

South Norfolk Bulletin



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The hub bulletins are distributed on a bi-weekly basis. If you have anything that you would like us to include in the next edition, or if you wish to unsubscribe from our mailing list, please let us know by emailing:

earlyhelphubsouth@S-NORFOLK.GOV.UK

Edition

26

31/08/2018

Nelson's Journey – Child Bereavement Training

Free training is available for all professionals working with children and young people.

Date & time: 19th November 2018, 10am – 12.30pm

Location: Colman Room, South Norfolk Council, Cygnet Court, Long Stratton, NR15 2XE

To book a place please email luke.keegan@norfolk.gov.uk, please be aware there are limited spaces available.



Child Bereavement Training

TRAINING AIM

To raise awareness of the issues concerning grief and loss faced by children and young people, and to consider effective ways of working with this group.

By the end of the session participants will have:

- gained statistical information on the prevalence of and the outcomes for bereaved children
- recognised a range of experiences related to loss and bereavement
- increased their awareness of the issues faced by children and young people experiencing a bereavement
- gained confidence in working with bereaved children and young people, and their parents and carers
- identified resources and organisations available to support bereaved families
- taken part in a therapeutic activity used with bereaved children and adults



Child Bereavement Training is suitable for all professionals working with children and young people (e.g. teachers, social workers, and pastoral care workers).

Matthew Project Youth – Drug and Alcohol training



Free training is available for all professionals working with children and young people.

Topics that will be covered are:

- Introduction to the Matthew Project
- Types / effects of drugs
- Services available to support / treatment options
- Introduction to the affected others service
- Opportunity for Q&As

Date & time: 12th October, 10am – 12pm

Location: Council Chamber, South Norfolk Council, Cygnet Court, Long Stratton, NR15 2XE

To book a place please email luke.keegan@norfolk.gov.uk, please be aware there are limited spaces available.

Supporting Vulnerable Learners workshop



SUPPORTING VULNERABLE LEARNERS AND THEIR FAMILIES

We are running 3 workshops across the county in areas where the rates of 16-18 NEETs (Not in Education, Employment or Training) are highest
Norwich, Kings Lynn and Great Yarmouth

The focus of these sessions will be to:

- to enhance relationships between the voluntary sector and post 16 education providers
- how the voluntary sector support agencies involved with young people and their families can positively contribute to reducing NEET

**You are invited to attend whichever workshop(s) you
would find most suitable**

**Norwich – Cranworth Room, Ground Floor, County Hall,
Martineau Lane, Norwich, NR1 2DH
Tuesday 4th September 2018 - 10am – 12 noon**

**Kings Lynn – Nova Training, 24 Bergen Way,
North Industrial Estate, Kings Lynn, PE30 1EJ
Wednesday 5th September 2018 - 1.30pm – 3.30pm**

**Great Yarmouth – Havenbridge House, North Quay, Great
Yarmouth, NR30 1HZ
Monday 10th September 2018 - 1.30pm – 3.30pm**

To book a place on one of the workshops please email:

for Norwich – luke.keegan@norfolk.gov.uk

for Kings Lynn – keith.mawson@norfolk.gov.uk

for Great Yarmouth - clare.hodges@norfolk.gov.uk

You will receive an email to confirm your place.

Suicide Prevention Learning Event

I AM REALLY NOT OKAY

Suicide Prevention Learning Event

Wednesday 3rd October 2018
Central Norwich Venue

This free event brings together the progress of the Norfolk multi-agency 'I am (really not) okay' Suicide Prevention Strategy, exploring evidence based and innovative opportunities for partnership working to prevent suicide in Norfolk.

The programme will include:

- Presentations by national and local speakers on subject areas such as self harm and suicide bereavement
- A variety of workshops, including digital innovations and workplace/occupational based suicide prevention
- An exhibition area of service providers and support groups

If you would like to attend the event, please complete the expression of interest online smart survey form -

<http://www.smartsurvey.co.uk/s/2018SuicidePreventionLearningEvent>

Please note - This event will be popular so it is 'by invitation' and only those who have completed the expression of interest form will be sent an event invitation. The event invitation will be sent out closer to the event and will provide details of venue, agenda, options for workshops and food preferences etc.

Should you have any queries please email
phcomms@norfolk.gov.uk

Films With Friends event

Films With Friends

Making Village Cinema More Accessible



Information & Discussion Session

WEDNESDAY 12TH SEPTEMBER

9.45am - 1.45pm

THE WILLOW CENTRE

Willowcroft Way, Cringleford, NR4 7JJ



Dr Sarah Housden, senior lecturer in Health Sciences at University of East Anglia, will lead a session about engaging with older people, specifically focusing on those living with a dementia.

This will be followed by an informal discussion around marketing and other support provided by Creative Arts East in partnership with South Norfolk Council and East of England Co-op.

Refreshments will be provided!

Directions to venue:

- Approach the A47/A11 Thickthorn interchange
- Exit onto the A11/Newmarket Road towards Norwich
- At the roundabout take the first exit onto Round House Way (signposted Hospital)
- At the next roundabout take the second exit onto Dragonfly Lane
- Follow Dragonfly Lane round past a play area then turn right onto Willowcroft Way
- The Willow Centre is on the left

Parking

- The venue has a good-sized car park on site

[Googlemap link](#)



Carers Event

Awareness and support event Carers

Saturday 29th September 2018

12.30 - 4.30pm

Poringland Community Centre,
Overtons Way, Poringland, Norwich NR14 7WB

Are you a Carer or a Care worker?

If you Care for someone young or elderly or you work in the Care sector
why not come along on the day where you will be able to speak to
professional groups who will be able to offer help, advice and support.

*Meet other carers and share experiences in a relaxed
and friendly environment.*

Free Admission ● Tombola

Afternoon teas and refreshments available

For more information please contact **Jeanette Armstrong**,
oldmillppg@gmail.com | Mobile 07495 848357



 **Old Mill & Millgates Medical Practice**
Patient Participation Group

A Road Less Rocky – Dementia Event



Agenda

- 10.00: Registration
- 10.30: **What is Dementia?** - Dr Nigel Gill
- 11.15: **Music Mirrors** - Heather Edwards
- 12.00: Lunch
- 12.45: **Medicines used in Dementia** - Daisy Lo, Pharmacist
- 1.30: **Lasting Powers of Attorney** - Louise Bunn
- 2.15: **Dealing with Difficult Behaviour** - Cathie Jones, Community Mental Health Nurse

“A Road Less Rocky”

A forum providing advice and support for carers of people living with Dementia

Monday 17th September 2018

10am - 3pm

**Breckland Hall, Breckland Road,
Costessey NR5 0RW**

This is a **free to attend** event for families and friends who care for people living with Dementia. Also welcome are professionals and anyone with an interest in Dementia.

The event is based upon a report commissioned by the Carers Trust looking at making the journey through Dementia less rocky.

For further details please contact:

Howard Tidman

Email: howard.tidman@nsft.nhs.uk

Tel: 07557 290169

Sarah Steele

Email: educationandtraining@carersmatternorfolk.org



Caring for the Carers Event



Carers Matter Norfolk

Caring for the Carers

An event providing information & advice to carers

Tuesday 30 October 10am - 1pm

Long Stratton Village Hall
Ipswich Road (opp St Mary's Church)

Long Stratton NR15 2TA

The event will feature practical demonstrations on:

- * Safer Moving & Handling
- * Making hydration fun
- * Music Mirrors - an innovative approach to capturing the memories of people living with memory loss
- * Safe and fun physical activity for carers

Plus a market place of information stalls



For further details contact:

Sarah Steele

Tel: 01603 629211

Email: educationandtraining@carersmatternorfolk.org

Men's Shed – Long Stratton



MEN'S SHED OPEN MEETING

Tuesday 4th September 1.30pm

**Long Stratton Library
The Street, Long Stratton NR15 2XJ**

**Slide Show Talk from the Men's Shed Ambassador
Time for questions, discussions, tea & biscuits**



WHAT IS A MEN'S SHED?

**A larger version of
a typical man's
shed in their
garden**

- ❖ **A place to get together**
- ❖ **Share knowledge and learn skills**
- ❖ **Meet new people**
- ❖ **Work on projects and hobbies**
- ❖ **Get involved in your community**
- ❖ **Relax, chat, laugh drink tea and eat cake.**

Come along and get involved.

Find out more about men's shed.

Meet our local Men's Shed Ambassador.

Tell us your ideas and what you would like to see.

**For further information
call
07920285085**

DRAGON group – new members needed



Join Us ***and use your voice!***

The DRAGON crew needs new members!

If you are a young person with a disability aged 11-25 and think you might be interested in joining a group which -

- helps people to access and be involved in their community services
- takes part in big decisions which affect the services people use
- is a voice for people with disabilities
- reviews leisure venues, clubs and other facilities
- helps people make friends and have lots of fun...
- makes real change happen....

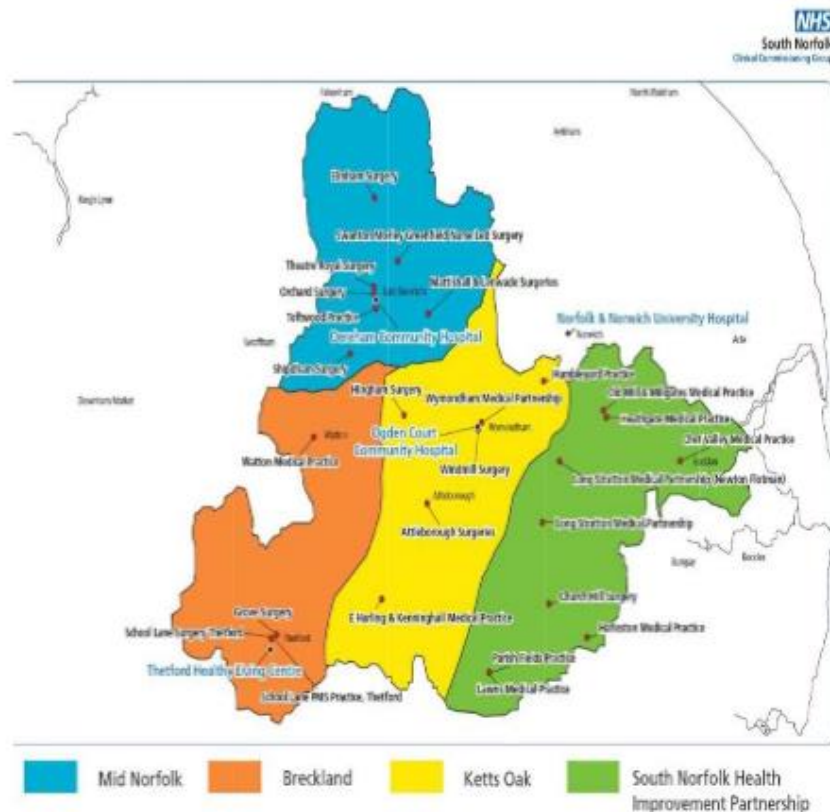
....get in touch!

Contact : Sarah Harrison, DRAGON Project Lead

01603 627 662 / 07795576983 dragons.project@outlook.com

Integrated Care – South Norfolk CCG

South Norfolk CCG



Produced by Norfolk County Council - if you need this leaflet in another language or format please ring 0344 800 8020

 **Norfolk** County Council



Integrated Care...

An Introductory Guide



health and social care
professionals for joined-up care

A partnership between South Norfolk Clinical Commissioning Group, Norfolk County Council and Norfolk Community Health & Care Trust



Integrated Care – South Norfolk CCG *continued*

What is 'Integrated Care'?

Integrated care is designed to ensure that you receive the right health and social care where and when you need it. It aims to provide you with care that is coordinated and linked to local services in your community.





If you are someone with a range of illnesses or complex needs, you may see many different professionals who help to manage your care and ensure that you are getting the best support and treatments available.

An integrated care approach brings together all professionals to work together as a community care team.

What does a multi-disciplinary team do?

A multi-disciplinary team is usually led by your GP and based at your local GP surgery. Depending on your individual needs, the team may consist of a range of health and social care professionals, such as a community matron, a link nurse, a social worker, a therapist, mental health and learning difficulty specialists and an integrated care coordinator. One of the team members will be your named lead worker.

The team gets together to discuss your treatment now and in the future, and decides if:

-  any of your care can be streamlined and be made more effective
-  you might benefit from a referral to other services
-  you might benefit from further tests
-  there is anything else you could receive to help improve your independence and wellbeing

What are the aims of an integrated care meeting?

The aims of an integrated care meeting are to improve the co-ordination of your care, and to improve communication between professionals so that you receive the most appropriate care for your needs.

Who decides if I could benefit from an integrated care meeting?

A GP, health or social care professional involved in your care will decide if an integrated care approach could benefit you and will discuss this with you.

You will be asked to give your permission to have your medical record shared with the professionals involved in your care. Your information will then only be shared with those authorised professionals.

What does this mean for me?

Your GP or lead worker will contact you so that you are involved in any recommendations or discussions from the integrated care meeting. You will remain at the heart of all decisions involving your care and may at any time opt out of receiving integrated care support.

You will continue to be reviewed by the multi-disciplinary team until your needs have been met. Should your needs change you can benefit from integrated care support at any time in the future.



TrAC Apprenticeships Norfolk



Are you currently working with Looked After Children, Care Leavers and other vulnerable young people?

TrAC Apprenticeships Norfolk (TrAC AN) is a new project targeted at Looked After Children, Care Leavers and other vulnerable young people aged 16-24. The project has been funded by Skills Deal and LIFT to create opportunities for young people who need additional support and may benefit from a staged pathway into an apprenticeship.

How does the project work?

1. Request and complete a referral form and send it to katie@tracweb.co.uk
2. TrAC AN check the referral form against the eligibility criteria (see next page)
3. An Apprentice Development Manager will then get in contact with the referrer and the young person to find out more information via telephone and/or face to face meeting
4. TrAC AN then match the young person with an employer to start a work experience placement, Traineeship or an apprenticeship

TrAC AN aims are to:

- Offer work experience, apprenticeship and Traineeship opportunities
- Raise awareness of the benefits of employing a young person to employers
- Identify and match suitable young people
- Positively manage any challenges or barriers
- Demonstrate that with additional support, vulnerable young people can complete apprenticeships in line with the national average



funded by

NEWANGLIA
Local Enterprise Partnership
for Norfolk and Suffolk



TrAC Apprenticeships Norfolk *continued...*

What is the eligibility criteria?

Due to the funding element of the project, there is an eligibility criteria. There is a referral form which must be signed and sent to TrAC Apprenticeships Norfolk before the recruitment process can begin. The criteria is as follows:

- Aged 16-24
- Live in Norfolk
- NEET or risk of being NEET
- Young person that needs additional support

TrAC Apprenticeships Norfolk works across all sectors, offering Level 2 to Degree Level apprenticeships.

- Hospitality
- Finance
- Business
- Retail and sales
- Health and social care
- Engineering
- Construction
- Education
- Electrical
- Creative and media
- Sports and leisure
- IT
- Agriculture

No matter what career a young person wants to work in! TrAC AN work across all sectors!

With over 6 years' experience and with a qualified workforce, TrAC's award winning approach to apprenticeships is perfectly positioned to offer guidance and support to both the young person, and the employer.

For more information please get in contact with a member of the team.

Katie Lomonossoff
Operations Manager
katie@tracweb.co.uk
01603 737739

Anna Furness
ADM
Anna@tracweb.co.uk
07775 500434

Layla Dickerson
ADM
Layla@tracweb.co.uk
07735 488410

Follow us on Twitter @TrACAppNorfolk



A survey for over 55s to support research into physical activity levels at retirement

Are you aged 55 or over?

Are you starting to think about retirement, or have you already retired/reduced the hours you work? If the answer is yes, then Active Norfolk would like to hear from you.

At Active Norfolk we want to support everyone to be active through all stages of their life. We are working with the University of East Anglia to run a study on physical activity at and around retirement age.

Using a short 10-15 minute survey, we want to learn about your interests in physical activity at or in the lead-up to retirement, as well as what would help you to remain physically active during this time of transition in your life.

By sharing your views you will be contributing to the research base around how activity levels are affected by retirement. This will be used to help shape local and national understanding, and inform future policies and services that can help others transitioning into retirement to be active.

Plus if you complete the survey, you have the option of being entered into a prize draw to win one of ten £15 One4all gift cards that can be spent at a range of high street stores and online!

The survey link is below, and it will close on 8 October.

<https://www.smartsurvey.co.uk/s/PARTS2018/>

The Benevolent Fund

“The Benevolent helps anyone who works in any role in the UK drinks industry. We provide practical, emotional and financial support to those who are currently working, or have worked, in the UK drinks industry and now need help. We have no minimum or maximum age requirements and currently support people in a variety of medical and financial situations.

We define the drinks industry as any part of the supply chain including, but not limited to, production, distribution, marketing, import, export and sales of alcohol in both the on trade and off trade of the UK market. In practical terms this means anyone who has worked in pubs, breweries, bars distilleries, off licenses and warehouses or in an office based role at a company producing, distributing or selling primarily alcohol.

Types of Support:

FINANCIAL

- Ongoing and one-off emergency grants to alleviate financial hardship relating to illness, life changing disability, unemployment and family crisis.
- Debt Advice including providing practical support and advice and referral to relevant agencies and support networks.
- Grants for funeral expenses or business related bankruptcy and advice on accessing government support.

PRACTICAL

- Funding towards adaptations to the home to accommodate your needs if you are ill, disabled or in old age
- Financial contribution towards palliative holidays for members of the trade facing life changing or terminal illness.
- Funding towards private treatments in times of crisis
- Funding towards legal advice or specialist agencies

EMOTIONAL

- Support with stress, depression, bereavement or other issues at home or in the workplace
- Practical support to navigate complexities of accessing benefits and support from the Government or specialist charities.
- Assistance with accessing support from specialist agencies if you are dealing with alcohol or substance misuse
- The provision of emotional support during times of family crisis such as a loved one becoming seriously ill or passing away.

MENTAL HEALTH

- 100% confidential helpline for mental health and wellbeing manned by professional counsellors
- Free counselling sessions provided by The Benevolent
- Helpline available 7 days a week from 8am to 8pm
- Assistance with accessing support from specialist agencies if you are dealing with alcohol or substance misuse”

EDF Energy Fund

Who can Apply

Applications are accepted from current domestic account holders of EDF Energy. Only the account holder can apply for a grant to clear a gas and/or electricity debt. If the account holder is unable to complete the application form, an explanation must be given why someone else is doing it on their behalf.

The Trust prioritises help to applicants who are clearly struggling to pay their domestic gas and electricity bills. All applicants are advised to seek appropriate money advice before applying for a grant.

Are you eligible for help from any other Trust?

The EDF Energy Trust is part of a 'Shared Programme of Giving' with a number of other utility trusts and funds. By applying to the EDF Energy Trust you will automatically be considered for help from any other trust or fund within the share programme.

How we can Help

The Trust awards grants:

- To clear domestic gas and electricity debts to EDF Energy and other suppliers
- To purchase essential energy efficient white goods and cookers (known as Further Assistance Payments (FAP))
- For Bankruptcy and Debt Relief Order fees.

Gas & electricity debts to EDF Energy and other suppliers - You must attach a copy of your most recent bill or demand for payment showing the up to date balance on your account. The bill must be based on actual usage, estimates cannot be accepted. Alternatively for debts with EDF you can submit recent meter readings as part of your application. For debts owed to suppliers other than EDF Energy payment will only be considered where you can show that clearing these debts will enable you to budget better for your current bills.

Energy efficient white goods and cookers - Payments for energy efficient white goods and cookers may be made where a special need for the item is shown. We will need a letter from an appropriate professional, e.g. health visitor, social worker or advice worker, confirming your need. If you need the item because of illness or disability in your family, you will also need to send us proof of that illness or disability.

Insolvency fees - Applicants must not have previously been declared bankrupt. They must provide a full list of debts and have received advice from a professional advice worker or intermediary. Bankruptcy applications will not be considered from homeowners and those with assets above a value of £1,000 and total debts less than £15,000. As of 6 April 2016 all applications for Bankruptcy must include the 12 digit ADJ payment reference. DRO applications MUST include the ID number generated from the Insolvency Service's online application process. Please remember that you must also submit a full list of debts for all clients seeking help with Insolvency fees.

<https://www.edfenergytrust.org.uk/>