

South Norfolk **Bulletin**



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

communityfocuscityandsouth@norfolk.gov.uk

Edition 72

21/05/2020

South Norfolk Youth Advisory Board



Norfolk Youth Advisory Boards (YABs) Newsletter April 202

In accordance with current Government requirements the Norfolk Youth Advisory Boards have ceased to deliver face-to-face activities and events until further notice, in order to avoid non-essential travel and social contact. Whilst it is sad to have to implement this, it is necessary in order to keep young people, families and staff safe, to protect the most vulnerable members of our communities, and to reduce pressure on health services.

We are continuing to work online by delivering remote group sessions and one-to-one support, and creating additional resources for young people. This month's newsletter highlights just some of the ways the Norfolk YABs are continuing to work for their communities during lockdown.

The Smile Project

Young Commissioners are sharing smiles with isolated members of their communities during this difficult time by sending letters from young people to care homes in Breckland.



So far 16 care homes in Breckland have received packages of letters, poems and pictures from young people around Norfolk.

The Smile project is open to all young people. To get involved email brecklandyab@map.uk.net or post your letters, poems, and pictures to:

Breckland YAB, Charles Burrell Centre, Staniforth Road, Thetford IP24 3LH

All letters will be screened for safeguarding purposes, and laminated so that they are wipe clean.

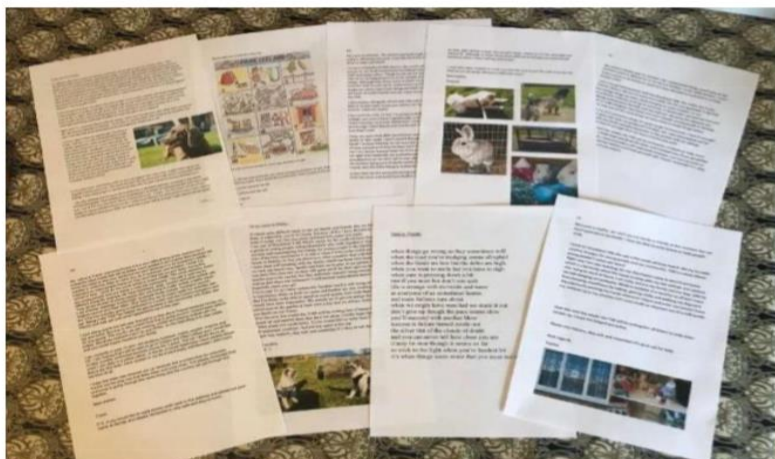
Do get in touch if you have any suggestions of where the letters should be sent.

Brooklyn House Nursing Home, Attleborough:

'Residents are missing community visits from our churches, Mums & Toddlers, and visiting PAT dog, so the letters will really lift their spirits.'

Lincoln House, Swanton Morley:

'Our residents were over the moon with their encouraging words of support, and we were all touched by the kind gesture.'



The first package of letters ready to be posted to care homes in Breckland

Young People's Wellbeing

The positive wellbeing of young people in South Norfolk was already a priority for the YAB, but this has become even more important during lockdown.

Monthly group sessions have been replaced with fortnightly online sessions with small groups, to allow a focus on the needs of those particular young people. Young people are given the chance to talk about how things are going, celebrate the positive, share some time with others, and then work on coping strategies for the next few days. These sessions are also supported by extra social sessions, which are all about fun and friendship, and include games, quizzes and dressing up!

The YAB has been busy on social media, sending out messages of positive wellbeing and mindfulness - reminding young people that they are amazing and valued.

These messages have also been used at the Wellbeing sessions, where thoughts can be explored and understood.

The YAB is now taking this further by introducing a new course: 'How the Mind Works'.

This four week pilot programme looks at how our thinking affects our actions, and how we can make changes in life, while enjoying the great bits that are already there.



Wellbeing packs being assembled



Wellbeing packs ready to be posted to young people in South Norfolk

Young people in South Norfolk have also benefited from Activity and Wellbeing Packs.

These are resource packs that are posted out to young people, and include items and activities such as mindfulness colouring; breathing exercises; stress balls and stretchy men; craft items such as friendship bracelets, Hama beads, and scratch art; information leaflets; crosswords and puzzles; origami; and sunflower seeds.

Cook for your Mind

Great Yarmouth YAB are using social media platforms to support young people's mental and physical health during lockdown.

The YAB are sharing healthy recipes and information about how the ingredients can help support your mental health. See the recipes at #CookForYourMind and on [Facebook](#), [Twitter](#), and [Instagram](#).

Young Commissioner Chloe writes:

'#CookForYourMind is a campaign that focuses on eating well to keep young people's mental health as healthy as we can because we all know that eating well makes you feel good.'

'It is a weekly update with a variety of tasty recipes from dips to burgers to cakes.'

'I feel it's important because isolation can be very lonely and boring so combining healthy living with something to do seems the perfect way to keep everyone busy and positive.'



Homemade Dips Sour Cream and Chives



What you'll need:

150g sour cream
Bunch of chives,
chopped
Salt and pepper

Method:

1. Simply mix everything together and season to taste!

Did you know...?

Chives are nutrient-rich and contain choline, which can help with mood, memory and muscle control! Because they're only used as a garnish, though, you should supplement your choline intake with other foods, such as eggs, nuts, or spinach.



Burgers Falafel Burgers



What you'll need:

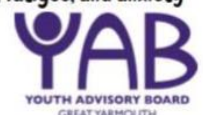
400g can chickpea, rinsed and drained
1 small red onion, roughly chopped
1 garlic clove, chopped
handful of flat-leaf parsley or curly parsley
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp harissa paste or chilli powder

Method:

1. Dry the chickpeas on some kitchen paper
2. Blitz together with all of the other ingredients until smooth
3. Shape into burgers and cook in a frying pan

Did you know...?

Garlic contains vitamin B6, which can help improve mood and ward off symptoms associated with insomnia, fatigue, and anxiety



Top tips for looking after your wellbeing during lockdown

Young commissioners from Broadland have collected their 12 top tips for young people on how to take care of themselves during lockdown, which they will be sharing on Facebook, Twitter, and Instagram.

Their top tips are:

- 1) *Open your curtains*
- 2) *Take a screen break*
- 3) *Stick to your routine*
- 4) *Spend time with the people in your home*
- 5) *Once-daily exercise outdoors*
- 6) *Try something new*
- 7) *Don't pressure yourself*
- 8) *Play some music*
- 9) *Puzzles and games*
- 10) *Do what makes you happy*
- 11) *Get stuck into a story*
- 12) *Keep moving*



Youth Advisory Boards (YABs) are bodies of Young Commissioners (aged 11-19 and up to 25 with a disability) and professionals who work to identify the issues that young people in their area care most about and then take action through campaigning, lobbying, advocacy, hosting events and commissioning services. A YAB operates in each district area of Norfolk. Norwich, Great Yarmouth, Broadland, Breckland, North Norfolk, and West Norfolk YABs are coordinated by youth organisation MAP, and South Norfolk YAB is coordinated by MTM Youth Services.

Contact:

South Norfolk <mailto:sammason40@gmail.com>

Broadland – <mailto:emmarush@map.uk.net>

North Norfolk – <mailto:melanieblanch@map.uk.net> <mailto:gillianrockey@map.uk.net>

Norwich <mailto:jessicabarnard@map.uk.net> <mailto:lizzyolley@map.uk.net>

West Norfolk – <mailto:bobcasey@map.uk.net> <mailto:rogerpartridge@map.uk.net>

Breckland – <mailto:michellebibby@map.uk.net> <mailto:sallypalmer@map.uk.net>
<mailto:rogerpartridge@map.uk.net>

Great Yarmouth – <mailto:Karlageorge@map.uk.net> <mailto:tamarmoshkovitz@map.uk.net>

Domestic abuse safe accommodation: COVID-19 emergency support fund

This prospectus provides prospective bidders with information on how to apply for funding and how the assessment process will work. Published 7 May 2020, Last updated 8 May 2020 — see all updates

From: Ministry of Housing, Communities & Local Government

MHCLG has secured £10 million for domestic abuse safe accommodation charities as part of a £76 million government package of support to charities supporting vulnerable people including domestic abuse victims.

The fund will help ensure that:

- 1.Safe accommodation services can continue operating and keep bedspaces open for victims and their children fleeing from abuse during COVID-19 emergency.
- 2.Safe accommodation services can help more victims access these life-saving services.

We are inviting domestic abuse safe accommodation providers within England to apply and encourage applications from consortiums of service provider partners.

Bids should be submitted by 21 May 2020.”

<https://www.gov.uk/government/publications/domestic-abuse-safe-accommodation-covid-19-emergency-support-fund>

You & Co – Victim Support youth programme



You & Co is Victim Support’s youth programme that helps young people cope with the impact and effects of crime. You do not have to report the crime to the police to get support from us. Click here for website <https://www.youandco.org.uk/>

Stay Safe online

THINK BEFORE YOU POST



Here are some top tips to help;

- Keep your device secure –do not share log-in information or passwords and check your settings and who can view your content
- Don't share your personal details like your name, date of birth, age, address or school and think about posting content with school logos or door number in the photo
- Think about who you are sending requests to and receiving them from – do you know them in real life? Only add people you know in real life.
- Think before you post – once the content is in a public space it can be shared with anyone
- Think about who you are talking to – people can trick you into trusting them and sharing your information
- Fake accounts – You may be asked to meet up with someone who is pretending to be someone else. Don't arrange to meet anybody you've only spoken to online.

If you need us

We have launched a new phone line and text message service for you to use. We hope you are feeling happy and safe at home, however if you're feeling unsafe or scared, then don't keep it to yourself. We're here to help you!

Text on: 07480 635060

Call on: 0344 800 8029

Norfolk Safeguarding Children Partnership (NSCP) is here to help keep children safe at home. The partnership includes Norfolk Constabulary, Norfolk County Council's Children's Services and Norfolk Children and Young People's Health Services.

You can also find more support and advice at:

norfolkscb.org | norfolk.police.uk | parentsprotect.co.uk | thinkuknow.co.uk |



Norfolk Safeguarding
Children Partnership

Gamcare

UPDATE: Women and Gambling-Related Harm – FREE online training – new dates available!

Book your place using Eventbrite: <https://bit.ly/2z7HqRP>

GamCare is a national provider of free information, advice and treatment for anyone affected by problem gambling. Our free online training is proving really popular, so we have added some new dates which are now open for booking. Individuals can register to attend the training at their convenience, using Zoom on a mobile phone, tablet, or laptop.

During the 1.5 hour training session, we will talk about women and gambling-related harm, risk factors, impacts, and how to identify and support people affected. Learn about our treatment network and how to refer clients to treatment services. This training is essential for any professionals who work with women and families.

Book your place using Eventbrite: <https://bit.ly/2z7HqRP>

Thursday 21 May	10.00am to 11.30am	FULLY BOOKED!
Wednesday 27 May	2.00pm to 3.30pm	FULLY BOOKED!
Monday 1 June	2.00pm to 3.30pm	A few spaces available
Thursday 4 June	2.00pm to 3.30pm	Spaces available
Wednesday 17 June	10.00am to 11.30am	Spaces available
Thursday 25 June	2.00pm to 3.30pm	NEW DATE!
Tuesday 30 June	2.00pm to 3.30pm	Spaces available
Wednesday 8 July	2.00pm to 3.30pm	NEW DATE!
Tuesday 14 July	10.00am to 11.30am	NEW DATE!
Friday 17 July	10.00am to 11.30am	NEW DATE!

Alzheimer's Society in Norfolk is continuing to offer advice, information and support to anyone affected by dementia, anyone who may be worried - either about their own memory or someone else's.

Service:

While we are unable to conduct face to face services during the Coronavirus outbreak, we will continue to support people affected by dementia to manage their well being and safety. We want to enable those affected by dementia to live as well as possible during this difficult time through two types of calls, Welfare and Companion.

The **Welfare calls** will enable us to assess support needs, check on people's safety, and provide advice, information and signposting. The frequency will be determined by level of need and assessed risk. **Companion calls** are an opportunity for people affected by dementia to have an informal chat with a volunteer about whatever they like. They will be offered to all service users and their carers once a week, or as often as requested during their regular Welfare Call.

Living with dementia always brings challenges. Living with dementia while staying at home, probably for weeks, will be very difficult. We can provide suggestions for carers who are caring at home or supporting someone from a distance. We are providing activity ideas for people who are living with dementia and some group type services virtually.

We have a Norfolk Dementia helpline for anyone who is affected by dementia.

Our Norfolk helpline number is **01603 763556** and is available Monday to Friday 9am to 5pm.

Please find attached our referral form, those with an NHS email can put [Secure] in the subject line to send a secure email norfolk@alzheimers.org.uk

If anyone would like support outside the hours detailed above:

Alzheimer's Society National Helpline is on **0300 222 1122** and available 9am – 8pm Monday to Wednesday, 9am – 5pm Thursday and Friday, 10am to 4pm Saturday and Sunday.

Talking Point is an online forum for everyone who is affected by dementia, open 24 hours a day <https://www.alzheimers.org.uk/get-support/talking-point-our-online-community>



Coronavirus (COVID-19) support for people affected by dementia | Alzheimer's Society

Alzheimer's Society can answer all your questions about dementia. We can also give you tips if dementia makes it difficult to follow NHS or government advice about coronavirus. We cannot offer personalised medical advice. But we will direct you towards other reliable sources. We have now ...

Best practice in Chronologies, Genograms and Case Summaries

Remote learning opportunity – 1st July – 9am-1pm

This half day course offers best practice in creating and amending chronologies as well as how to attach them to electronic recording systems, best practice in creating effective genograms and best practice in case summaries. For more information or to book your place on this remote learning event, please visit Learning hub [here](#)

[Sign up for webinar 1](#)

[Sign up for webinar 2](#)

You will need a Research in Practice account. To sign up for an account, go to www.researchinpractice.org.uk, click on 'Create account' and fill in your details, using your norfolk.gov.uk email address.

Social care practice in the time of COVID-19

Updates and articles from Research in Practice and CareKnowledge

[Policy update – April 2020](#)

This month's policy update includes advice and resources for tackling the COVID-19 emergency.

[Case Law and Legal Summaries – COVID-19 special edition](#)

This update summarises some key points for social workers working in the family court, along with some links to key sites which are being regularly updated as the coronavirus (COVID-19) situation develops.

[Social work in extremis: Research Summary](#)

Research on social work practice during 'extreme events' offers valuable insights and transferable learning, applicable to social work during the current COVID-19 epidemic.

[Virtual contact between children and their birth families during 'lockdown': unexpected opportunities](#)

The pandemic is turning many social work practices on their heads and local authorities are making adjustments extremely quickly under significant pressure. One area of practice that has required a rapid rethink is promoting links between children and their birth families. This blog by Professor Beth Neil and Ruth Copson from UEA is informed by early findings of their research project.

[Young people facing risk outside the home: exploring the implications of COVID-19](#)

This article by Dez Holmes looks at the additional risks that social distancing and 'lockdown' measures may be creating for young people.

[Emotional resilience in times of crisis: how organisations can support practitioners](#)

This article by Claire Williams considers the role of organisations in creating the conditions for individuals to be resilient in this time of national crisis – what can they do to support practitioners?

[Social work from home: Creating thinking spaces](#)

Harry Ferguson suggests some ways that care professionals can create spaces for thinking in and around their home.

[The Adoption and Children \(Coronavirus\) Regulation 2020, and More](#)

This article, produced in partnership with the PCFSW network, provides a summary of the changes introduced by the Amendment regulation.

[The Coronavirus Act 2020](#)

This CareKnowledge briefing provides headline information on the measures contained in the UK Government's Coronavirus Act 2020

Social Work Apprenticeship

We will soon be recruiting for the next cohort of Social Work apprentices. Applications will be through Norfolk County Council's recruitment site.

We are currently working on ways to provide information to staff and managers who are interested in the programme and to give staff an opportunity to raise any questions they may have about the apprenticeship and what it will involve. This information will help you to decide on whether to apply for our next programme, due to commence in January 2021.



Information will be available on Learning Hub soon

Supporting remote and online supervision during Covid-19

This [Research in Practice blog](#) by Alison Domakin offers some guidance about issues to consider for supervising remotely.

Research in Practice have a range of [resources to support reflective supervision](#). Log in to your Research in Practice account to access.

There are also [open access learning resources](#), developed by Research in Practice, in consultation with academics, practitioners and experts by experience, which aim to support practice supervisors in key aspects of their role. The materials draw on research and practice evidence, as well as learning from the lived experience of children and families.

The website contains a range of excellent tools and resources which are organised into 6 key themes:

[Your journey to being a supervisor](#)

[Understanding the lived experience of children & families](#)

[Emotions, relationships and resilience in child and family social work](#)

[Talking about practice in supervision](#)

[Developing a culture of excellent social work practice](#)

[Maximising your impact as a practice supervisor](#)

Working with domestic abuse

The following resources from Research in Practice are designed to develop, expand and maintain your knowledge, confidence and resilience when working with adults, children and whole families who are experiencing domestic abuse.

Quick reads:

Domestic abuse in the coronavirus epidemic – [Blog](#)

Coercive control, at the heart of domestic abuse – [Blog](#)

Working with parents who have experienced domestic abuse – [Blog](#)

Trauma-informed responses in relationship-based practice – [Blog](#)

Tackling the conspiracy of silence – recovering together after domestic abuse – [Blog](#)

Read and reflect:

Impacts of coercive control upon young people and children – [Literature review](#)

Violence in young people's relationships – [Frontline tool](#)

Trauma-informed approaches with young people – [Frontline briefing](#)

Children experiencing domestic abuse – [Summary for practice](#)

Forced marriage, recognition and response – [Frontline briefing](#)

Working effectively with men in families – [Frontline briefing](#)

Watch:

Making sense of uncertainty – [Webinar](#)

Assessing parental capacity to change – [Webinar](#)

Complex trauma and its impact upon families – [Film](#)

Trauma-informed responses in relationship-based practice – [Webinar](#)

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You will need a Research in Practice account to access these resources for free. To sign up for an account, go to www.researchinpractice.org.uk, click on 'Create account' and fill in your details, using your norfolk.gov.uk email address.

Linked resources:

Coercive control resources – [open access resources](#)

Social Care Institute for Excellence (SCIE) have also produced a quick guide aimed at professionals who are involved in supporting and safeguarding adults and children:

[Domestic violence and abuse: Safeguarding during the COVID-19 crisis](#)

Working with loss

The following resources from Research in Practice are designed to develop, expand and maintain your knowledge, confidence and resilience when working with adults or children who are experiencing loss, grief or bereavement.

Quick reads:

Working with loss and grief – [blog](#)

Trauma-informed responses in relationship-based practice – [blog](#)

Promoting the importance of human relationships – [blog](#)

A model for exploring resilience in practice – [blog](#)

Working effectively with parental mental health – [blog](#)

Read and reflect:

Positive mental health and wellbeing in children and young people – [Practice tool](#)

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Trauma-informed approaches with young people - [Frontline briefing](#)

Watch:

Working with loss and grief - [webinar](#)

Understanding loss and grief in the context of recurrent care proceedings - [film](#)

Complex trauma and its impact upon families – [film](#)

Trauma-informed responses in relationship-based practice – [webinar](#)

Making sense of uncertainty – [webinar](#)

You will need a Research in Practice account to access these resources for free. To sign up for an account, go to www.researchinpractice.org.uk, click on 'Create account' and fill in your details, using your norfolk.gov.uk email address.

Adolescent safeguarding

A selection of Research in Practice learning resources to support your professional development

Listen:

An introduction to definitions and one area's approach to cuckooing, criminal exploitation and county lines

- County lines, criminal exploitation and cuckooing part one – Greater Manchester's learning – [podcast](#)
- County lines, criminal exploitation and cuckooing part two – Greater Manchester's approach – [podcast](#)

Watch:

Risk, Resilience and Relationships: Safeguarding adolescents into adulthood - [Video](#)

Young person-centred approaches in child sexual exploitation: Building self-efficacy and promoting participation – [Webinar](#)

Complex Safeguarding: Understanding and responding to different forms of exploitation of children and adolescents – [Webinar](#)

Read:

That Difficult Age: Developing a more effective response to risks in adolescence – [Evidence scope](#)

Transitional Safeguarding – adolescence to adulthood – [Strategic Briefing](#)

Exploitation of young people – working with boys and young men – [Blog](#)

You will need a Research in Practice account to access these resources for free. To sign up for an account, go to www.researchinpractice.org.uk, click on 'Create account' and fill in your details, using your norfolk.gov.uk email address.

Understanding the impact of social media and gaming

Social media and the Internet have become intrinsic in our lives and that of the children and families we support. It is important as practitioners that we have the knowledge and a fundamental understanding of how social media is used within the families we support, what the worries and potential strengths are and what impact it has on the child or family. Knowing this can help inform our assessments and further our understanding of family functioning and give insight into networks.

'[A brief guide to social media and gaming](#)' is a simple e-booklet, available on the Learning Hub Knowledge bank, it gives basic explanations of some of the most widely used social media and gaming platforms currently. This will always change and there may well be platforms that are not covered

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however it is a starting point. Further learning and development on social media is currently in development and will be advertised in due course.

Please email nsca@norfolk.gov.uk for more information.

Autism Awareness – e-learning

This course gives a general overview of what autism is, how it affects people in different ways, and the means of supporting those who have autism or autistic traits. This e-learning will enable you to understand;

- The notion of autism as a spectrum, including the fact that it is a life-long condition
- Key characteristics – understand the main differences found in people with autism
- Common sensory differences experienced by people who have autism
- Common co-occurring conditions
- Basic understanding of the complexity surrounding diagnosis, which includes:
 - Getting a formal diagnosis
 - Lots of different diagnoses with the 'autistic spectrum'
 - Reasons for avoiding, or barriers to, diagnosis
- Prevalence of autism in the general population

This course is mandatory for all staff working in Children's Services and includes a short quiz at the end which you must complete for this training to appear on your learning record. For more information or to undertake the course, please visit [Learning Hub](#)

SEND e-learning

This online course is designed to improve knowledge and understanding of special education needs and disability (SEND) and associated responsibilities for any professionals, parents/carers working with children with SEND. This is suitable for parents/carers and professionals new to SEND and as a refresher for those already working with children and young people with SEND. It covers all relevant aspects relating to SEND for Education, Health and Social Care. The e-Learning will give users a clearer understanding of how children and young people with special educational needs and disabilities should be supported in education, health and social care as described in the Children and Families Act 2014 and other associated Acts. It shows the way the systems should work together to secure outcomes which make positive differences for children and young people's futures.

This course aims to help learners gain knowledge and understanding of:

- The different types of SEN and how to identify them
- Norfolk's Local Offer and how to utilise it
- Duties and responsibilities under relevant legislation and statutory processes including those under the Care Act, Children & Families Act 2014, Code of Practice and any other relevant legislation
- Transitional arrangements and the correlation with the Care Act 2014
- Who to contact to take appropriate action if a child or young person they work with has a suspected or identified SEND
- The local process for children and young people with SEND relevant to the area of need
- How to make a referral for an EHC needs assessment.

For more information or to access this e-learning, please visit Learning Hub [here](#)

Welfare Rights

This course provides a very useful introduction to welfare benefits and the impact of the Welfare Rights Reform Act 2012. The Act made changes not seen for a generation and has significantly impacted on claimants' monetary awards and subsequent quality of life. Financial wellbeing should be improved with a knowledge of the benefits and when there is potential for more to be claimed.

This course

- Gives an holistic background to the changes and the impact of Welfare reform Act 2012.
- Will help you understand the benefits that have been introduced and those which have been replaced

- Will help you to identify appropriate benefits and have an understanding of why a client may or may not be on a particular benefit.
- Explains Universal Credit, Personal Independence Payments and Employment Support Allowance. These benefits are the most likely to be claimed. The information on Universal Credit is particularly helpful as it explains what benefits have been replaced and the process of claiming the benefit.
- Will help you assist in the provision of the information and advice to clients and families.

For more information or to carry out this learning, please visit Learning Hub [here](#)

Norfolk Safeguarding Children Partnership



The image shows a child's drawing on a white sheet of paper. A large, multi-colored rainbow is drawn with thick markers. Above the rainbow, the words "Stay safe" are written in a simple, handwritten font. The drawing is on a wooden surface, and a hand is visible on the left side, holding the paper. In the background, there are other drawings and a blue pen.



Norfolk Safeguarding
Children Partnership

We want you to know - we're still here.

These are unusual times for families. No matter your age or circumstance, many of us are facing increased stress or maybe things are cropping up that we don't know how to deal with.

Just One Norfolk has support and advice for families so if you need us, contact us.

0300 300 0123

www.justonenorfolk.nhs.uk



Norfolk Safeguarding
Children Board

Remote Learning Opportunities Summer 2020

Target Staff: These sessions are suitable for multi-agency staff and are relevant for all practitioners and managers who are involved in working with children and families.

The session will be facilitated by trainers from In-Trac Training and Consultancy and hosted by Norfolk Safeguarding Children Partnership.

The training will be delivered via Zoom. A link to join the sessions will be emailed to successful applicants.

Each training session will be 2 hours long. The subjects will be:

- Domestic Abuse
- Working with Neglect
- Working with Trauma and Anxiety
- Voice of the Child
- Appreciating the Importance of Attachment
- Safeguarding Disabled Children

In addition to the training sessions we will also be hosting Action Learning Sets on the above topics as well as

- Keeping children safe during the Covid-19 crisis

The Action Learning Sets will be for small groups and will provide greater opportunity for delegates to discuss issues they are encountering in their case work. Action Learning Sets are designed to strengthen and develop existing knowledge, so these are not appropriate if you have not previously attended training in the topic concerned.

These sessions are being delivered free of charge.

For details of dates and times of these learning opportunities and to apply for a place on any of these events please visit the training pages of our website:

<https://www.norfolklscb.org/people-working-with-children/nscb-training/>

Reflective Supervision Virtual Training Summer 2020

This five-session course is being offered during the Covid-19 Pandemic to allow supervisors and managers to be supported in their present or future roles with an interim development opportunity. Each session is 2 hours and will involve practical tasks as homework to practice using tools and reflect on learning. The final session will take the form of an action learning set to provide an experiential learning opportunity to support participants to embed their learning. **All sessions must be attended.**

Session 1 - 12th June - 9.30am to 11.30am

Session 2 - 19th June - 9.30am to 11.30am

Session 3 - 26th June - 9.30am to 11.30am

Session 4 - 3rd July - 9.30am to 11.30am

Session 5 - 17th July - 9.30am to 11.30am

Outline of Programme and Learning Outcomes

Session number	Issues Covered	Learning Outcomes
One	Outline of programme Overview of 4x4x4 model and key elements of supervision	Be clear of the key elements of effective supervision and current issues in agency context
Between session task	Discuss with colleagues Start a reflective learning log	Be able to relate learning to role and work context
Two	Four functions and four stakeholders of supervision	Understand how the four functions and four stakeholders work as a supervision framework

	Between session task	Complete four function checklist task Note down learning	Identify opportunities and challenges in supervision
	Three	Supervision relationship and supervision agreement	Understand the importance of supervision relationships and factors that impact. Consider the role of the agreement
	Between session task	Practice using the organisation's template or provided example	Develop skills in negotiating a supervision agreement
	Four	Introductory session on reflective supervision and four stages of the supervision cycle	Understand the four stages of a reflective supervision discussion
	Between session task	Practice using the supervision cycle	Develop skills in reflective supervision
	Five	Action learning Learning from programme	Develop further skills in reflective supervision Be clear of learning from programme

This training is being delivered free of charge.

The training will be delivered via Zoom.

To apply for a place on this course please visit the training pages of our website:

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

Loudspeaker Project



Map has a new project called Loudspeaker, which is a youth led campaign committed to tackling bullying and discrimination in Norfolk. All young people should be proud of their identity and have access to the resources they need to flourish!

There are two campaigns happening right now and would like young people to get involved and have their day.

Refugee rights

Loudspeaker have a design competition for 11-25 olds to get involved in, where the winner will receive a Huion Inspiroy H950P Drawing Tablet . Link to pages– <https://youngactivistnetwork.org/news/loudspeaker-refugees-welcome-design-competition/>

Refugee Art Week Competition

Also do you know of any young people aged 11 – 25 who would like to share their experiences of moving to the UK and who would like to support MAP's Loudspeaker project to arrange activities to celebrate Refugee week on 15th – 21st June.

Refugee week is all about -

- Showcasing the talent and expertise that refugees bring with them to the UK.
- To explore new and creative ways of addressing the relevant issues.
- To provide information which educates and raises awareness of the reality of refugee experiences
- Our ultimate aim is to create better understanding between different communities and to encourage successful integration, enabling refugees to live in safety and continue making a valuable contribution.

Transgender Rights

All young people deserve to feel accepted and proud of their identity, and be able to access the health care and support they need to flourish!

Loudspeaker, is asking you to stand with Trans and non-binary young people by writing to your MP. Anyone can help to make change, so please share with as many people as possible.

Stand with Trans and Non Binary Young People – Contact Lizzy or Leanne on details below if you would like help in writing to your MP.

For more information on how to get involved in the projects, contact –

Lizzy Olley
07384 893777
lizzyolley@map.uk.net
m.me/loudspeakernfk

Leanne Nye
07384 514268
Leannenye@map.uk.net

Signposting for Parents

Signposting for parents for NDS, SLT and Mental Health

Neuro developmental services

I am worried about my child's development

Norfolk <https://www.justonenorfolk.nhs.uk/> <https://www.justonenorfolk.nhs.uk/childhood-development-additional-needs/behaviour-sleep/positive-behaviour-support-pbs>

<https://www.justonenorfolk.nhs.uk/childhood-development-additional-needs/behaviour-sleep/positive-behaviour-support-pbs>

Waveney <https://www.healthysuffolk.org.uk/> - awaiting website link from Anita Farrant

I need support while we await assessment

<https://www.family-action.org.uk/what-we-do/children-families/familyline/>

https://www.facebook.com/groups/127297751270090/?source_id=106776722688547

Solihull parenting course

<https://www.justonenorfolk.nhs.uk/online-learning>

<https://www.suffolk.gov.uk/children-families-and-learning/childcare-information-and-support-for-parents-and-providers/guidance-for-parents-and-carers/parenting-programmes/>

Positive Behaviours Strategies (PBS) online resource

Session 1 <https://www.youtube.com/watch?v=ouhmhb7cASc>

Session 2 <https://www.youtube.com/watch?v=z1vE-oQv76c>

I don't know where I am on the pathway

Norfolk (excluding Great Yarmouth) <https://childrens.nchc.nhs.uk/>

Great Yarmouth & Waveney [https://www.jpaget.nhs.uk/departments-services/children-young-peoples-services/newberry-clinic-\(community-paediatrics\)/](https://www.jpaget.nhs.uk/departments-services/children-young-peoples-services/newberry-clinic-(community-paediatrics)/)

Speech, Language and Communication

I am worried about my child

Speak to your school/Setting

Norfolk 5+yrs - <https://www.justonenorfolk.nhs.uk/> or

0-5yrs - <https://www.norfolk.gov.uk/children-and-families/early-childhood-and-family-service>

Waveney: 5+yrs - <https://www.healthysuffolk.org.uk/>

0-5yrs - <https://www.suffolk.gov.uk/children-families-and-learning/childrens-health/childrens-centres/>

Information (all ages) <https://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents/>

What can I do while we awaiting assessment/further intervention

<https://salt.ecch.org/>

<https://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents/>

Mental Health

I am worried about my child's development

Waveney - <https://www.healthysuffolk.org.uk/>

Norfolk - <https://www.justonenorfolk.nhs.uk/mentalhealth>

I've been accepted for treatment and don't know how long it's going to take

<https://point-1.org.uk/>

<https://www.nsft.nhs.uk/Find-help/Pages/Mental-health-support.aspx>

Family Court Domestic Abuse Support Service

citizens
advice

Our service offers practical information about the court process and emotional support to help victims feel more confident about attending family court hearings.

It's free, independent, confidential and impartial.



Who we can help

Any applicant or respondent attending a family court who identifies as a victim of domestic abuse. We'll give priority to:

- Litigants in person (representing themselves)
- Private family law cases (involving child disputes and protective orders)

Advance referral to the service



www.citizensadvice.org.uk/familycourt

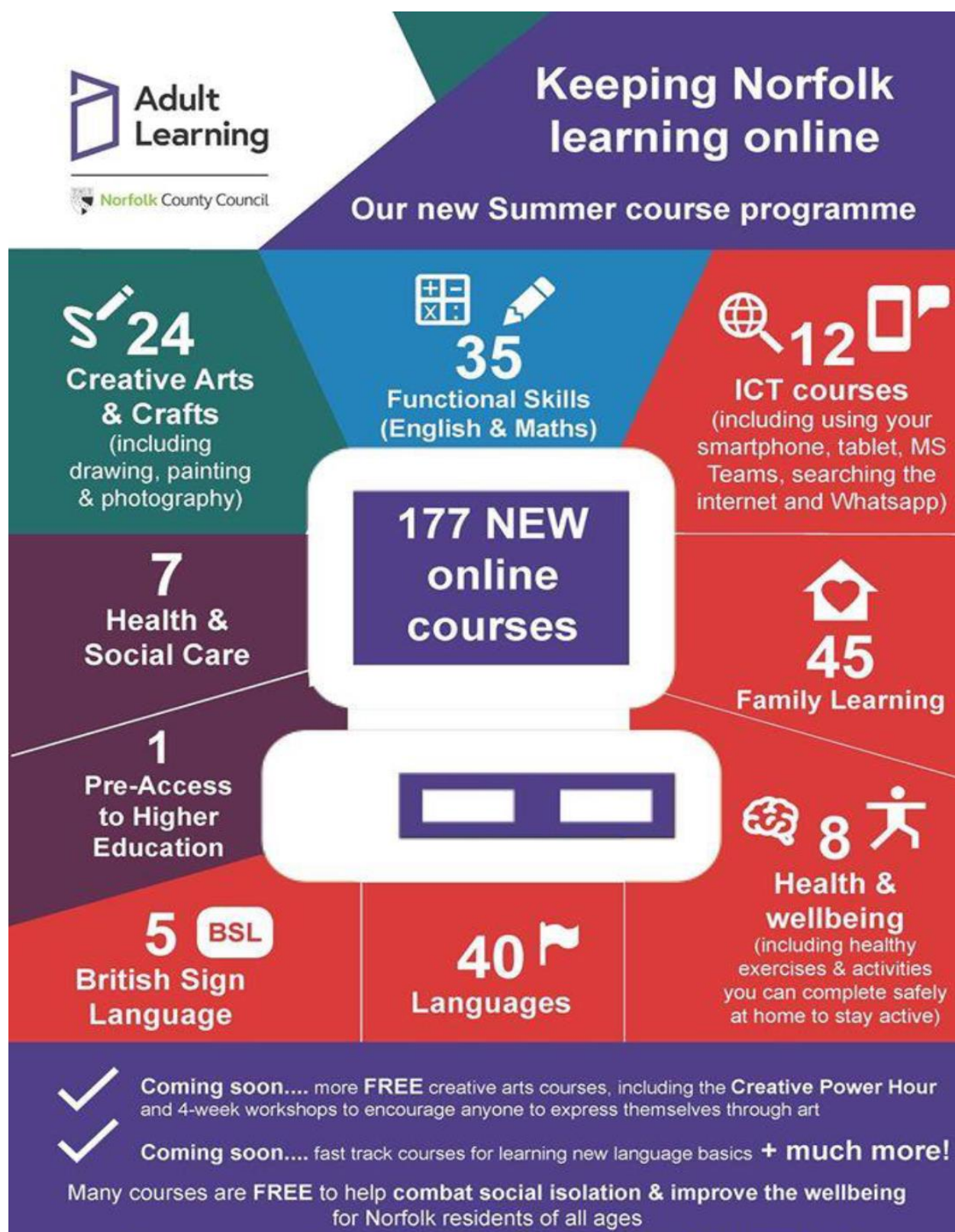
Applicant / respondent number: **0300 332 1000**



Partner number: **0300 330 1161**

If the hearing is within 3 days, contact should be made by phone rather than the online form.

On-line courses for adults



To search for courses go to www.norfolk.gov.uk/adultlearning

Quick Updates

New video service for deaf claimants accessing Universal Credit

Customers will be able to access a VRS hyperlink on GOV.UK. Alternatively, SignVideo offer an app that can connect to Universal Credit. Colleagues won't see the caller or the interpreter; they simply receive a voice telephone call and allow additional time for translation into BSL. Click on link for further details.

<https://www.gov.uk/government/news/new-video-service-for-deaf-claimants-accessing-universal-credit?>

Latest Scams Alert from Norfolk County Council Trading Standards

- [Scam Alert – Text messages claiming to be from PayPal stating 'Your account has been restricted due to a failed payment'](#)
- [Scam Alert – Social Media messages offering free chocolate hampers](#)
- [Scam Alert – Online scammers selling Pets during lockdown](#)
- [Scam Alert – Telephone Cold Calls claiming 'wearing a Face Mask is now obligatory'](#)
 - **# You can follow NSAB on Twitter, join us today – @NorfolkSAB #**

Free Julia Donaldson and Axel Scheffler Home Learning Packs

<https://resource-bank.scholastic.co.uk/content/FREE-Julia-Donaldson-and-Axel-Scheffler-Home-Learning-Packs-40114>

Coping with Bereavement During Coronavirus - free webinars



Live webinars from the Norfolk & Waveney Wellbeing Service will explore how we cope with bereavement in these challenging times. The sessions will offer an opportunity to look at the particular difficulties of bereavement and grief during coronavirus.

This is a live online presentation, where you log in on your computer, phone or tablet. A clinician will present the workshop via webcam. You will not be seen by other attendees and you can ask questions to the facilitator in real time via a chat function that is private and not visible to the rest of the group.

Upcoming dates include 18th May, 1st June and 15th June - plus many more.

[Book here](#)

Help Through Crisis - advice and support



Help Through Crisis advice and support

Led by Norfolk Citizens Advice and in partnership with nine other agencies in Norfolk, the [Help Through Crisis](#) project offers advice and support to people living in Breckland and South Norfolk facing a crisis.

Advice Champions together with partners, offer specialist advice in the crisis areas of debt, welfare benefits, housing, mental health, drug and alcohol, domestic violence, disability and immigration. They manage the person's immediate crisis needs by helping them navigate around the specialist agencies and provide wrap around support to help build resilience and plan for the future. Visit www.ncab.org.uk/crisis

Due to Covid-19, Advice and support is available by phone, email and Skype. Please contact advicechampion@ncab.org.uk (Dereham Watton Swaffham) and advice.champion@cadat.org.uk (Diss Thetford Attleborough)



Heroes at Home



Norfolk Safeguarding Children Partnership

Carers Matter Norfolk
SUPPORTING YOUNG CARERS & FAMILIES

Caring Together
so that carers have choices

Sara is a young carer, she's been supporting her mum who has depression and anxiety.

Does that sound like you?

HEROES AT HOME

© Carers Trust (photo posed by models)

Launched this week by Norfolk Safeguarding Board, Heroes at Home recognises the vital role young people play in supporting their loved ones at home and highlights the range of support available to help them.

It is estimated that there are more than 11,000 young carers in Norfolk and they will likely be facing increased pressure in the lockdown. The board is sending a thank you postcard to all known young carers in Norfolk, as well as launching an awareness campaign across social media, signposting young carers to the website and helpline that is available.

If you are on social media, please look out for the campaign called Heroes at Home and help to spread the message. We want more children to recognise that they are young carers and to ask for support if they need it.

Kooth

Introducing Kooth

We are very pleased indeed to announce the launch of Kooth (www.kooth.com) for 11 – 25 year olds in Norfolk & Waveney!



Kooth is a nationally renowned service, providing peer support, a wide range of self-help materials and access to moderated forums, but it also gives access to online counselling delivered by qualified counsellors 365 days a year, either on a drop-in basis or through bookable chat sessions.

It was always our aspiration to ensure that young people had this kind of support as part of transformation and ensure we had much needed additional capacity, so we're grateful that NSFT accelerated the commissioning of Kooth in response to the COVID-19 crisis, and it will be available as transition out of lockdown and into recovery.

It's therefore crucial to let people know what's available! Partners across the system are using the hashtag #wearestillhere this week to highlight what's on offer, so please do retweet, and keep signposting people to the new webpage (www.justnorfolk.nhs.uk/mentalhealth). There are links for Kooth there, but 11 – 25 yr olds can also access support directly at www.kooth.com