South Norfolk Bulletin

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The hub bulletin is distributed bi-weekly. If you have anything that you would like us to include in the next edition, or if you wish to unsubscribe from our mailing list, please let us know by emailing:
earlyhelphubsouth@s-norfolk.gov.uk

Edition 51
02/08/2019
Creative Arts East- Art Workshop

FREE ARTS WORKSHOPS

Are you an adult living in Norwich? Would you like to meet other members of your local community? Would you like to try something new and find out what’s happening in the area?

What?
Come along to try out a range of creative arts activities, including music-making, crafts and dancing.

Where?
St Augustine's Church Hall
The Gildencroft, Norwich NR3 1DS

When?
Tuesday 16th July, 2-4pm
Tuesday 6th August, 2-4pm
Tuesday 17th September, 2-4pm
Tuesday 19th November, 2-4pm
Tuesday 21st January, 2-4pm
Tuesday 18th February, 2-4pm

FREE EVENT
Booking is recommended

To book a place, or for more information on the activities please contact lea@creativeartseast.co.uk or call 01953 713390
www.creativeartseast.co.uk
Moving to Empowered Programme
An award winning women's work and personal development programme for survivors of domestic abuse

Do you doubt yourself and your abilities?
Are you unable to progress your work life?
Do you have little or no confidence or self esteem?

☆ Then this is a program specifically for you ☆

☆ Confidence building
☆ Realistic self-assessment
☆ Defines the aspects of being a woman
☆ Helps identify priorities
☆ Assertiveness skills
☆ Setting practical yet realistic goals
☆ Improves your health
☆ Manage stress
☆ Presenting a positive image
☆ Improved communication skills
☆ Building better relationships
☆ How to build networks
☆ Empowering your working life

Workshop Dates 2019

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<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>Sept 5th</td>
<td>Maid's Head Hotel, Tombland</td>
<td>9:30 - 16:30</td>
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<tr>
<td>Oct 3rd</td>
<td>Maid's Head Hotel, Tombland</td>
<td>9:30 - 16:30</td>
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<tr>
<td>Oct 31st</td>
<td>Maid's Head Hotel, Tombland</td>
<td>9:30 - 16:30</td>
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<tr>
<td>Nov 28th</td>
<td>Maid's Head Hotel, Tombland</td>
<td>9:30 - 16:30</td>
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Refreshments and lunch provided
Car parking available at venue
Email or call for a referral form

E: empower@ortostella.org
M: 07583 370594
W: www.ortostella.org
@OrtoStella  @OrtoStellaNorwich
Orto Stella (Latin for Rising Star) is a Norfolk Charity that has been formed to empower the working lives of women after they have survived the negative impacts of domestic abuse.

Orto Stella provides:

- Peer Support Group
- Work and Personal Development Programmes
- Work Ready Workshops

For further information and to register your interest please visit our website

M 07583 370594
® 07583 370594
facebook: @OrtoStellaNorwich
twitter: @OrtoStella

@empower@ortostella.org @www.ortostella.org
Princes Trust – Emergency Services Training

Are you 16-25? Not in Education, Employment or Training?
The Prince’s Trust, in partnership with the Norfolk Fire and Rescue Service, are offering a FREE one week training course which gives you a fantastic opportunity to learn all about the Emergency Services.

**Programme**
Monday 2nd September - Friday 6th September 2019
Wymondham Fire Station
week commencing 19th August 2019

**Location**

**Interviews**

Sessions provided by:

- Norfolk Fire and Rescue Service
- Norfolk Constabulary
- East of England Ambulance Service

- Spend 5 days at Wymondham Fire Station
- Take part in hose running, Police engagement and a road traffic collision exercise
- You will also gain a First Aid at Work qualification
- Enjoy a fun week Improving your Teamwork, Communication Skills and Confidence
- Doesn’t affect your benefits & travel expenses paid on programme (or by your Job Centre)
- Receive 3 months support after the programme
- Lunch provided everyday

LIMITED PLACES AVAILABLE
To join the course or find out more:
Call for Free on 0800 842 842

YOUTH CAN DO IT
Active Norfolk- Physical Activity Awareness Training

Physical Activity Awareness Training

Help patients lead healthier lifestyles with FREE bespoke training for health professionals

Why consider physical activity?
- 27% of adults in Norfolk do less than 30 minutes of exercise per week
- Low activity levels is a major cause of disease and disability in England
- Regular physical activity can help to prevent and manage over 20 chronic conditions and diseases
- Lack of physical activity is costing the UK an estimated £7.4 billion a year, including £0.9 billion to the NHS alone

Why it matters to you:
There is evidence to show that 1 in 4 patients would be more active if advised by a GP or a nurse, but 72% of GPs do not speak about the benefits of physical activity with patients.

Active Norfolk’s free training covers:
- How physical activity compares with other modifiable behaviours
- How physical activity is important in the prevention and treatment of long-term health conditions
- The epidemiology of physical activity in the UK
- The current recommendations regarding physical activity
- The benefits of physical activity on health
- How you can use a brief intervention to encourage activity
- How you can recommend a suitable activity & what is available

To register your interest for Active Norfolk’s free physical activity training or for further information, contact Amy Story at: amy.story@activenorfolk.org or call 01603 731564
Get up and Go – Exercises for staying steady

About Saga
A wide range of authoritative health news and advice is available on Saga’s website saga.co.uk/health

Read on!
See a fuller version of this Get Up and Go guide at saga.co.uk/falls
Every month, too, enjoy wellbeing articles and a whole lot more in Saga Magazine. For a free copy ring 0800 056 1057*, quoting code FG015.
*Offer is available to UK residents only and subject to availability. Your take away meal will be posted within two weeks. Lines are open weekdays Monday to Friday, 8am–8pm.

We care...
about helping people to retain their independence.

Saga Healthcare -
created and run by nurses and professional carers - is care that’s built around your needs. We offer live in and visiting care services, plus an SOS alarm service for reassurance and peace of mind. 0800 145 5556 www.saga.co.uk/care

About Physiotherapy
Physiotherapy improves physical and mental health, reverses dependency and enhances quality of life for older people with a wide range of conditions. Not only does it prevent ill health, it helps people to stay active and recover from falls, illness and injury.

Watch the exercises featured in this guide and find out how to calculate your risk of a fall, with CSP’s Get Up and Go video series www.csp.org.uk/getupandgo

You can be referred to a physiotherapist by your GP; self-referral in some areas or find a local private physio at www.physio2u.co.uk
6 exercises for strength and balance

Physios say these simple exercises can help improve co-ordination and balance. Get on your feet and try them daily - or at least twice a week!

1. Heel Raises
   Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control. Repeat 10 times.

2. Toe Raises
   Stand tall holding the same support, then raise your toes - taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control. Repeat 10 times.

3. Sit to Stand
   Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. Repeat 10 times.

4. Heel-Toe Stand
   Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart. Then place the other foot in front and balance for 10 seconds.

5. Heel-Toe Walking
   Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the other direction.

6. One-Leg Stand
   Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds. Repeat on the other leg.
Family voice, Family chat – SEN support

Are you the parent of a child or young person with special educational needs and/or disabilities (SEND)?

Join us for coffee at an information and feedback session about

SEN Support
and Education, Health and Care Plans (EHCPs)

We’ve invited Norfolk SEND Partnership Information, Advice and Support Service (SENDIASS) and a representative of the Local Offer to join us so you can:

• Find out more about SEN Support and EHCP assessments

• Tell us about your own experiences of support for your child with SEND

• Ask questions in a relaxed setting

• Share ideas with other parent carers

Tuesday 17 September 10.00am – 1.00pm
Community Room, South Lynn Community Centre, 10 St. Michael’s Road, King’s Lynn, PE30 5HE

Monday 23 September 10.00am – 1.00pm
The Suite, Dereham Football Club, Aldiss Park, Norwich Road, Dereham, NR20 3PX

Tuesday 24 September 10.00am – 1.00pm
The Noble Hall, The Priory Centre, Priory Plain, Great Yarmouth, NR30 1NW

Monday 30 September 10.00am – 1.00pm
The Colman Room, South Norfolk House, Cygnet Court, Long Stratton, NR15 2XE

Wednesday 2 October 10.00am – 1.00pm
Main Hall, Aylsham Care Trust, St. Michael’s Avenue, Aylsham, NR11 6YA

If you can come, please email us at events@familyvoice.org.uk or call/text on 07535 895748.
Understanding & Living with a Personality Disorder

Wednesday 18th September 2019
10am - 3pm
The King’s Centre
63—75 King St, Norwich NR1 1PH

This is a free to attend event for families and friends who care for people living with a Personality Disorder.

For further details please contact:
Howard Tidman
howard.tidman@nsft.nhs.uk
Tel: 07557 290169

Kevin Vaughan
kevin.vaughan@carersmatternorfolk.org
Tel: 01603 883812

Working together for better mental health
LGBTQ+ Pride of the People Exhibition

Council's up and down the country have been flying the Pride Flag.

2019 marks the first year South Norfolk Council has shown their support for the LGBTQ+ community by flying the flag. The rainbow flag is a symbol that demonstrates our commitment to supporting equality, diversity and tolerance.

This year marks 50 years since parliament repealed the laws which criminalised homosexuality in England and Wales. The anniversary shows us how far we have come but we still need to challenge violence and discrimination perpetrated against those from the LGBTQ+ community.

LGBTQ+ people still get bullied at school, taunted in pubs, and individuals fearful of holding hands or kissing in public. If only in a small way, we can outwardly demonstrate our commitment to making the world a more tolerant and fairer place to live and work, then it’s worth showing our support in South Norfolk.

As a follow-up to Pride Month we will be taking our new pop-up LGBTQ+ exhibition ‘Pride of the People: Helping History Out of the Closet’ on the road across our district.

The exhibition has been put together in partnership with South Norfolk Council and the Norfolk Museum Service and curated by a group of young people from the Teenage History Club.

The exhibition is suitable for a range of small spaces such as village halls, libraries and community venues. The display explores what it was like to be a LBBTQ+ person in this area in the past, it plots a timeline of significant events for the LGBTQ+ community in the UK and provides an interactive activity to enable people to understand the definitions of terms used to describe gender identity and sexual orientation.

if you are interested in booking the exhibition please contact:

Laura Woollacott: lwoollacott@s-norfolk.gov.uk
Get Set to Go – Running programme

Want to feel healthier, connect with like-minded people and enjoy yourself? If the answer is YES then Get Set to **GO** is for you!

Get Set to Go is a programme managed by Norfolk and Waveney Mind and Active Norfolk to help people with mild to moderate mental health conditions to be more active, meet other people and feel better.

We are starting a new free activity in Heartsease: a run-for-fun, set-your-own goals group led by qualified coaches with plenty of outdoors exercise followed by a friendly get together.

Where?

Heartsease Recreation Ground – meeting point outside Norfolk and Waveney Mind’s office, 50 Sart Rd NR7 9TP

Dates

TASTER SESSION: Wednesday 7 August, 18.30 – 19.30

REGULAR SESSIONS: every Wednesday from 14 August to 30 October, 18.30 – 19.30

Please contact Paola on gstd@norfolkandwaveneymind.org.uk

www.norfolkandwaveneymind.org.uk
Summer Reading Challenge 2019

The Reading Agency and Libraries Present

SPACE CHASE
Summer Reading Challenge 2019

Enjoy your library this summer – something for all the family

Free Space Chase adventure for pre-school children – read together over the summer and collect stickers and a reward for completing the challenge

- Enjoy sharing books together and having fun
- Help your child get ready for playgroup or school
- Fun family activities at your local library

Ask library staff for details or visit
www.norfolk.gov.uk/libraries

Illustrations © Adam Stower for The Reading Agency
This summer we will be running a free Young Carers Fun Day in Acle, Long Stratton, North Walsham, Dereham and Watton.

If you are aged between 5 & 15 and look after a member of your family due to a disability, illness, mental health issue or substance misuse and would like to meet other young carers and have some fun, please contact us on 01603 219924 to find out more.

Lunch and refreshments will be provided – Limited spaces available - Booking is essential!

With thanks to Towergate Insurance Brokers and Aviva Community Fund - Great that both organisations are supporting young carers in Norfolk.
Fish Holiday Club- Long Stratton

Fish’ Holiday Club

What is it?
A brand new scheme that aims to provide children between 5-11 years with 2 hours of fun and food during school holidays.

Parents/carers are free to join the children if they wish.

Why ‘FISH’?
It stands for Fun (and Food) in School Holidays, and is based on similar schemes being operated in the Norwich area.

When?
Our next sessions will take place on:

- Summer Holidays:
  - Friday 2 August,
  - Friday 9 August,
  - Friday 16 August and
  - Friday 30 August.

Where?
In the hall behind the Congregational Church, Ipswich Road, Long Stratton, NR15 2TF. (Almost opposite the Police station)

Time?
We open the doors for registration at 11.45am and a 2-course lunch will be served at 12.15pm. (So come hungry!) We then have activities for all to enjoy until 2pm.

And best of all, this is completely free.

For further information or to book a place contact either: David (01508 531037), or Preston (01508 471006)
Do you think support for young people should be designed with young people themselves?

We’re looking for 13 – 21 year olds to take the lead on a project tackling some big issues, such as how schools, housing, health and neighbourhoods can become really child-centred. If you have ideas about how to improve support for young people, or you want to help others to make their voices heard, we’d love to hear from you.

- Join a new youth-led project at the national level
- Discuss issues and solutions with decision-makers & experts
- Help other young people across England to have a voice
- Develop leadership skills & gain valuable experience

Applications by September 27th 2019

For more info & how to apply please contact anna@leaders-unlocked.org
childrenengland.org.uk/childfairstate-youngleaders
CELEBRATE INDEPENDENCE!

EQUAL LIVES ART COMPETITION

Submit a piece of art that demonstrates what 'independence' means to you to be in with a chance of winning £25.00 and having your art displayed.

SEE OVERLEAF FOR DETAILS
HOW TO ENTER

THIS COMPETITION IS OPEN TO ANYONE WHO IS DISABLED AND LIVES IN NORFOLK

THE CATEGORIES ARE:
USER LED GROUPS
DISABLED INDIVIDUAL

TO ENTER, SEND YOUR ART, OR A PHOTOGRAPH OF IT (LABELLED ART COMPETITION) TO:

EQUAL LIVES, 15 MANOR FARM BARNS, FOX ROAD, FRAMINGHAM PIGOT NR14 7PZ

OR EMAIL TO
MEMBERSHIP@EQUALLIVES.ORG.UK

BEFORE MIDDAY ON 30.08.19

INCLUDED IN YOUR SUBMISSION, YOU SHOULD CONFIRM WHICH CATEGORY YOU ARE IN, YOUR NAME, AND YOUR CONTACT DETAILS

WINNERS WILL BE CHOSEN BY EQUAL LIVES MEMBERSHIP AND ANNOUNCED 1.10.19 - ONE WINNER FROM EACH CATEGORY WILL WIN £25.00!

BE CREATIVE AND USE YOUR IMAGINATION!

equallives.org.uk
Norfolk Community Directory

Early help & Prevention services information sheet

Norfolk Community Directory

The Norfolk Community Directory is an online directory that can be used to find a range of clubs, events, groups and organisations in your local community.

We are working with partners to improve the Norfolk Community Directory and make it easier for you to find information.

To find out more about the Directory, please go to www.norfolk.gov.uk/directory or if you need help to register a group/activity or service contact the Norfolk Community Directory admin team at communitydirectory@norfolk.gov.uk or call 01603 774775/774785.

Your guide to care and support for adults 2019

Contains lots of useful information to enable people to stay independent in their own homes for as long as possible. There is information about how to get help and support, what kind of services are available and details of other organisations that can help. It is available free in libraries, GP surgeries and other places across Norfolk.

The Guide is available online to download as a PDF or as an eBook to read at www.norfolk.gov.uk/careservices or for a free copy contact Norfolk County Council Customer service Centre on: 0344 800 8020. Bulk orders from statutory & voluntary organisations can be requested via http://brochure.norfolkslivingwell.org.uk/ and any other organisations through developmentworkers@norfolk.gov.uk

Web pages

Norfolk County Council web pages has further information:

www.norfolk.gov.uk

For Care, support and health please go to:

www.norfolk.gov.uk/care-support-and-health

For transport information:

https://www.norfolk.gov.uk/care-support-and-health/support-to-stay-at-home/helpwith-transport
A new Early Childhood and Family Service for Norfolk

Norfolk County Council have commissioned Action for Children to deliver their new targeted service to families with children aged 0-5.

Who are Action for Children?
A national charity who have been working to support families for 150 years.
A leader in national research and policy development
Deliver services across the four nations of the United Kingdom
Employ over 7000 staff in 522 different services supporting over 301,000 children, teenagers, parents and carers every year.

What will the service focus on?
Based on evidence of what works and what our youngest children need the service will have a focus on
- Supporting children to achieve their developmental milestones
- Preventing neglect and emotional harm
- Increasing social mobility.

By providing high quality evidence based early intervention services to ensure families who need additional support receive the right help at the right time.

What will it do?
This is a Tier 2 Service (please follow this link for a descriptor of Tier 2 [https://www.norfolkscb.org/people-working-with-children/threshold-guide/]) that may also provide an identified Tier 2 intervention within a wider Tier 3 package of support. The service will offer a mix of group work and 1:2:1 support, including universal services in some cases. The sorts of interventions and support will include Solihull programmes, Baby Massage, Circle of Security, support for the Home Learning Environment and Video Interactive Guidance. There will be a core offer to families, but a distinct response according to local need.

How will it operate?
It is a county wide service operating at a district level from a network of 15 bases, using a range of other venues including libraries, community centres and families own homes.
The service will operate all year, including evenings and weekends.
The services will be integrated with partners, co-ordinating and tracking interventions for individual families.
The service will operate as part of an early childhood system with key relationships currently being developed. This will maximise the impact of the work and reduce duplication of delivery.

What happens next?
We will invite stakeholders to one of a series of district roadshows over the summer.
More information to follow.
Meanwhile, we will be meeting with our service users, partners and stakeholders to develop the service further. A programme of services will be available in due course.
Health Information Leaflet Service

The Health Information Leaflet Service (HILS) provides free, good quality health information leaflets and posters for professionals working in voluntary and statutory agencies within Norfolk.

We are part of the Customer Services Fulfilment Team based at County Hall, Norwich.

Over the years we have established a good regular customer base, and we are proud of the valuable service that we provide.

New customers can register by visiting the website:-

http://brochure.norfolkslivingwell.org.uk/

You can browse and order from a wide range of free leaflets and posters which can then be displayed in your setting or distributed in your community.

Most items are also available as a PDF version, which can be downloaded and printed out at your convenience.

We have a comprehensive selection of electronic resources such as web banners, e-mail signatures, and display screens, which can be downloaded. These are a great way to promote your health promotion messages.

A free courier service will deliver packages to designated locations (mostly surgeries, health centres and hospitals) once a week, and we also now offer a delivery service to libraries. If your location isn’t on our courier delivery route, you can nominate your nearest library as a collection point. They will take delivery of your order for you to pick up when convenient. This takes up to 3 working days.

If neither of the above options are suitable, then please e-mail us at hils@norfolk.gov.uk and we would be happy to discuss alternative arrangements.

We look forward to working with you.
Recommissioning of Norfolk and Suffolk Victim Care Service

The Police and Crime Commissioner for Norfolk in partnership with the Police and Crime Commissioner for Suffolk are going out to market to commission a provider to deliver the Norfolk and Suffolk Victim Care Service.

Organisations which can help victims of crime cope and recover from what they have experienced are being offered the opportunity to provide a victim care service for Norfolk and Suffolk.

From 10 July, Norfolk PCC Lorne Green and Suffolk PCC Tim Passmore are encouraging bids to provide a victim assessment, support and referral service across both counties.

Since 2015, Police and Crime Commissioners (PCCs) have been responsible for commissioning support services for victims of crime in their force areas – an entitlement set out in the Victims Code of Practice. Grant funding from the Ministry of Justice (MoJ) is made available to PCCs for that purpose.

For the last four years, victims of crime in Norfolk have been benefitting from PCC-commissioned support services designed to assess their needs and ensure they have access to support to cope and recover from the impact of the crime. The current service model – the Norfolk and Suffolk Victim Care service – was launched by PCC Lorne Green in April 2018, with the existing contract is due to end on 31 March 2020.

The new £3.15 million five-year contract, which will be managed by the Norfolk and Suffolk PCC offices, will secure a service available to all victims of crime, with enhanced support on offer for those who are vulnerable, affected by serious crime or persistently targeted. It will also provide referrals to specialist support services as appropriate.

While the service will respect a victim’s choice whether or not to report the crime, it will ensure the victim is aware of their right to report and how to do so, and support victims through the criminal justice system.

PCC Lorne Green, said: “Supporting victims and reducing vulnerability is one of my key priorities as Norfolk’s Police and Crime Commissioner.

“Availability of and easy access to information, advice and support can have a big impact on how victims of crime cope with the immediate and lasting effects of what they have experienced, and how they then move forward with their lives.

“And, for those victims who report what has happened to them, understanding and navigating their way through the criminal justice system can be challenging, so the independent victim advocacy this service provides can be invaluable in helping them on that journey.
“We owe it to victims of crime to ensure the support they need is available. If your organisation can help us in delivering that vital support, we’d like to hear from you.”

**Who can apply and how?**

Organisations that can demonstrate they meet the necessary criteria and are able to deliver a service across Norfolk and Suffolk are eligible to apply. Partnership bids will be accepted, however one partner must take the lead and administer the contract/funds on behalf of the partnership.

Full details are available on the Bluelight EU Supply Portal at [https://uk.eu-supply.com](https://uk.eu-supply.com).

All correspondence, including application and clarification questions will be managed through the Portal.

**The deadline for applications is Thursday 15 August 2019**
Norfolk Scam Prevention Service is a free and confidential service offering specialist support to anyone who has been a victim of a scam in Norfolk.

We’ll help you by:

- Providing a home visit from a trained Police Volunteer to talk through what has happened;
- Offering practical advice on ways to prevent you being a victim of scams in the future; and
- Giving you emotional support to help you cope and recover.

However you’re feeling after a scam, get in touch with us today.
Young Parents Project

"The group is one of the highlights of my week – something I can do and enjoy."

DROP-IN EVERY WEDNESDAY

FOR 1-TO-1 ADVICE AND GROUP ACTIVITIES

In an area separate from the rest of MAP, this is a safe space to come if you'd like to bring your children. You can pop in for a little while or stay all afternoon! We have a private area for breast feeding.

2-3pm
"Stay and Play" or "Make and Take"
An informal interactive activity for you and your child; or for those who attend without, make and take something away for them.

4-5.30pm
Parenting programmes
All afternoon (1.30-5.30pm)
One-to-one advice for individuals or couples

Whether it's a practical problem like benefits or housing, an emotional issue, a legal matter, or to do with your child's development or your own wellbeing, we're here to help you cope and get on with life.

FOR MUMS AND DADS UNDER 26 FREE & CONFIDENTIAL

YOUNG PARENTS PROJECT

DROP-IN TIMES
Mon-Fri
1.30-5.30pm
FREE

MAP PROVIDES ADVICE, COUNSELLING AND YOUTH WORK FOR YOUNG PEOPLE AGED 11-25

Your rights and options about things like housing, benefits, money and debt, sexual health, finding work, accessing training and education, writing your CV. The Young Parents Project is part of MAP's drop in Advice service.

ADVICE
ADVOCACY
SUPPORT
ACTIVITIES

Parents-to-be | Mums | Dads | Couples
Single or separated parents | Step parents
Parents living with or apart from their children
For any young parent

MAP provides advice, counselling and youth work for young people aged 11-25.

We are in Norwich City centre, between The Forum and Chapelfield mall.
THE RISEBROW CENTRE
CHANTRY ROAD
NORWICH NR2 1RF
info@mapuk.net
01603 765994

mapuk.net
ADVICE, INFORMATION, SUPPORT.

ABOUT OUR 1-2-1 SERVICE

WE GIVE SPECIALIST ADVICE ABOUT THINGS LIKE
- Preparing for birth and becoming parents
- Parenting skills & child care
- Child welfare & development
- Benefits & money
- Housing, Budgeting & household management
- Relationships & contraception

IF YOU HAVE SEPARATED
- Legal rights & responsibilities
- Mediation & parenting plans
- Contact & maintenance payment arrangements

IF YOUR CHILDREN ARE INVOLVED WITH A SOCIAL WORKER
- Advocacy and support in meetings like
  - Child Protection Conferences and core
    - group meetings
- Support and advice on working with other professionals

HOW TO GET IN TOUCH

CALL OR TEXT
Young Mums worker - 0755 115 0767
Young Fathers worker - 0773 656 1973

EMAIL
info@map.uk.net

CALL US
01603 760994

FOLLOW US ON FACEBOOK
mapyoungparents

WE'RE NOT HERE TO JUDGE YOU OR TELL YOU WHAT TO DO

I'm chuffed I'm involved in something to do with being a dad - helps me prove I'm serious.

PARENTING PROGRAMMES FOR YOUNG MUMS AND DADS

Pathway to Parenting
An antenatal programme just for expectant young mums and dads to help you prepare for birth and beyond.

Preparing for Fatherhood
All you need to know about becoming a great dad!

Circle of Security
A recognised parenting programme that helps new mums and dads understand your infants needs and behaviour so you can respond effectively. A creche will be available for this course.

Child's Play
These are more informal sessions that will enable you to explore different ways to play with children as they grow, using arts and crafts.

TO FIND OUT ABOUT OUR NEXT COURSE
VISIT OUR FACEBOOK PAGE
mapyoungparents
Carers Matter Norfolk – Young Carers

Voice of Young Carers & Families
Carers Matter Norfolk works closely with Norfolk Young Carers Forum & Carers Voice to ensure that Young Carers & Families have a voice in shaping our services and on issues affecting them. Speak to one of our team to find out more.

About the Young Carers & Family Support service
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.

Get in touch
Carers Matter Advice Line
Freephone 0800 083 1148

Call our Advice Line for free, confidential and independent advice and guidance about issues affecting young carers, their families and professionals who work with them.

Our Advisors are trained to provide listening and emotional support and many have personal experience of caring. They can connect you to local support from Carers Matter Norfolk partners or from other organisations.

It is free to call our Advice Line from both landline and mobile telephones or you can chat online to an advisor via our website.

The Advice Line is open
Monday to Friday 8am-8pm
Saturday 4pm-8pm
Sunday 8am-12 noon
www.carersmatternorfolk.org.uk

Register for support via our website and we will get in touch. You can choose how and when you would like us to contact you by phone to your landline or mobile, through LiveChat by email or maybe you simply want us to pop some information in the post.

info@carersmatternorfolk.org.uk
Text Only – 07537417850
@CarersMatterNfk
CarersMatterNorfolk
CarersMatterNorfolk

Free independent and confidential support for Young Carers & their Families

Call our free Advice Line on 0800 083 1148
www.carersmatternorfolk.org.uk
Young Carers & Family Support

Is there a child or young person looking after someone in your family who, because of illness, disability, mental ill health or an addiction, cannot manage without their support?

If so, Carers Matter Norfolk is here to help, offering tailored support for the whole family; addressing the practical and emotional needs of the young carer, the person they are caring for and other family members.

1:1 Support

Our friendly and knowledgeable team can visit your family in your home or a place of your choice to discuss your situation and offer personalised support with:

- Understanding and navigating your way through local services
- Understanding your family’s rights
- Accessing entitlements, assessments or grants
- Arranging benefits, housing & adaptations
- Support for the young carer and their siblings around school or college
- Information about local activities & groups for the young carer and the person (or people) that they care for

Mentoring for Young Carers

Our experienced Young Carers Support Workers and Youth Workers can work with young carers at home, school or in a group setting, as part of a 3-6 month targeted support programme, to:

- Help build confidence & self-esteem
- Offer guidance, identifying and resolving issues
- Provide emotional and motivational support
- Connect with other young carers for peer support & positive activities

Within our 3-6 month targeted support programme, young carers can access opportunities to get together with their peers through local monthly group sessions. There will be separate group sessions for primary (ages 5-11) and secondary (ages 11-18) age groups and will offer age appropriate focus on:

- Life Skills e.g. eating well, nutrition & cooking & managing money
- Social Development e.g. developing friendships, setting goals and planning for the future
- Fun & Play e.g. music, arts, crafts and games
- Wellbeing e.g. promoting self-care & building self-esteem and confidence

Our team can offer support with transition planning for older young carers (14+) and young adult carers and their families exploring education & training opportunities and connecting them to specialist information, advice and guidance as required. We will help young carers & their families to access local youth activities and young carers support groups for ongoing support if required.

Education and Training

We have brought together a wealth of learning & training resources & information in our easy-to-navigate eLearning Portal. From short YouTube clips and podcasts through to more advanced on-line courses, there is something for every family member to help care with confidence and look after their own wellbeing. Topics include:

- Caring Basics
- Mental & Emotional Wellbeing
- Nutrition & Diet
- Carers’ Rights
- First Aid & Condition Specific Information (e.g. Autism)

Visit our e-learning portal at [www.carersmatternorfolk.elearning.org.uk](http://www.carersmatternorfolk.elearning.org.uk)

Family members of young carers can access our learning and training events for Adult Carers held across the county. For more information visit our website or email educationandtraining@carersmatternorfolk.org

All Young Carers (under 18) and Young Adult Carers (16+) have the right to an assessment of their help and support needs from Norfolk County Council. Young Carers approaching adulthood are entitled to a transition assessment. For further information, please contact the Carers Matter Norfolk Advice Line on 0800 083 1148 or visit our website carersmatternorfolk.org.uk
Under 1’s Wing is a service run by St Martins
Telephone: 01603 667706
Referral line: 07471 031 372
A: Under 1 Roof, 102 Westwick Street, Norwich NR2 4SZ
E: referralsUIW@stmartinshousing.org.uk
W: www.stmartinshousing.org.uk
@stmartinsnfk

Under 1’s Wing
Evening support for people in mental health crisis

St Martin’s – Under 1’s Wing

What people say about the service

▷ I came here instead of going to A&E
▷ I was very happy with the professionalism of the staff
▷ It was lovely to be somewhere calm and safe
▷ They didn’t rush me. After a while I was able to talk and I felt that they listened to me

Established in 1972, St Martin’s addresses the needs of homeless and vulnerable people in Norwich and Norfolk.
We offer emergency direct access accommodation, residential care, support and development to enable everyone to achieve their full potential and a greater level of independence.

Registered No. 2390375
Charity No. 802013

St Martins
more than a home for the homeless
Service function

Provides practical and emotional support for those suffering from difficulties relating to their mental wellbeing.

Can be used as an alternative to acute mental health services, to avoid admission and reduce mental health related attendances to hospitals and acute settings.

Provides an accessible service for people experiencing a mental health crisis.

Provides one-to-one, face-to-face contact, which includes signposting to statutory and non-statutory services.

Links the intervention to the referring organisation, ensuring the individual’s care providers are informed in a timely manner.

How does it work?

Once the referral has been received, risk assessed and accepted into the service, the referrer will be contacted in a timely fashion, within a maximum of 4 hours, and a time slot will be allocated.

It is the responsibility of the referring agency to notify the individual of the appointment offered.

- The service operates from Wednesday - Sunday from 6 - 11pm
- No referrals for the same evening will be accepted after 7:30 pm.
- The latest time any individual will arrive into the service is 8:30 pm.
- No access will be permitted to anyone who does not have an appointment.

Access criteria

**We offer support for those who:**

Are over 18 years old.

Are willing to engage in the night time support service and have provided verbal consent to share information (this will be followed up by a written consent when the person attends).

Have a high level of distress that requires support to stop escalation of need and further deterioration of the person’s wellbeing.

Are in a position where they feel unable to cope and need immediate support.

Have no access to immediate network or family or friend.

May be experiencing thoughts of self-harming and do not feel safe.

May be experiencing suicidal thoughts and have some level of planning, but with no evidence of imminent intent to act on these thoughts.

May be hearing voices but have adequate insight to engage with the team.

May have had alcohol, illicit drugs or used prescribed medication but are not so intoxicated that their behaviour is greatly affected and they cannot be provided with the service.

Have agreed to attend the premises without illicit substance/alcohol/weapons on their persons to allow all parties to remain safe.

Exclusion criteria

**We cannot offer support to those who:**

Have expressed a view that they will not engage in the night time support service.

Are under the age of 18 (or are accompanied by an under 18).

Are intoxicated to the point of their behaviour being affected, meaning that they cannot be seen and are requiring detox or are at risk of withdrawal systems.

Have already overdosed or self harmed and require medical attention.

Are behaving in an uncontrollable, violent or aggressive manner.

Have a history of violence that would potentially present risk to staff and/or have weapons about their person.

Are currently presenting as psychotic to the point of their behaviour being affected, meaning they cannot be seen.

Have immediate plans to end their life.

*The Snug is our session room that has been co-designed to provide a psychologically informed environment for the people we support.*
YANA – Help for those in farming and rural life

How YANA can help:
- Contact our confidential helpline for support if your life is affected by depression or if you are concerned about a colleague, family member or friend: 0300 323 0400
- Look at the YANA website for further information on depression, useful links, useful contacts or a reading list. www.yanahelp.org
- For those who live in Norfolk or Suffolk, YANA can fund up to 6 sessions with a professionally qualified counsellor. The funding offer is not means tested and YANA does not need to know your name. You can download an application form from the YANA website.

Concerned about someone?
If someone close to you is showing signs of depression, you can help:
- Listen to their concerns
- Be supportive
- Respect their confidence
- Most importantly, encourage them to seek professional help
- Take advice yourself on how to help the YANA website has useful guidelines
- As a partner or friend, you can advise their GP if you are concerned about their health. The GP will not discuss their patient with you but your information might be useful

Additional Help:
- RABI (The Royal Agricultural Benevolent Institution) – provides financial support for farmers in times of crisis. 01865 727888 • www.rabi.org.uk
- Farm Community Network – volunteers from rural communities, providing pastoral and practical support. 0845 367 9950 • wwwfcn.org.uk
- Samaritans – confidential emotional support. 24/7 • 116 123 • www.samaritans.org
- The Maytree Centre – a residential sanctuary for the suicidal. Confidential and no medical referral required. 020 7263 7070 • www.maytree.org.uk

If you think someone is in crisis and having suicidal thoughts, take action immediately:
- Contact their GP and inform them that it is urgent
- Contact Samaritans – 116 123
- Contact the Maytree Centre – 020 7263 7070
- Remove keys to chemical stores. Consider other risks
- If the owner is willing, remove any firearms. (See further details on the YANA website)
- Be vigilant: Do not leave the person on their own
- Show the person you genuinely care.

Confidential support to those in the farming community
An answer service is available or email johoeyp@yanahelp.org
The YANA Project, Wayland House, High Street, Watton, Thetford, Norfolk IP25 6AR
Part of registered charity 803961

0300 323 0400
www.yanahelp.org
0300 323 0400
johoeyp@yanahelp.org
www.yanahelp.org

Depression is an illness, not a weakness
Farming is usually a good way of life, but it is a demanding and stressful occupation, so it is not surprising that many people involved with the industry can feel isolated, stressed, depressed or just unable to cope as well as usual.

If you feel like this, you are not alone. 1 in 5 people in the UK will experience a problem with depression at some point in their lives.

Many involved in agriculture are reluctant to seek help for depression or anxiety, but talking about your problems and seeking appropriate help can make it easier to cope and improve your quality of life.

If you are involved with any of the agricultural trades and are feeling low or if you are worried about a member of your family, a colleague or friend, YANA can help. Remember, you don’t have to struggle by yourself – good help is available.

Causes of stress and depression

Today, those involved with agriculture have to deal with many pressures which may include:

- Financial issues
- Increased regulation
- Irregular weather patterns
- Animal diseases
- Marketing products
- Family expectations and succession planning
- Workplace isolation
- Lack of respite from work

These are just some of the factors that can result in depression and anxiety. Other causes can be an upsetting event, a chemical imbalance in the brain, a relationship breakup or a family pre-disposition to depression.

Common symptoms of stress and depression

- Low mood (sadness, frequently tearful or unable to cry)
- Anxiety (worrying obsessively or disproportionately)
- Changes in appetite
- Disturbed sleep patterns
- Lack of energy/feeling tired
- Reliance on alcohol
- Lack of interest in family and friends
- Unable to enjoy hobbies as before
- Loss of sex drive
- Confused thinking and poor concentration
- A change in personality (e.g., uncharacteristic aggression)
- Negative thoughts

If you are experiencing some of these symptoms, you are not alone.

If you think you are suffering from depression, asking for help is a major step forward. If you feel you cannot make that call, ask a friend to do it.

- Talk to your own doctor: your symptoms might have another cause.
- Visit your GP promptly: like any other illness, depression may become worse if left untreated.
- Be honest and say exactly how you feel: depression is not unusual and your GP can provide confidential support, referral to counseling, psychotherapy or medication.
- Ensure that you understand your treatment: take any medication exactly as prescribed. If unsure or you feel no improvement, go back. Modern antidepressants are not addictive.
- Call the confidential YANA helpline on 0300 323 0400: Need additional support? Someone to talk to? Whatever your reason, we are here to help.
- Learn more about stress and depression: see the YANA website for more information.
- Contact a counsellor: through a doctor’s referral or the YANA helpline.

If you think someone is in crisis and having suicidal thoughts, please take action immediately.
GET IN TOUCH TODAY
Call our Oxford office on the Freephone Helpline 0800 281 9490.

RABI – Help in difficult times

If you are concerned about someone else, please encourage them to give us a call. However, you can also contact us on their behalf.

CONTACT US
Address: Shaw House, 27 West Way, Oxford, OX2 7DD
Tel: 01865 724931
Fax: 01865 202025
Email: info@rabi.org.uk (general enquiries)
grants@rabi.org.uk (welfare enquiries)
Website: rabi.org.uk
Mansion House: 01284 753106
Beaufort House: 01278 768320

WE HELP PEOPLE OF ALL AGES
WE CAN...
- Pay for TV licences, line rental, telephone rental costs
- Buy essential white goods
- Pay domestic utility bills
- Provide food vouchers and hampers
- Pay for relief farm staff
- Buy disability equipment
- Fund adaptations in the home
- Help with state benefit claims
- Pay for hospital travel costs
- Help with funeral expenses
- Pay for heating
- Provide emergency grants in a crisis
- Arrange free debt advice
- Organise free business appraisals

We can also contribute towards care home and home-help costs. We run two superb residential care homes of our own – Beaufort House in Burbanham-on-Sea, Somerset and Mansion House in Bury St Edmunds, Suffolk.

REGULAR ALLOWANCES
To qualify for a regular living allowance (usually every quarter), you must normally be 65 or over and have worked in farming for at least 10 years. Dependents can also qualify for ongoing financial support.

Call us today to speak to a member of our welfare team in complete confidence.

PAUL AND JANE’S STORY
Farmworker Paul’s life was transformed when he was trampled by a bull. Paul has made amazing progress, but his accident left him deaf and paralysed down one side. While Jane cares for Paul and now receives regular financial payments in her own right.

She said: “I just don’t have words to express what R.A.B.I’s help means to us. R.A.B.I paid for the telephone, the TV licences, even money to cover the costs of going back and forth to the hospital.”

Telephone 0800 281 9490 to find out what we can do for you.

Because the only certainty in farming is uncertainty

R.A.B.I Freephone Helplines: 0800 281 9490
Facebook: facebook.com/rabicharity
Twitter: Twitter.com/rabicharity

Patron: Her Majesty The Queen
President: HRH The Duke of Gloucester
Founded in 1869

We’re grateful for every donation, large or small

www.rabi.org.uk
Registered charity number 208858
ABOUT US

R.A.B.I – the Royal Agricultural Benevolent Institution is a welfare charity which helps farming people in financial difficulty. Our patron is HRH The Queen and our president is HRH The Duke of Gloucester.

Every year, we give out around £2m in grants to farming people in hardship of all ages.

Our work is funded by donations, money raised at events arranged by county committees, regional managers, businesses and community groups. We also receive additional income from legacies, investments and charitable trusts.

Who we help

Help can be given to individuals and families from the farming sector.

We can offer support if you currently work in farming, have retired or are unable to work due to illness or disability. We can also provide for dependants.

People with limited savings, who are on a low income, usually qualify for help, but even if we cannot give a grant we may be able to assist in other ways. For example, with food vouchers or advice about claiming state benefits.

All applications should be made through our welfare team based in Oxford.

YOUR SUPPORT IS VITAL

We rely heavily on donations and have more than 50 county committees who work at a grass-roots level to raise both funds and awareness. Committees, and the volunteers who serve on them, are the lifeblood of R.A.B.I and we always welcome new members. We could not do what we do without you.

We also work with individuals, community groups, businesses and other organisations so please get in touch. We have various campaigns throughout the year which you can get involved with, including Welly Wacky, Farmhouse Breakfast, Cream Tea and Great British Beef Week.

YOU ARE NOT ALONE

Extreme weather, illness, accidents, animal disease, family breakdown, bereavement and cash flow problems are just some of the reasons why people approach us for financial help.

Don’t suffer in silence, call our Helpline 0808 281 9490

Email our welfare team grants@rabi.org.uk

Interested in fundraising? Call 01865 724931 or email info@rabi.org.uk

“Sometimes, all it takes is a small amount of support at the right time to get things back on track”
Norwich Jobs Fair

Come to meet over 25 employers and find your next job.

Castle Mall, The Terrace (use Timberhill entrance)
11th September 2019 11am – 1pm

DWP thanks Castle Mall for their sponsorship
Harleston Jobs Club

Every Wednesday
10am–2pm
8 Exchange Street
Harleston

The Jobs Club provides a friendly and informal environment where you can drop in and access a range of free employment support including:

✓ Help with CV writing, covering letters and job applications
✓ Online job searching
✓ Tips and advice for job interviews
✓ Business start-up information
✓ Private consultations with a Careers Adviser
✓ Training opportunities
✓ IT help and support
✓ Volunteering opportunities

All our services are free and confidential

Phone: 01379 851920
E-mail: jobsclub@harleston-norfolk.org.uk

Harleston Information Plus, 8 Exchange Street, Harleston, Norfolk, IP20 9AB
HIP Charity Number - 1146735
Diss Town Council - Youth Councillor

Are you aged 12 - 19 years, passionate about your local community & would like to have a voice to influence decisions made in Diss for young people. Why not become a Diss Youth Town Councillor!

We, Diss Youth Town Council, support and work alongside the wider community to improve areas in Diss, with a particular focus on youth. We encourage youth to have a say & get involved, whilst working together with Diss Town Council.

Our Youth Council meetings are held monthly.

What can you achieve by becoming a Youth Councillor?

- “Life skills helping with communication & confidence”
- “Voluntary experience that you can add to your CV”
- “Opportunities to represent the youth of Diss at official functions & support community fun events”.

If you would like more information or to get involved - Text or call Julia on 07546 059061  Email julia@mtmyouthservices.org.uk or find us online - https://diss.gov.uk/your-council/diss-youth-council/
The Saracen’s Norfolk Fund has been created to support general charitable activities that benefit rural areas within the district of South Norfolk with grants up to a maximum of £5,000.

Please note the Fund aims to support projects that are led by local people and aim to enhance quality of life in small rural communities by improving access to support, services and opportunities, and the provision of good quality community facilities.

**Who can apply:**
Charitable, community and voluntary groups based or clearly operating in South Norfolk can apply. This includes Churches/PCCs and Parish Councils where the project is clearly community focused and inclusive.

For more information and to apply visit:  