

EAST LOCALITY – COMMUNITY FOCUS

WEEKLY BULLETIN 172

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A One-off Request for Fundraising

I wouldn't normally put requests for sponsorship on this bulletin but this Sunday, 6th October I'll be taking part in my first ever Half Marathon run. I'm doing the Lowestoft Half Marathon which is supporting Break.

If you would like to make a donation to sponsor me please visit my fundraising page

<https://uk.virginmoneygiving.com/ClareHodges2>

(open till 18.10.19)



EVENTS



WE NEED YOU!

Are you a mum, dad or carer for children in Norfolk, aged 0 - 19 years?

If so we would like you to join us and work together to make sure our JustoneNorfolk.nhs.uk website and family health services offer is what families in Norfolk need.

16th October 2019
09:30am - 11:30am
ACLE Library, Bridewell Lane,
NR13 3RA



Refreshments provided, children welcome and travel expenses covered.

Contact the Coproduction team on
ccs.norfolk-coproduction-team@nhs.net

JustoneNorfolk.nhs.uk



Norfolk and Suffolk
NHS Foundation Trust

Northgate open day!

Advice and information about Mental Health and Wellbeing.

Reducing stigma and engaging with
the local community.

Plus...

Miniature donkeys

Information stalls e.g. Mind,
Carers Matter Norfolk and more

Wellbeing workshops

Tombola and raffle stalls

Cake stalls

Bacon rolls and light snacks

19 October – 11am to 3pm

Acute Services, Northgate Hospital,
Northgate Street, Great Yarmouth, Norfolk NR30 1BU



Working together
for better mental health



#LoveNotHate Vigil Tuesday 15th October 2019

7.30pm

The Forum, Norwich

Part of Hate Crime Awareness Week



LGBTQ+



**Norfolk & Suffolk
Victim Care**



**NORFOLK
CONSTABULARY**
Our Priority Is You

email tracey.woolf@victimsupport.org.uk for more information



Norfolk
County Council

Anti-Bullying Conference

07/11/19

Dereham Memorial Hall
9:00am-4:30pm



**for young people &
professionals from across
Norfolk**

**hear from experts in the field &
take part in workshops**

**free for young people
£10 for professionals
lunch provided**

**for more information contact:
participation@map.uk.net 07881 334 755**





Through our [Active Workplaces programme](#), we want to help change the culture in Norfolk workplaces so that active working increasingly becomes the norm and where employers empower their employees to move more.

Introducing the Active Workplaces competitions to Great Yarmouth. Led by a local Basketball club. <https://www.activenorfolk.org/events/2019/10/active-workplaces---basketball-indoors>

5+ players per team (substitutes are welcome). £20 per team - to be paid online when entering your team. Teams must be mixed. All abilities welcome.

Location: Church Lane, Gorleston, Great Yarmouth, Norfolk, NR31 7BQ

Contact: Steven Hitcham / info@epicnorfolk.com

If you have a team interested in attending, please contact the above.
Norwich get the lion's share of Workplace competitions, so lets show them what Great Yarmouth has to offer!

Source: Sue Robinson, E H Hub Manager



Transforming the lives of young people and adults through work related training and employment support.

Events Planner

Place: YMCA Training, 209 Whapload Road, Lowestoft, Suffolk, NR32 1UL

Booking: Some events may need prior booking. You can do this by emailing heather.jones@ymca.co.uk or by calling 01502 539559. Please contact us if you require special assistance to attend any of our events.

Date	Time	Event	Description	Need to Book?
Oct 14 th	10.00 – 13.00	Bring a friend	Current learners may bring friends into YMCA Training for a fun day. Any learners that recommend a friend who signs up to a programme receives a £50 gift voucher (other conditions apply)	No
Oct 21 st 2019	10AM – 14.00PM	Open day for all	Drop in for a chat about courses, have a look round the building, discuss any requirements and meet the staff.	No

			Young people may bring friends, family members etc. Coffee and biscuits and a free gift	
Nov 20 th	13.00 – 15.00	Business Owners	Can our business, help your business? Network event. Chance for business owners to discuss traineeship/ volunteer opportunities and progression to apprenticeships or employment.	Yes
10 th Jan 2020	10.00am – 14.00pm Taster sessions in hourly slots.	School Open Day	Schools can bring groups of learners for a look around the centre, to meet the staff and discuss post 16 plans. Schools may book taster sessions based on vocational area of interest. Please mention this when booking. Schools may wish to book for more than one open day due to numbers or to receive a variety of tasters in different vocational areas.	Yes
7 th Feb 2020	10.00am – 14.00pm Sessions in hourly slots.	School Open Day	Schools can bring groups of learners for a look around the centre, to meet the staff and discuss post 16 plans. Schools may book taster sessions based on vocational area of interest. Please mention this when booking.	Yes
6 th Mar 2020	10.00am – 14.00pm Sessions in hourly slots.	School Open Day	Schools can bring groups of learners for a look around the centre, to meet the staff and discuss post 16 plans. Schools may book taster sessions based on vocational area of interest. Please mention this when booking.	Yes
3 rd April	10.00am – 14.00pm Sessions in hourly slots.	School Open Day	Schools can bring groups of learners for a look around the centre, to meet the staff and discuss post 16 plans. Schools may book taster sessions based on vocational area of interest. Please mention this when booking.	Yes
1 st May 2020	10.00am – 14.00pm Sessions in hourly slots.	School Open Day	Schools can bring groups of learners for a look around the centre, to meet the staff and discuss post 16 plans. Schools may book taster sessions based on vocational area of interest. Please mention this when booking.	Yes



13 th May 13.00PM- 15.00PM		Business Owners	<p>Can our business, help your business? Network event.</p> <p>Chance for business owners to discuss traineeship requirements before deciding on a suitable apprentice. Discuss part time volunteers through YMCA.</p> <p>Listen to success stories from business owners and young people who have achieved through YMCA Training.</p>	Yes
5 th June 10.00AM- 14.00PM		Open day for all	<p>Drop in for a chat about courses, have a look round the building, discuss any requirements and meet the staff.</p> <p>Young people may bring friends, family members etc.</p> <p>Coffee and biscuits and a free gift</p> <p>Young people may also sign up to our summer programme.</p>	No
8 th July 10.00AM- 14.00PM		Open day for all	<p>Drop in for a chat about courses, have a look around the building, discuss any requirements and meet the staff.</p> <p>Young people may bring friends, family members etc.</p> <p>Coffee and biscuits and a free gift</p> <p>Young people may also sign up to our summer programme</p>	No
August TBC		Summer programme	<p>Sign up to the summer programme to experience fun activities.</p> <p>More details TBC</p>	Yes
August TBC		GCSE Results. Information and Guidance	<p>Drop in with your GCSE results to see how our courses can help.</p> <p>Information, guidance and signposting will be offered to learners who need further support.</p>	No



FUNDING



Young Adult Carers Personal Development Fund

Grants of up to £250 for young adult carers aged between 16-24, who provide care for a family member needing help due to disability, physical or mental health problem or addiction.



Our Personal Development Fund offers grants of up to £250 for young adult carers looking to gain new skills while having a break from their caring role.

We offer support in finding a suitable course of their choice which will build self-esteem, provide them with a sense of achievement, give them long lasting positive memories and help them to feel better about their caring role.

To qualify, young adult carers must:

- live in Norfolk
- demonstrate they are unable to fund the course themselves and can provide evidence their household income is below £25,000
- be able to attend the course without assistance

Applications by professional referral only.

Only one grant will be made per young adult carer in any two year period.

Courses must be in the UK.

For more information please contact us at:

e: info@norfolkfamilycarers.org www.norfolkfamilycarers.org

f [/NorfolkFamilyCarers](https://www.facebook.com/NorfolkFamilyCarers) **t** [@NFKFamilyCarers](https://www.instagram.com/NorfolkFamilyCarers) **t:** 01603 219924

Charity No: 1155684 Company No: 08565078

TRAINING

Have you just moved?

Do you want to decorate your home?

Are you struggling to put up your curtain pole, hang your wallpaper , unblock your sink or change your toilet seat.

Community Roots are running a DIY drop in every last Tuesday of the month 1-3.

The dates are:

Tuesday 29th October

Tuesday 26th November

Tuesday 17th December

Tuesday 28th January

Tuesday 25th February

Tuesday 24th March



Source: Freya Parsons, Make It Happen



Mindfulness for Wellbeing

An experiential course exploring how to develop mindfulness in everyday life

This 9 session Mindfulness-Based Cognitive Therapy course is NICE approved to prevent relapse into depression and is known to help many conditions such as chronic fatigue syndrome, anxiety and stress.

- Learn how developing mindfulness can build resilience to stress and depression and create a sense of wellbeing.
- Practice simple and effective techniques that can be practiced anywhere at any time.
- Explore strategies for deepening and sustaining a personal practice once the course has finished.

Dates: Tuesday evenings: October 29, November 5, 12, 19, 26 December 3, 10, 17

Times: 6:30 – 8:45 p.m.

Cost: £185 (Concessions available, please ask)

Venue: Norfolk and Waveney Mind, Great Yarmouth Office, NR30 3AX

email: robert.black@norfolkandwaveneymind.org.uk

telephone: 01603 432457

www.norwichmind.org.uk/mindfulness

Norfolk and Waveney Mind is a registered charity - No. 1118449



Access to Childcare & Care Sector

This new 'Access to...' course* is a 6 session course, aimed at those looking for entry into the Childcare or Care Industry

- Get an introduction to the skills needed to gain employment within those areas
- Get on-site, certificated, vocational training
- Participate in visits to relevant employer premises
- Explore entry level career options
- Meet current employees within the chosen sectors
- Get support with applying for related courses or for employment applications



Course start date: Wednesday 16th October

To book a place, or refer someone, please call or email on the details below

** Fully funded. eligibility criteria applies, see overleaf*



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





Norfolk

Community
College



Access to Childcare & Care Sector

2019 Course session dates:

- Wednesday 16th October
- Wednesday 23rd October
- Wednesday 30th October
- Wednesday 6th November
- Wednesday 13th November
- Wednesday 20th November

Places on this course are subject to the eligibility criteria below and are strictly limited, so early booking is advisable.

Our contact details are below, please call or email for an application form.



Eligibility criteria;

Aged 25 or over
Have the right to work in the UK
Been unemployed for the last 12 months
Live in Norfolk
Be open to the idea of making positive changes and motivated to progress into education, voluntary work, employment or training courses.



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**Norfolk**Community
College

Access to Engineering/Mechanics

This new 'Access to Engineering/Mechanics' course* is a 6 session funded course, aimed at those looking for entry into the Motor Vehicle Engineering/Mechanics Industry

- Get an introduction to the skills needed to gain employment in the Motor Vehicle industry, or to move on to further training
- Get vocational training in an industrial workshop setting
- Visit employer premises or places of work
- Explore entry level jobs and get hands-on experience
- Hear from employees in the Motor Vehicle industry
- Get support with applying for further training, related courses or for employment opportunities within the sector



Course start date:
Thursday 17th October

To reserve a place, or refer someone,
please call or email on the details below

** Fully funded. Eligibility criteria applies, see overleaf*



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





Access to Engineering/Mechanics

2019 Course session dates:

- Thursday 17th October
- Thursday 24th October
- Thursday 31st October
- Thursday 7th November
- Thursday 14th November
- Thursday 21st November

All PPE and equipment is provided. Places on this course are subject to the eligibility criteria below and are strictly limited, so early booking is advisable. **Our contact details are below, please call or email for an application form.**



Eligibility criteria;

Aged 25 or over
Have the right to work in the UK
Been unemployed for the last 12 months
Live in Norfolk
Be open to the idea of making positive changes and motivated to progress into education, voluntary work, employment or training courses

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





AAT Level 1 Business Skills & Bookkeeping

AAT Level 1 Business Skills and Bookkeeping

If you are looking for an introduction to the business world and want to develop essential finance skills, then this is the course for you.

Free information session:

Monday 14th October

10am to 2pm

This session will provide all the pre-course information you will need to be able to successfully start your course. Meet the tutor, ask questions, find out about the course and make sure it is the right one for you.

Course starts:

Monday 28th October

10am to 2pm

5 weeks

You will gain a double qualification that will develop key practical skills used in every business to help start a career in Accountancy and develop practical bookkeeping skills.

**Great Yarmouth Library, Tolhouse St,
Great Yarmouth, NR30 2SH**

To book visit:

www.norfolk.gov.uk/adultlearning or call 0344 800 8020

Source: Rachel Dunn, NCLS



Learning
for Communities



Five Ways to Wellbeing



Join us for a free five week wellbeing course and learn more about yourself and how to deal with those everyday stressful situations.

Week 1 - Connect, relationships and setting personal goals

Week 2 - Managing challenging relationships and situations

Week 3 - Become active and join a mindfulness stroll

Week 4 - Learn something new, create a collage

Week 5 - Intro to volunteering, helping out in the community and next steps

Thursday 31st October to 28th November 2019, 10am to 12noon
Great Yarmouth Library, Tolhouse St, Great Yarmouth,
NR30 2SH

To book:

Email Rachel at CLDO@norfolk.gov.uk or call 07450 717150



Introduction to the Internet, Word and Email



During this course you will learn a range of skills to help you navigate the Internet, keep in touch via email and how to use Microsoft Word.

The skilled and patient tutor will show you how to create and send emails, use search engines, stay safe online, open, save and close Word documents and much more.

This free 5 week course starts on Tuesday 29th October and runs until 26th November from 12.30pm to 2.30pm.

**Great Yarmouth Library, Tolhouse St, Great Yarmouth,
NR30 2SH**

To book:

Email CLDO@norfolk.gov.uk or call 07450 717150



Wellbeing Community Champion Training

Thursday 31st October, 10:30am – 12:30pm.
Holland Court,
The Close,
Norwich,
Norfolk NR1 4DY.

Wellbeing Community Champions care about where they live and work and can see the importance of talking about mental health and well-being. This training is primarily aimed at organisations such as schools, businesses, charitable or community organisations.

Learn to recognise the signs of stress, how to start conversations about mental health, how to support those around you and where and how to signpost someone to get support.

BOOKING ESSENTIAL

For more information, or to book a space please email
LACreferrals@nsft.nhs.uk

Call 0300 123 1503
www.wellbeingnands.co.uk



WellbeingNandW



@WellbeingNandW



WellbeingSuffolk



@Wellbeing_Suff

DIRECTORY

Promoting activities for families

NORFOLK COMMUNITY DIRECTORY

Do you run a local community group for families, or do you know someone who does?

Did you know you can use the Norfolk Community Directory to promote your services and activities and help get more people involved?

If you provide services, activities and/or events for Norfolk families with children aged 0-5, you can register for an online account that enables you to promote your service on the Norfolk Community Directory. Once set up, you can add new services and return to your account to keep your listings up to date. Click [here](#) to find out more.

If your service is for families with children aged 0-5, please could you put '0-5 Community offer' in the notes.

SUPPORT SERVICES



what3words

The what3words app helps you find, share and navigate to any precise location.

We've given every 3m x 3m in the world a unique 3 word address. This simple and accurate way to talk about location makes it easier to meet up with friends, discover and tell others about amazing places, and explore the world without getting lost.



HM Government



Building Connections Social Groups – 11 to 16 yrs and 17 to 25yrs

MAP is now recruiting for two groups for young people who identify as lonely on a rolling 10 week programme. Young people will have the chance to meet with others in a similar situation, play games, discuss important topics that are relevant to young people as well as gain opportunities to join other groups in the area (with help).

For those who join these groups, you will be assisted to:

- Make positive contributions to the group's activities
- Become open to new ideas and perceptions of the local community
- Develop confidence and social skills
- Foster nurturing new friendships.

The meetings will be every 2 weeks (both groups) on a Tuesday lunchtime for the 17s to 25s (1.00 – 2.00) and Wednesday afternoons between 4 and 5.30pm. The starting dates for the groups are **Tuesday 8th October** and **Wednesday 9th October 2019**.

Contact Paula on 07795 265194 or pauladriscoll@map.uk.net or Sarah Lee on 07384 511721 or sarahlee@map.uk.net if you are interested or know someone who might like to know more.

Source: Sarah Lee, MAP



VACANCIES



GYGYC are recruiting

***We are looking for full and part time Youth Workers**

Salary £9.50 - £12.50 per hour (depending on qualifications and experience)

We are looking for Youth Workers to join us in supporting young carers across the borough of Great Yarmouth.

The post will require you to:

- Visit families and young people in their homes
- Complete appraisals at regular intervals
- Support young carers with one 2 one sessions, small group sessions and/or visit them in school
- Lead Peer Support groups in the evening
- Complete paperwork

You will be expected to develop professional relationships and you will be a role model to our young carers and will be committed to safeguarding and promoting the welfare of our young people

This is a great opportunity for somebody with drive, initiative and experience to work alone and alongside others to help young carers and their families overcome times of difficulty and support them in finding ways to manage the issues that they face.

***We are also looking for sessional Youth Workers**

Salary £9.50 - £12.50 per hour (depending on qualifications and experience)

The post will require you to:

We are looking for youth workers to join us in helping support young carers at our age specific peer support groups.

Our groups are currently Monday to Thursday evenings and vary in time from 5.30-7.30 pm and 6.00-8.00pm

This post will require you to work with young people in a group work setting delivering a range of activities, workshops and awareness sessions within a team of youth workers and support workers. You will be expected to develop professional relationships and you will be a role model to our young carers and will be committed to safeguarding and promoting the welfare of our young people

If you would like an application form or would like to discuss the vacancy further please email us at info@gygyc.org.uk or call us on 01493 650056

Closing date for applications is 28th October 2019

Source: Terry Macrowen, GYGYC



On Track Coach

Great Yarmouth based £20,245 - £21,913 37.5 hours per week

Do you want to make a difference to people's lives?

Are you looking for a challenging and rewarding role?

We are looking for an experienced professional to support young people 16 – 24 years old as part of On Track. You will need experience of working directly with young people, have a relevant qualification or experience and an understanding of the issues facing young people struggling to access education, employment and training. You will provide one to one coaching support to young people in Norfolk helping them remove barriers and to reach their goals around getting into education, training or employment. Other elements of the role include; partnership work, outreach, networking, promoting sustainability and diversity within the project and raising the profile of the On Track service across the county.

You will be employed by GYROS. The office base for this post is Great Yarmouth but will cover a wider geographical area across the whole of Norfolk. The work will be carried out within the service location and in the community; the ability to drive and to have access to a car is essential.

On Track is a partnership between The Matthew Project (Lead agency), YMCA Norfolk, ACE (Action Community Enterprise), GYROS, The Prince's Trust and Nansa.

On Track supports young people with multiple barriers to education, training and employment. On Track has been funded by the National Lottery and the European Social Fund and is part of the Building Better Opportunities programme.

We welcome applications from people of all backgrounds, of any faith or none.

Clearance by the Disclosure and Barring Service for children and vulnerable adults is required.

To apply: email admin@gyros.org.uk to request an application pack or phone 01493 745260

Closing date for applications: Noon Thursday 17 October

Interview date: Wednesday 23 October 2019



Source: Armine, GYROS

Community Pathways Partnership: Connecting people across East Anglia



Recruitment of Debt Lead & Local Manager

Based in Ipswich we are looking to recruit a Debt Lead and local Service Manager to join the Senior Management Team at GYROS

Hours: 25 per week
Salary: FTE: £25,000 pa

As Lead of our Debt service provision you will deliver debt advice and support to our Culturally and Linguistically Diverse Communities in and around Ipswich. You will line manage GYROS Debt advisors, develop other advisors to achieve the IMA qualification and maintain qualifications and registrations with the FCA. As the senior staff member in Ipswich you will be a proactive member of the Senior Management Team with GYROS and the new National Lottery Funded 'Community Pathways Partnership'*.

You will identify, engage and support staff, partner organisations and other local key agencies working to complement, wherever practical, other service delivery, making best use of resources and avoiding duplication. You will co-ordinate and participate in outreach to residents in our communities. You will further establish and maintain the reputation of GYROS and the CPP within Suffolk, including residents and other service providers.

You will have a proven track record of delivery money and debt advice to vulnerable people who face more complicated life challenges, particularly those who are culturally and linguistically diverse. You will have experience of working with people facing deprivation/complex circumstances. You will have knowledge of legislation on Money and Debt and how these relate to vulnerable client groups. An understanding of other local services including the services provided by voluntary and statutory partners is preferred.

GYROS supports newcomers and migrant communities in the Great Yarmouth area. As an organisation, GYROS can neither discourage nor encourage migration to the UK or indeed to Great Yarmouth. But what we can do is support people who have chosen to come here - to help them settle and integrate into our local community. We strongly believe this benefits everyone. It minimises the stress and potential dangers newcomers face and, through our bespoke services, we relieve pressure which would otherwise fall on local service providers who are already stretched to their limits.

Please note that the chosen candidate will undergo security checks including DBS, BPSS and possibly other types of checks.

To apply please email admin@gyros.org.uk to request an application pack or phone 01493 745260

APPLICATIONS MUST BE SENT DIRECTLY TO GYROS.

Please do not send CVs, only fully completed application forms will be accepted.

Closing Date: Wednesday 16th October 2019 12 noon

Interview Date: Monday 21st October 2019

Sour



SURVEY

LONG TERM CONDITION AND PHYSICAL ACTIVITY CONSULTATION

Thank you to those organisations that have supported our long term condition and physical activity consultation to date – either through helping to develop the questionnaire, or through promotion via your networks.

We have had fantastic support from across the system and have had almost 800 responses. We are really pleased with this - but it does mean our target of at least 1000 responses has not quite been met. We have therefore decided to extend the initial consultation window **until Friday 25th October** in order to try and increase engagement and ensure we have a good sample of information.

A few things to note in relation to our findings so far:

- We have had a good response from people with arthritis (25%), musculoskeletal conditions (25%) and common mental health problems (34%)
- Responses have been fewer from those with respiratory disease (14%), diabetes (10%), cancer (4%) and cardiovascular disease (4%). Given that we know that physical activity can have a significant impact on preventing and managing the symptoms of these conditions, we would like to see an increase in engagement from patients in these groups
- 80% of respondents are female, average age is 49, the vast majority of respondents live within the central Norwich area
- Newsletters and social media have been successful, as have internal workplace intranets
- A high response rate has been seen where **text messages** have been sent out through **primary care** – we would love for more of this to happen
- We are setting up an interactive platform which will allow all of our partners to access the results which will provide useful information in relation to physical activity and healthy lifestyles more generally. This could help support patient engagement commitments in terms of PCN development and other organisational priorities.

The link to the survey, the communications toolkit and a number of resources that could help to promote the survey can be found at <https://www.activenorfolk.org/ltc-consultation>

We would appreciate any promotion through any channel available to you over these final two weeks to give us the best information to work with in the future, and share across the system, to inform planning, development, funding bids and commissioning.

Kind regards

Shelley Ames

Inactivity & Health Development Manager, Active Norfolk

Source: David Addy, GYBC



Please email: cs.cpccteam.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.