/family.

Thanks to all the young carers who took part in this survey and thanks to our partner organisations for your invaluable support with this project!



Norfolk Young Carers Forum 'Getting Our Voices Heard' 2018

218
responses

78 young people said they receive no support

Who the young carers are caring for



- Sibling (37.16%)
- Parent/Step-parent (50%)
- Grandparent (3.21%)
- Other (9.63%)

51%



of young carers said that no-one in their school, college or workplace knew of their caring role



1 in 3 young carers were caring for someone because of a mental health issue



55%

of young carers started caring between the ages of 5 and 8



25%

of young carers said they had been bullied because they are a carer, or didn't want to talk about it



86%

of young carers said they have never spoken to their GP about being a carer



9

young carers said they receive support online

How being a young carer makes me feel



This backs up the results from our Healthy Carers Survey where young carers scored their mental health as 5.4 out of 10



11%

of young carers said their caring role has impacted their school attendance



© Carers Trust Cambridgeshire, Peterborough, Norfolk 2019.

Source: Andy McGowan, Norfolk Young Carers Forum

VOLUNTEERS



Roll Up! Roll Up!
Volunteering Opportunities with SeaChange Arts





Photos: Norfolk Museum Services

Help us discover, uncover and recover Great Yarmouth's rich Circus history with a variety of exciting workshops and community events.

Roll Up! Roll Up! is a project celebrating the history of circus in Great Yarmouth funded by the National Lottery Heritage Fund. As part of the project, we are recruiting volunteers and training them in a variety of history collection disciplines to help us build an exhibition of circus memories from the town.

Volunteers will learn about interview techniques, recording and transcribing people's memories and personal stories as well as guidance on accessing the expansive archive within our libraries. With skills learned you can help us collect, record and curate memories to inform the creation of imaginative educational materials.

If you are interested in helping us carry out this exciting project, please contact projects@seachangearts.org.uk.

[Find out more about Roll Up! Roll Up!](https://seachangearts.org.uk/who-are-we/projects/roll-up-roll-up/)

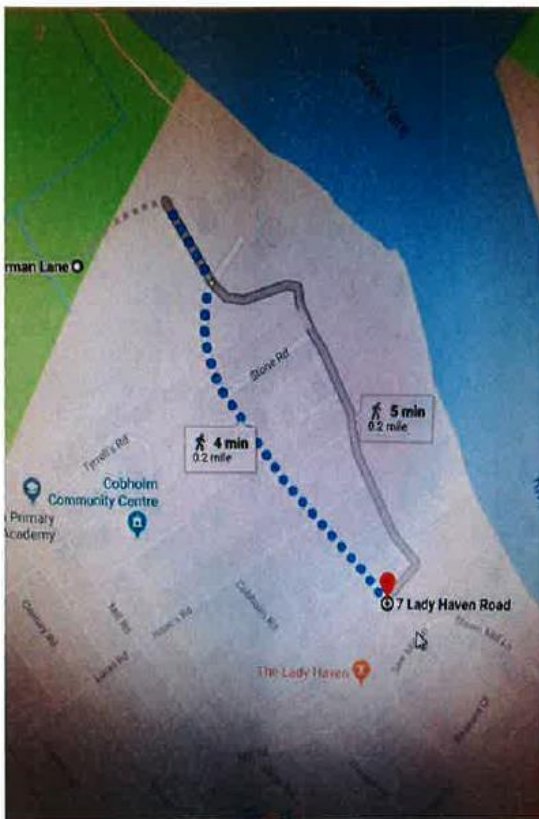
<https://seachangearts.org.uk/who-are-we/projects/roll-up-roll-up/>

Source: Seachange Arts newsletter



Cobholm Community Garden

We are looking for volunteers for our community garden project. If it's an hour of your time you can spare here and there or contribute in another way, all help is gratefully appreciated. We also love to have your input in what you'd like to see happening with this space in our community.



Some ideas for the space:

- fruit picking
- vegetable growing
- a seating area for a pop up café



With your help we can make a difference.

Please get in touch:

Email: cobholmcommunitygarden@gmail.com

Facebook: visit Cobholm Community Garden

VACANCIES

SUNBEAMS PLAY



Play Workers

Sunbeams Play is a registered charity in Great Yarmouth with an Outstanding Ofsted rating which provides a fun, safe and caring environment for children and young people with an autistic spectrum disorder or linked condition. We require an experienced play worker initially for Monday and Friday evenings during school holidays with a view to occasional extra hours.

Requirements

- Level 3 in Childcare (or working towards)
- Experience of children and young people with Autism and related conditions
- Understandings of EYFS principles
- A DBS check will be carried out

Ongoing training offered to ensure up to date knowledge.

For more information please call Monica Bates on 07436 794967 or Sue Carr on 07484 085777.

Source: Moniica Bates, Sunbeams.

DIRECTORY

Is your organisation or service registered on the Norfolk Community Directory:



Visit the Norfolk County Council website -
<https://communitydirectory.norfolk.gov.uk/>

and click on the link to add your service