

# EAST LOCALITY – COMMUNITY FOCUS

## WEEKLY BULLETIN 210 Public

Date: 26.06.2020

### EVENTS

- Virtual Meeting for Parents of children starting school in Sept on 30<sup>th</sup> June (page 2)
- Free Domestic Abuse Awareness for Beauty Industry – 2<sup>nd</sup> July (page 3)
- Early Years 0-5 Music Sessions – SEN (page 4)
- Time and Tide Museum Pride of Yarmouth – Coming Soon (page 5)
- Norfolk Libraries Whats Online for Families Summer 2020 (page 6)
- Sharing Stories (page 7)
- Kick the Dust Project (page 7)
- Norfolk Young Arts Festival Virtual Launch 2<sup>nd</sup> July (page 8)

### FUNDING

- Aviva Community Fund (page 8)
- Anglian Water (pages (9 & 10 )
- Great Yarmouth Sports & Leisure Trust (page 10)

### DIRECTORY

- Norfolk Community Directory (page 11)

### RESOURCES

- Everybody Worries – free e-book (page 11)

### SUPPORT SERVICES

- Take Our Hand (page 12)
- Carers Emergency Card Network (pages 13)

Please email: [communityfocuseast@norfolk.gov.uk](mailto:communityfocuseast@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

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EVENTS



Does your child start school or  
move to a new school in  
September?



Come along join us and other parents to talk about this.

Share ideas and see what is available on the Just One Norfolk website to help you and your children to get ready for starting a new school

Use this link: [bit.ly/norfolkmeet5](https://bit.ly/norfolkmeet5) to download Microsoft Teams and join the group on

Tuesday 30th June 7:00pm

To find out more: contact Michelle on 07833524216  
or email [michelle.walker6@nhs.net](mailto:michelle.walker6@nhs.net)

[JustOneNorfolk.nhs.uk](https://JustOneNorfolk.nhs.uk)

# Free Domestic Abuse Awareness Webinar

## For the Beauty Industry - Norfolk Only!

**When: Thursday 2nd July @2pm - 3:30pm**

**Where: Microsoft Teams**

**To book, email:**

**[da.change@norfolk.gov.uk](mailto:da.change@norfolk.gov.uk)**

**Capacity @ 250 - Only book if you can attend**



**Norfolk** County Council





**New!**

# Early Years

This MUSIC session is aimed at 0-5 year olds with SEN, in particular children with profound or multiple disabilities

Join Will live on the Soundabout's YouTube channel for online, interactive music making every Mondays at 2pm until the end of August 2020

[www.youtube.com/c/soundabout](http://www.youtube.com/c/soundabout)



**soundabout**  
make music change lives



## Time and Tide Museum of Great Yarmouth Life

16 mins · 🌐

...

COMING SOON! The Young Communicators' online Pride of Yarmouth exhibition! 🏳️🌈 It focuses on Yarmouth's first ever Pride event in 2019 and more...

Keep a close 👁️ on our socials, but in the meantime, read more here:

<https://yarmouthmuseums.wordpress.com/.../pride-of-yarmouth/>

#PrideOfYarmouth

Creative Collisions Norfolk Museums Service Kick the Dust - Norfolk  
National Lottery Heritage Fund Arts Council England

Young Communicators of  
Yarmouth Presents

# PRIDE OF YARMOUTH



TIME AND TIDE MUSEUM  
OF GREAT YARMOUTH LIFE

An online exhibition  
celebrating the  
LGBTQ+ community  
in Great Yarmouth.

COMING SOON...

Source: Facebook



# Norfolk Libraries

## What's online for families

Summer 2020

Monday	12pm Storytime 4pm Book Group
Tuesday	10am Bounce & Rhyme 11am Stay & Chat (Starts 7th July)
Wednesday	12pm Storytime 4:30pm Brick Building Club
Thursday	10am SRC Book Recommendations
Friday	9:30am School Readiness 12pm Story & Activity Time

All online sessions available at  
[facebook.com/NorfolkLibrariesForFamilies](https://facebook.com/NorfolkLibrariesForFamilies)

Bounce & Rhyme also available at  
[youtube.com/NorfolkLibraries](https://youtube.com/NorfolkLibraries)







Sharing Stories is Essential Sequential's latest Lottery Community Fund project for 2020 focussing on co-creating comics exclusively with women and people identifying as female. Get in touch now if you or someone you know would like to get involved! What are Sharing Stories' project goals? Similar to our previous comic creation projects working with marginalised and vulnerable groups, Moving Ink... [ 202 more words ]

[http://www.essentialsequential.co.uk/sharing-stories-women-making-comics/?fbclid=IwAR38WyFVnB0WA9nWw\\_7bOAuAVF6nUzxlSvCimBwbM-Dbc0DtZkpG-qp6fhM](http://www.essentialsequential.co.uk/sharing-stories-women-making-comics/?fbclid=IwAR38WyFVnB0WA9nWw_7bOAuAVF6nUzxlSvCimBwbM-Dbc0DtZkpG-qp6fhM)

### KICK THE DUST STILL ALIVE AND KICKING IN LOCKDOWN

During LOCKDOWN we are still offering a vast range of opportunities through using Zoom as well as producing high quality resources which can be printed out and used at home. We have 12 project groups running across the county and we have been able to provide over 400 opportunities to young people. In addition, we will be providing Art Parcels to families and young people at the beginning of July who we feel would benefit from receiving these and we are looking forward to seeing what young people design.



Should you wish to become involved in Kick the Dust or find out more just drop an e mail to [christine.marsden@norfolk.gov.uk](mailto:christine.marsden@norfolk.gov.uk) or use our social media to get in touch.

Share your thoughts or art about heritage with us using #KTDNorfolk!

- ❖ Instagram: @ktd\_norfolk
- ❖ Twitter: @KTDnorfolk
- ❖ Facebook: facebook.com/KTDNorfolk



**Thursday 2 July 6pm YouTube Live**

Suitable for all ages

Join the YNA team and YNA Collective to celebrate and launch the very first virtual Young Norfolk Arts Festival! Have a sneak preview of our new virtual venue and enjoy a few tasters of what's to come over the weekend. Meet the Collective and let them guide you through their highlights and explain what they have been doing behind the scenes.

This will be an open online event streaming via YouTube Live, through our virtual gallery space and social media platforms. No need to book in advance, just join us live from 6pm on Thursday 2 July.

<http://youngnorfolkarts.org.uk/yna-festival-2020/>

## FUNDING



<https://www.avivacommunityfund.co.uk/>

The COVID-19 outbreak is a challenging time for many. We know that now, more than ever, small charities need our support. That is why we have broadened the criteria of the Aviva Community Fund to include applications for projects that enable causes to adapt or continue their vital services by covering core running costs, so they can help their beneficiaries and communities during this time of need. See updated [terms and conditions](#).

**Applications are now open for the next round of the Aviva Community Fund until 28th July.**



### **Anglian Water Community Support Fund**

In April, Anglian Water launched plans to establish a new £1 million [community support fund](#) to provide a cash boost for local communities to help fight the impacts of Coronavirus.

#### **Positive Difference Fund**

Anglian is working with 15 Community Foundations in the East of England to allocate their £1million [Positive Difference Fund](#). The **first half of the fund is available now** to provide emergency funds for community organisations who are supporting people who are isolated, considered high risk and in need of practical support during the Coronavirus pandemic. The **remaining half will be released later in the year** to meet emerging needs from the fallout from the pandemic.

Eligible organisations will be able to apply through their local Community Foundation branch for grants from between **£1,000 and £5,000**.

The Fund is now open to constituted community organisations based and/or clearly operating in Norfolk, who are supporting vulnerable, isolated and older people at this time. Your project must support those who are considered high risk (including those with pre-existing medical conditions and people over 60) or find themselves in vulnerable circumstances as a result of the continuing threat of Coronavirus and will help to:

- Support ongoing needs, ensuring their health and mental well-being is maintained,
- Reduce the impact during any isolation period that may arise as a result of the threat of Coronavirus,
- Help to make sure people remain safely connected with the outside world during this time.

Example projects might include:

- Support for foodbanks and organisations working to combat hardship caused by the pandemic including child hunger.
- Services to address domestic abuse and violence in the home.
- Support for groups that provide services to those who are homeless.
- Enabling people to access a nutritious meal by connecting them to services providing groceries, and/or ready-made meals.
- Enabling and encouraging people to use and access technology to keep them connected to the outside world.
- Reaching out to isolated people by telephone, and befriending.
- Enabling home education for children and young people.

Who can apply?

Charity, Church/PCC, Parish/Town Council, Social Enterprise/CIC, and Voluntary/Community Group

#### **Covid-19 Local Resilience funding**

Large grants of up to £10,000 to support Covid-19 response activities are available from the [Covid-19 Local Resilience Fund](#). It is expected that funded action will be meeting

immediate needs, and therefore able to begin quickly upon receipt of a grant. It is anticipated that funded activity will complete within 3-6 months following award. Through continued work with the Local Resilience Forum to identify urgent and emerging needs as a result of Covid-19, priority will be given to action in the following areas:

**Food poverty** – many more people are facing poverty as a result of reduced income and job losses due to Covid-19, increasing demand for crisis food aid.

**Legal/ financial advice** – access to specialist financial/ legal advice for those in crisis due to loss of income, unemployment, debt and/ or change in family circumstances during the pandemic.

**Abuse/ violence in the home** – demand for support is expected to increase as lockdown restrictions ease and people are more readily able to access help.

**Vulnerable people in isolation** – care and support for vulnerable people who continue to struggle in isolation due to disability, serious health condition or special needs.

**Mental health** – lockdown restrictions have impacted profoundly on the mental wellbeing of many, particularly those who have been cut off from their vital support and care networks.

**Digital exclusion** – overcoming barriers to accessing digital support/ social services, and exploring non-digital alternatives to avoid the exclusion of those without the equipment or skills to connect with help online.

#### **Who can apply?**

Charity, Church/PCC, Parish/Town Council, Social Enterprise/CIC, and Voluntary/Community Group

### **Great Yarmouth Sports and Leisure Trust**

#### **WHAT WE DO**

Our grants are not just for sports, they are open to organisations and individuals that encourage club/youth development. We have seen our funding support everything from community centres that host circus lessons, foundations that practice chicken husbandry to football kit sponsorship and changing room planning permissions.

If you are in the [#greatyarmouth](#) borough and are part of, or know a worthy cause then please use the application on our website - and DM if you need help or extra details.

We look forward to hearing from you!

<https://www.gysportandleisure.com>

## DIRECTORY

### Promoting activities for families



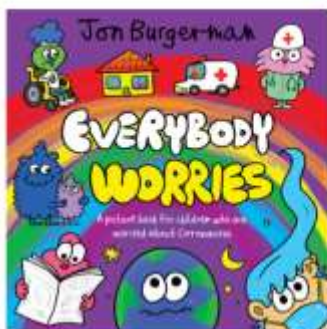
Do you run a local community group for families, or do you know someone who does?

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](http://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.

## RESOURCES



[Read the eBook](#)

### Everybody Worries

**Written and illustrated by Jon Burgerman**

In this bright and friendly picture book, children learn that it's okay to worry about coronavirus. Fun rhyming couplets keep the tone gentle and supportive, and you will find plenty of ideas for dealing with coronavirus in a positive way.

*Everybody Worries* offers your child the reassuring message that this crisis will pass, we are there for them, and we will get through this together.

<https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/>

You will find lots of other free ebooks on this website, for helping children to learn.



## SUPPORT SERVICES



### TAKE OUR HAND

**Take Our Hand** is a Norfolk based registered charity (1176795) supporting young people aged 16-24, their families and friends through bereavement. This is done through providing alternatives to counselling, offering a face to face and online support group and through connecting individuals to other charities and services that can support them.

**Take Our Hand** are pleased to announce that they are now accepting referrals for their bereavement care packages. These care packages are available to any young person aged 16-24 who has been through or is going to be going through a bereavement. They must live in Norfolk to be eligible to receive a package. Each care package will contain a mix of practical support including a memory jar, journal and mindfulness activities as well as some nice treats and will be delivered directly to those in need.

We are accepting referrals from organisations and individuals themselves through completing the referral form that can be found on the front page of our website at [www.takeourhand.org.uk](http://www.takeourhand.org.uk).

We would appreciate it if you could please share this with all your networks and support groups. For more information or to speak to us please contact us by email at [info@takeourhand.org.uk](mailto:info@takeourhand.org.uk).

If you are viewing this information via an active-link document you can make a referral by clicking here: [Referral form](#)



 **Norfolk County Council** #ThinkCarers

## Getting in touch

For help, over the telephone, to complete your on-line plan, please contact the Carers Matter Norfolk Helpline: - Freephone - **0800 083 1148** or Norfolk County Council on: - **0344 800 8020**

**Contact us on 0344 800 8020**

- For social care information and advice, including the In My Place service
- To find out about support we can provide
- To access services and leaflets - plus large print, tape, Braille and translations
- For urgent help at any time - not just office hours

Or use our online enquiry form at:  
[www.norfolk.gov.uk/carersform](http://www.norfolk.gov.uk/carersform)

Or text phone **0344 800 8011**  
Fax **0344 8900 8012**  
Mobile phone text **07767 647670**

Or go to: [www.norfolk.gov.uk](http://www.norfolk.gov.uk)

Or write to:  
Norfolk County Council,  
PO Box 3210,  
Norwich NR7 7AB




## Your Guide to In My Place Carers Emergency Service

Does someone rely on you to  
**keep safe and well?**

 Norfolk County Council #ThinkCarers  
[www.norfolk.gov.uk](http://www.norfolk.gov.uk)



### Who is the "In My Place" service for?

It is for anyone who gives unpaid care to a relative or friend who is ill, disabled, frail, has a learning difficulty, mental health or substance misuse problem and needs regular help to stay safe and well. You may be caring for more than one person.

### How do I join?

**You can join the scheme via our on-line form at:**  
[www.norfolk.gov.uk/carersform](http://www.norfolk.gov.uk/carersform)

This will be your Carers Emergency Plan. Do not worry if you cannot fill in all the details. When you have registered, a Carers Emergency Card will be sent to you.



### What happens in an emergency?

You, or someone else, can ring the emergency telephone number and give the number of your plan.

Your named emergency contacts will be alerted to help by the emergency helpline service.

The service will help even if the named contacts cannot be reached, or you do not have any people who can help nearby.

Your plan will tell us about the person you care for and the things you do to help them. Care workers will provide an initial response, to allow enough time to plan what will need to happen next.

If you are unable to set this up on-line, you can get telephone support:

Carers Matter Norfolk Helpline **0800 083 1148**  
or Norfolk County Council **0344 800 8020**



It will also have the number of your plan and an emergency telephone number to ring.



The card clearly says you are a Carer and someone is relying on you to keep them safe and well.

### What is an emergency?

**An emergency may be because:**

- you have been taken ill or someone close to you is unwell or had an emergency;
- you have had an accident or simply your car has broken down and you cannot get home in time;
- emergency services will know what to do when they see you are carrying a Carers Emergency Card.

### Are my details kept safe?

**Yes.** They will be kept safe on a secure computer database. Only people who need to help you will be able to see your details.