Training & Workshops
- Narcotics Anonymous - Open Event
- Robotics STEM Course
- Prince’s Trust - Outdoor Adventure
- Wellbeing Service - Steps to work
- SEND - E-Learning Course

Service Information
- Norfolk County Council - Fire safety in your home
- Neighbours in Need

Employment & Volunteering
- Norfolk and Norwich Association for the Blind – Volunteer Service
- Harleston Jobs Club
- CGL Norfolk Volunteering Opportunities

Grants & Funding
- LIFT Small Skills Project Funding

Conferences & Events
- Wellbeing & Mental Health Service 0-25yrs Transformation
- Norfolk YOT Open Day - Great Yarmouth
- Toys and Tins Open Day

Clubs, Groups & Activities
- Youth Advisory Board - May Activities
- Fish Holiday Club - Long Stratton
- Young Carers Activity Session - Diss

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
Narcotics Anonymous – Open Event

Narcotics Anonymous
Public Information Open Event for Professionals
Friday 7th June 2pm - 4.30pm
© Norwich Central Baptist Church, Duke Street, Norwich, NR3 3AP

We are writing to invite you to a free training and information event designed to increase awareness of Narcotics Anonymous (NA). Since your organisation may interact with people with substance dependence, we believe it may be useful for you to be aware of Narcotics Anonymous as a community resource.

The Local Services Subcommittee of the Norfolk and Suffolk Area of Narcotics Anonymous are hosting this event, which will include:-
• a short presentation about the basic principles of NA and how it works,
• information about local NA meetings,
• an opportunity to observe an NA meeting and meet members of Narcotics Anonymous
• a question and answer session,
• light refreshments.

Limited places for this event will be allocated on a first come, first served basis.
Please respond by email to lsc.nasa@ukna.org for more information and to book your place.

What is Narcotics Anonymous?

NA is a member-driven, international organisation in which no dues or fees are charged for membership. All we ask is for a potential member to have a desire to stop using drugs. Our program is based on a set of spiritual principles, and we have no affiliation with any organised religion. Narcotics Anonymous is a twelve-step approach to recovery from addiction with the primary purpose of helping any individual to stop using drugs. NA’s program focuses on an addict’s recovery from the disease of addiction, rather than any specific drug. Through our group meetings and the therapeutic value of one addict helping another, addicts learn how to live drug-free and productive lives. In 2016 there were almost 67,000 weekly NA meetings in 139 countries worldwide, with 32 meetings currently in the Norfolk and Suffolk Area. For further information about Narcotics Anonymous please see www.ukna.org or www.na.org

Venue and parking

The venue for this event is Norwich Central Baptist Church. Directions can be found here https://norwichcentral.org/visiting-us/how-to-get-here/

On site parking is limited, however there are many public car parks near by, for example:-
St Andrews Multi-Storey
Botolph Street Pay and Display
St Crispin’s Pay and Display

Please feel free to forward this invitation to colleagues and other professionals who may be interested to attend.

Best wishes, on behalf of the Local Services Subcommittee of the Norfolk and Suffolk Area of Narcotics Anonymous
Robotics STEM Course

Are you 16-25? Want to learn about Robotics?
PLT is a provider for STEM courses, with a focus on engagement of young people within Science and Engineering

Programme: Monday 24th - Friday 28th June 2019
Location: Norwich City Centre
Interviews: week commencing 10th June 2019

In partnership with:

● Learn about Science, Engineering and Robotics
● Gain a British Science Association CREST Discovery Award
● Complete STEM workshops to learn some of the engineering and technology behind robotics
● Build and support your robot to complete an assault course and challenges
● Improve your teamwork, communication skills and boost your confidence
● Receive 3 months support after the programme
● Travel costs supported by The Prince’s Trust or through your Job Centre
● Lunch provided every day

LIMITED PLACES AVAILABLE
To join the course or find out more: Call for Free on 0800 842 842
Prince’s Trust - Outdoor Adventure

Are you 16-25? Not in Education, Employment or Training?

The Prince’s Trust, in partnership with Ascend Adventure, are offering a FREE one week training course which gives you a fantastic opportunity to have fun in the Great Outdoors.

Programme: Monday 22th July - Friday 26th July 2019
Location: Bittern Meadow, near Norwich
Interviews: week commencing 1st July 2019

Delivered in partnership with:

- Spend 5 days in the wild, learning about yourself through mindfulness in nature
- Take part in Bush craft, Raft building, Canoeing, Archery, Orienteering and Arts and Craft
- You will also spend 1 night setting up a camp and staying overnight in the wild
- 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

LIMITED PLACES AVAILABLE
To join the course or find out more: Call for Free on 0800 842 842
Wellbeing Service - Steps to Work

Steps to Work

Steps to Work is an informal online webinar for people experiencing mild to moderate symptoms of low mood or depression who are ready to start thinking about making steps towards training, education, voluntary work or employment.

When:
On the first Wednesday of every month

Time: 10am – 11am

To book:
Call: 0300 123 1503
Email: admin@wellbeingnandw.co.uk
Or via our website: wellbeingnands.co.uk/courses
Improve your knowledge and understanding of SEND

We are pleased to inform you that there is now a new SEND E-Learning course. It has been developed to improve the knowledge and understanding of special educational needs and disability (SEND) and associated responsibilities for parents/carers or professionals working with children and young people with SEND.

The course was co-produced by a small group with representation from Norfolk County Council, the Clinical Commissioning Groups and Family Voice Norfolk.

Norfolk County Council employees should access the course via the Learning Hub website.

Everyone else can access the course on the SEND Local Offer.

Couple Conflict Training Course

Adfam, Tavistock Relationships and One Plus One have been funded by the Department of Health and Social Care to deliver free training in different areas of the country for practitioners who supports families affected by problematic alcohol use.

We’re delivering a session next month in Norwich which will focus on reducing the impact of inter-parental conflict on children in families affected by alcohol misuse.

- **Dates:** Monday 10th & Wednesday 12th June
- **Location:** Conference Room 2, The King’s Centre, King Street, Norwich, NR1 1PH
- **Cost:** Free
- **Find out more - and register** - [https://tavistockrelationships.ac.uk/forthcoming-events/1219-alcohol-training](https://tavistockrelationships.ac.uk/forthcoming-events/1219-alcohol-training)

Please note this is a TWO DAY programme (participants are asked to attend both days)
The transformation process of CAMHS has been gathering pace, informed by input and ideas from children, young people, families and practitioners. A core group of operational colleagues and commissioners has worked hard to turn those ideas into a new model, based on the THRIVE framework.

Front line staff from any sector with an interest in CAMHS are invited to take part in the first of a series of events to help test and shape the new model of wellbeing & mental health services for 0 – 25 year olds.

**NORWICH, 24TH MAY**
Edwards Rm, County Hall, NR1 2UA, 1230-1600

**BECCLES, 7TH JUNE**
1 Common Lane North, NR34 9BN, 1330 - 1700

**NORWICH, 30TH MAY**
Oak Rm, PDC, 144 Woodside Rd, NR7 9QL, 1330-1700

**FUTURE DATES TBC**
Norfolk YOT Open Day - Great Yarmouth

Open Day – Great Yarmouth

20th June 2019
Visit between:
14:00 – 17:00

Norfolk Youth Offending Team (NYOT) is a multi-agency partnership team whose aim is to prevent children and young people from offending and to help them restore the damage caused to their victims. We aspire to make Norfolk an even safer place to live and help young people achieve their full potential in life.

NYOT – Havenbridge House, North Quay, NR30 1HZ.

No parking facilities are available on site, however Stonecutters Quay Pay and Display car park is located next to Havenbridge House.

Tea, coffee and biscuits will be provided. Cakes and treats will also be available to purchase from our Charity Bake sale.

To confirm your attendance please RSVP with the names of attendees and approximate arrival time by 1st June 2019 to dane.stannard@norfolk.gov.uk
Toys and Tins Open Day

Monday 1st July 2019

Come along for an opportunity to find out

41 Morgan Way
Bowthorpe Industrial Estate
Norwich NR5 9JJ

Drop in anytime between 10am and 4pm!
Just give us a call before the day to let us know you are visiting The Hub.
Telephone: 01603 724407

Tea, Coffee and Cake provided

Including presentations by our Community Services Specialist!

The Salvation Army
- not just for Christmas

Christmas Toys & Tins appeal

Radio Norfolk
Youth Advisory Board - May 2019 Activities

South Norfolk Youth Advisory Board (YAB)

Activities for young people in South Norfolk
May 2019 onwards

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<th>Activities that are outside</th>
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<td>Tuesdays and Wednesdays in school holidays – 28th and 29th May</td>
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<td>Saturdays, once a month</td>
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<th>Activities that focus on your wellbeing</th>
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<tr>
<td>First Friday of each month</td>
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<th>Activities that help you get involved</th>
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<td>Monthly, Wednesdays 7-8.30pm</td>
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<td>Monthly sessions</td>
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<td>Regular sessions</td>
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<th>Activities that help you develop skills and get qualified</th>
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<td>Tuesdays</td>
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<td>Dates to be agreed</td>
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<td>Saturday 11th May</td>
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<td>Saturday 11th May</td>
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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:

- May Half Term:
  - Friday 31 May 2019

- 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)
Young Carers Activity Session - Diss

Young Carers
Diss Activity Session
Wednesday May 29th

If you are a Young Carer living in South Norfolk, aged between 5 and 19 years old, you can:
- Meet other Young Carers
- Get one-to-one support
- Ensure your voice is heard
- Access training and socialising opportunities

We are running two activity sessions on May 29th at Diss Youth Centre, Shelfanger Road, Diss IP22 4EH. The first session will be for the Junior School group 5-11yrs old from 11am to 1pm. The second will be for the High School group 12-19yrs old from 1.30pm to 3.30pm.

There will be lots of people to chat with you, plenty of activities to do while you are there, and some lovely snacks and drinks. And it’s all free!

To attend please contact us on:
emma@mtmyouthservices.org.uk
(07760283864) or
graham@mtmyouthservices.org.uk
(07847049399)
Or the Carers Matter Norfolk Advice Line on 0800 083 1148
Fire safety in your home

In the event of a fire, don’t tackle it yourself.

GET OUT
STAY OUT
AND CALL 999

For further information and advice on any aspect of fire safety in the home please contact our Prevention Department on:

NFRS Headquarters
Operations & Communications Centre, Jubilee House,
Falconers Chase, Wymondham NR18 0WW

You can also get information & advice from our website
www.norfolkfireservice.gov.uk

Email home.safety@fire.norfolk.gov.uk
Freephone 0800 9178137
Telephone 0300 1231669 option 2 for HFRG

Smoke detectors

- Fit a smoke detector on every floor of your home, ideally on ceilings in the hallway or landing
- Don’t put a smoke detector in the kitchen where it can be set off accidentally
- Test the batteries once a week

Remember: Test it, change it, replace it
**Be prepared**

- Plan your escape routes and keep exits clear.
- The best route is the usual way in and out of your home.
- Get everyone to practice your escape plan.
- Keep door and window keys handy - tell members of your household where they are.

Make sure candles are secured in a proper holder and away from materials that may catch fire - like curtains.

- Put candles out when you leave the room, and make sure they're put out completely at night.
- Use a snuffer or a spoon to put out candles. It's safer than blowing them out when sparks can fly.
- Children and pets shouldn't be left alone with lit candles.

**Register my appliance**

Improve your home safety by taking the simple step of registering your fridges, freezers & washing machines at www.registermyappliance.org.uk. This precaution allows you to be contacted quickly if a recall or free safety repair is ever needed. It's important to install & use appliances according to manufacturer's instructions.

**Do not tackle pan fires:**
- Get out, stay out and call 999.
  1. Never throw water over it.
  2. Turn off the heat if possible.
  3. Do not move the pan.

**Bedtime checklist**

- Close inside doors at night to stop a fire from spreading.
- Turn off and unplug electrical appliances unless they are designed to be left on - like your freezer.
- Check your cooker is turned off.
- Don't leave the washing machine on.
- Turn heaters off and put up fireguards.
- Put candles and cigarettes out properly.
- Make sure exits are kept clear.
- Agree your escape plan with overnight guests.

**How to prevent common fires in the kitchen**

- Do not leave cooking unattended - take pans off the heat.
- Take care when wearing loose clothing - it can easily catch fire.
- Keep electrical leads, tea towels, and cloths away from oven or hob.
- Spark devices are safer than matches or lighters to light gas cookers.
- Switch off oven or hob when you have finished cooking.
- Never leave children alone in the kitchen.
- If you deep fry food, consider buying a thermostatically controlled electric deep fat fryer.

**You are more at risk from fire when asleep**
Electric blankets

This picture shows just some of the blankets that failed last year

- Do not fold. Roll or store flat
- Unplug at night - unless thermostatically controlled
- Do not buy second hand
- If your blanket has scorch marks/worn fabric/bare wires/a damaged or buzzing connector - Replace it!

Portable heaters

- Try to secure heaters against a wall for stability
- Keep heaters clear from curtains and furniture
- Never use heaters for drying clothes

Cigarettes

- Never smoke in bed
- Use ashtrays and empty to an outside bin regularly
- Use child resistant lighters or matchboxes and keep out of reach of children
- Take extra care if you smoke when tired, use medication or have been drinking alcohol - you could fall asleep and cause a fire

Furniture

- Check new furniture complies with the Furniture and Furnishings (Fire) (Safety) Regulations 1988
- Look for the fire-resistant permanent label
Electrical safety

- Don't overload sockets - keep to one plug per socket
- Unplug appliances when not in use or when you go to bed
- Always use the correct fuse
- Check and replace old cables and leads
- Do not place cables under carpets and mats

Check electrical appliances for signs of:

- Loose wiring
- Scorch marks
- Hot plugs and sockets
- Fuses that blow
- Circuit-breakers that trip
- Flickering lights

Use the list above to safety check your electrical appliances.

If you find any faults or have any concern, isolate the appliance and consult a qualified electrician.

Lights

- Keep curtains and other fabrics away from light bulbs
- Do not exceed the maximum wattage on shades or fittings

Keep all electrical appliances clean and in good working order
The aim of this project is to offer a cost free Repair/Maintenance service on a one off basis to our neighbours in and around Wymondham (10 mile radius).

It is not intended to replace the support offered by existing statutory or voluntary services, but is designed to fill those gaps where the neighbour’s needs cannot be met by those agencies.

The project team is made up of volunteers who are passionate about communities, and are keen to offer “hands on” support to those families and vulnerable adults in need living amongst us.

Requests for help will be assessed following confirmation that:

- The neighbour in need has been turned down by all existing responsible agencies and
- is not in a position to self fund the task.

Examples of types of support available:

- Where the agency involved has supplied a skip for garden clearance but the neighbour is unable to undertake the task of clearing the garden due to disability, ill health, etc.
- Where the tenant/householder has had a fence panel blown down and cannot afford to have it put back up.
- Where the neighbour has applied to South Norfolk Council’s Handyman service for a small repair to be done, but cannot be seen, due to pressure on that service.
- Some social landlords offer paint/decorating vouchers to new tenants, and we would consider helping with some of the decorating where that tenant has physical or mental health issues, or is a single parent without family support.

Each assessment will be undertaken by two team members. They will assess our suitability/availability for the task, carry out a risk assessment of the task involved and any other environmental risk factors involved.

Provided we are able to complete the task safely and efficiently we will agree a suitable timetable to do so (subject to availability of volunteers)

Any materials required for tasks undertaken will need to be funded by the recipients or their supporting agencies.

There will be no charge for any tasks undertaken, but recipients of support may make a donation to the Neighbours in Need project fund if they wish to.

All enquiries to Tony Smith, tel: 07366 851748 or email: NinN_hub@gmail.com
The Norfolk and Norwich Association for the Blind (NNAB) is an organisation that supports people with sight loss to live independent lives.

Our offices in West Norfolk, Norwich and Great Yarmouth offer a wide range of equipment, services, activities and support across the county.

We could not offer all of this without the support of our many fantastic volunteers who assist us in bringing our services, activities and support into communities all across Norfolk.

Volunteering is a great way of gaining confidence, new skills, of meeting people and of taking part in the local community.

We are currently looking for volunteers in a variety of areas with opportunities from mini bus drivers, to sports and leisure activities, telefriends, fundraising and much more.

If you would like to discuss the opportunities we have at the NNAB then contact the Volunteer Engagement Co-ordinators on: Penny Parker Tel 01553 407004, Rachael Green Tel 01603 973377 or email volunteers@nnab.org.uk for a friendly and informal chat and see if we have an opportunity that is just right for you.
Harleston Jobs Club

Jobs Club

Job searching  Training opportunities  IT help
Business start up information  CVs, covering letters and job applications
Volunteering opportunities  Careers Advice
Tips & advice for job interviews

Drop in for employment support

Earsham Village Hall
Tuesday 4th June 10am-12pm

Hempnall Village Hall
Monday 10th June 10am-12pm

And every Wednesday 10am-2pm at Harleston Information Plus

All our services are free and confidential

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

Harleston Information Plus, 8 Exchange Street, Harleston, Norfolk, IP20 9AB
The Harleston Information Plus Charity Number - 1146735
CGL Norfolk Volunteering Opportunities

CGL Norfolk are advertising a number of volunteering opportunities across the county. The current closing date for these is Friday 14th June; please note this date may be extended if vacancies remain unfilled.

CGL3456 Volunteer Admin/Reception x9: https://www.changegrowlive.org/vacancy/volunteer-adminreception-x9-norfolk-sms-cgl3456

CGL3457 Volunteer Recovery Support x5: https://www.changegrowlive.org/vacancy/volunteer-recovery-support-x5-norfolk-sms-cgl3457

CGL3458 Outreach Volunteer x6: https://www.changegrowlive.org/vacancy/outreach-volunteer-x6-norfolk-sms-cgl3458
LIFT Small Skills Project Funding

NEW Small Skills Project funding

Open to individual businesses in rural Norfolk and North Suffolk to apply

Up to 50% funding for the costs of training with no minimum grant level.

LIFT Skills is a grant scheme managed by Norfolk County Council and funded by the European Social Fund. We can fund support for managers and workers in small and medium sized businesses to gain skills and progress at work. The scheme is open to businesses in rural Norfolk (not Norwich, Gt Yarmouth or Gorleston towns) and those in north Suffolk and Waveney (not Lowestoft).

We have a new ‘Small Skills Project’ application process available now for individual businesses to apply directly. You could be eligible to apply if your business needs training that is not a statutory requirement and not already available through another LIFT funded training scheme.

For more details and to check your eligibility please email the LIFT funding team at lift@norfolk.gov.uk