

South Norfolk **Bulletin**



Information

- [South Norfolk YAB](#)
- [Norwich Virtual Jobfair](#)
- [Pharmacy Update](#)
- [Stay safe online](#)
- [LGBT+ Support](#)
- [Early Years and Family Service](#)
- [Citizens Advice](#)
- [Online courses for Adults](#)
- [NSCB Young Carers Webcast](#)
- [Bite size items](#)
- [Chit chat](#)
- [Health Watch Norfolk](#)
- [Heroes at Home](#)
- [NCAN](#)
- [Wellbeing](#)
- [Cambridge Science Centre Project](#)

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

communityfocussouth@norfolk.gov.uk

Edition 73

05/06/2020

South Norfolk Youth Advisory Board



Norfolk Youth Advisory Boards (YABs) Newsletter April 2022

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.

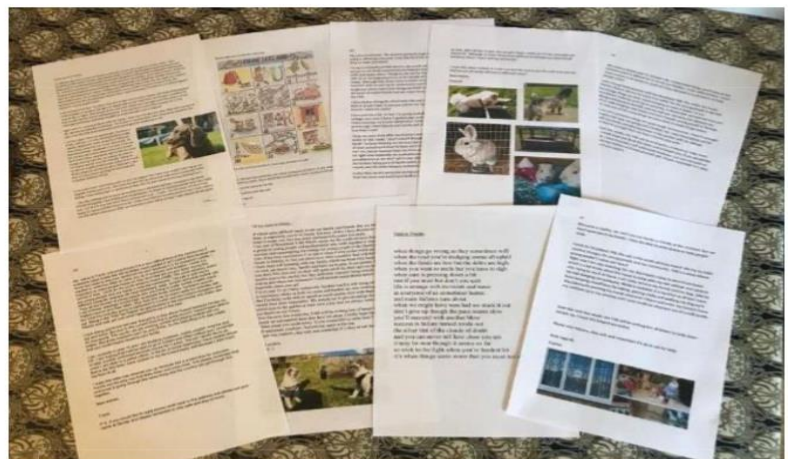
Do get in touch if you have any suggestions of where the letters should be sent.

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.



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>



jobcentreplus

Norwich Social Care Jobs Fair

Using Twitter!

**Do you want to make a difference?
Are you caring, compassionate and reliable?
Join us to find your new job
or training in Social Care.**

To join us search for **@JCPIInNorfolk** on
Twitter or search for
#NorwichVirtualJobsFair

You do not need an active twitter
account, just simply google
@JCPIInNorfolk

**If you have any questions please contact
norwich.employeradvisers@dwp.gov.uk**

**18 June 2020
11:00am – 12:00pm**

Pharmacy update

HELP EASE THE PRESSURE ON PHARMACIES

YOU SHOULD NOT
BE VISITING A
PHARMACY IF YOU
HAVE COVID-19
SYMPTOMS!



DON'T STOCKPILE

People are asking for advances on their prescriptions. The excess ordering is creating a huge strain on pharmacies and staff, and creating queues and long waits. Staff have been instructed to politely decline any advance orders.



AMENDMENTS TO OPENING TIMES

To allow staff time to process orders, some pharmacies are amending their opening hours.

This may create queues -
remember social distancing!

Guidance is to check websites or on the doors to find out opening times.



IF YOU CAN COLLECT - DO!

Avoid requesting a delivery for your prescription when possible to ease the strain on staff, and instead collect in person. Only request delivery when you have no one else to ask.

THANK YOU

BE KIND

Be polite and thank staff for all they are doing. Don't complain if you had a long wait. These are difficult times for all, and pharmacy staff are doing their best to take care of us.

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

LGBT+ Support Groups



Resources to support the carer of a young child in exploring gender identity.

<http://www.norfolklgbtproject.co.uk/>

<http://www.norfolklgbtproject.co.uk/services/blah-lgbt-youth/>

Support for people of all ages, plus a useful resources page. BLAH is the youth arm of the project.

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

Advice, videos and an advice line.

<https://gids.nhs.uk/>

NHS information and guidance for young people, parents and professionals.

<https://www.map.uk.net/get-help/gender/>

Advice, including a useful film.

<https://oasisnorfolk.com/>

Oasis is Norfolk's main transgender peer group. The organisation is mainly aimed at adults, but they have worked with partner organisations under the Barbara Ross Association developing resources for children and young people that want to explore their gender identity .

<https://bookriot.com/2019/03/06/childrens-books-about-gender-identity/>

Brief summary of 15 books, fiction and non-fiction, exploring gender identify.

Early Childhood and Family Service



**Early
Childhood
and Family
Service**



Covid 19 (Coronavirus) Information from Early Childhood & Family Service (ECFS)

- The ECFS is still available to families during the Coronavirus outbreak
- Families can contact ECFS via the 0344 800 8020 number or by emailing ecfs-families@actionforchildren.org.uk or by using the green button on the website www.norfolk.gov/earlychildhood
- ECFS staff are working from home and providing support to families by telephone and other digital tools.
- All ECFS bases have been closed temporarily except for the City & Eaton ECFS base.
- ECFS are sharing activity ideas via our Facebook pages including photos of home learning activities and video clips at www.facebook.com/ECFSSouth
- ECFS are signposting families to the support services available to them and working collaboratively with other agencies to ensure that families that needs support can access it by the right service at the right time by the right provider.

www.norfolk.gov.uk/earlychildhood

Phone: 0344 800 8020



Working in
partnership
to make a
difference
for children



Citizens Advice



Diss & Thetford Citizens Advice are preparing to re-open their doors on Monday 1st June, following a thorough risk assessment. Initially we will open two days a week only (Monday and Friday 10.00 to 15.00), rather than our usual four days.

There will be a limit on the number of people who can be in the building at any time and most staff and volunteers will continue to deliver advice from home.

There will be no drop-in service for the foreseeable future, but we will be carrying out a maximum of 4 person to person interviews each day that we are open. We have installed screens, we have masks, gloves and hand sanitisers and have configured the interview spaces so that they comply with social distancing guidelines.

Unfortunately for the present, we will not be able to share our other facilities with our clients, e.g. toilets, kitchen and reception. Our contact details remain:

Website: www.cadat.org.uk

e-mail: dissadviser@cadat.org.uk

e-mail: advice.thetford@cadat.org.uk

Phone: 03444 111 444 for advice (All-Norfolk Citizens Advice Adviceline). To arrange an appointment, please phone 01842 762005 or 01379 651752 but note that capacity will be very limited at present and we will prioritise those who are vulnerable.

Only clients with booked appointments will be admitted to the building. We ask people to use digital channels if they are able to, to free up the phone and person to person advice for those unable to access advice by other means.

Online courses for adults



Coffee and Chat

At these FREE sessions you will have a chance to chat and find out what online courses are available from Adult Learning. Along with a short taster of a different course each session.

Sessions will run on Mondays, Wednesdays and Fridays

10.30 – 11.30 am using Zoom

Access here: <https://zoom.us/join> using code: 553 027 2723 and password 150420

01/06/20 – ‘Lockdown Calories’ (and how to manage them...!)

03/06/20 – ‘Activity in Lockdown’ (With Active Norfolk- Q&A)

05/06/20 – ‘Yoga’ (Information and Q&A)

Community Courses

These Fitness Yoga courses will improve your flexibility, balance and muscle tone. These are non impact exercise classes. You will have the opportunity to practise basic yoga postures and learn how to combine these with breathing techniques that relieve stress and improve general health and well-being.

Yoga sessions coming up in June 2020;

08/06 – Online Yoga, 9.30am – 10.30am or

10/06 -Online Yoga, 5pm-6pm

Courses are 10 weeks and will be on the Zoom platform For more information on all our courses visit our website: <https://www.norfolk.gov.uk/education-and-learning/adult-learning> or email CLDO@norfolk.gov.uk

NSCB – Young Carers Webcast



Norfolk Safeguarding
Children Board



Young Carers Webcast

Tuesday 9th June 2020
10am to 11am

Carer Awareness webcast

This is a one hour webcast for any organisation who supports unpaid carers.

Aim:

This webcast is designed to help organisations to identify and the support carers in their setting.

Objectives - By the end of this sessions delegates should:

- Understand more about who carers are
- Understand how carers are affected by their caring responsibilities both before Covid-19 and now
- Know what support is available to carers in Norfolk.

It will also provide information about what help is freely available to support schools and colleges to confidently identify and support the young carers through the Carer Friendly Tick Award scheme. The session will also cover the Carer friendly Tick Employers, Communities and Health. Supporting adult and young carers.

There will be an opportunity to answer questions, however if all of these cannot be answered during the one hour session, then a member of the Caring Together Team will get in touch with delegates via email following the webcast.

NB: The webcasts will take place via Zoom; however if you are unable to access Zoom, please contact Caring Together and they will be happy to deliver a separate awareness session via Teams.

To book please visit the NSCP online booking site:
<https://www.norfolklscb.org/nscb-booking/nscb-booking-training/>

Bite size items

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 15th June - plus many more.

To book, please visit <https://www.wellbeingnands.co.uk/norfolk/course/online-coping-with-bereavement-during-covid-19/>



Virtual Big Sing 2020 | The fantastic folks at Norfolk Music Hub are leading a national Virtual Big Sing on the 19th to 21st June. They aim to bring an interactive digital concert to every young person in the country. Families or school groups are welcome.

Take part here_ <https://www.norfolkmusichub.org.uk/site/events/event/the-virtual-big-sing-2020>

Source: Festival Bridge email



Just a Cuppa - online

We've launched a virtual Just a Cuppa over the video platform Zoom, every Saturday at 10:30am. Just a Cuppa is a great way to chat and socialise with other people, while enjoying a cup of tea or coffee at home. If you are interested in joining the virtual Just a Cuppa, please email libraries.iconnect@norfolk.gov.uk and we'll get in touch with all the details about how you can join. It doesn't matter if you are unsure about how to use Zoom, we'll be able to help get you started.



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

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

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.

Wednesday 17 June	10:00 am – 11:30 am	Spaces available
Thursday 25 June	2:00 pm - 3:30 pm	NEW DATE
Tuesday 30 June	2:00 pm - 3:30 pm	Spaces available
Wednesday 8 July	2:00 pm - 3:30 pm	NEW DATE
Tuesday 14 July	10:00 am – 11:30 am	NEW DATE
Friday 17 July	10:00 am – 11:30 am	NEW DATE

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



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.

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>

kooth

Free. Safe. Anonymous.

Kooth is an online Mental Health platform for young people. **Need to talk?** Chat to our friendly counsellors.

Articles & Advice Live Chat Live Forums

<https://kooth.com> **go!**

Kooth offers advice on the go. We're by your side when you need us most. for ages 11 - 25

available in your area

Chit Chat



We are chit-chat.

chit-chat is a new not-for-profit organisation creating a place for everyone to have a conversation. Born during the peak of a global pandemic and unprecedented isolation, we strive to change how we interact with one another.

We want people to grab a brew, give us a call and engage with us through social media. Any conversation is welcome, from the weather, favourite movies or music, to sport, culture and how to keep fit indoors.

Our enthusiastic volunteers oversee the phone line and social media throughout the week and are committed to having a friendly discussion with anyone who reaches out.

We're here to listen, we're determined to reduce the number of people who are lonely and we're here to chit-chat.

AT CHIT-CHAT, WE AIM...

1. To ensure **everyone** can chat and collaborate, finding a conversation through a channel that suits them.
2. To develop meaningful **connections**.
3. To bring people **together**, creating a sense of belonging and reinforce community spirit.
4. To alleviate loneliness and isolation, promoting **positive** emotional, psychological and digital wellbeing.
5. To leverage the **power** of volunteers.



THE PROBLEM

Over 700,000 young people (16 - 24 years) said they were "often" lonely
ONS (2018)

By 2039, it is estimated that the number of one-person households will rise to 10.7 million
ONS (2018)

The number of over-50s experiencing loneliness is set to reach 2 million by 2025/26
Age UK (2018)

missing my
Companion



"I phoned the number and one of the volunteers answered; instantly I felt as though I was talking to one of my friends. Conversation flowed as we both shared different things about our lives. I realised this was what I needed."

(Amy - 19-year-old university student)

"chit-chat brightened up my day. The conversation I had provided me with a much-needed outlet to talk about my concerns. I just completely switched off from work. It has given me a chance to sit down with a cup of tea and reflect."

(Qais - 35-year-old NHS worker)

"Volunteering for chit-chat is so rewarding. In uncertain times like these, there are people who need a friendly voice. It is easy to feel that you are powerless, but by allowing people to feel heard, listening to them share their thoughts or talk about their favourite film, you see the positive impact it has on their self-esteem and happiness. It puts a smile on my face too."

(Matt - 20-year-old chit-chat volunteer)

"I live alone and very rarely get visitors. chit-chat brightens my day. Anybody can phone them while they are open and speak to someone who will listen and exchange views. We need each other, so let us grab the opportunities given to us by the wonderful chit-chat volunteers."

(Peter - 91 years-old retired school governor)



**WE AREN'T JUST A PHONE-LINE.
WE ARE A COMMUNITY.
WE ARE FOR EVERYONE.**

chit-chat *LIVE*

9am – 9pm, seven days per week. Coordinated by our volunteers, our anonymous phone line is for anyone who simply wants to have a natter. chit-chat is available to anyone, of any age and anywhere in the UK.



chit-chat *HUB*

We want to bring people together on our social media, connect with everyone and create engaging, innovative content. With chit-chat, there's never a dull moment; our positive news stories will put a smile on the face of the nation.

chit-chat *LIVE*

Collaborations with musicians, comedians, artists, chefs, community groups, motivational speakers and influencers through Instagram LIVE and Facebook LIVE.



7



Healthwatch Norfolk



Want to know more about staying safe during COVID-19?

During challenging times for individuals, families and health and social care professionals, it is important that the correct guidance is followed to keep the most vulnerable as safe as possible.

Please click the link below, which is intended to provide people in Norfolk with timely and accurate information about COVID-19.

<https://healthwatchnorfolk.co.uk/information-and-guidance-on-covid-19/>

Heroes at Home



Norfolk Safeguarding
Children Partnership

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.



**Norfolk Community
Advice Network**

Free support and advice
for residents across Norfolk



Norfolk Community Law Service (NCLS)

The NCLS offers free, confidential and independent legal advice to people in Norfolk who might not otherwise be able to access legal assistance. Areas include: employment law, family law, general law, discrimination, domestic abuse, debt, immigration and welfare benefits (appeals and tribunals only).

Tel: 01603 496623

Whatsapp: 07900 153753

Email: info@ncls.co.uk

Twitter: @NCLawService

Facebook: @NorfolkCLS



Norfolk Citizens Advice

Broad range of advice including debt, benefit checks, housing, employment

Tel: 03444 111444.

Web: www.ncab.org.uk and click 'email advice'.

Webchat available via website.

Twitter: @CAB_Norfolk

Facebook: @NorfolkCAB



Diss & Thetford Citizens Advice

Tel: 03444 111444

Web: www.cadat.org.uk

Email: dissadviser@cadat.org.uk
advice.thetford@cadat.org.uk

Twitter: @DissThetfordCA

Facebook: @DissThetfordCA

For Universal Credit 'Help to Claim'

Tel: 0800 1448444



Whatever your age, if you need advice and support there are a number of charities that can help.

Whether it's a feeling of isolation, advice on housing, benefits, disability rights, debt and money, legal help, homelessness or domestic abuse, these organisations can offer free, quality and impartial advice as soon as you need it. Services can be provided in different languages and formats on request.



Age UK

Age UK offers help and advice to people over 50, as well as their family and carers about benefits, housing, debt, money, lasting power of attorney, social care and support. Other services available include telephone befriending and activities.



Age UK Norwich

Tel: 01603 496333

Email: enquiries@ageuknorwich.org.uk

Facebook: @AgeUKNorwich

Twitter: @AgeUKNorwich



Age UK Norfolk

Tel: 0300 5001217

Email: advice@ageuknorfolk.org.uk

Twitter: @AgeUKNorfolk



Equal Lives

Equal lives is a disability rights organisation led by disabled people for people with mental and/or physical disabilities. The team can offer advice and support on matters such as debt, employment, welfare benefits and discrimination.

Tel: 01508 491210

Email: info@equallives.org.uk

Facebook: @equallives.org



Shelter

Shelter helps millions of people each year struggling with housing or homelessness by offering advice, support and legal services. In Norfolk, we provide legal advice on housing, covering tenancies, private and social housing, evictions and homelessness.

Tel: 03445 151860

Email: norfolk@shelter.org.uk

Twitter: @ShelterEasternC

Web: https://england.shelter.org.uk/housing_advice



**Mancroft Advice Project (MAP)
for young people aged 11-25**

MAP helps young people to have better, safer lives, offering advice and support on issues such as employment, education and training, money and debt, housing and homelessness, welfare rights, health, sexuality and gender, relationships and parenting. We deliver young person-focused counselling, wellbeing advice plus independent professional advice, guidance and advocacy.

Tel: 0800 0744454 - Advice line for young people

Email: advice@map.uk.net

Twitter: @mapyoungpeople

Wellbeing Virtual Socials June 2020

All of the social events that we run are based upon the '5 Ways to Wellbeing'. These are a set of evidence-based recommendations which, when followed, can improve your mental health and wellbeing. In the current circumstances, all our social events are being held online. The team are always keen to run social activities using input and ideas from you so please get in touch with any ideas you have!

Monday 1st	10:30am	Yoga
Monday 1st	13:30pm	Coffee & Catch Up
Tuesday 2nd	14.30pm	Arts & Craft
Tuesday 2nd	19.00pm	Film Club
Wednesday 3rd	10:30am	Wellbeing Discuss: 5 Ways of Wellbeing
Thursday 4th	10.30am	Wellbeing Group Chat - Escapism
Thursday 4th	18:00pm	Quiz
Friday 5th	10:30am	Theme Friday: Get Ready with me!
Saturday 6th	10.00am	Perinatal Social

Monday 8th	10:30am	Yoga
Monday 8th	13:30pm	Coffee & Catch Up
Tuesday 9th	14.30pm	Arts & Craft
Tuesday 9th	19.00pm	Nostalgia Night - the 90's
Wednesday 10th	10:30am	Wellbeing Discuss: 5 Ways of Wellbeing
Thursday 11th	10.30am	Wellbeing Around The World
Thursday 11th	18.00pm	Quiz
Friday 12th	10:30am	Theme Friday: Gardening

For details and to join: go to
www.wellbeingnands.co.uk and click
on 'Social Events'



 **WellbeingNandW**

 **@WellbeingNandW**

 **WellbeingSuffolk**

 **@Wellbeing_Suff**



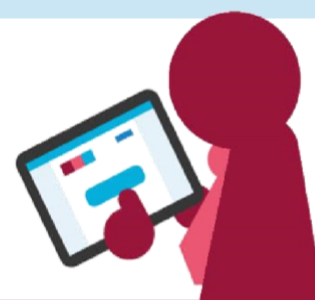
Wellbeing Virtual Socials June 2020

Monday 15th	10:30am	Yoga
Monday 15th	13:30pm	Coffee & Catch Up
Tuesday 16th	14.30pm	Arts & Craft
Tuesday 16th	19.00pm	Film Club
Wednesday 17th	10:30am	Wellbeing Discuss: 5 Ways of Wellbeing
Thursday 18th	10.30am	Wellbeing Group Chat – Art!
Thursday 18th	18:00pm	Quiz
Friday 19th	10:30am	Theme Friday: Cooking/baking
Saturday 20th	10.00am	Perinatal Social

Monday 22nd	10:30am	Yoga
Monday 22nd	13:30pm	Coffee & Catch Up
Tuesday 23rd	14.30pm	Arts & Craft
Tuesday 23rd	19.00pm	Nostalgia Night - the 00's
Wednesday 24th	10:30am	Wellbeing Discuss: 5 Ways of Wellbeing
Thursday 25th	10.30am	Wellbeing Group Chat - Music
Thursday 25th	18.00pm	Quiz
Friday 26th	10:30am	Theme Friday: Pets

Monday 29th	10:30am	Yoga
Monday 29th	13:30pm	Coffee & Catch Up
Tuesday 30th	14.30pm	Arts & Craft
Tuesday 30th	19.00pm	Film Club

**For details and to join: go to
www.wellbeingnands.co.uk and click
on 'Social Events'**



 **WellbeingNandW**

 **@WellbeingNandW**

 **WellbeingSuffolk**

 **@Wellbeing_Suff**



Virtual Perinatal Social

**Saturday 6th June 10am
(via Zoom)**

If you've recently had a baby, or are pregnant, join us for our first online perinatal social to see how you can help your wellbeing in these strange times!

We'll have a look at ways to keep ourselves well, focusing on the challenges that being a new parent can bring! There will be a short mindfulness session followed by a virtual coffee and chat



For more information or to book a place, please email:

socialsandvolunteering@wellbeingnandw.co.uk

www.wellbeingnands.co.uk/norfolk/get-support/perinatal_mental_health_support/

 **WellbeingNandW**

 **@WellbeingNandW**

 **WellbeingSuffolk**

 **@Wellbeing_Suff**



Community Champion Online Training

Wednesday 10th June, from 1pm


(Additional date by popular demand)

This FREE training is aimed at teams or individuals within businesses, trusts, charities or community groups who would like to increase their understanding of mental health and create a supportive and positive mental health environment where they live, work or volunteer. If this sounds interesting, becoming a *Wellbeing Community Champion* may be for you. Plus we're taking our training digital! This training will last approximately 2 hours with a break.

For more information or to book a place, please email:
socialsandvolunteering@wellbeingnandw.co.uk




Cambridge Science Centre – Childrens project



OpenUpScience

Issue 6

Welcome to OpenUpScience, the weekly magazine from Cambridge Science Centre. In this issue, we are exploring oceans.



Nearly three quarters of the World is covered with water. There are five oceans (Atlantic, Pacific, Indian, Arctic and Southern) and lots of smaller seas.

The bottom of the ocean is not flat like a beach. There are high mountains and deep valleys under the water. Some parts of the ocean are so deep that sunlight never reaches them.

Did you know..?
An incredible 94% of Earth's living species exist within the oceans

Spark, Ignite, Fuel, Illuminate

Float or sink?



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What you'll need

A basin, or large bowl, full of water and a variety of objects to test, gathered from around your home, ideally of a similar size and shape. Include a satsuma (or similar) and some plasticine if possible!

What to do

1. Gather your kit and fill the bowl with water.
2. Before you test, decide whether you think each object will sink or float. In science, this is called a hypothesis.
3. Time to test your hypothesis! Lower each object, one at a time, into your bowl of water. Did they float or sink? Were you correct? Or were there some surprises?
4. If you have a satsuma in your collection, try peeling it and see if that makes a difference.
5. If you have a ball of modelling clay in your collection, see if changing the shape will help it to float.

How does it work?

Whether an object sinks or floats depends on something called density. If the particles, or molecules, of an object are very tightly packed, then the object will be more dense than an object of the same shape and size but with loosely packed particles. If an object is more dense than the liquid it is placed into, it will sink, but in the same liquid a less dense object will float.

Diver in a bottle

A floating and sinking experiment

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CENTRE

What you'll need

- An empty 2L bottle with lid
- A bendy straw
- A pair of scissors
- Modelling clay/Blu tack
- A glass or jug of water
- Water



What's happening?

When you squeeze the bottle, the air trapped in the bendy straw is squeezed too. The diver becomes more dense than the water around it and so it sinks. When you stop squeezing, the squeezed air expands and the diver rises again.



What to do

1. Gather your kit.
2. Bend the straw at the bendy bit. Cut the straw as shown by the orange line.
3. Wrap a small amount of modelling clay or Blu tack around the bottom of the bent straw (don't block the ends of the straw).
4. Check that your diver floats in a glass of water (you might need to adjust the amount of modelling clay).
5. Fill the bottle right to the top with water. Pop the diver in the top and put the lid on.
6. Gently squeeze and release the bottle and watch the straw diver sink to the bottom and rise back to the top.



Underwater wonderland

Who lives where in the ocean?

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There are five ocean zones (as shown). The deeper you go, the darker it gets. Light only reaches about as far as the bottom of the twilight zone. Some creatures that live in the dark zones are blind!



What you'll need

- A shoebox or cereal box
- Coloured pens or pencils
- Glue stick
- Blu tack/sticky tape
- String or cotton
- Paper
- Ocean creatures template



What to do

1. Cut off the front of your box. Use the box on its side.
2. On a piece of paper, colour in the ocean zones in different colours. Try to use darker colours as you go deeper into the ocean. Fix your paper to the back of your scene.
3. Colour and cut out the ocean creatures (pull-out template)
4. Attach each creature to a piece of string with blu tack or tape.
5. Fix the string into the shoe box so that the creature is hanging in the correct ocean zone.

Send photos to: OpenUpScience@cambridgesciencecentre.org

Ocean quiz

(Answers on the back page.)

- Which of these is NOT an ocean?
A. Atlantic
B. Channel
C. Pacific
D. Indian
- What is the name for a scientist who studies the oceans?
A. Cartographer
B. Oceanographer
C. Biologist
D. Marinerd
- Which of these is NOT a zone in the ocean?
A. Moonlight
B. Sunlight
C. Midnight
D. Trench
- Which of these creatures can be found in the Abyss ocean zone?
A. Tripod fish
B. Sperm whale
C. Seahorse
D. Octopus

Ocean word game

An oceanographer is someone who studies the ocean. How many other words can you make out of the letters in oceanographer?

oceanographer

a h
n o r p
e a o e r
c g

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Salty water

Water in the oceans is salty, but water in rivers is not. Let's see what happens when salty water meets fresh water.



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What to do

- Half-fill both jugs with water.
- To one jug add a tablespoon of salt and stir until it dissolves. Keep adding salt until no more will dissolve.
- Stir in a drop of food colouring.
- Add a drop of the other colour of food colouring to the other jug of water.
- Half fill the tall glass with the salt water.
- Gently pour the fresh water down the side of the glass.
- You should now see two distinct layers in the water.

What you'll need

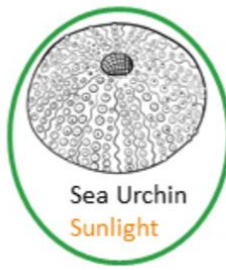
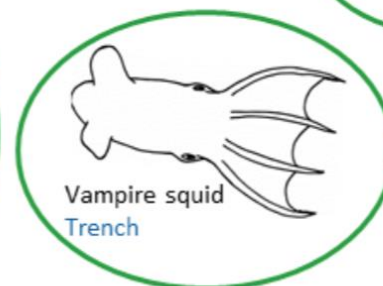
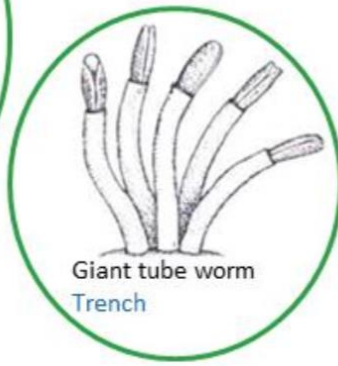
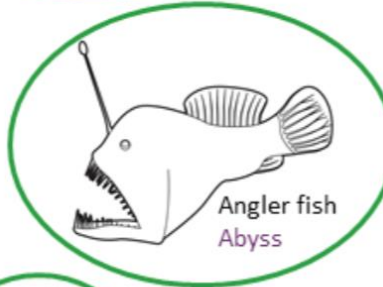
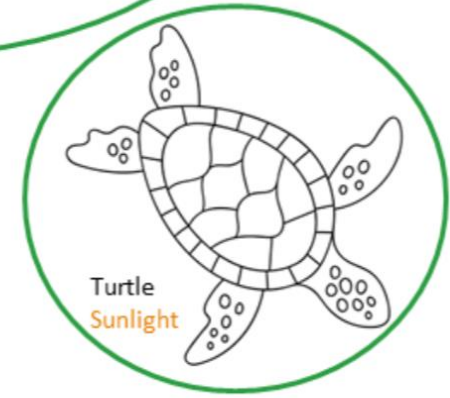
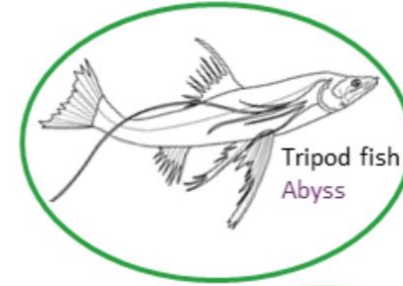
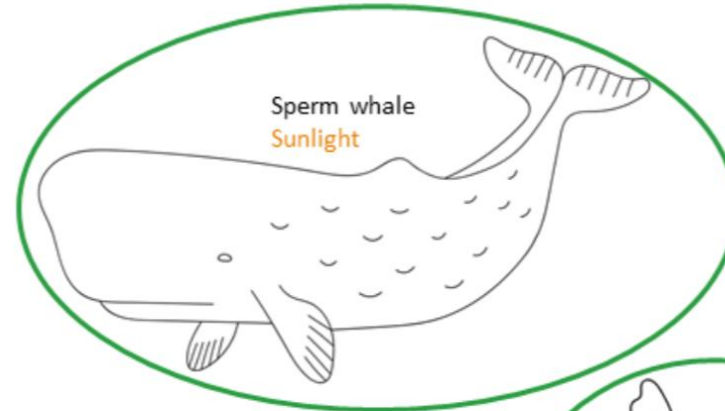
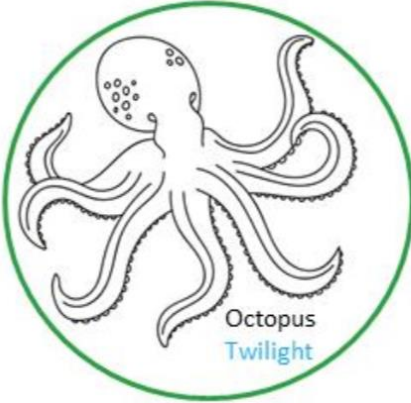
- Two jugs
- A tall narrow glass
- Salt
- Water
- A spoon
- Two different colours of food colouring

How does it work?

Salt water is denser than freshwater – it's why we float more easily in the sea than in a swimming pool! The less dense fresh water floats on top of the sea water. This is important in the oceans as it affects how water mixes. Melting glaciers release fresh water into the ocean, making the surrounding area less salty. The seawater becomes less dense, and this can cause changes to important patterns of ocean currents.

Underwater wonderland

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Ocean puzzle

Fit the names of the marine creatures into the grid



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Whale
Seahorse
Shark
Fur seal
Dolphin
Crab
Fish
Octopus
Starfish
Jellyfish
Turtle

This Week's Challenge

Try our Plankton Challenge!

Plankton are food for many ocean animals and they live in the Sunlight Ocean zone, just below the surface.

Using objects like straws, cocktail sticks, plasticine, bubble-wrap, cardboard, paperclips or anything else you think of, try to make your own plankton that will float just below the surface in a large jug or bowl of water.



Puzzle
Solution



Ocean word game

Here are a few that we found – how many could you find?

Oceanographer

Grape
Ocean
Ace
Graph
Hero
Green
Harp

Next Issue: Flight

Make some fascinating fliers and practice your paper aeroplane skills.

Send us your work! OpenUpScience@cambridgesciencecentre.org

Send us your questions! Look out for the answers on:

[Science@6 - YouTube, Monday, 6pm](#)

Help us improve OpenUpScience! Let us know what you think: [/link.cambridgesciencecentre.org/feedbackissue6](https://link.cambridgesciencecentre.org/feedbackissue6)



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Quiz Answers: Q1 – B, Q2 – B, Q3 – A, Q4 – A