South Norfolk Bulletin

Training & workshops
- NHS Wellbeing Service – Steps to Work
- Community Action Norfolk training
- New Direct Payment Support Services Workshops in South Norfolk

Conferences & events
- Norfolk & Suffolk Dementia Services Review – event for those affected
- Norfolk & Suffolk Dementia Services Review – event for professionals

Clubs & Groups
- Harleston Information Plus – Jobs Club
- Prince’s Trust team programme
- Tenancy & Independent Living Skills Training Plus (TILS+)

Service information
- Breaking Barriers – Supporting children of offenders
- NACOA – Support for everyone affected by a parent’s drinking

Grants, funding & surveys
- South Norfolk Youth Advisory Board (YAB) Consultation Survey

The hub bulletin is distributed on a bi-weekly basis. 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 32
23/11/2018
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

Wellbeing is commissioned by Great Yarmouth and Waveney, North Norfolk, Norwich, South Norfolk and West Norfolk Clinical Commissioning Groups.
Community Action Norfolk offer a range of training and support packages to suit the diverse organisations in Norfolk’s voluntary, community and social enterprise (VCSE) sector. We believe that by providing organisations with knowledge through training, and help to develop, that they are better able to support their communities. We can offer support on a range of subjects including:

• Trustee roles and responsibilities
• Leadership development for Chairs
• Organisational Structure
• Setting up a new group
• Governance advice (including constitutions)
• Becoming an effective committee
• Policies
• Strategic and Business planning
• Finding Funding
• Bid Writing and funding applications
• Play equipment inspections training
• Event Planning
• Sustainability
• More…

Our Development Officers have a wealth of information and experience in local communities across the county and are able to support organisations in a variety of methods. We can tailor our support to suit your needs, so if there is something that your organisation would like support with, please let us know and we will endeavour to meet your needs.

To keep up to date with our training opportunities, make sure you subscribe to our monthly e-Newsletters.

For more information please see our web site www.communityactionnorfolk.org.uk
New Direct Payment Support Services Workshops in South Norfolk

Norfolk County Council is planning to improve the support services available to individuals and families who choose to use direct payments to meet their care needs.

Come along and listen to a presentation of the new plans and share your views over a cup of tea or coffee!!

Commissioners will be there to listen to your views and answer any questions you may have.

<table>
<thead>
<tr>
<th>Tuesday 27 November</th>
<th>Thursday 29 November 2018</th>
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<tbody>
<tr>
<td>2pm to 3.30pm</td>
<td>10am to 11.30am</td>
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<tr>
<td>The Willow Centre</td>
<td>The Costessey Centre</td>
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<tr>
<td>1-13 Willowcroft Way</td>
<td>Longwater Lane</td>
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<tr>
<td>Cringleford</td>
<td>Costessey</td>
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<td>Norwich NR4 7JR</td>
<td>Norwich NR8 5AH</td>
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If you would like to come along please contact Lorraine Brown on 01603 224174 or lorraine.brown2@norfolk.gov.uk to let us know as soon as possible to book a place.
Norfolk & Suffolk Dementia Services Review – event for those affected

Are you affected by dementia?
Help us shape local dementia support across Norfolk and Waveney.

There are currently 850,000 people living with dementia in the UK and the number is set to rise. The NHS, local government and voluntary organisations are working with people affected by dementia living in Norfolk and Waveney to help shape support services that are fit for the future.

Our vision is to develop high quality dementia support across Norfolk and Waveney, providing the right support at the right time wherever you live. In parts we have got this right and in others there is more work to do.

If you are affected by dementia and live in Norfolk or Waveney we need your help to ensure new plans and ideas for future support currently being considered are right.

Please come to a local event and help us shape future services.

<table>
<thead>
<tr>
<th>Great Yarmouth and Waveney</th>
<th>West Norfolk</th>
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<tr>
<td>Wednesday 28th November</td>
<td>Thursday 29th November</td>
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<tr>
<td>1.30pm to 3.30pm</td>
<td>1.30pm to 3.30pm</td>
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<tr>
<td>Great Yarmouth and Waveney Clinical Commissioning Group</td>
<td>Provident Street Community Centre</td>
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<tr>
<td>Beccles House</td>
<td>Providence Street</td>
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<tr>
<td>1 Common Lane North</td>
<td>King’s Lynn</td>
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<tr>
<td>Beccles, NR34 9BN</td>
<td>PE30 5ET</td>
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<tr>
<th>South Norfolk and Norwich</th>
<th>North Norfolk</th>
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<tbody>
<tr>
<td>Monday 3rd December</td>
<td>Tuesday 4th December</td>
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<tr>
<td>12.30pm to 2.30pm</td>
<td>2pm to 4pm</td>
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<tr>
<td>The Dinneen Hall</td>
<td>Aylsham Care Trust</td>
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<tr>
<td>West Costessey Hall</td>
<td>St Michaels Ave</td>
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<tr>
<td>Poethlyn Drive, Queen’s Hills</td>
<td>Aylsham</td>
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<td>Costessey, Norwich</td>
<td>NR11 6YA</td>
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<td>NR8 5BP</td>
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If you are unable to attend any of these events, then please do get in touch and we’ll send you an engagement information pack for you to complete and send back to us, in your own time. Feedback from these events will inform final recommendations to ensure support is fit for the future.

There is no need to book your place but if you have any access requirements or need more venue information, please get in touch using the email address dementiareview@nhs.net
Are you a professional working with people who experience dementia?

Help us shape local dementia support across Norfolk and Waveney as part of an STP Review.

There are currently 850,000 people living with dementia in the UK and the number is set to rise. NHS organisations, local government and the voluntary and community sector are working with people affected by dementia living in Norfolk and Waveney, to help shape support that is fit for the future.

Our vision is to develop high quality dementia support across Norfolk and Waveney, providing the right support at the right time wherever people live. In parts we have got this right and in others there is more work to do.

If you have any professional involvement in the delivery, design or commissioning of dementia support in Norfolk or Waveney, we need your help to ensure new plans and ideas for future currently being considered are right.

Please come to an event and help us shape future services thinking

**Wednesday 28th November**
10.30am to 12.30pm
Great Yarmouth & Waveney Clinical Commissioning Group
Beccles House
1 Common Lane North
Beccles
Suffolk
NR34 9BN

**Monday 3rd December**
10am to 12pm
The Dinneen Room
West Costessey Hall
Poethlyn Drive, Queen’s Hills
Costessey, Norwich
Norfolk
NR8 5BP

Feedback from these events will inform STP Review recommendations to ensure support is fit for the future.

**There is no need to book your place but if you have any access requirements or need more venue information, please get in touch using the email address dementiareview@nhs.net**

If you are unable to attend any of these events, then please do get in touch and we’ll send you an engagement information pack for you to complete and send back to us.
Every Wednesday
10am–2pm
8 Exchange Street, Harleston

The Jobs Club is a friendly and informal club where you can drop in and enjoy free tea and coffee, look through local jobs, access the internet and chat. Our aim is to help you find employment, so please come along.

✔ Get help with CV writing, covering letters and job applications
✔ Get tips and advice for job interviews
✔ Use the internet and latest Apps to search for work
✔ Find out about starting your own business
✔ Have private consultations with a Careers Adviser
✔ Get information on local training and courses
✔ Learn how to use a computer and the internet
✔ Find out how to improve your skills by volunteering

All our services are free and confidential

Phone: 01379 851920
E-mail: jobsclub@harleston-norfolk.org.uk
Prince’s Trust Team Programme

“NFRS has been working in partnership with the Princes Trust & College of West Anglia for over 10 years as the provider of the Team Programme across Norfolk.

During this time we have worked with over 2,000 young people enabling them to move forward to a more successful future.

The Prince's Trust TEAM Programme is a free 12-week personal development course for 16 to 25 year olds who are not in employment, education or training. It does not affect any benefits, so young people can still receive their allowances during the 12 weeks, and all transport costs are reimbursed.

The course includes a team building residential week, participation in a community project and a 2-week work placement, with many of the young people securing employment or volunteer opportunities from the placement. In fact 3 out of 4 young people who complete our course go on to employment, training or education.

Over the 12 weeks the course helps young people develop and improve skills in key areas such as:

- Communication
- Confidence
- Working with Others
- Setting and achieving goals
- Job Search skills
- Leadership

The course is accredited, with all young people leaving with a Prince’s Trust Certificate in Employment, Teamwork and Community Skills, as well as Emergency First Aid at work (HSE Approved). We also have strong links with many agencies and professionals around the county, who visit during the course to share their knowledge, skills and time with the young people, ensuring that the support they receive is right for each individual.

We have four delivery points around the county delivering TEAM Programme;

- Norwich
- North Walsham
- Dereham
- Kings Lynn

Our start dates are May, September and January.

If you would like to know more about Team please contact andrew.catchpole@fire.norfolk.gov.uk, thomas.jenkins@fire.norfolk.gov.uk or lydia.durrant@fire.norfolk.gov.uk

Tenancy & Independent Living Skills Training Plus (TILS+)

“TILS+ – our freshly designed 24 TILS+ modules are launching on 29th November.”

For further information, please see the website:

Breaking Barriers have been funded to provide free, dedicated 1:1 support to children and young people (5-16 years) who are affected by having a close family member in prison. They would like to work with you to identify children and young people who would benefit from the support which Breaking Barriers can offer. The children and young people may typically be experiencing:

- Anxiety: limited understanding or false perceptions of prison and prison life, difficulty sleeping, concentrating or socialising.
- Changes in behaviour: poor behaviour in school or home, low school attendance, risk of exclusion, bullying.
- Social exclusion: loss of friends and family; change of school and community.

Breaking Barriers can initially talk through the referral to make sure that it is the right service for the child, before contacting the parent and arranging to meet with the child (usually in school) for a series of weekly 45-minute sessions over 6 - 8 weeks.

If you know of a child or young person who you think may benefit from Breaking Barriers, please do get in touch: claire.dixon@ormistonfamilies.org.uk  Tel: 07787 404 385
NACOA – Providing information, advice and support for everyone affected by a parent’s drinking

NACOA – providing information, advice and support for everyone affect by a parent’s drinking

“Nacoa (The National Association for Children of Alcoholics) is a registered charity (No. 1009143), founded in 1990 to address the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.

Nacoa has four broad aims:

- To offer information, advice and support to children of alcohol-dependent parents
- To reach professionals who work with them
- To raise their profile in the public consciousness
- To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Free helpline - If you would like to talk to someone, our free confidential helpline is here for you.

- Information and ongoing support
- For all ages
- Phone or email
- Your call won’t show up on a landline bill
- You can tell us as little or as much as you want
- There is no need to give us your name

http://www.nacoa.org.uk/
Dear all,

Please see below for the link to SNYAB's annual consultation survey. We are trying to get over 1000 responses from young people aged 13 -19 to inform our Annual Plan for 2019. Young people aged 11 - 25 are also welcome to complete the survey as well. The survey is open until 30th November 2018.

https://www.surveymonkey.co.uk/r/SNYAB2018-2019

If you need any further information, please get in touch. We can also supply paper copies if necessary.

We really appreciate your support in getting this questionnaire completed.

Many thanks,

Sam Mason

SNYAB Youth and Community Worker
MTM Youth Services CIC
07778 896325