

EAST LOCALITY – COMMUNITY FOCUS

WEEKLY BULLETIN 189 (Public)

Date: 7th February 2020

Scam Warning – page 1

EVENTS

- West End Experience, Open Norwich (page 2)
- Sunbeams Play Bingo (page 3)
- West End Experience – Open Norwich (page 4)
- Recruitment event Lowestoft (page 5)
- Community Speed Meet – MESH (page 6)
- Say It With Stitch – GY Library (page 7)

RESOURCES

- Musical Instruments no longer required (page 8)

TRAINING/COURSES

- Norfolk Community Learning Courses (pages 9 – 15)

SUPPORT SERVICES

- Childline Calm Zone (page 15)
- Reading Well for Children – Norfolk Libraries (page 15)
- Legal Aid – Citizens Advice Bureau (page 16)
- A Place of Welcome (page 16)
- Taxi, Tea and Time For You – GY and Gorleston Libraries (page 17)
- ADHD Norfolk GY Drop In Sessions (page 17)
- Home Maintenance & DIY Drop In (page 18)

VACANCIES

- Norfolk Community College Marketing Support (pages 18 & 19)

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.

Please be aware of a recent scam call;

Telephone cold calls claiming to be from Citizens Advice – 28 January

A Norfolk Citizens Advice adviser recently took a call from a client in Great Yarmouth. The client said they received a call from someone saying they worked for Citizens Advice and were in a position to help them with their debt problems. The client said they do not have a debt problem. The client called the number back, as have Citizens Advice, but it goes to voicemail and then states the message box is full. Norfolk Citizens Advice confirmed that it was certainly not someone from their organisation.

Norfolk Trading Standards reissued an alert last week which can be found at; www.norfolk.gov.uk/scams

EVENTS



**A PARTY TO CELEBRATE
REVOLUTIONARY ROOTS!**

**FUN FOR
ALL THE
FAMILY**



**GRAND
OPENING**

**SAT 29TH FEBRUARY
10AM - 2PM**

**FACE
PAINT**



**T-SHIRT
MAKING**

**HAIR
WRAP**

**REFRESHMENTS
AVAILABLE**



**CROCKERY
SMASH**

**SALT
DOUGH**

**CAKE
SALE**



**...AND
MORE**

**NEWTOWN YOUTH & COMMUNITY
CENTRE, BEATTY CLOSE, NR30 4BN**



Source: Heidi Garwood, Revolutionary Roots



Sunbeams Play is holding a
Prize Bingo Evening
Open to parents and children over 10 years old.

13th February at 7pm

Enjoy an evening of fun with a selection of prizes
for lines, doubles and a full house.

Books containing 5 game cards (giving you 15
chances to win a prize) will be available from the
office @ £5 each

Refreshments and snacks will be on sale.

For further details

Call us on 01493 442181

Unit 7 Enterprise Court, Gapton Hall Rd, Gt Yarmouth,
NR31 0ND

Source: Sue Carr, Sunbeams Play



During the Easter Holidays OPEN will be running a programme called The West End Experience.

West End Experience offer the ultimate in musical theatre training. After five days of intensive training with West End professional actors, choreographers, directors and musical directors, students will have the opportunity to perform with them in the 'Grand Finale Concert'...with the stars! As well as this exciting live performance - students will also have the opportunity to do screen acting and the films made will be shown on the big screen at the end of week concert. For more information please see the flyer attached or visit <https://opennorwich.org.uk/youth-activities/west-end-experience/>

The course costs £225 but OPEN has been successful in gaining some funding to offer bursary placements to low income families. To access the bursary a staff member at your organisation will need to email Charlene.Girling@opennorwich.org.uk to make a referral.

Source: Sophie Elsgood, MAP



Recruitment Event at Lowestoft Jobcentre
Wednesday 12th February 2020, 10am - 2pm



HOSEASONS



BENBURGESS



Beefeater.



WHITBREAD

CARING MOMENTS LTD.



Staffline

BARCLAYS



CLARION HOUSING GROUP



MORGAN SINDALL CONSTRUCTION

TROPIC

Kickstart the moped hire charity

Parkdean Resorts Creating Amazing Memories

NURSE PLUS

Hermes Makes delivery easy.

trac

Apprenticeships Norfolk

voyagecare



Haven

NOVA TRAINING stand out from the CROWD

swanstaff RECRUITMENT

National Careers Service

EEEGR EAST OF ENGLAND ENERGY GROUP



SUFFOLK CONSTABULARY Taking pride in keeping Suffolk safe



netmatters™



P+S PERSONNEL



REALISE FUTURES Developing your potential

séléct'





MESH
BRINGING GORLESTON TOGETHER

Neighbourhoods
that work

Valentine's Community Speedmeet

Friday 14th February 2020

1.30 – 4.00 pm

Theatre Room

Shrublands Youth & Adult Centre

Love your Community!

A chance for Gorleston residents, community groups and voluntary sector organisations to meet representatives from

- Great Yarmouth Community Housing
- Education
- Environmental Services
- Crime & Safety
- Gorleston Traders' Association
- Health



For more information call Dean Wilson on (01493) 604739



Say it with Stitch

Join 'craftivism' enthusiasts #SayItWithStitchGY for a drop-in session creating stitched love notes addressed to our planet. Sew your own mini patch to embellish your bag or wear as a statement brooch with your pledge to our earth. Craftivism (craft + activism) is a worldwide movement, which uses the quiet art of textiles to shout about big issues. #SayItWithStitchGY will provide a selection of inviting upcycled and recycled materials, but feel free to bring your own along too. No need to book.

- Friday 14 February 11.15am-2pm - [Great Yarmouth Library](#)

Source: Library Newsletter

RESOURCES



CAN YOU HELP? INSTRUMENTS NEEDED!

Have you got any musical instruments gathering dust?

Would you like to rehome them?

We are looking for guitars, keyboards, percussion, music stands and books for our new music workshops. If you can help please contact joywylie@purfleettrust.org.uk

Source: ASSD, NCC

TRAINING
Adult Education Courses, Great Yarmouth January 2019 – April 2020


Course	Day	No of Weeks	Time	Information	Cost
Prepare for Functional Skills Maths (confidence builder)	Thursday	Every week (term time)	Weekly (term time only) 10.00am – 12pm, Great Yarmouth Library	This course is for people who have lower level Maths skills and feel more comfortable in a smaller group. During this course, the tutor will provide more intense support to enable learners to gain increased confidence in their skills. Learners can work towards and progress onto the Functional Skills Maths qualification.	Free
Prepare for Functional Skills English (confidence builder)	Thursday	Every week (term time)	Weekly (term time only) 12.45 – 14.45 Great Yarmouth Library	This course is for people who have lower level English skills and feel more confident in a smaller group. During this course, the tutor will provide more intense support to enable learners to gain increased confidence in their skills. Learners can work towards and progress onto the Functional Skills English qualification.	Free

Functional Skills English and Maths	Wednesdays & Fridays	Join at any time during term time	Every week roll on / off (term time only) Maths 09.30 – 12.00 English 12.30 – 15.00 Great Yarmouth Library	Functional Skills qualifications. Learners can join at any time and gain a nationally recognised qualification in English and / or Maths	Free	
Health and Social Care Level 1	Friday	10 weeks	31 st January 2020, 09.30am to 15.30, Great Yarmouth Library	This course will provide you with the opportunity to gain a broader understanding of the health and social care sector equipping you with the foundation knowledge specific to health and social care. This course is free if earning under £16,009 a year and the learner has lived in the UK/EU/EEA for 3 years	Free/ cost may apply	
Shopping on a Budget	Thursday	5 sessions	6 th February 2020, 09.30 – 11.30 at Community Roots, Queen Annes Road, Great Yarmouth	This fun and informal course will explore ways to shop on a budget, pick up tips, share ideas and learn how to reduce your weekly shopping bill	Free	
Personal Assistant Programme – Health and Safety	Thursday	1 week	6 th February 09.30 am – 12.30pm, the Kings Centre, Great Yarmouth	This course will give you a good understanding of the fundamentals of health and safety in a care setting so that you carry out your caring role safely. This course is free if earning under £16,009 a year and the learner has lived in the UK/EU/EEA for 3 years	Free / Fee may apply	

Information Session Level 2 Certificate in Childcare	Monday	1 week	10 th February 09.30 – 12.30, Great Yarmouth Library	Pre-course information session for enrolment and to find out more information about the course. This course is free if earning under £16,009 a year and the learner has lived in the UK/EU/EEA for 3 years	Free/ cost may apply	
Functional Skills ICT (changed from Business Administration qualification)	Monday	12 weeks	10 th February to 27 th April 9.30 – 12pm Great Yarmouth Library	From beginners to those looking to succeed in the workplace, find employment or help out within their community our Functional Skills ICT qualification will help you learn valuable digital skills. During the course you will learn: - How to use the computer - How to use Microsoft Office (Excel, Power Point, Word) - How to use the Internet effectively This course is free if earning under £16,009 a year and the learner has lived in the UK/EU/EEA for 3 years	Free/ cost may apply	
Introduction to Word & Mail Merge Office 2010	Thursday	5 weeks	13 th February 2020, 12.30 – 14.30, Great Yarmouth Library	Develop your office skills and knowledge of Word. Create word documents and learn to set up a mail merge. This course is suitable for those with some knowledge of using Word. The course is also ideal for people who are looking to work self- employed.	Free	
Introduction to Word, Internet and Email	Wednesday	5 weeks	11 th March 2020, 10am – 12pm	An Introductory course to using word, the Internet and Emails. Learn how to open, close documents, write a document, search the internet, set up email and / or send	Free	

				attachments. Suitable for people with basic computer skills		
An Introduction to Business Start Up	Monday	5 weeks	24 th February to 23 rd March, 12.30 – 14.30, Great Yarmouth Library	This workshop supports anybody who is considering starting up a business and has a business idea. This course teaches you how to start a business based around your business ideas, it guides you through the process of how to start your own company and it advises you on key issues. If you are yet to decide on a structure for your business or if you are a startup considering business support or just looking to improve your business skills, this course is appropriate for you.	Free	
Level 2 Certificate in Childcare	Monday	21 weeks 3 hrs per week	24 th February 2020, 09.30 – 12.30, Great Yarmouth Library	For new and existing childcare practitioners to gain the necessary skills to launch a career in Early Years. Covering units ranging from safeguarding to child development and providing a broad knowledge of childcare and preparing for work in the childcare sector. A placement of 6 hours per week is required. This course is free if earning under £16,009 a year and the learner has lived in the UK/EU/EEA for 3 years	Free/ cost may apply	
A Taste of Sharing Books	Thursday	1 week	27 th February, 1pm – 2.30pm, Seagulls Nursery, Shrublands Centre, Great Yarmouth	A session where parents/carers with young children aged 3-4 can take part in fun, craft-based learning activities that promote	Free	

				communication skills and inspire a love of reading		
Personal Assistant Programme – Epilepsy Awareness	Thursday	1 week	5 th March 2020, 09.30 am – 12.30pm, the Kings Centre, Great Yarmouth	This course will give you a good understanding of the fundamentals of supporting someone with epilepsy so that you can safely carry out your role as a carer/PA. This course is free if earning under £16,009 a year and the learner has lived in the UK/EU/EEA for 3 years	Free / fee may apply	
Sharing Books	Thursday	4 weeks	5 th March – 26 th March, 1pm – 2.30pm, Seagulls nursery, Shrublands Centre, Great Yarmouth	A session where parents/carers with young children aged 3-4 can take part in fun, craft-based learning activities that promote communication skills and inspire a love of reading	Free	
Personal Assistant Programme – Safe Medicine	Thursday	1 week	26 th March 2020, 09.30 am – 12.30pm, the Kings Centre, Great Yarmouth	This course will give you a good understanding of the fundamentals of medicine management as a carer/PA. This course is free if earning under £16,009 a year and the learner has lived in the UK/EU/EEA for 3 years	Free / Fee may apply	
Health and Social Care Level 2 information session	Thursday	1 week	23 rd April, 09.30 – 12.30, Great Yarmouth Library	Pre-course information session for enrolment and to find out more information about the course. This course is free if earning under £16,009 a year and the	Free/ cost may apply	

				learner has lived in the UK/EU/EEA for 3 years		
A Taste of Happy Tums	Thursday	1 week	23 rd April, 1pm – 2.30, Seagulls nursery, Shrublands Centre, Great Yarmouth	Come along to this short course to enjoy themed activities with your child. We will help you understand how to make small changes in a friendly and informal environment to help improve both you and your child's wellbeing	Free	
Health and Social Care Level 2	Thursday	11 weeks	30 th April – 16 th July, 09.45 – 2.45pm, Great Yarmouth Library	The Level 2 Award in Skills for Health and Social Care (Adults and Children) provides learners with an opportunity to develop the knowledge, understanding and skills to aid progression to further study in Health and Social Care or a related area or to enter the workplace in an entry-level role. Learners also complete employability and digital skills to further support progression into employment This course is free if earning under £16,009 a year and the learner has lived in the UK/EU/EEA for 3 years	Free/ cost may apply	
Happy Tums	Thursday	4 weeks	30 th April – 21 st May, 1pm – 2.30, Seagulls nursery, Shrublands Centre, Great Yarmouth	Come along to this short course to enjoy themed activities with your child. We will help you understand how to make small changes in a friendly and informal environment to help improve both you and your child's wellbeing	Free	

To find out more information about our adult learning courses you can contact us:

Rachel Dunn, Community Learning and Development Officer, East Norfolk

Email: CLDO@norfolk.gov.uk Tel: 07450 717150

Learner Services Team: learner.services@norfolk.gov.uk or Tel: 0344 800 8020 (Monday to Friday 9am - 5pm)

Visit our [contact us](#) page for more ways to get in touch or register online <https://www.norfolk.gov.uk/education-and-learning/adult-learning>.

[If you are interested in any of our courses and would like them held at your venue or an alternative venue then please contact Rachel Dunn](#)

Source: ASSD, NCC

SUPPORT SERVICES

Childline launch Calm Zone

Childline has launched Calm Zone - an online hub of calming techniques and resources for young people to help them feel better when they feel anxious, scared or sad.

This website provides calming techniques, exercises, games and videos for young people to help them feel better when they feel anxious, scared or sad.

Visit the webpage: [Calm Zone](#)

Source: Post EET Newsletter

Reading well for children



New Reading Well for children booklist

This week is children's Mental Health Week, and we're celebrating by launching the new Reading Well for children booklist from the Reading Agency. The list covers areas such as anxiety, bereavement and bullying, with books by Michael Rosen, Tom Percival, Zanib Mian and Joseph Coelho, selected by leading mental health experts to support the mental health and wellbeing of children. You can find the full list on our [children's catalogue](#), along with Norfolk Library's own feelings book collection. All children's books are free to reserve

<https://norfolk.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/KIDS/title?HOMEPRMS=GENPARAMS>

Source: Library Newsletter



**Legal advice surgeries at the
Citizens Advice Bureau
Great Yarmouth**

Louise Bunn FCILEx

Louise has extensive knowledge and can advise on Wills, Probate matters, Power of Attorney and dealing with the affairs of people who have lost mental capacity.

Louise will be at the Great Yarmouth CAB Centre, 2 Stone Cutters Way, Great Yarmouth, NR30 1HF on alternate Monday mornings from 10am – 12.30pm offering a FREE 30 min session to answer your questions on the above topics.

Please book appointments by telephoning the CAB on 01493 738345

This is similar to the free service offered by Louise Bunn from the Acorn Centre for the over 50s, but..... it is for those who are under 50. They can come to the Citizens Advice office and seek 30 minutes of free advice.

Source: S. Scott-Greenard, CAB



St George's Cafe, Great Yarmouth

**Every Thursday morning 10.00 - 12.00
from 30th January**

All Welcome!

Source: Hannah Shelley, Comeunity



Taxi, Tea and Time for You

If you want to relax, meet new people or need a little more 'me' time, Taxi, Tea and Time for You might be just the thing. Join us for friendly and relaxed weekly sessions where Margaret Meyer, our reader in residence, will be reading some of her favourite stories aloud for you to enjoy. There will be tea, cake, and time to chat – you'll have the chance to discover new stories and develop your reading confidence. You'll also be able to get started both reading and writing for pleasure.

Taxis, Tea and Time for You sessions will be running on Wednesdays starting 4th March at Great Yarmouth and Gorleston libraries, with sessions to follow at Caister library in the near future:

Great Yarmouth – 11:00 – 12:30

Gorleston – 13:30 – 14:45

We will also be able to refund your taxi, bus or train fare as we want to make it easy for everyone to come. If you're interested in joining us for these sessions, please contact either Great Yarmouth or Gorleston library:

Great Yarmouth Library Tel: 01493 844551 email: yarmouth.lib@norfolk.gov.uk

Gorleston Library Tel: 01493 662156 email: gorleston.lib@norfolk.gov.uk

Source: Library Newsletter

Great Yarmouth Drop in Sessions

Our Great Yarmouth drop in sessions are open to anyone effected by Attention Deficit Hyperactivity Disorder (ADHD) with or without a diagnosis.

Upcoming 2020 Dates

January 29th
February 26th
March 25th
April 29th

Time

6:30pm - 8:00pm

Venue

Comfort Hotel, 14 Albert Square, NR30 3JH

Cost
FREE





Home Maintenance/ DIY Drop in

Every Tuesday 10am-12pm
at Community Roots

Community Roots | Queen Anne's Road | Southtown | Great Yarmouth | NR31 9LE

Would you like to learn DIY fixes around your home ?
If so please come along to our free drop in .
Every Tuesday 10-12. Everyone is welcome.
No need to book



W: www.norfolkandwaveneymind.org.uk
Community Roots Manager: Caroline Fernandez
caroline.fernandez@norfolkandwaveneymind.org.uk
M: 07814116666



Norfolk and Waveney Mind is a registered charity - No. 116449

Source: Freya Parsons, MIH

VACANCIES

Norfolk Community College Marketing Support Officer

Location: Great Yarmouth
Hours: part time
Contract Type: Fixed Term
Salary: Band B (£16,444.67 – £17,843.55)
Closing Date: 17 February 2020
Requirements: Level 2 literacy and Level 2 numeracy



https://isw.changeworknow.co.uk/east_coast_college/vms/e/careers/positions/cFXs-qbQvhDI-gcTMCAsrG

3655 - Norfolk Community College Marketing Support Officer

East Coast College are looking to recruit a Norfolk Community College Marketing Support Officer for 22.5 hours per week on a fixed term contract until September 2022.

Norfolk Community College project is funded by the European Social Fund and the National Lottery Community Fund.

In return for your hard work and dedication, you can look forward a wealth of benefits to include; a generous pension scheme, excellent staff development opportunities, free car parking, Sodexo benefits scheme, free eye care, discounted use of college gym, salons and restaurant. For more details on our benefits please click [here](#).

For more information please click [here](#) to view the job description and person specification.

East Coast College is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults, we therefore expect all staff to share this commitment. The successful applicant will be required to undertake an enhanced disclosure via the Disclosure and Barring Service.

We will hold and process any personal data, including sensitive (special category) personal data, relating to you in accordance with our legal obligations, in the manner set out in the Privacy Notice for Staff and in accordance with our Data Protection Policy, which is set out on the College's website. You should familiarise yourself with our Data Protection Policy (and all other subsidiary policies to it) and comply with them at all times. Neither the Privacy Notice for Staff nor those policies form a part of your contract of employment

 Share  Like 8

[Apply now](#)

Source: Rachel Hardie, Norfolk Community College