

EAST LOCALITY – COMMUNITY FOCUS WEEKLY BULLETIN 201 Public

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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.



COMPETITION

Young Norfolk Writing Competition

Love writing? Aged 11-18? We're looking for the freshest, boldest words in Norfolk.

Send us stories, lyrics, narrative for games, graphic stories, poems, spoken word, scripts, podcasts, plays, articles, journalism or essays!

You can enter up to six pieces of writing, and audio entries are also welcome across all entries (except graphic novels).

Are you a teacher? <u>Tips for involving the YNWC in the classroom and your work with young people</u>

- Individual prizes
- Mentoring opportunities
- The chance to have your work performed and published

The word limits are as follows:

- Stories, lyrics, narrative for games, poems, spoken word, scripts, podcasts, plays, articles, journalism, essays one side of A4 or up to 40 lines
- Graphic stories up to four sides of A4

Audio entries can be up to five minutes in length.

To enter, you must be aged 11 to 18 and be living and/or studying in Norfolk, or your school or home address has an NR postcode.

Once your writing is ready, you can submit your entry via the button below (you will need to have a Google Drive login) **or** send us an email from your school/college/personal email account to <u>competitions@nationalcentreforwriting.org.uk.</u>

Submit entry online at:- <u>https://nationalcentreforwriting.org.uk/ynwc/</u>

Please note: writing previously submitted to the Young Norfolk Writing Competition cannot be accepted. However, you are very welcome to enter again with new writing!

The closing date for entries is 5pm on Monday 25 May 2020.

If you have a question or are experiencing difficulties with submitting your entry, please email <u>competitions@nationalcentreforwriting.org.uk</u> or call 01603 877177.



STOP LOAN SHARKS PROJECT - Cartoon competition for 7 to 11 year olds

We are running a colouring #competition aimed at 7-11 year olds for a chance to #win a £50 Amazon voucher.

All you need to do is watch our #CatchMrFin cartoon, complete the short quiz and colour in your certificate.

Watch the cartoon here - https://bit.ly/2JRw4U6

Test your knowledge and complete this short quiz - https://bit.ly/2XoGySP

Download and colour in your certificate! Remember to use the hashtag #CatchMrFin and comment below so we see your designs!

Competition closes on 31st May 2020. Good luck everyone!

Competition can be found on the Stop Loan Sharks Project Facebook page.

EVENTS







FUNDING

FINANCIAL SUPPORT FOR RESIDENTS OF MARTHAM

Martham Boat Dyke Trust is there to help the residents of Martham.

The trust gets an income from renting out moorings on the parish staithe each year and uses the money to help the people and organisations in the village. The trustees would like to reach those who would benefit from a hardship grant in these particularly challenging times. The trustees have agreed that each grant could be up to £250. They will assess on a case by case basis and are open to all individuals living in the village. They can turn around requests really quickly – possibly within 24 hours. People can phone or email requests.

To refer make referrals on behalf of Martham residents please see the form or individuals/families on http://mbdt.uk/grants/



DIRECTORY

Promoting activities for families

DIRECTORY

NORFOLK COMMUNITY 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. To find out more visit the Norfolk County Council website www.norfolk.gov.uk and follow the link .

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

TRAINING/LEARNING AT HOME



20th April is the start of our online reading group for children and young people aged 8-11. Join Helena, Children's Librarian to find out about our first ebook club read. All information our our ebook group will be shared in All Age EBook Reading Group (on Facebook - <u>https://www.facebook.com/groups/574424336761359/</u>) which is the place to discuss experiences of the book. We'll have a new title every 2 weeks.













ACCESS FREE TRAINING AND EDUCATION

Struggling to get back into work after a long gap?

The Norfolk Community College is here to help.





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

ACCESS FREE TRAINING AND EDUCATION

We offer a range of free training and education which can boost your employment prospects and help you reach your goals.

Introduction courses give a taste of work sectors, such as care, volunteering, construction and even self-employment. They also look at what type of work is available and the skills needed.

And an advisor will help draw up an action plan including seeking volunteering, work placement or paid employment.

HELPING PEOPLE REACH THEIR LIFE GOALS

Norfolk Community College supports people aged 25 and above, living in Norfolk, who have been out of work for more than two years, and who need extra support to find employment.

Our aim is to provide one-to-one advice and solutions to achieve your goals, at a suitable pace, in convenient locations across Norfolk.

For more information contact the office on 01493 419255 or email info@norfolkcommunitycollege.co.uk

WE CAN HELP YOU:

- Learn new skills and boost your CV
- Refresh your Maths, English and IT skills
- Retrain for new jobs
- Improve job application techniques
- Overcome interview nerves
- Understand body language for job interviews
- Boost your confidence
- Find work placement opportunities
- Set up as self-employed
- Start your business or social enterprise
- Overcome barriers to employment housing problems, debt and mental health
- Complete a 'Better Off' calculation to find out how much better off you might be in work and help to work out what you can claim with the costs of childcare











The Norfolk Community College Project is a partnership led by East Coast College with Access Community Trust, DIAL, Future Projects and Voluntary Norfolk. COUNTER TERRORISM POLICING UK Protective Security Information for the Business Community

7 April 2020

NATIONAL BULLETIN

Access to online counter terrorism training made easier for home users

Counter Terrorism officers are making their internationally renowned, online training for the public easier to access from home.



As the ACT (Action Counters Terrorism) Awareness e-Learning course marks its second anniversary, police are launching an updated version, with the latest advice from security experts and a simplified registration system so anyone wanting to take part can help keep the UK safe.

Over 400,000 people have taken part in the award-winning programme since its launch in April 2018, together completing nearly 2.5 million modules.

Nine out of ten participants said they would recommend the package. It takes just 45 minutes to work through the six sections and can be done on a personal or work computer, laptop or tablet – all in one session or one module at a time.

The course has prompted interest from police forces across the globe. It explains how to spot the signs of suspicious behaviour and what to do to help yourself, others and the emergency responders if an attack should take place.

Senior National Coordinator for Protective Security, Deputy Assistant Commissioner Lucy D'Orsi says: "This is really useful training that anyone can do and access at any time. It's an opportunity for you to play your part in protecting the national security of the UK.

"I know these are difficult and unprecedented times. During COVID-19 CT Policing continues and we would ask that you help us by being a CT Citizen and undertaking this training.

"As we saw just this weekend, with a suspected terrorist stabbing attack in France leaving two dead and five injured, we all need to remain aware of the threat.

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SUPPORT SERVICES



About the Introduction to Mindfulness programme

In addition to people accessing mindfulness courses for their own health and wellbeing, there are many professionals who would like a greater understanding of how it can support the people they are working with – for example in healthcare and social care, education and the criminal justice system.

Introduction to Mindfulness is a short e-learning programme to provide people with an overview of what mindfulness is. It provides a definition of mindfulness, the evidence for it and where to get more information for further resources and support. The programme has been developed as part of the MindEd programme with support from Health Education England.

Ideally people would complete a face-to-face or online mindfulness programme and embody the experience. However, it is a large commitment in terms of time. Therefore, the development of a short session to address the gap to provide a free of charge, open access, short course on mindfulness provides some essential information in a simple and comprehensive format.

More information

Mindfulness and mindfulness practices are not new and have origins in Buddhism. In the last 40 years they have been developed into the secular approaches termed 'mindfulness', usually delivered in two-hour weekly sessions for a period of eight weeks.

Mindfulness has also been an integral component of training in psychological therapies and mental health practitioner training and may be offered to people as part of their psychological therapies.

Mindfulness is an approach to wellbeing that may be appropriate for people to adopt as part of their self-care. For learners who are using a person and community-centred approach to the conversations they are having with the people they are working with, there is a need to have a better understanding of what mindfulness is and what it isn't, who it may be beneficial to and how people can access it.



Norfolk County Council

The aim of the Introduction to Mindfulness programme is to increase awareness and understanding of what mindfulness is. On completion, learners will have a greater appreciation of its use and the benefits to individuals. By the end of the session, learners should be able to:

- Define what mindfulness is
- Describe the evidence base for mindfulness
- Identify the key components of mindfulness
- Evaluate whether mindfulness may be an appropriate approach for someone
- List the sources of further information and where to signpost people to for more resources and support.

https://www.e-lfh.org.uk/programmes/introduction-to-mindfulness/

FIRST RESPONSE Helpline for people with Mental Health difficulties

A 24/7 helpline offering immediate advice, support and signposting for people with mental health difficulties.

If you are experiencing something that makes you feel unsafe, distressed or worried about your mental health, call the helpline on **0808 196 3494**.

Who can call?

The helpline is available to members of the public of any age. The line is also open to other healthcare professionals, such as ambulance staff and GPs, as well as social care colleagues and police personnel who may need advice when working with individuals who are undergoing mental health difficulties or may wish to refer someone.

What if I want to remain anonymous?

If you would prefer that the person answering your call doesn't see your telephone number, you can turn off your caller ID in your phone's settings.





VACANCIES

New Anglia Local Enterprise Partnership have created a temporary jobs page on the LEP website that you may wish to bring to the attention of your students. The page compiles vacancies with organisations who are trying to recruit additional staff in order to continue to operate during the current Covid-19 situation across the East Anglia region.

Vacancies include those at supermarkets, such as Tescos, Morrisons, Aldi and East of England Co-op; food producers such as Bernard Matthews; various vacancies in the care sector, and fruit and crop picking and packing

https://newanglia.co.uk/employment-opportunities/