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## Parent & Child

### 1. Mpower service to Women

#### **Mpower service to women who have had children removed**

As part of Ormiston Families' Connect Programme, Mpower offers a service to women who have had at least one child removed from their care and who need additional support in understanding the reasons behind this. Mpower helps by addressing the issues that led to removal, with the aim to reduce the likelihood of it happening again. Often these women do not feel in a position to seek support through other means. We build a trusting, non-judgemental relationship and help women focus on themselves.

Get in Touch

Alison Gillies

Mpower Services Manager 07816 544163 or 01473 705036

[alison.gillies@ormistonfamilies.org.uk](mailto:alison.gillies@ormistonfamilies.org.uk)

[www.ormistonfamilies.org.uk](http://www.ormistonfamilies.org.uk)

The service has just started operating in Kings Lynn and West Norfolk Contact 07970 422052 for more information

### 2. Hunstanton Sensory Express

#### **At Hunstanton Children's Centre**

Sensory Express group on Wednesday 18 April and Wednesday 16 May 2018 from 10 - 11.30. This group is run by ASD Helping Hands and is for parents of children who may be on the autistic spectrum, have global development delay, speech delay or other sensory issues. In April the focus is on PECS and in May it is on 'Social Stories'

**Action for Children, Hunstanton Children's Centre, Avenue Road, Hunstanton PE36 5BW**

01485 534228 | @actionforchildren | [actionforchildren.org.uk](http://actionforchildren.org.uk)

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### 3. North Lynn Childrens Centre

North Lynn, Gaywood North Bank and the Wootton's Sure Start Children's Centre

Call 01553 668505 [www.surestartnorfolk.co.uk](http://www.surestartnorfolk.co.uk)

Free activities Spring 2018 0-5years, mums, dads, carers, child minders and grandparents

| Day       | Activity                               | Details  | Time              | Where                     |
|-----------|--|--|-------------------|---------------------------|
| Monday    | Child Health Clinic<br>Mar 19 & Apr 16 | Health visitor sessions,<br>for health and<br>development advice<br>on your preschool<br>children. | 11.30am - 12.45pm | Reffley<br>Community Hall |
|           | Stay and Play (TT)                     | Confident explorers up<br>to school age.   | 10.15am - 11.30am | Children's Centre         |
| Tuesday   | Pathway 2<br>Parenting                 | Parent Education 4<br>week antenatal<br>programme.<br>Booking required.                            | 5.00pm – 7.00pm   | Children's Centre         |
|           | Self-Weighing for<br>Babies            | For parents to weigh<br>their babies without a<br>health professional                              | 12.00pm - 1.00pm  | Children's Centre         |
| Wednesday | Baby Group                             | Non mobile babies.   | 11.00am -12.00pm  | Children's Centre         |
|           | Self-Weighing for<br>Babies            | For parents to weigh<br>their babies without a<br>health professional.                             | 12.00pm -1.00pm   | Children's Centre         |
|           | Stay & Play (TT)                       | Confident explorers up<br>to school age.   | 1.30pm – 2.45pm   | Reffley<br>Community Hall |
| Thursday  | Baby Explorers(TT)                     | For babies starting to<br>move and explore.  | 1.00pm – 2.00pm   | Children's Centre         |
| Friday    | Child Health Clinic<br>Mar 02 & Apr 06 | Health visitor sessions,<br>for health and<br>development advice<br>on your preschool<br>children. | 9.30am - 10.30am  | Children's Centre         |

TT =Term time only

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#### 4. Nelson's Journey

Update on changes to the referral process into Nelson's Journey, with effect from 1<sup>st</sup> March 2018: Due to the continued high demand, and occasional inappropriate, referrals to Nelson's Journey's services we have reviewed our referral process and have changed our process as follows:



- Following all professional referrals we will send a letter/email to the parent/carer inviting them to contact us to take/complete the referral process. A copy will be sent to the referrer.
- At this stage the parent/carer will discuss the child's needs with a duty worker and if the service is deemed appropriate a 1:1 assessment will be arranged.

Or

- Where appropriate the parent/carer will be offered continued access to our support line.
- Parents/carers will be sign posted to a more relevant service where necessary.

#### How you can help:

- Where possible could you encourage parents/carers to contact Nelson's Journey directly.
- If you make the initial referral please gather as much information about the child/young person and the detail of the bereavement and call our support line to discuss the referral.

Each family will be sent a tailored information pack once we have spoken to them.

Our NJ Support Line is open:

Monday 9am – 4.30pm

Tuesday 9am – 4.30pm

Wednesday 1.30pm – 4.30pm

Thursday 9am – 4.30pm

Friday 9am – 4pm

Our phone number is 01603 431788 W: [www.nelsonsjourney.org.uk](http://www.nelsonsjourney.org.uk)

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## 5. Sleep Clinics

### **Are you and your children struggling to get a good night's sleep?**

Thanks to funding from the Comic Relief Community Grants, parents of children with sleep deprivation are offered free places at a Sleep Clinic run on two different dates by Sleep East. Come along for the 'bounce and rhyme' session and then spend time with a qualified sleep counsellor to get your sleep questions answered.

The Sleep Clinic is designed for all exhausted parents of children with complex and additional needs. It is fun and interactive, and it covers:

- Sleep information and strategies
- Keeping a sleep diary
- Developing and maintaining a good bedtime routine
- **Venue:** Gaywood Library, River Lane, Gaywood, Kings Lynn PE30 4HD
- **Dates and times:**
- Tuesday 17 April at 11am
- Tuesday 1 May at 11am

**Bookings:** Contact Joy Bishop (Lead Sleep Counsellor) at [joybishop@sleepeast.co.uk](mailto:joybishop@sleepeast.co.uk) to book your free place and state which of the two dates you would prefer

## 6. Grandparents plus

### **"Grandparents Plus - Keeping families together**

Millions of families rely on grandparents. We're here to make sure they can handle whatever life brings. Grandparents Plus is the only national charity (England and Wales) dedicated to grandparents and their role in the care and development of their grandchildren.

#### **What we do**

We're a voice for grandparents.

We recognise the huge contribution grandparents are making to families across the country, and we speak out to make sure their voices are heard - whether they're providing childcare so parents can work, stepping in to care full-time or shoring up a safety net for the next generation. We're a lifeline for kinship carers.

Through our advice service and support network, we help kinship carers by providing support, giving independent guidance and connecting them with each other. Our support programmes are developed with kinship carers for kinship carers, and are changing lives by strengthening families across the country."

<https://www.grandparentsplus.org.uk/who-we-are>

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## **7. Special Guardians Groups**

Norfolk Special Guardians Group open to all special guardians who are caring for a child under an SGO



**This is an opportunity to meet other Special Guardians and to speak to a Social Worker about any questions or worries you might have.** Norfolk Kinship Team have also invited specialist guest speakers to present on relevant topics.

The meetings are 9:45am- 12:00pm with tea/ coffee and introductions and discussions and with guest speakers on a particular theme at 11:00am

### **Kings Lynn Venue Programme**

Gaywood Library  
River Lane  
Kings Lynn PE30 4HD

18<sup>th</sup> April - Theme - Supporting Contact

13<sup>th</sup> June - Theme - Life Story work for your child

### **Norwich Venue Programme**

Tuckswood Library  
Robin Hood Road  
Norwich NR4 6BX  
14<sup>th</sup> May – Theme – Education-Bullying, transitions, EHCP

**Norfolk Kinship Team has an advice line Monday- Friday 10-12 to support special guardians and their families with any questions relating to special guardianship 01603 224 131**

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## Additional needs and disability

### 8. Managing Challenging Behaviour

#### ASD and ADHD Support Information Session

Managing Challenging Behaviour  
Wednesday 25th April  
10am until 12pm  
Swaffham Community Centre,  
The Campingland,  
Swaffham, PE37 7RB

Family Action and Contact are running a free session for parents and carers to share information about managing challenging behaviour for families who have a child with a diagnosis of, or suspected ASD or ADHD.

Come and share your experiences, meet other families, and pick up advice and support.

To book a place please contact  
Natalie Webb  
01760 720302  
[natalie.webb@family-action.org.uk](mailto:natalie.webb@family-action.org.uk)

**contact** *For families  
with disabled children*



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## 9. Safe Handling Training

ASD Helping hands are working in partnership with Safer Handling training to offer a two part course on safer handling and restraint

At the Green Britain Centre in Swaffham on 7<sup>th</sup> April;- Morning Session aimed at professionals (£30) covers reasonable force, legal implications and risk assessments afternoon session aimed at parents & carers (£60) covers restraint to use at home, how to manage behaviour ,use of physical restraint more details at

<https://www.asdhelpinghands.org.uk/events-1/session-1-reasonable-force-and-the-legal-side>

<https://www.asdhelpinghands.org.uk/events-1/session-2-restraint-training>

£80 for the whole day

<https://www.asdhelpinghands.org.uk/events-1/full-day-safer-handling-training>

## 10. ADHD Parenting Programme

Being an AD HD parent can be a challenge taking incredible patient and strength. Our parenting programme is specifically about ADHD parenting. Most ADHD parents know how to parent and have probably been asked to attend other parenting courses. Most know how they are supposed to parent; generic parenting course won't work

What does the programme cover?

This programme will show parents how to understand their child by tapping onto their word. Learning ADHD specific techniques and strategies is the answer in turn improving family life. They will be integrating some core strategies into their young person's own daily routine so they will be better equipped to understand themselves and manage their own ADHD too

Unit one: What is ADHD?

Unit two: Understanding ADHD

Unit three: Treating ASDHD

Unit four: Supporting you child to reach their full potential

Unit five: ADHD and the community

Unit six: looking after you

Locations in Norwich, Kings Lynn Great Yarmouth and Thetford

Each weekly unit last three hours term time only programme runs for six weeks evening and daytime options

See [www.adhdnorfolk.org.uk/services](http://www.adhdnorfolk.org.uk/services) [enquires@adhdnorfolk.org.uk](mailto:enquires@adhdnorfolk.org.uk) 01263 734 808

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## 11. New Speech & Language web pages

The local offer team have recently worked with East Coast Community Healthcare and Family Voice Norfolk to improve the information about speech and language on the Local Offer.



The **new and improved webpages** provide information to support parent carers who are concerned that their child may have speech, language and communication needs (SLCN).

- [Children's speech language and communication needs](#)
- [Children's speech language and communication support](#)
- [Speech and language resources](#)
- [Children's speech and language therapy service](#)
- [Speech and language therapist](#)
- [Independent speech and language therapy](#)

From April, with the launch of a new directory, we will be moving towards having all provision and services that are part of the Norfolk local offer in the directory.

## 12. Summer Activities

**ASD Helping Hands residential and activity weeks are now on sale**

### Bidwell 2018

Bidwell is our annual residential trip for families affected by an Autism Spectrum Disorder. It is held at Two Mile Bottom Scout hut just outside of Thetford.

On offer, we have a range of activities including Canoeing, Archery, Music Workshops, Arts and Crafts and a lot more

### Teen Activity Week

A selection of different activities days for our over 12's. Each day is independent so pick and choose the ones that suit you 13<sup>th</sup>-17<sup>th</sup> August

|                              |                         |        |
|------------------------------|-------------------------|--------|
| Combat paint balling         | 13 <sup>th</sup> August | £25 pp |
| Gravity & Pizzas Hut         | 14 <sup>th</sup> August | £20 pp |
| Water Sports& Bush Craft Day | 15 <sup>th</sup> August | £50 pp |
| High Lodge & BBQ             | 16 <sup>th</sup> August | £10 pp |
| Drayton Manor Trip           | 17 <sup>th</sup> August | £40 pp |

Please see [Residential & Activity Weeks](#)

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### 13. SEN Training College

ASD Helping Hands Special Educational Needs accredited courses are designed for teaching assistants and learning support staff or colleagues working with SEN students in a range of settings including courses to help you understand specific types of SEN. All our qualifications are part of your staff member's continuous professional development (CPD).



Whether you're working in a special school, in a mainstream setting or an organisation supporting individuals special educational needs, we have a wide range of courses to support you in developing your knowledge, skills and expertise. Our experienced course leaders bring with them a wealth of experience and a huge number of highly practical ideas, meaning that you'll return to work inspired and empowered to use what you've learnt.

If you're new to your role in SEN, our level 1 & 2 awareness courses will prove invaluable, whilst more experienced SEN staff will benefit more from our Level 3 & 4 courses aimed at developing your role.

For more information please see their website ([Click Here](#))  
Courses offered by ASD Helping Hands for 2018:

- [Autism In Education](#)
- [Autism Awareness](#)
- [Level 2 Relationship Education](#)
- [Level 3 Supporting Dyslexia](#)
- [Level 3 Supporting Students with Autism](#)
- [Level 4 Supporting Learners With Special Education Need](#)

#### Parent Courses

[Managing Behavior: Module 1 Understanding Behavior \(under development\)](#)

If interested can they email [training@asdhelphinghands.org.uk](mailto:training@asdhelphinghands.org.uk)

Or see the website <https://www.asdhelphinghands.org.uk/sen-training-college>

<https://www.asdhelphinghands.org.uk/test>

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## Carers

### 14. Guide to Care and Support for Adults

Your guide to care and support for adults 2017-18

#### New updated version available in April 2018

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](http://www.norfolk.gov.uk/careservices) or for a free copy contact Norfolk County Council Customer service Centre on: 0344 800 8020. For bulk orders of the new 2018/19 guide please contact Rosemary Henderson at [rosemary.henderson@norfolk.gov.uk](mailto:rosemary.henderson@norfolk.gov.uk) or tel: 01603 223529

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## Health and Well Being

### 15. New Drug & Alcohol Service

#### Change Grow Live (CGL) Norfolk, Alcohol and Drug Behaviour Change Service

CGL will start operating in Norwich, Kings Lynn, Great Yarmouth and Thetford from April 1st.



The office at 5-9 Chapel Street Kings Lynn will close on Thursday, 29<sup>th</sup> March and re-opens at the new base of 33 Railway Road, King's Lynn. PE30 1NF on Tuesday, 3<sup>rd</sup> April

CGL provide advice, guidance and support and a clear pathway to recovery for individuals affected by alcohol or drug misuses. They can provide confidential information, advice, treatment options and support. CGL is a health and social care charity that works with individuals who want to change their lives for the better and achieve positive life affirming goals

Contact them on T: 01603 514096, E: [norfolk.info@cgl.org.uk](mailto:norfolk.info@cgl.org.uk)

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## 16. Wellbeing Socials

### Wellbeing Associates Workshops & Socials



| <b>Date and Time:</b>                                 | <b>What and Where:</b>   |
|---|--|
| Wednesday 11 <sup>th</sup> April<br>5.00pm- 7.00pm    | Wellbeing Art workshop<br>Providence Street Community Centre<br>Providence Street, King's Lynn PE30 5ET  |
| Thursday 12 <sup>th</sup> April<br>10.30am – 12.00pm  | Coffee and a Catch up<br>Chives Brasserie, 11 High Street,<br>Hunstanton, PE36 5AB   |
| Monday 16 <sup>th</sup> April<br>5.30pm – 7.00pm      | Coffee and a Catch up<br>Sainsbury's Café, Hardwick Industrial Estate,<br>Scania Way, King's Lynn, PE30 4LR  |
| Wednesday 18 <sup>th</sup> April<br>10:30am – 12:00pm | Coffee and a catch up<br>Reeds Café Nelson House Bridge Street<br>Downham PE38 9DS   |
| Monday 23 <sup>rd</sup> April<br>5:30 -7:30pm         | Associate Workshop<br><b>Dr Ian Tweedle Talks Medication and Mental Health</b><br><b>*Booking Essential limited Places*</b><br>Providence Street Community Centre<br>Providence Street, King's Lynn PE30 5ET |
| Thursday 26 <sup>th</sup> April<br>5:30pm- 7.00pm     | Coffee and a Catch up<br>Sunshine Café, 20 Wales Court,<br>Downham Market, PE38 9JZ  |
| Friday 27 <sup>th</sup> April<br>10:30am- 12:00pm     | Associate Workshop – Art & Environment with<br><b>NEW</b><br><b>Coffee and a Catch up</b><br>Alieve Leisure Lynnsport Café<br>Greenpark Avenue<br>Kings Lynn<br>PE30 2NB                                     |
| Every Friday 1.00pm –<br>3.00pm                       | Peer Led Discussion Group<br>Providence Street Community Centre<br>Providence Street, King's Lynn PE30 5ET<br>Contact Stewart Oddie –<br>stewart.oddie@nsft.nhs.uk   |

To book a space contact Gary Freeman on [gary.freeman@nsft.nhs.uk](mailto:gary.freeman@nsft.nhs.uk) or 07341 867105

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## Domestic Abuse and Victim Support

### 17. Good Friend Guide for DA

#### How to be supportive to a friend or family member experiencing abuse.

Are you looking for practical and simple advice on how to better support a friend in an abusive relationship? We've put a short guide together to do just that. Though this is not a definitive resource with all the answers for each individual case, it's a good place to start especially if you're feeling unsure or anxious. Don't worry! You can do this...

There is no one-size-fits-all solution so take and leave the advice you'll find here.

For now, we have decided to focus our attention on violent and abusive relationships in which the survivor is a woman. The relationships may be heterosexual or same-sex. Although [CHAYN's](#) work is mostly aimed at women, the advice given in this guide can be used by anyone who believes it can be helpful to them, regardless of gender.

This guide is part of a continuing discussion about how we can support women in violent relationships. We welcome suggestions and contributions that will help us improve this guide. The guide was originally developed by Cagnesciolte in Rome and has been remixed by [CHAYN](#).

<https://chayn.gitbooks.io/the-good-friend-guide/content/>

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## 18. DA Champion Training Events

### For Education Staff Only

13th & 20th June - The Willow Centre, South Norfolk  
2nd & 10th October - Swaffham – venue TBC

### For Healthcare Staff Only

9th & 10th July 2018 - Lecture Theatre, Queen Elizabeth Hospital, Kings Lynn  
19th September & 3rd October - The Willow Centre, Cringleford

From: 10am-4pm no cost attached

#### **What Do Champions Do?**

Be the key domestic abuse contact for your agency  
Disseminate up to date information about domestic abuse to your team  
Raise awareness in your organisation  
Be the link between your organisation and the Champions Network

#### **What do Champions Get?**

Free two day training  
Access to advice and consultancy  
Regular Network Events  
Monthly Newsletters

#### **Day One**

What is Domestic Abuse?  
The Dynamics of Power and Control  
The Impact of Domestic Abuse  
Barriers to Leaving  
The Impact on Children

#### **Day Two**

Workplace Domestic Abuse Policy  
Encouraging Disclosures  
Responding to Disclosures  
Risk Assessment & Safeguarding  
Safety Planning  
Local Support Agencies

Request to book: [da.change@norfolk.gov.uk](mailto:da.change@norfolk.gov.uk)

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## Groups

### 19. Targeted Activities for Young People

**Prospects** in the new service commissioned by Norfolk County Council for young people. The criteria for referral is that the young person must be aged 13-19 and “at risk of statutory intervention” which can include a risk of youth offending; mental health difficulties; risk of school exclusion; health referrals, etc. In addition, they are keen to support the Early Help Team and others with their ‘step-down’ of young people who may need additional support to manage exiting services and gaining their independence. Referral is by the Request for Support form on the Early Help page of the Norfolk County Council.

More information from Gary Murray <mailto:Gary.Murray@prospects.co.uk>  
Or: 07702 877341

### 20. Mountain Biking with KLMTB

**Saturday afternoons March-October**

**6-8 year olds 12:30-13:30**

**9-15 year olds 14:00-15:30**

**Shouldham Warren Main Carpark PE33 0DQ**

**FOR MORE INFORMATION VISIT**

**[WWW.KINGSLYNNMTB.COM](http://WWW.KINGSLYNNMTB.COM)**

**OR E-MAIL David Webster at [COACHING.KLMTB@GMAIL.COM](mailto:COACHING.KLMTB@GMAIL.COM)**

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## 21. Mobility Charity Grants

### Mobility Trust

Mobility Trust provides powered wheelchairs and scooters for UK residents who have severe disabilities and who cannot obtain such equipment through other means. We aim to reach and help people who, quite simply, have nowhere else to turn. We are the only UK charity that provides such broad support, regardless of age or cause of disabilities.

<https://mobilitytrust.org.uk/>

### Acts345 (not mobility specific, but of interest in general)

Acts 435 is a website that directly links those wanting to give with those needing their help. This happens simply through online giving, with the Church providing a physical, face-to-face meeting point where church volunteers, called advocates, meet with those in need and post these needs on the Acts 435 website. 100% of what is donated via Acts 435 goes directly to those in need. Nothing is removed to cover administration costs – if you give £80 for a cooker, that full £80 will go to purchase that item.

<https://acts435.org.uk/give/other/gifts-in-kind/>

### The Barchester Healthcare Foundation

The Barchester Healthcare Foundation supports older people and adults with physical and mental disabilities. It is able to help individuals with the cost of items that enhance the person's mobility, independence or quality of life.

[www.bhcfoundation.org.uk](http://www.bhcfoundation.org.uk)

### ACT foundation

ACT provides grants of up to £2,500 to individuals with the aim of enhancing the quality of life for people in need (specifically those who have a physical and/or mental disability or the aged and who are living in poverty). Applicants are required to be permanently resident in the UK. Examples of grants we will consider:-

- Mobility aids
- Specialised seating and car seats
- Specialised beds and sleep systems
- Sensory toys and equipment, room padding
- Communication aids, specialised software
- Respite breaks at a registered centre for the applicant only
- Vehicle Adaptations

<http://www.theactfoundation.co.uk/content/apply-grant-individuals>

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### **Aid for the aged in distress**

What will AFTAID provide a grant for? Nearly anything which is required to take away hardship from the day to day life of an older person.

<http://www.aftaid.org.uk/home.html>

### **Margaret's fund**

We only give grants to women who are in financial need – and who are in ill health or suffering from a health-related problem. To assist you, here is a rough guide to how Margaret's Fund normally helps successful applicants. For reasons associated with the history of the charity, we tend to favour these conditions in order of importance: •Women with TB. •Women with chest related or pulmonary illnesses. •Women with other illnesses. Grants are made for: •aids for disability •extra comforts •convalescent holidays (holidays to recover from illness) •clothing •extra nourishment •extra heating

<http://margaretsfund.co.uk/how-we-help/>

### **The hospital Saturday fund**

The Hospital Saturday Fund provides grants to individuals from the UK and the Republic of Ireland. It is able to help with the purchase of specialised equipment and practical forms of treatment.

[www.hospitalsaturdayfund.org](http://www.hospitalsaturdayfund.org)

## **22. Strongbones Children's Charitable Trust**

Strongbones Children's Charitable Trust is a national registered charity set up to help families who have children suffering from brittle bone disease, bone cancer, scoliosis, arthritis, and all other serious conditions of the bone. Applicants must be under the age of 21.

### **What we do**

- We provide an online support network to over 1,000 families
- We provide manual wheelchairs
- We provide specialist buggies
- We provide adapted trikes and hand cycles.
- We provide supportive seating (If refused by State funding at panel)
- We provide advice to families in accessing welfare benefits.
- We provide disability aids and portable hoists
- We organise family days to enable parents and children to network.
- We organise and fully fund a yearly superhero party in the summer
- Our Youth Ambassador Myles selects a child weekly to receive an Inspirational
- We provide balloons to children in hospital.
- We organise accessible activity weekends
- We support siblings through our Super Sibling
- We provide smart home technology

<https://strongbones.org.uk/about-us/>

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### 23. Day Trippers Grants

**“Special schools, children’s hospices, charities and support groups can apply for funding towards a day trip of their choice.**

We want to ensure children and young people with disabilities and life-limiting conditions in the UK experience great days out. Find out below if your organisation is eligible for our support and how to apply for a grant. If you have any queries, please contact us on 020 7758 0030 or at [enquiries@daytrippers.org.uk](mailto:enquiries@daytrippers.org.uk).

<http://www.daytrippers.org.uk/daytrips/how-to-become-a-daytripper/>

#### **Eligibility criteria:**

- Special schools, children’s hospices, registered charities and support groups (without charity status) based in the UK are eligible to apply.
- The day trip must consist of at least eight children and young people who have a disability and/or a life-limiting condition (up to the age of 25).
- The proposed day trip must take place in the UK.

#### **Key points:**

- Application forms are accepted all year round.
- Fully completed application forms and supporting documents may be submitted ten working days or more prior to the day trip.
- Funding will primarily be considered for children and young people with disabilities and life-limiting conditions and their key carers.
- We will consider each application form and funding requested on an individual basis.
- We allocate up to £30 per child/young person and award grants no greater than £1,500.
- If the proposed day trip includes over 50 children and young people, please call us to discuss your request before completing an application form.
- As well as considering days out, we welcome application forms regarding in-house events (a fun day for children for example).
- If we are unable to cover all of the costs, we will consider making a contribution towards the day trip.
- Successful applicants are required to provide monitoring information after the day trip has taken place. See [here](#) for more information.
- Organisations are expected to pay for the day trip upfront. Payment of the grant will be issued after the day trip and when the monitoring information has been submitted.
- Organisations may receive one grant per calendar year.

#### **We will not consider:**

- Application forms for individual families.
- Funding requests for overnight stays and residentials.
- Day trips to events funded or co-funded by Daytrippers.”

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## 24. B&Q Re-Use Scheme

### Community re-use - B&Q operates a community re-use scheme through all stores

The scheme is in place to donate unsellable products and materials for re-use by local schools, other educational institutions and community groups, for the benefit of the local community and the environment. These items are donated on the understanding that they will be re-used or disposed of responsibly if they aren't used. Eligible groups include:

- Schools and colleges
- Child minders, playgroups and nurseries
- Allotment associations, community gardening projects
- Youth groups including scouts, guides and cadets
- Registered charities
- Adult education projects, University of the Third Age
- Other local community groups

Please note that these are unsellable items. B&Q cannot guarantee the suitability for re-use. No electrical or dangerous products can be donated e.g. broken ladders, faulty chairs or lights. We do not donate items to individuals.

For more information please contact your local store directly and speak to a duty manager.”

<https://www.diy.com/corporate/community/waste-donation/>

## 25. Meet Up Society Database

**“Getting together with real people in real life makes powerful things happen. Side hustles become careers, ideas become movements, and chance encounters become lifelong connections. Meetup brings people together to create thriving communities.”**

This is free of charge to join, web-based data-base of clubs and societies and has dozens of groups across Norfolk (though some are more focused around urban areas). The database can be searched for specific locations

<https://www.meetup.com/find/>

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## 26. Cochlear Implant Group

If you are interested in attending “Norfolk Cochlear Implant Social Group”  
Come along AND GET INVOLVED

- Tell us your ideas
- Tell us how you would like to be involved.

Opportunity to meet CI users, family and friends

To meet others who have been through the process from start to finish  
Provide opportunity for those who have been seeking practical support.

Please get in touch with

Steve Hurley (Development Worker and a CI User)

Mobile/ Text: 07748335041

Email: [stephen.hurley@norfolk.gov.uk](mailto:stephen.hurley@norfolk.gov.uk)

## 27. Variety Children’s Charity

We’re here to help improve the care and ease the burden of looking after a child who is seriously ill or disabled. We really do understand the emotional and financial strain it imposes on parents and carers. Grants are available to individuals as well as organisations. We aim to provide whatever is needed:

- It may be medical, such as monitoring equipment.
- It may be basic care like feeding tubes or hoists.
- It may be sensory play or mobility equipment for a nursery or playgroup.

Applications can be made on behalf of individual children. These must be supported by a letter from an appropriately qualified medical professional, e.g. occupational therapist, physiotherapist or paediatrician. Please ensure that this letter refers to the equipment.

Applications can also be made from non-profit making groups and organisations working with children up to, and including, the physical age of 18 years. These include statutory bodies (schools and hospitals), hospices and small registered charities. These applications must also be supported by a letter from medical professional, as above.

<https://www.variety.org.uk/what-we-do/equipment-grants>

### Variety Great Days Out

2 million children have had Great Days Out with Variety.

We arrange our days out with schools or organisations who cater for children and young people who are sick, disabled or disadvantaged.

### Are you a school or community group?

If you work with children who are sick, disabled or disadvantaged and would like to know more about our great days out please contact us on 020 7428 8100 or email [info@variety.org.uk](mailto:info@variety.org.uk)

<https://www.variety.org.uk/what-we-do/variety-great-days-out>

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## Housing and Finance

### 28. KL & WN Community Support

#### King's Lynn and West Norfolk Community Support

The new King's Lynn and West Norfolk community support service will commence on 1<sup>st</sup> March 2018. The team will work with customers 18+ who have complex needs in order to prevent and reduce the risk of homelessness to ensure a reduction in the number of individuals currently rough sleeping in the Borough.



The service will also reduce the impact of homelessness and crisis on statutory and other voluntary and specialist agencies in the King's Lynn and West Norfolk area working with partners to meet their Homelessness Reduction Act obligations.

The service aims to achieve these outcomes by supporting service users to remain in their homes and aid those who are rough sleepers to find accommodation. This will include attending assessments and appointments with benefits and debt management agencies, mental health community support teams, local voluntary and specialist providers, housing providers, drug and alcohol support services, probation and the Community Rehabilitation Company. Once the service user has attained a level of stability either by securing or maintaining accommodation, or reduction in mental ill-health crisis, the team will deliver preventative actions, including building resilience and skills to prevent the risk of future homelessness through our Home Achievement Programme (HAP), employability pathway and peer support groups. We will also support attendance at the Recovery College and engagement with other local community projects.

The team will be based in King's Lynn with facilities to meet service users on site, offering drop in sessions in King's Lynn and other areas across the Borough where a need is identified. Group sessions will be held to meet the need of those using the service as will face-to-face contact. The service will operate Monday to Friday 9-5 with scope to work in the evenings and on Saturday mornings; enabling the team to reach out to individuals that are already classed as rough sleepers.

The service will complete risk assessments, person-centred planning support plans and use the outcomes star to determine progress. Service users will receive intensive support to enable fast progress in meeting outcomes and engage with others involved in the service user's life. The service will be delivered using the psychologically-informed environment approach.

For more information and to request a referral form please contact

Tracy Baker by email: [Tracey.Baker@homegroup.org.uk](mailto:Tracey.Baker@homegroup.org.uk) or Telephone: 07525 904278

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## **29. April Benefit Changes**

Millions of households entitled to welfare benefits and tax credit will see big changes in their claims in April 2018. As the financial year comes to an end, here are some of the key things to look out for in April.

### **Support for Mortgage Interest (SMI)**

Support for Mortgage Interest will no longer exist as a benefit from Friday 6 April 2018 and is being replaced with an interest bearing loan. This means that owner-occupiers who require help with their Housing Costs from this date can take out a loan and have a charging order placed on the property.

### **Universal Credit**

If you are on Housing Benefit when you make a new claim for Universal Credit, you could receive two-weeks extra of Housing Benefit. You do not have to wait for a decision on your claim for Universal Credit to be entitled to this.

You will not have to pay this amount back and this will be paid in addition to your Universal Credit award, which may also include an amount for your Housing Costs.

Universal Credit will be fully rolled out to all areas of the country by December 2018. For further information please see our information on [when you can claim Universal Credit](#).

### **Childcare**

Employer Childcare Vouchers will no longer be available to new claimants. However, you may be able to receive help with your childcare costs through Tax Free Childcare or through Working Tax Credit or Universal Credit. You can use the [Gov.UK website's childcare calculator](#) to find out what scheme is best for you.

### **Student loans**

Part-time undergraduate students will be entitled to maintenance loans for the academic year 2018-19 to support the cost of living while studying for the first time. The level of support, which will be means tested, has not yet been confirmed.

### **Pensions**

Pension deductions will treble for auto-enrolled pensions in April. This will mean 2.4% of pay will be diverted into people's pensions. This will increase to 4% in 2019.

### **Change of benefit rates**

Benefit rates for disability benefits and premiums, Carer's Allowance, and all carer's elements and premiums will increase in April 2018. All other benefit rates have been frozen. The Department for Work and Pensions (DWP) have outlined [the proposed changes to benefit rates in full](#).

For more information see

<https://www.turn2us.org.uk/About-Us/News/April-Benefit-Changes>

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### 30. Universal Credit

The link below from gov.uk takes you directly to the roll out schedule for Universal Credit Full Service (UCFS)

Breckland is Scheduled for June 2018 and Kings Lynn and West Norfolk Scheduled for November 2018;-

**“Rollout of the Universal Credit full service is due to complete in December 2018. After the rollout process has completed, DWP will then begin moving all remaining existing benefit claimants to the Universal Credit full service starting in 2019.”**

So basically it will only be those people making a **new claim** for Jobseeker’s allowance, Employment & Support Allowance, Income Support, Housing Benefit, Tax Credits and Child Tax Credit that will make a claim for UCFS instead

At this stage we do not know how the movement of existing benefit claimants e.g. ESA, JSA and IS onto UCFS will happen. Anyone on any of these benefit will remain on them until either their circumstances change or when the agreed date for transferring them over is reached.

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/680524/universal-credit-transition-rollout-schedule-feb18-dec18.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/680524/universal-credit-transition-rollout-schedule-feb18-dec18.pdf)

### 31. Vicar’s Relief Fund

The charity covers the whole of the UK – includes money to cover hoarding clear up.

“The VRF provides small crisis grants of up to £350 to support people who are at risk of, or currently experiencing homelessness or vulnerable housing, to establish and maintain their tenancies. Types of applications include funding to secure accommodation and to clear rent arrears following an eviction notice.

**We only accept applications from paid frontline workers providing support to people who are experiencing homelessness or vulnerable housing.**

We will provide grants for:

**Accessing accommodation** – Rent deposits, rent in advance, admin fees, ID, or temporary accommodation costs.

**Preventing eviction** – Rent arrears, service charge arrears, Debt Relief Orders and bankruptcy fees or money to pay for a hoarding clean up.”

**Setting up home** – Household goods or moving costs.

For more information and to apply click [here](#).”

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### 32. Kings Lynn Foodbank Move

As from Monday 5<sup>th</sup> March the foodbank will be operating out of the **Purfleet building, 5 St Anne's fort, Kings Lynn PE30 1QS.**

If you can let your clients know when you issue vouchers, thank you.  
The phone numbers and opening hours will remain the same.

**Phone us** 07582558143

**Email us** [info@kingslynn.foodbank.org.uk](mailto:info@kingslynn.foodbank.org.uk)

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## Training and Employment

### 33. ICT Functional Skills

ICT Functional Skills Level 1 - intermediate

For learners who have completed the Entry Level 3 Functional Skills ICT qualification or can demonstrate knowledge to that level. You will learn file management, e-safety, electronic communication software, word processing, spreadsheets, databases and presentation software on successful completion of the course you will gain a recognised City and Guilds Functional Skills

Course code: IT1FS7817X

Info session (free): Saturday 21 April 2018 Start date: Saturday 28 April 2018

Time: 10am to 12.30pm Duration: 5 weeks

**Cost: £50 (free to concessions)**

**South Lynn Community Centre**

**10 St Michael's Road**

**King's Lynn**

**PE30 5HE**

To find out more and book your place, visit our website:

[www.norfolk.gov.uk/adultlearning](http://www.norfolk.gov.uk/adultlearning)

Or call our Admissions Team on: 01603 306530 or 0344 800 8020

### 34. Level 2 Childcare

Level 2 Childcare (intermediate)

This is a nationally recognised Level 2 Certificate Children and Young Peoples' qualification for Pre-school/Nursery Assistants in a variety of settings. Applicants should ideally have a terms experience and be volunteering or working in a setting for a minimum of 6 hours a week.



Course Code: EY2CC1617X

Free info session: Tuesday 24 April 2018 Start date: Tuesday 8 May 2018 Time: 9.30am to 12.30pm Course duration: 24 weeks

Providence Street Community Centre, Providence Street,  
**King's Lynn, PE30 5ET**

To find out more and book your place, visit the website:

[www.norfolk.gov.uk/adultlearning](http://www.norfolk.gov.uk/adultlearning)

Or call: 0344 800 8020

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### 35. Get into Retail

#### Get Into Retail with Marks & Spencer

**Programme dates:**

Tuesday 8<sup>th</sup> May – Friday 1<sup>st</sup> June

**Location of the Programme:**

Marks & Spencer | Norwich City Centre

**Interviews:**

w/c 9<sup>th</sup> April

- Gain in-depth training in the retail industry by completing 4 weeks of work experience with Marks & Spencer
- Learn about stock rotation / control, good Customer Service and selling skills
- Possible opportunity to gain employment with M&S after the programme
- Doesn't affect your benefits & Travel expenses paid on the programme
- Improve your Team work and communication skills and boost your confidence, interview & Employability Skills and CV
- lunch allowance on the programme
- Up to six months support to help you find employment and / or further training

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

#### What happens on the Programme?

If you're not in work, education or training and live in the UK, we can give you the chance to gain work experience and receive training in a specific sector through our Get into Programme. We'll also focus on your employability skills to help you move into a job after the course.

#### Not sure if this is for you?

You can meet our staff before the course starts and ask us questions to decide if it's right for you. During the Programme, you'll also benefit from one-to-one support to help you think about what you'd like to do after the course finishes, and will have the option of support either from our staff or a volunteer mentor for up to six months.

#### Want to know more?

Check out the 'Get Into' promotion video and case studies from young people who have completed previous courses, plus much more on this link:

<https://www.princes-trust.org.uk/help-for-young-people/get-job/get-experience>

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### 36. Help You Choose

**Help You Choose Norfolk's careers information, advice and opportunities platform for young people Find out about all your post-16 options and choices**

- Full-time courses
- Apprenticeship vacancies
- Traineeships and short courses
- **Search and apply online** to Norfolk's sixth forms, colleges and training providers
- Enter your information once to apply for several courses
- Find out about **volunteering**
- Search for **Higher Education** opportunities available in Norfolk
- View our **Events** section to find out about open events and careers fairs
- Visit our **info and advice** pages to find information on:
  - Decisions and choices
  - Education and learning
  - Working and training
  - Travel and transport
  - Financial support
- Access **New Kudos** the careers quiz to help you find careers that might suit you

[www.helpyouchoose.org](http://www.helpyouchoose.org)

### 37. Apprenticeships Service

**TrAC Apprenticeships Norfolk (TrAC AN) has been created to provide bespoke support to employers who are able and willing to offer 6-month work placements to help vulnerable young people aged between 16-24 embark on and complete apprenticeships.**

TrAC AN will provide a wrap-around support and mentoring package to employers who would like to offer such opportunities to young people who need a little extra help. This means that they can focus on sector-specific conditions that affect health and social care in Norfolk. TrAC AN aims to raise awareness of the benefits of employing a young person who is yet to reach their potential by:

- Identifying and matching suitable young people to host employers for a work placement, Traineeship or Apprenticeship
- Working with you every step of the way to ensure support for you, the apprentice and anyone else involved
- Positively managing any challenges or barriers for all involved
- Providing HR and administrative support from start to finish, including managing wages, holiday pay and national insurance.

For more information contact TrAC AN. Phone: 01603 737739 Email: [katie@tracweb.co.uk](mailto:katie@tracweb.co.uk)

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### 38. Free English and Maths in Kings Lynn

Free  
Functional Skills  
English & Maths in Kings Lynn  
**Starting April 2018**



**English starts Tuesday 9:30am-2:30pm 1/5/2018**

10 St Michaels Road  
South Lynn Community Centre  
PE30 5HE

**Maths starts Thursday 9:30am-2:30pm 3/5/2018**

10 St Michaels Road  
South Lynn Community Centre  
PE30 5HE

You will be invited to information day prior to the course starting.

Dates as follows: - English 17/4/2018 9:30 -12:00pm  
Maths 19/4/2018 9:30 -12:00pm

To book your place on an information session.

Please call: **Norfolk Community Learning Services**

**Admissions team: 01603 306530.**

**Or enrol on the website [www.norfolk.gov.uk/adultlearning](http://www.norfolk.gov.uk/adultlearning)**

(Venues, days and times may be subject to change)

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## Training for Professionals

### 39. Overview of data protection training



It seems like everyone is talking about GDPR at the moment, but is it really cause for panic?

In our April/May Good Practice meetings, our guest speaker Oliver Holmes from Osiris ICT will help you understand how GDPR will affect your group and what you can do to ensure you are compliant with the new law which comes into effect on 25<sup>th</sup> May 2018.

The sessions will be very informal, with plenty of chances for you to ask questions, and are aimed at small organisations such as local youth clubs.

Momentum are also offering a half-day training course on GDPR so please contact us if you would be interested in this.

And as usual, the meetings will include an opportunity to meet other groups in your locality, hear about opportunities from Momentum, and get your Ambition Quality portfolio checked.

**Norwich:**

Wednesday 18<sup>th</sup> April, 5-7pm

**West Norfolk (King's Lynn):**

Wednesday 9<sup>th</sup> May, 10am-12pm

**Great Yarmouth:**

Tuesday 24<sup>th</sup> April, 10am-12pm

**North Norfolk and Broadland (Fakenham):**

Wednesday 16<sup>th</sup> May, 5-7pm

**Breckland (Thetford):**

Tuesday 1<sup>st</sup> May, 4-6pm

**South Norfolk (Wymondham):**

Tuesday 22<sup>nd</sup> May, 4-6pm

Dates, times and venues can be subject to change – please contact us to confirm your place so you can be kept up to date with any changes.

For more information or to book a place, contact Aimee Gedge, Supporting Excellence Officer.

Email: [aimee@momentumnorfolk.org.uk](mailto:aimee@momentumnorfolk.org.uk) | Phone: 01603 672333

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## 40. Engaging your Community

### Engaging Your Community-Training (Norfolk & Cambridgeshire)

**Workshop 1: Raising Aspirations & Engaging with your Community** (Friday 27<sup>th</sup> April 2018, 10am-1.30pm)

Being part of this unique workshop will help you:

- Clearly identify the composition of your community.
- Consider why you want to engage them – aims & objectives.
- Explore how to
  - Build strong and positive relationships.
  - Raise aspirations.
  - Generate a common vision and sense of belonging for all – removing barriers and encouraging positive interaction.
  - Aid partnership work.

**Workshop 2: Measuring & Evaluating the Outcomes of Community & School Based Projects** (Friday 11<sup>th</sup> May 2018, 10am-1.30pm)

Whether your work is funded by government, lottery, charity or another source, you will have to both measure and evaluate the outcomes of the services you provide. Attending this user-friendly workshop will help you:

- Explore how to measure the impact of your services.
- Look at ways of evaluating them.
- Investigate how to interpret your data.

### Venue

Both workshops will take place at **March Community Centre**, 34 station Road, March, Cambs PE15 8LE.

### Workshop Fee & Booking

£65 per workshop for all bookings made by Friday 30<sup>th</sup> March 2018

Those attending **both** workshops get a FREE follow-up session for their staff, helping them put theory into practice within your organisation.

To reserve a place on these unique workshops contact Linus Marray-Woods with your details: Email: [linus.lmwtraining@gmail.com](mailto:linus.lmwtraining@gmail.com) or Telephone: 07786-888653

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## 41. Serious Case Review Learning

### Implementing Learning from Norfolk's Serious Case Reviews 2018

#### NSCB Roadshows

Focusing on developing understanding of the Voice of the Child, building professional knowledge around intra-familial child sexual abuse and Harmful Sexual Behaviours and sharing learning from recent Norfolk Serious Case Reviews

**Target Audience** – Front Line Practitioners and Managers

**There is an event planned for your locality, please see the dates below:**

#### West

Tuesday 8th May – 9.00am to 3.00pm – Kings Lynn Football Club

#### Breckland

Wednesday 9th May – 9.00am to 3.00pm – The Green Britain Centre, Swaffham

#### North

Tuesday 15th May – 9.00am to 3.00pm – The Links Hotel, West Runton

#### East

Tuesday 22nd May – 9.00am to 3.00pm – Royal Assembly Rooms, Great Yarmouth

#### South

Wednesday 6th June – 9.00am to 3.00pm – Park Hotel, Diss

#### City

Thursday 7th June – 9.00am to 3.00pm – Abbey Conference Centre, Norwich

=====

There is no cost for attending these events but places are limited.

Booking for these events is via the NSCB online booking system:

<http://www.norfolkscb.org/people-working-with-children/nscb-training/>

Confirmation of places will be given by return email.

**Norfolk Safeguarding Children Board – 01603 224228**

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## 42. Family Support Process Training

The Family Support Process Core training will give you a good working knowledge of the Family Support Process including how to gain informed consent; how to complete the Family Support Form; who to involve; when to share information and how to plan the next steps.

In addition, as it is a multi-agency training course it offers you a chance to network with colleagues from other agencies.

### Who should attend?

This training is suitable for people who work with children and young people aged 0-18 years or people who work with adults who have children. It is a multi-agency training course, and is open to all agencies and services in Norfolk. We recommend that at least one worker from your agency attend.

**Full day course (9.15am - 4.30pm) except where stated**

### Breckland locality

- Dates to be announced

### West locality

- Kings Lynn Fire Station, North Lynn Bypass - 19 March 2018
- King's Lynn Fire Station, North Lynn Bypass - 19 April 2018
- Hunstanton Children's Centre - 9 May 2018
- King's Lynn Fire Station, North Lynn Bypass - 18 July 2018
- King's Lynn Fire Station, North Lynn Bypass - 9 October 2018

Although the courses are free they do have a cost implication for Children's Services if people don't attend. With this in mind please ensure that you advise at least seven working days in advance if you cannot attend. To do this get in touch with the locality contact

Please complete a [booking form](#) and return it to us by email at:

- Breckland – [nicola.secker@norfolk.gov.uk](mailto:nicola.secker@norfolk.gov.uk)
- West – [cs.earlyhelp.kingslynn@norfolk.gov.uk](mailto:cs.earlyhelp.kingslynn@norfolk.gov.uk)

Please note without a booking form we will be unable to book you onto the training.

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### 43. Wellbeing of Children eLearning

The Child Outcomes Research Consortium (CORC), in partnership with the Anna Freud Learning Network, has developed its first ever online eLearning module.

#### **‘Measuring mental wellbeing to improve the lives of children and young people’**

This eLearning aims to increase the awareness, understanding and confidence of non-specialist and school staff who support the wellbeing and mental health of children or young people to access the benefits associated with measuring mental wellbeing. This free interactive short course aims to demystify and simplify the whole process of using outcomes and feedback measures to monitor mental wellbeing and is laid out in six easy to follow parts:

1. Understanding mental wellbeing
2. Introduction to outcome measures
3. The benefits of measuring mental wellbeing
4. Selecting and using measures
5. Best practice using measures
6. Using and interpreting data

Outcome measurement has become a focus of funders, commissioners and policy makers, as a tangible and reliable way in which to assess the welfare of children and young people in the care of wellbeing services and schools. The process can also have important benefits for the children and young people themselves as well as for associated professionals, projects, interventions and services.

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This course features engaging activities and quizzes to illustrate how staff can choose and use measures to monitor wellbeing and how to analyse wellbeing information to drive improvement and demonstrate effectiveness

<http://www.corc.uk.net/elearning/>

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## 44. ASD Education Support



### EDUCATION SUPPORT SERVICE

Working with Schools and Parents to bridge  
the gap between support in the Home and  
School

#### Paid Training Packages

##### Accredited CPD Training

Autism In Education  
Level 3 Supporting Dyslexia  
Level 3 Supporting Students with  
Autism  
Level 4 Supporting Learners with  
SEN

##### Assessments and Profiles

EQA- Extreme Demnad Avoidance  
Sensory Profiles  
Oxford Registered School Refusal  
Questionnaire  
*(Please note these are indication not  
for diagnosis)*  
All assessments cost £15 per person  
  
Assistance in accessing specialised  
support through the LA

##### Inset CPD Training

PDA Awareness  
ASD Awareness  
Mental Health and ASD  
Dyslexia/Dyspraxia Awareness  
Communication and Visual  
Strategies  
Mixed Neurodevelopmental Disorder  
Awareness



##### School Based Parent Courses

Parents and Autism  
Understanding Behaviour  
'Say No and Mean it'  
Living with your Teenager  
PDA Awareness  
ASD Awareness

##### Bespoke Packages Available

*Tailored to your settings needs and  
financial restraints*

*Example already used:-*

*Setting pays £750 which includes 2  
Parent Courses (over the academic  
year) whereby the setting can  
recoup costs from this package by  
charging parents that attend a fee,  
The setting then receives a free  
inset CPD training session  
(individually priced at £600 for a full  
day)*

**TRAINING@ASDHHELPINGHANDS.ORG.UK**

**07884141299**

**WWW.ASDHELPINGHANDS.ORG.UK**



ASD Helping Hands  
Room 219  
Breckland Business Centre  
Saint Withburga Lane,

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## 45. Supporting ASD Training

### ***Level 3 Supporting Children and Young People with Autism***

The Gateway Qualifications Level 3 Award in Supporting Children and Young People with Autism is intended to provide continuous professional development (CPD) for both support and teaching staff who are responsible for facilitating the learning of children or young people with autism. Learners will gain an in-depth understanding of strategies that can be used to support the learning and development of children and young people with autism.

This qualification has been developed with the support of professionals offering CPD to staff working with children and young people with special educational needs. There are no restrictions to entry, other than that learners must be working in an environment where they are responsible for supporting the learning of one or more children or young people with autism

For full course specification please [click here](#)

The price for this course is £299.00 per learner and includes enrolment and course materials. Payment can be made through ASD Helping hands website or contact Helping Hands if this is not possible. Full payment will need to be received before Helping Hands can enroll you on this course. Funding maybe available for this course [check here](#)

Delivery will be through our online classroom and all information regarding setting this up will be delivered once your enrolment is complete. All you require is internet access, laptop or desktop computer and headphones (a microphone is suggested but optional)

Evening Classes (6:00-8:00)

#### **Session 1**

April 18th 2018

April 25th 2018

May 2nd 2018

May 9th 2018

May 16th 2018

May 23rd 2018

#### **Session 2**

October 31st 2018

November 7th 2018

November 14th 2018

November 21st 2018

November 28th 2018

December 5th 2018

For more information see <https://www.asdhelpinghands.org.uk/copy-of-level-4-supporting-learners>

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## 46. NSCB Training Programme

### Norfolk Safeguarding Children Board Spring/Summer 2018 Training

#### **Effective Multi-Agency Working**

25th April 2018 – Kings Lynn Innovation Centre

#### **Emotional Harm**

18th April 2018 – Kings Lynn Innovation Centre

14th June 2018 – Dereham Town Football Club

#### **Neglect**

23rd April 2018 – Dereham Town Football Club

15th June 2018 – Kings Lynn Innovation Centre

#### **Physical Harm**

18th April 2018 – Green Britain Centre, Swaffham

#### **Sexual Abuse – Introductory Level**

6th June 2018 – Green Britain Centre, Swaffham

#### **Child Sexual Exploitation**

16th May 2018 – Dereham Town Football Club

18th July 2018 – Green Britain Centre, Swaffham

#### **Managing Risk when Working with Children and Young People who have experienced Child Sexual Abuse**

7th June 2018 – Green Britain Centre, Swaffham

#### **Assessment Skills with Children and Young People Displaying Harmful Sexual Behaviour**

#### **Effective Participation at Child Protection Conferences**

4th May 2018 – Green Britain Centre, Swaffham

18th July 2018 – The Woodside Centre, Norwich

#### **Domestic Abuse and its Impact on Families**

9th May 2018 – Abbey Conference Centre, Norwich

7th June 2018 – Green Britain Centre, Swaffham

#### **Substance Misuse within the Family**

19th June 2018 – Kings Lynn Innovation Centre

#### **Awareness of Challenges when Working with Parents**

14th June 2018 – Abbey Conference Centre, Norwich

#### **Safeguarding Disabled Children (for Non-Specialist Professionals)**

4th July 2018 – Abbey Conference Centre, Norwich

#### **Parents with Mental Health Issues**

15th March 2018 – Green Britain Centre, Swaffham

#### **Graded Care Profile and Assessing Parental Capacity to Change**

2nd May 2018 – Abbey Conference Centre, Norwich

18th July 2018 – Green Britain Centre, Swaffham

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**Voice of the Child**

13th June 2018 – Dereham Town Football Club

**Professional Curiosity and Challenge**

17th April 2018 – Abbey Conference Centre, Norwich

11th July 2018 – Green Britain Centre, Swaffham

**Restorative Approaches**

24th April 2018 – Green Britain Centre, Swaffham

5th June 2018 – Abbey Conference Centre, Norwich

19th June 2018 – Green Britain Centre, Swaffham

10th July 2018 – Abbey Conference Centre, Norwich

**Signs of Safety 2 Day Course**

5th and 6th June 2018 – Kings Lynn Innovation Centre

18th and 19th July 2018 – Abbey Conference Centre, Norwich

**Reflective Supervision Skills**

27th and 28th June 2018 – Abbey Conference Centre, Norwich

Aims and learning outcomes for all these courses and information regarding charging are available on the training pages of the NSCB website.

Applications for courses are via the NSCB website:

<https://www.norfolklscb.org/nscb-booking/nscb-booking-training/>

Education places should be booked via Educator Solutions.

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## Links to useful sites, reports and surveys

### 47. DA Consultation

The Government will, in 2018, introduce a new bill to assist in tackling domestic violence and abuse. No timeline for the draft bill has as yet been announced although there is a substantial amount of media surrounding its introduction. Substantive provisions will only apply to England and Wales. Send in your views to the consultation, a link to this is on the NSAB website (see news item [8th March 2018](#))

#### Outline of the purpose of the Bill

Transform approach to DA and ensure victims have the confidence to come forward, report their experiences and be safe in the knowledge the state and the justice system will do everything it can do to support them and their children and pursue the abuser.

Benefit

Protect the victim

Provide greater guidance and clarity on impact of domestic abuse and violence on families.

Main elements of the bill

Creation of a Domestic Violence and Abuse Commissioner who will:

Stand up for victims and survivors

Raise public awareness

Monitor the response of statutory agencies and local authorities on tackling domestic violence and abuse

Hold the justice system to account in tackling domestic violence and abuse

Define domestic abuse in law that will underpin all other measures in the bill. Introduction of statutory definition (currently: Non-statutory Cross Government definition of domestic violence and abuse exists)

Creation of a consolidated new [domestic abuse civil prevention and protection order](#) regime

If abuse involves a child the sentencing is reflective of the devastating lifelong negative impact on that child. Creation of a new aggravated offence if behaviour is directed at a child.

(In addition to this bill the Courts Bill will re-introduce previously proposed measures to prevent alleged abusers cross-examining victims directly in family courts). It will be subject to a public consultation.

For a longer summary of the bill, see [Christine Graham Consultancy Ltd](#)

### 48. Case study for Outstanding Childrens Services

#### North Lincolnshire's Whole Council Approach

The LGA has published a [case study](#) on North Lincolnshire Council and their approach to improvement in Children's Services.

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#### **49. Housing/ Mental Health Survey**

As part of Mind's developing policy work on mental health and housing, over the summer the policy and campaigns team will be producing a housing rights guide to go on the Mind website. Towards generating this, they've put together a survey that they're pushing out through key networks to ensure they feed into the development of the guide, ensuring it address all relevant issues.

And the link to the survey link is: <http://bit.ly/2ClwsOM>

If you would like to contribute to the survey or know of any other organisations that might be able to contribute, we'd really appreciate you taking part or sending this on.

#### **50. Sexting Advice for Parents**

Sexting is defined as the sending or receiving of nude or seminude images or sexually explicit text messages and can happen when one person pressures another to send a nude or seminude photo

JAMA Pediatrics Patient Page provides some basic advice for parents with links to other websites

<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2673714>

#### **51. SEND Sufficiency Strategy**

The County Council is seeking the views of the local

**area on the most effective use of a small amount of national capital investment** and also to inform priorities for any potential future capital and revenue funding streams that may become available in the future for provision for children and young people with SEND.

**We are interested in the views of professionals across the education, health and social care landscape, but we would especially like to receive the views of parents, carers and young people.**

[Further information is available on the Local Offer](#)



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## 52. Safeguarding Adults Website

### NEWS ITEMS

- *Forced labour family jailed for 29 years | 15 March 2018*
- *Government will legislate to replace Deprivation of Liberty Safeguards | 15 March 2018*
- *Important event, please share with partners - Probation stakeholder event 21st March | 15 March 2018*
- *Slavery and human trafficking in supply chains: guidance for businesses | 15 March 2018*
- *Parliament debate on secure tenancies for victims of domestic abuse | 15 March 2018*

Please go to: [Norfolk Safeguarding Adults Board \(NSAB\) then click on news](#)

Also see the training page: **Open courses 2017-18: Mental Capacity Act & Safeguarding Adults - places still available** [Norfolk Safeguarding Adults Board: Training](#)

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## What's on April?

### 53. DASH Refresher Courses

#### DASH Refresher Courses – Norfolk Wide

##### When and Where:

16th April – 1:30 -4:30 – Great Yarmouth Town Hall

2nd May – 9:30 – 12:30 – Breckland DC

19th June – 9:30 – 12:30 – North Walsham, Victory Housing Trust

TBC – Kings Lynn

##### You should come if you:

- Are a trained Domestic Abuse Champion
- completed your DASH training a while ago
- have not completed many/any DASH's
- Lack confidence in completing a DASH
- Complete DASH's regularly and want to touch base
- Complete DASH's regularly and want to share learning



Please e-mail [da.change@norfolk.gov.uk](mailto:da.change@norfolk.gov.uk) to confirm attendance and specify date

### 54. Nar Family Learning Courses

Family Learning Courses 2017/18

Nar & St Clements's Children's Centre

Saddlebow Road King's Lynn PE30 5BN

**Family Learning covers a whole range of activities, courses and events that involve all family members exploring, discovering and learning together. Family Learning has proven to be a successful way of raising achievements of the whole family by providing learning opportunities for mums, dads, extended family members, carers and guardians.**

All of our Family Learning courses are FREE to attend.

#### A Taste of Maths

FMXTM4717P

Tuesday 17 April 2018, 1pm-3pm (1 session)

Families take part in fun activities with their child and discover ways to support the children's learning at home

#### Keeping up with the Children – Maths

FMXKM4817P

Tuesday 24 April 2018, 1pm-3pm (5 sessions)

Discover ways to support children's development at home and understand how maths is taught in school.

[www.norfolk.gov.uk/adultlearning](http://www.norfolk.gov.uk/adultlearning) 01603 306530

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## 55. Signs of Safety 5 day Practice Lead Course

### Signs of Safety 5-day Practice Lead course

**Venue:** Green Britain Centre, Swaffham

**Dates:** Monday 16<sup>th</sup> April – Friday 20<sup>th</sup> April 2018 (all 5 days to be completed)

**Times:** 9.30am - 4.30pm

**Cost:** £250 for the 5 days (this course would normally cost £750)



**Places are limited – application does not necessarily mean that you will be allocated a place.** There is an expectation that if you complete this training that you will act as a Practice Leader – please see the attached details on the role of a practice lead – and take responsibility for supporting and developing good practice in this approach.

If you are interested in attending this training and have the support of your manager, an expression of interest should be made to Genevieve Bouquet at

[genevieve.bouquet@norfolk.gov.uk](mailto:genevieve.bouquet@norfolk.gov.uk)

You should hold the date in your diary –places will be allocated closer to the date.

### The Role of Practice Leader

The role of Practice Leader is crucial to the successful implementation of Signs of Safety. Training has been received very positively, we now need to maintain momentum and go on to develop confident, skilled practitioners with a profound depth of practice. This will be the role of the Practice Leader -stimulating, challenging and driving the development of Signs of Safety through the whole organisation. You will need to work together and be pro-active planning developments in your teams and within localities and as a County

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## 56. Wellbeing Webinars

Norfolk and Waveney run a series of on line Webinars aiming to support people experiencing mild to moderate symptoms of low mood or depression



All Webinar bookings must be made one week in advance prior to the start date to ensure a place on the course. Bookings received after the 7day cut off will automatically be placed on the next available date.

**05 Apr** Retraining Your Thinking - Online Webinar – 1:00pm to 2:30pm  
Retraining Your Thinking is a course of three sessions of one-and-a-half hours.

**17 Apr** Introduction to Mindfulness Workshop – Erpingham – 9:45am to 11:45am  
Introduction to Mindfulness is a one-and-a-half hour workshop that provides an overview of the principles and techniques of mindfulness.

**18 Apr** Introduction to Mindfulness - Online Webinar – 4:00pm to 5:30pm  
Introduction to Mindfulness is a one-and-a-half hour workshop that provides an overview of the principles and techniques of mindfulness.

**19 Apr** Retraining Your Thinking - Online Webinar – 1:00pm to 2:30pm  
Retraining Your Thinking is a course of three sessions of one-and-a-half hours.

**23 Apr** Successful Study - online webinar – 5:00pm to 6:00pm  
Successful Study is a one hour webinar workshop written to help with the process of study.

**01 May** Stress Control - Online Webinar – 6:00pm to 8:00pm  
Designed to teach a broad range of techniques for managing all aspects of stress.

**10 May** Positive Wellbeing - Online Webinar – 1:00pm to 2:30pm  
Positive Wellbeing is a course of weekly two-hour sessions running over four weeks, designed for people experiencing mild to moderate symptoms of low mood or depression

**16 May** Introduction to Mindfulness - Online Webinar – 4:00pm to 5:30pm  
Workshop that provides an overview of the principles and techniques of mindfulness.

**30 May** Positive Wellbeing - Online Webinar – 1:00pm to 2:30pm  
Positive Wellbeing is a course of weekly two-hour sessions running over four weeks, designed for people experiencing mild to moderate symptoms of low mood or depression

**31 May** Retraining Your Thinking - Online Webinar – 1:00pm to 2:30pm  
Retraining Your Thinking is a course of three sessions of one-and-a-half hours

To book: Call: 0300 123 1503 Email: [admin@wellbeingandw.co.uk](mailto:admin@wellbeingandw.co.uk)

Or via our website: <https://www.wellbeingnands.co.uk/courses/>

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## 57. Library Events

### Dersingham Library Events in April

For further information about events and to book please call **01485 540181**

Dersingham now has Open Library meaning you can access the library **between 8am and 7pm Monday to Friday**, as long as you are registered. This gives customers self-service access to library materials, public computers and quiet, creative spaces even while the building is unstaffed. Please contact the library for more information and to find out how to register for Open Libraries.

#### Weekly events:

**Scrabble club** - Mondays 1.30-3pm

**Just a cuppa** – Wednesdays 2-3pm

**Knit and natter** - Thursday's 10.30-12

**Baby bounce and rhyme** – Thursday term time

10-10.30am

#### Volunteers needed!

- Could you help inspire the next generation of computer coders? We want to run an after school **Coding Club at the Library**, using projects from the Code Club website.
  - Could you spare some time to help tidy up the **library garden**?
  - Could you help develop ideas for events held at the library as a **Library Friend** and promote the library and its services within the local community?
- Please contact Alison at the library on 01485 540181 if you'd like to find out more.

#### Peer support group for Carers led by the Alzheimer's Society – Tuesday April 3<sup>rd</sup> 10-12

For further information contact the Alzheimer's Society on 01603 763556

#### Colour yourself calm - Wednesday 4<sup>th</sup> April 10.30-12

Just bring along your colouring books and pens. Tea and coffee is available.

#### Crime Book Club - Monday 9<sup>th</sup> April 5.45-6.45pm (please note new start time)

New members always welcome! Ask staff for details of the books being discussed.

#### Dog's Trust activities – Wednesday 11<sup>th</sup> April 10.30-11.30am

Come and join Jo Goodman, Education and Community Officer for East Anglia, for a morning of dog related activities and simple crafts! This event is suitable for children under 12 and their parents or carers. This event is free but booking is essential. Please call 01485 540181.

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## West Norfolk Early Help Monthly Bulletin April 2018



### **Big Garden Weed – Friday 13<sup>th</sup> April 10-12**

Could you spare some time to help tidy up the library garden? Just bring along your gloves, a trowel or fork, and we'll supply the tea and cake. Contact the library for more information.

### **Book Club - Monday 16<sup>th</sup> April 5.45-6-45pm (please note new start time)**

New members always welcome. Ask staff for details of the books being discussed

### **Boudicca, Rebel Queen - Thursday 26<sup>th</sup> April 7.30pm**

The ancient tale of how Queen Boudicca rallied the Britons in an apocalyptic struggle with the Imperial might of Rome. This event, which sent shockwaves through the history of Britain, is recreated in this dramatic and humorous show by three of Norfolk's finest storytellers. 90 mins plus interval, suitable for ages 14+. Tickets are £5 per person payable in advance. Refreshments will also be available.

### **Walk and talk group – Thursday 19<sup>th</sup> April 2.30pm**

Join our volunteers for a short walk around the village and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina.

### **Need help with your computer or tablet?**

Why not book a one-to-one session with library staff? Charges apply. Please ask staff for details.

### **Family History and Computer volunteer**

You can also book one-to-one sessions with our volunteers. Just ask staff for details.

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## Downham Market Library Events April 2018

For further information about events or to book where necessary please call 01366 383073

### Volunteers needed!

- Could you help inspire the next generation of computer coders? We want to run a **Coding Club at the Library**, using projects from the Code Club website.
- Could you help develop ideas for events held at the library as a **Library Friend** and promote the library and its services within the local community?
- Could you help with refreshments at our coffee mornings?

Please contact Fran at the library on 01366 383073 if you'd like to find out more.

### Regular events

**Baby bounce and rhyme** - Thursdays – 10-10.30 term time only

Come along and enjoy some songs and rhymes.

**Knit and Natter** – 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays in month. 1.30 – 3pm

**Brew and Banter** – Every Friday 10am – 12 noon. 50p suggested donation.

Enjoy a chat over a tea or coffee.

**Job Help** – free help with using the Universal Jobmatch website. Wednesday mornings or Friday mornings/afternoons. Booking essential.

**Active Minds** – Puzzles, board games and colouring. Every Thursday 1.30 – 3.30pm.

### Special events

**Downham Market Library Friends** Saturday 7th April 10.30 - 11.30am

Come along and join the Friends group to find out how you can support your local library.

**The History of Oxburgh Hall** Monday 30th April 1.30 - 2.30pm

Tickets £3, refreshments included, payable on booking. Booking essential.

**April Storytime's** Thursday 5 & Thursday 12 10.30-11.30

Free, no need to book. Children must be accompanied by an adult.

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## Gaywood Library Events April 2018

For further information about events or to book where necessary please call 01553 768498

### Volunteers needed!

- Could you help inspire the next generation of computer coders? We want to run a **Coding Club at the Library**, using projects from the Code Club website.
  - Could you help develop ideas for events held at the library as a **Library Friend** and promote the library and its services within the local community?
- Please contact Helen at the library on 01553 768498 if you'd like to find out more.

### Regular events

**Baby bounce and rhyme** - Tuesdays – 10-10.30 term time only  
Come along and enjoy some songs and rhymes, no need to book.

**Scrabble group Mondays** - 10 to 12 (except Bank Holidays)  
Enjoy a game of scrabble! Places on a first come basis.

**Just a Cuppa** – Mondays 10 – 12 (except Bank Holidays)  
Come along and enjoy a cuppa for a small donation.

**Knit and Knatter** – 4<sup>th</sup> Friday in month 10am to 12 noon – 27<sup>th</sup> April

**Colouring in Good Company** – Fridays 2pm – 4pm  
Pens, colouring in provided.

**Chess Club** – Saturdays 10am – 12 noon  
Chess sets provided but you can also bring your own if preferred.

**Audio Book Club** – 1<sup>st</sup> Thursday in month 2 to 3.30pm – 5<sup>th</sup> April

**Fenland Computer Club** – meets at the library every Thursday from 7pm. For further information speak to Barry on 01553 672698

**Slimming World** meets at the library on Wednesday afternoons. For further information see [www.slimmingworld.com](http://www.slimmingworld.com)

**Reading groups** – the library hosts 2 groups – one that meets Thursday/Friday afternoons, the other which meets Thursday evenings. Contact the library on 01553 768498 to find out more.

The library also hosts **Paper folding, book folding** and **quilling groups**. Contact the library for further information.

### Need help with your computer or tablet?

Why not book a one-to-one session with library staff? Charges apply. Please ask staff for details.

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**Special events**

**Come along and meet the Gaywood Library Friends** Tuesday 3<sup>rd</sup> April 10am – 12 noon

If you'd like to find out more about becoming a Gaywood Library Friend then pop along for a cuppa and to meet some of the group.

**Animal Antics Storytime!** Tuesday 3<sup>rd</sup> April 10.30 – 11.30am

Come along for lots of animal stories and activities with staff from the Vancouver Children's Centre.

Stories suitable for children up to 7 but activities open to all children.

**Dog's Trust activities** – Thursday 5<sup>th</sup> April 10.30 -12pm

Come and join Jo Goodman, Education and Community Officer for East Anglia, for a morning of dog related activities and simple crafts! This event is suitable for children under 12 and their parents or carers. This event is free but booking is essential. Please call 01553 761393.

**Arthritis Care Support Group** Wednesday 11<sup>th</sup> April 12pm – 2pm

Drop in to Gaywood Arthritis Care Support Group to get Peer Support, Information, Tips on Living well with Arthritis.

**Sleep Clinic** Tuesday 17<sup>th</sup> April and 1<sup>st</sup> May, 11am – 11.30am

Free Sleep Clinic for parents/carers of children with sleep deprivation. Booking essential.

**The History of Oxburgh Hall** Wednesday 25<sup>th</sup> April 1 - 2pm

Tickets £3, refreshments included, payable on booking.

Booking essential.

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## Hunstanton Library Events April 2018

For further information about events and to book please call 01485 532280

### Regular weekly events

**Chess Club** – Every 10.30-12.30 (7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> April)

**Baby Bounce and rhyme** –every Monday (term time) from 2-2.30pm 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> April

**Board Gamers** – every Tuesday 2-3pm. come and enjoy some card and board games. Refreshments provided. 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> April

**Job help session** - Every Wednesday 3-5pm (Booking essential) - Want help to update your CV, using Universal Jobmatch, and searching for jobs online? Then why not book in for a 30 minute session with staff to get you started. Please call 01485 532280 to book! 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and the 25<sup>th</sup> April.

**Just a cuppa** – every Friday from 10.30-11.30 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and the 27<sup>th</sup> April

**The Library Lads** – every Friday 2-3pm. Relax, make friends, enjoy some card and board games, discuss a hobby or just stop by for a chat and a cuppa. 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and the 27<sup>th</sup> April

**Volunteers needed! Please contact the library on 01485 532280 if you'd like to find out more**

- Could you help inspire the next generation of computer coders? We want to run an after school **Coding Club at the Library**, using projects from the Code Club website.
- Could you spare some time to help during **Job Help** supporting people writing a CV, job searching and using universal jobmatch?
- Could you help develop ideas for events held at the library as a **Library Friend** and promote the library and its services within the local community?
- Could you help motivate under 5s by hosting **Mini Movers**, keeping kids active with some activities and rhymes? Or be a **Saturday Storyteller**, reading stories to a small group?
- Could you help support people learning to read? Enquire about becoming a **Reading Pathways Coach**.

### Yet More Old stuff – Thursday 5<sup>th</sup> April 10-12

Come and check out some seriously old stuff and have a trip down memory lane on the first Thursday of every month. There's no need to book—just come along. Refreshments available for a small charge.

### Knit and Natter- Thursday 12<sup>th</sup> April 10.30-12.30

### Colour yourself calm – Monday 9<sup>th</sup> and 23<sup>rd</sup> April 10.30-12

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## West Norfolk Early Help Monthly Bulletin April 2018



### **Book Club – Monday 9th April 2.30pm**

New members always welcome. Ask staff for details of the books being discussed.

### **Dog's Trust activities – Wednesday 11th April 1.30-2.30pm**

Come and join Jo Goodman, Education and Community Officer for East Anglia, for a morning of dog related activities and simple crafts! This event is suitable for children under 12 and their parents or carers. This event is free but booking is essential. Please call 01485 532280.

### **Walk and talk group - Tuesday 17<sup>th</sup> April 2.30pm from the library**

A short walk around the town and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina.

### **Boudicca, Rebel Queen – Wednesday 18th April 7.30pm**

The ancient tale of how Queen Boudicca rallied the Britons in an apocalyptic struggle with the Imperial might of Rome. This event, which sent shockwaves through the history of Britain, is recreated in this dramatic and humorous show by three of Norfolk's finest storytellers. 90 mins plus interval, suitable for ages 14+. Tickets are £5 per person payable in advance. Refreshments will also be available.

### **Need help with your computer or tablet?**

Why not book a one-to-one session with library staff? Charges apply. Please ask staff for details.

### **Family History and Computer volunteers**

You can also book one-to-one sessions with our volunteers. Just ask staff for details.

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## **Lynn Library Events April 2018**

**For further information about events and to book please call 01553 761393**

### **Regular weekly events**

**Just a cuppa** - Mondays 2.30pm - 3.30pm

**Baby bounce and rhyme** – Mondays and Thursdays 10-10.30am

**Colour yourself calm** – Tuesdays 10.30-12

**Scrabble club** – Wednesdays 10 – 12pm

**Job Help** - Fridays 2-5pm

**Let's talk – English conversation for speakers of other languages** – Wednesday 2-3pm,  
Friday 6-7pm

**Just a Cuppa – Every Saturday 11am-12 noon**

**Games Time – Every Saturday 2-4pm**

Join us every Saturday afternoon for fun and games. Bring a friend and play some of the new games that we now have, including Trivial Pursuit, Mexican Train and Dobble!

### **Other Events**

**Strange Superstitions and Marvellous Monsters – Tuesday 3<sup>rd</sup> April 2.30pm-3.30pm**

From vampire watermelons to sausage saints! Ever wondered exactly why it is seven years bad luck to break a mirror? Lindsey Bavin, Museum Manager at True's Yard Fisherfolk Museum in King's Lynn, will take you on a tour of the brilliantly bizarre origins of our superstitions and the sometimes hilariously horrifying things that go bump in the night! This is a free event – but booking is essential.

**Trivial Pursuit -Thursday 5<sup>th</sup> April 10am-12 noon**

Come and join us for a lively game of Trivial Pursuit.

**Read and Rabbit – Friday 6<sup>th</sup> April 10.30am – 11.30am**

This fun book group meets on the first Friday of the month. There is no set book and it is open to all readers. So come along make friends and talk about the books you love reading.

**Tune into Words – Thursday 12<sup>th</sup> April 2.30pm-3.30pm**

A monthly get together for all those who love listening to words....stories, poems. Plays or whatever!!!

Come along, listen and chat. Refreshments available.

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**History Discussion Group - Wednesday 11<sup>th</sup> April 2.30pm – 3.30pm**

Enjoy History? Like to share and hear other people's thoughts and views? Then come to our discussion group on history's top issues.

**Knit and Knatter – Tuesday 17<sup>th</sup> April 10 – 12pm**

If you haven't picked up those needles for a while or want to learn, come along and join us for a knit and knatter.

**Local History Club –Thursday 19<sup>th</sup> April 10am – 12noon**

Use the library's wide collection of resources. Photographs, school logs, books, newspaper cuttings and much, much more.

**Friday Night Book club- Friday 20<sup>th</sup> April 6pm-7pm**

Looking for a good read? Want to discuss books with others? Then join our monthly book group at King's Lynn Library which meets on the third Friday of the month at the library from 6-7pm

**Another Murder Mystery Event – Saturday 21<sup>st</sup> April 6pm – 8pm**

Have a go at solving this whodunit, written by Anne Cleeves...this time set in Northumberland. Tickets £5 per person, refreshments included. To book, call the library on 01553 772568

**Need help with your computer or tablet?**

Why not book a one-to-one session with library staff? Charges apply. Please ask staff for details.

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## What's on May?

### 58. Carers Matter Norfolk

**Carers Matter Norfolk** is the new carer's service for the county of Norfolk which started in October. The service will provide 1:1 support, carers groups (they are hoping to use libraries) and an on-line pod to provide advice. They are intending to build a network of volunteers to offering continuing support. Referral by Freephone number 0800 0831148 or via website [www.CarersMatterNorfolk.org.uk](http://www.CarersMatterNorfolk.org.uk)

#### Locality Networks

'The Locality Network meetings are for carers and people working with carers to come together and share information about services and support for carers. To identify what works well, what could be improved and any gaps in services'.

#### All meetings are from 10.30am – 12.30pm

| Norwich  | South Norfolk   | West Norfolk   |
|--|---|--|
| Costessey Centre,<br>1 Longwater Lane,<br>Costessey, Norwich,<br>NR8 5AH (Lions Room)<br>All Thursday's<br><b>2018</b><br>24th May<br>19th July<br>20th September<br>22nd November | South Norfolk House,<br>Cygnet Court,<br>Long Stratton, Norwich<br>NR15 2XE<br>All Tuesday's<br><b>2018</b><br>15th May<br>10th July<br>11th September<br>13th November | A Piece of Mind King's Lynn,<br>Saunders Yard, Austin<br>Street, King's Lynn, Norfolk,<br>PE30 1PH<br>All Thursday's<br><b>2018</b><br>10th May<br>5th July<br>6th September<br>8th November |

Contact: Louise Goad, Networks Facilitator, [louise.goad@carersmatternorfolk.org](mailto:louise.goad@carersmatternorfolk.org)  
Or 07508 035428

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## Volunteering/ Job Opportunities

### 59. Shaw Trust Volunteers

Shaw Trust is a charity that aims to support communities through a range of activities, including the Work and Health Programme, which is a programme we are delivering across Norfolk. Participants coming on to this programme face significant barriers into employment and we are working with them to improve their chances of finding long-term sustainable work, as well as their overall wellbeing.

We are offering new voluntary roles alongside this programme and would love to hear from people in the local communities who feel they can support participants. Those roles are:

Volunteer Coach – Using skills and experience in recruitment processes, such as CV reviews, interview preparation and identifying transferable skills, to coach participants to be better prepared for these processes.

We are also looking for people with coaching / mentoring experience who could help participants achieve specific goals to improve aspects of their lives.

Community Engagement Volunteer – Could you help our customers to access services in their community and make the most of their local area, improving their confidence and wellbeing? We are looking for volunteers with good knowledge of their local community to support participants in finding out about clubs, events, courses and services; joining those and perhaps supporting to attend initially.

Social Activities Volunteer – Help improve participants' wellbeing by running a class or activity such as art / craft, yoga, meditation, a walking group. This could be in a Shaw Trust or community site.

Shaw Trust Volunteers are given full training (online) and inductions, and we recognise the impact they have through awards and events. It is a well-supported volunteer programme with regular contact from the volunteer team, and guidance from the local Support Manager.

To find out more and apply please contact Chantal:

[Chantal.renn@shaw-trust.org.uk](mailto:Chantal.renn@shaw-trust.org.uk) or the volunteer team on:

0300 247 2222

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