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
The new term of Pick ‘n’ Mix Bitesize Learning starts again in September. We would like to know what you would like to learn about! What hot topics are of interest to you as a volunteer, or your community groups? We will be re-running last year’s schedule, alongside a whole new schedule of brand new topics so if you have any ideas that you would like to know more about, please email Emma Brookes on volunteering@s-norfolk.gov.uk

Please visit www.south-norfolk.gov.uk/bitesize for more information.

Many thanks,

Emma Brookes
Community Capacity Builder
t 01508 533945 e ebrookes@s-norfolk.gov.uk  www.south-norfolk.gov.uk
A Road Less Rocky – Dementia event

Norfolk and Suffolk NHS Foundation Trust

The event will feature:
- Talks by a psychiatrist and expert pharmacist
- Session by a legal expert on Lasting Power of Attorney
- “Music Mirrors”, an innovative approach to capturing the memories of people living with memory loss
- A marketplace of advice stalls

“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
Tel: 07557 290168
Email: howard.tidman@nsft.nhs.uk

Sarah Steele
Tel: 01603 629211
Email: educationandtraining@carersmattennorfolk.org
Norfolk Peer Support Event

**Save the Date!**

Peer Support Event
Support, Share, Together

28th November 2018

The Forum, Norwich
10am-5pm

A celebration of the work of groups and individuals who support others in their communities.

We are looking for people to give talks, run workshops and lead other activities on the day. We also are looking for local community groups and organisations who would like a stall for the event.

To express an interest in getting involved: please contact hazel.simons@equallives.org.uk or call 01508 491210 option 4.
Norfolk Disability Pride

SAVE THE DATE!

SUNDAY 16 SEPTEMBER 2018
at THE FORUM, NORWICH

plus fringe events at venues either side of the date

A celebration of disabled people
and the diversity of our community

Talks, theatre, sports, support agencies, information

We are looking for:

ARTISTS, PERFORMERS, SPEAKERS and VOLUNTEERS
to help us celebrate in style!

Supported by

NORWICH City Council

Equal Lives Free from disabling barriers

Contact Penny Parker, Equal Lives
penny.parker@equallives.org.uk
Bingo Night – Fundraising Event (Diss Youth Group)

**Bingo Night**

Fundraising Event  
Diss Youth & Community Centre, Shelfanger Road, IP22 4EH  
**Saturday 29th September 2018**

Doors open 6.30pm  
Eyes down at 7.00pm

**Entry Tickets - advance purchases only**

£3.00 for adults  
£1.00 for children

Includes a hotdog

**Bingo books £4.00 for 8 Games**

Prizes are donated - no cash prizes  
Refreshments & snacks available to purchase

You can bring alcoholic drinks for your own consumption

**Raffle**  
**Tombola**

Contact Julia on 07546 059061 or email julia@mtmyouthservices.org.uk for tickets

Please support our local youth group
LINKS parent / carer support group (Wymondham Cluster)

This group is for you if:
You are a parent, carer or family member of a child with additional needs / special educational needs or
You have an interest in additional / special educational needs:
- Your child has learning difficulties
- You would like to talk to other parents/families
- Your child struggles to go to school/ or is anxious
- Your child displays challenging behaviour
- You would like information/advice
- You are puzzled by aspects of your child’s behaviour or development
- Your child has communication difficulties
- Your child has a disability, diagnosis, or you are just worried about them..

Come and join us for
Chat
Sharing your experience
Activities
Speakers from other professions
Workshops
Relaxation
Finding Information

Parent/Carer support group
For adults who have a child/young person with
Any Additional Needs
Special Educational Needs
Pre school children welcome too!

Wymondham Cluster
Learning
Inclusion
Nurture
Knowledge
Support

School year 2018/2019
LINKS parent / carer support group (Wymondham Cluster)

**Session format**

- Drop in anytime from 9.00am for a friendly welcome by all...
- Tea/coffee and cake ... (Healthy options too!)
- Alternate sessions will have a visiting speaker (details available on request)
- Speakers will generally talk between 9.30 & 10.30am
- Open sessions allow parents to socialise and meet others who share similar experiences
- Everybody is welcome
- Question & answer box available to post any difficult questions
- Resource file and publications available to view
- Book library for monthly loan of books for group members
- Signposting to additional support as appropriate for individuals

**Useful contacts**

- Ashleigh Primary & Nursery 01953 602410
- Barford Primary 01603 759660
- Barnham Broom C of E VA Primary 01603 759656
- Browick Road Primary & Nursery 01953 603061
- Morley C of E VA Primary 01953 602397
- Robert Kett Primary 01953 603405
- Spooner Row Primary 01953 603356
- Tocolneston C of E Primary 01508 489336
- Wicklewood Primary & Nursery 01953 602333
- Wreningham VC Primary 01508 489355
- Wymondham High Academy 01953 602078
- Wymondham College 01953 609000
- SEND Partnership Service 01603 704070

Wymondham Children's Centre 01953 713896

**LINKS group facilitator**

Pastoral Care Manager - Mrs Tina Bell
01953 609783/ 07595 221240
mrs.bell@robertkett.net

**Wymondham Cluster LINKS**

Learning
Inclusion
Nurture
Knowledge
Support

**Parent/Carer support group**

For adults who have a child/young person with any additional need/special educational needs ...

**Pre school children welcome!**

14th September 15th October * 2nd November
7th December * 11th January 1st February * 1st March
5th April * 3rd May 7th June * 5th July

* Indicates guest speaker

Any queries contact Tina Bell on 01953 609783/07595 221240
E mail :- mrs.bell@robertkett.net

First Friday in the month ... except sept/ Jan 2019
( 9 to 11am )
The Bungalow
Robert Kett
Hewitts Lane
Wymondham

**Books**
**Resources**
**Advice**
**Information**
**Socialise**
**Relax.....**
Woodcraft folk group in Diss

New groups for children in DISS

New Woodcraft Folk group for 9-12 year olds in DISS.

We meet at URC hall, Diss and venues outside in summer on MONDAYS, 6.30-8.15pm during term time.

Join us for a FREE taster session. Den-building and crafts! Drink provided by Forge Cafe (Cafe open for parents who wish to stay)

Sat 18th August 2018/ 2-4 pm
Thornham Walks, Gissingham Rd, Thornham Magna IP23 8HH
Meet at Forge Tea Rooms. Pay & Display car park.

Get in touch or follow us on social media for more information about our upcoming events and group nights.

Find out more

Woodcraft Folk develops children’s self confidence and awareness of the world, encouraging equality, friendship and co-operation.

Weekly groups, weekend trips and summer camps are affordable and open to all.

Outdoor activities, crafts, songs and games promote big ideas like sustainability and democracy.

07422966198
Gail@woodcraft.org.uk
www.woodcraft.org.uk
Woodcraft Folk
@WCFNewGroups
South Norfolk Dementia Action Alliance are looking for people to join their steering group and have an active role in helping to create a ‘Dementia Friendly South Norfolk’. The next steering group meeting is on August 13th at 6pm at South Norfolk Council in Long Stratton. For more information, including how to join, go to www.south-norfolk.gov.uk/dementia or email Emma Brookes: dementia@s-norfolk.gov.uk
Art4Youth – School of fine art

SCHOOL OF FINE ART
for children and young people 7-16

Creative, aesthetic and intellectual enhancement

Boost of self-confidence and social skills

Preparation of portfolio suitable for art related exams and further education

After school weekly term time courses and weekend workshops

Holiday club and special celebrations

FREE for children and young people from financially disadvantaged families

www.norwichart.co.uk
welcome@norwichart.co.uk
07938 955 385
Introduction to Footsteps:

The project is female led and aims to support women, with a connection to London, West & South Yorkshire and Norfolk, at every stage of their Criminal Justice System (CJS) journey. The case model we adopt provides a holistic, tailored support service to women presenting as vulnerable, with complex and multiple disadvantage. We will provide a safe space where service users are confident in their options and choices, and ensuring that they have the opportunity to turn their lives around.

Footsteps is a specialist mental health service offering intensive resettlement support and flexibly filling potential gaps, meeting and supporting service users pre, post and at release, and those who are at risk of offending.

Support includes prison/police custody based and community assessments, meet at the gates service, local authority Homelessness Applications and access to supported housing. Service users will also be diverted from homelessness applications into suitable private rented accommodation where appropriate. Other interventions will include access to drug and alcohol services and rehab programmes, referral to family support, entry to employment, training and education and gang exit support through St Giles gang projects where criteria permits.

The service will address mental health, homelessness, isolation, poverty, risk of (re) offending, drug and alcohol issues and unemployment. The service will offer opportunities for housing, work, prosperity, stability, belonging, and aspiration.

Model of Support: The nature and length of the support is entirely service user needs driven. Key support includes finding safe accommodation, and help the women access key support agencies such as substance abuse and health agencies and where possible, supporting the women to re establish contact with family and friends. For women based in the community they will receive a holistic support service which aims to assist them in stabilising their lifestyles and choices.

Peer Advisors Support
As with all of our services, the Footsteps team comprise of a small group of St Giles Peer Advisors and Volunteers. Our Peer Advisers will have completed their Level 3 Advice and Guidance or are close to completing the vocational qualification through their practical work experience with the community team. We will also support them with their own needs, including sourcing paid employment.

Client Group:

The aim of this service is to provide emotional and practical support to females experiencing a range of disadvantages, typically:

- supporting women coming into contact with the Criminal Justice System – court, police custody and prison
- Women with Mental Health and wellbeing needs
- Supporting women affected by ASD
- Women with children
- Women with multiple disadvantage
- Women who identified as extremely vulnerable (to domestic abuse for example).
- Women who are sex workers

https://www.stgilestrust.org.uk/
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 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
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
Volunteers needed to work with dogs

Helen Tyler from ‘Barking Mad’ is looking for volunteers who would be interested in looking after dogs. If you’re interested please get in touch!

Helen Tyler
South Norwich
01603 340595
www.barkingmad.uk.com
Dear all,

Please find below a new fund from the Office of the Police and Crime Commissioner. This is aimed at our Voluntary and Community organisations and is a real chance to support our hidden victims. If you would like more info or work with the help hub to support your work or help with the analysis and data to support the project then please contact the Help Hub on 01508 533718 earlyhelphubsouth@s-norfolk.gov.uk

Regards,

Mike Pursehouse, Head of Early Help, South Norfolk Council

PCC launches £450K fund to support hidden victims in Norfolk

Norfolk’s Police and Crime Commissioner Lorne Green has today (Fri 27 July) launched a £450K fund to support hidden victims of crime and reduce vulnerability in Norfolk.

The Hidden Victims’ Fund, which will run over three years, will support pilot projects, preventative work and service delivery in the areas of:

- Hate Crime
- Modern Slavery
- Human Trafficking
- Gangs, guns and knives
- Stalking and Harassment
- Child Sexual Exploitation
- Criminal Exploitation of Vulnerable Groups
- Sex Workers
- FGM/Forced Marriage/Honour Based Abuse
- Domestic Abuse/Sexual Violence in groups with protected characteristics

And where:
- crime is underreported
- there are no mainstream services or projects
- services or projects are outside the scope of existing commissioned services

Lorne Green said: “Supporting victims and reduce vulnerability in Norfolk is a main priority for me as PCC and is also a core aim of my Police and Crime Plan. This major fund aims to help prevent some of those ‘hidden’ crimes which are traditionally under-reported and, crucially, to support those who are victims of such crimes.

“Crimes such as modern slavery, stalking and harassment and hate crime for example, are often under-reported and we need to do more to support and encourage victims to come forward. This is a significant investment, but one which I believe is hugely important for Norfolk and I am proud to be able to make such a commitment.

“I would encourage organisations who meet the criteria to come forward and apply for funding and together we can work to make a real difference.”

The funding comes from the PCC’s core commissioning budget.

Who can apply and how?

Only registered charities, social enterprises, constituted community groups, Community Interest Groups (CIC’s), can apply for funding. All projects must be carried out within Norfolk and all organisations must be able to demonstrate local delivery. Applicants must clearly support the delivery of local policy and strategy addressing one or more of the above areas. All projects will have to demonstrate levels of need, why these needs are currently unmet and the risk and harm to victims if project/service does not go ahead.

All correspondence, including expressions of interest and full applications will be managed through the national Bluelight EU Supply Portal which can be found at https://uk.eu-supply.com Full details and deadlines are also available on the Bluelight website.
Vicar’s Relief Fund

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

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

We will provide grants for:

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

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

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

For more information and to apply click [here](http://frontlinenetwork.org.uk/frontline-network/resources/vicar-s-relief-fund/).