

Norwich Bulletin



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Due to the current situation we are sharing some information which you might find helpful.

If you would like to update us on your own organisation, current operating capacity, contingency plans for your service users or any other information then please do contact us at

Email: CommunityFocusCityandSouth@norfolk.gov.uk

Volunteer to support the Coronavirus (Covid-19) response

Voluntary Norfolk, Momentum and Community Action Norfolk are working with Norfolk County Council and local health providers to recruit volunteers for a county wide effort to respond to the Coronavirus (Covid-19) crisis. **We are particularly keen to hear from people who have the skills to volunteer in health and social care roles, which have been identified as priority areas.**

- When you register, tick the **COVID-19 (Coronavirus) Call for Volunteers** box, as your Area of Interest.
- You only need to complete the mandatory fields, but please make sure you include your phone number.
- After you submit your details, you will receive a call back in due course from a member of our Covid-19 Volunteering Response Team to discuss what you can offer, what volunteers are needed in your local area and the next steps. Please be aware that this may take a bit of time as we coordinate our efforts with our partners
- You may also be contacted by a VCSE organisation directly if they think you would be a good fit for their Covid-19 volunteering role.

<https://www.voluntarynorfolk.org.uk/home-2/volunteering-2/register-to-volunteer-2/>

Service & Support

Dementia UK

We're updating our website all of the time, with the latest information and advice on things you can do to look after yourself, and someone with dementia, during the pandemic. Also, if you're a Facebook or Twitter user, you'll be able to get updates from <https://www.facebook.com/DementiaUK1> and twitter.com/dementiauk.



Please remember, if you, or someone you know needs advice about dementia, our Helpline Nurses offer practical and emotional support and can be contacted on **0800 888 6678** or by

emailing helpline@dementiauk.org. The Helpline is open seven days a week, 9am-9pm Monday to Friday, and 9am-5pm on weekends.

Lumi

During the coronavirus outbreak, we know getting accurate, up to date information is more important than ever. The team is working hard, collating the latest information on support and services available to help our Norwich residents.



Visit: <https://www.lumi.org.uk/covid-19/> for a range of support available for **residents needing help**, alongside opportunities for **residents wanting to help**. We will continue to monitor and update this page on a daily basis to provide as accurate a picture as possible.

We also know getting basic information is just as helpful too. You can access a whole range of advice & guidance in our [coronavirus resource area](https://www.lumi.org.uk/resources/resources-and-toolkits/coronavirus-help-and-guidance/) (<https://www.lumi.org.uk/resources/resources-and-toolkits/coronavirus-help-and-guidance/>), from help for individuals and keeping safe to community groups, employees and businesses.

If you want to add any useful guidance or documents to it, please email lumi@norwich.gov.uk

Pitt Stop

Pitt Stop is offering its 'lockdown service'. If you have clients who are feeling suicidal or just suffering with their mental health, then Ed Roberts, our specialist in this area has additional space in his schedule. Please feel free to give Ed a call about a client you are concerned about or pass on Ed's details. His number is **07851 004322**.



We are also offering three different weekly online Pitt Stop sessions:

Tuesdays 2pm: Pitt Stop Check In

A general 'how are you' and lockdown chit-chat in our regular virtual Pitt Stop on Tuesdays, at 2 pm for up to an hour and a half.

Wednesdays 2pm: Pitt Stop Men's Talking Group

This is a more contained space for those men who want to talk more deeply about how they are feeling and doing. The basics of it are:

1. Confidentiality
2. You do not have to speak
3. We will ask people to not hog the space.

Thursdays 2pm: Discussion Group

We usually suggest people watch something that's on terrestrial TV the week before and then discuss the programme or film. We will also suggest topics for discussion.

Andy Wood (Pitt Stop Coordinator, MensCraft) is sending the zoom link out each morning of the day of the relevant group. Your clients can contact andy.andywood@gmail.com to get themselves onto the Bulletin or you can pass Andy their contact details – with their permission, of course. Feel free to contact Andy if you'd like any further information: **07584 253 441**

St Thomas Norwich Church crisis care team

The Crisis Care Team at St Thomas Norwich church is supporting people who have been impacted by Covid-19 who may be self-isolating, unable to get out or are vulnerable, by picking up prescriptions, shopping, telephone support and prayer.

Area of operation: NR1, NR2, NR3, NR4, NR5, NR6 and will consider referrals outside these on a case by case basis.

Contact details:

Tel: 01603 624390

Email: hello@stn.org.uk

Website: www.stn.org.uk



Temporary Job Directory

New Anglia Local Enterprise Partnership have created a temporary [jobs page](https://newanglia.co.uk/employment-opportunities/) (<https://newanglia.co.uk/employment-opportunities/>) on the LEP website that you may wish to bring to the attention of your students. The page compiles vacancies with organisations who are trying to recruit additional staff in order to continue to operate during the current Covid-19 situation across the East Anglia region.

Vacancies include those at supermarkets, such as Tescos, Morrisons, Aldi and East of England Co-op; food producers such as Bernard Matthews; various vacancies in the care sector, and fruit and crop picking and packing

NEWANGLIA
Local Enterprise Partnership
for Norfolk and Suffolk



Anna Freud
National Centre for
Children and Families

If you're a young person who's worried about the coronavirus, visit our website for advice on looking after your mental health.



"Feeling anxious is understandable right now, but try to keep this in perspective with the support of those you trust. Be kind to yourself."

Visit: www.annafreud.org

Anna Freud National Centre for Children and Families is a children's charity dedicated to providing training & support for child mental health services.



PPE WANTED

Norfolk businesses are making personal protective equipment (PPE) to help keep key workers safe during the Coronavirus pandemic. Could your firm lend a hand?

Does your business have production capability and capacity to produce PPE during COVID-19?
Do you have existing PPE stock which could be used by frontline staff?

Please complete our simple contact form with details of your stock / production capability.

For any more information, please email supply.chain@newanqlia.co.uk

**Community
Communication
Champions**



The Community Communication Champions are still here to help!

In response to Coronavirus, we have had to suspend all group and one-to-one activities but we are still able to offer support to families over the phone and via e-mail.

Families who live in University/Wensum/Catton Grove or Mile Cross areas can contact the team directly or professionals working with families in those areas can still make a referral.

Contact a member of the team for more information.

oliver.joyce2@norfolk.gov.uk
07452931991

megan.parsons2@norfolk.gov.uk
07452931990

elizabeth.hughes3@norfolk.gov.uk
07452931988

julie.suillivan@norfolk.gov.uk
07385025065

 @Community Communication Champions

 **Norfolk County Council**



**Have you been left
in the red by a scam?**

**If you have been scammed, we
can offer you specialist help
and support.**

Call: 101, followed by extension 5483

Email: scamspreventionservice@norfolk.pnn.police.uk

Visit: www.nsvictimcare.org

.dots.

ACTION FOR CHILDREN



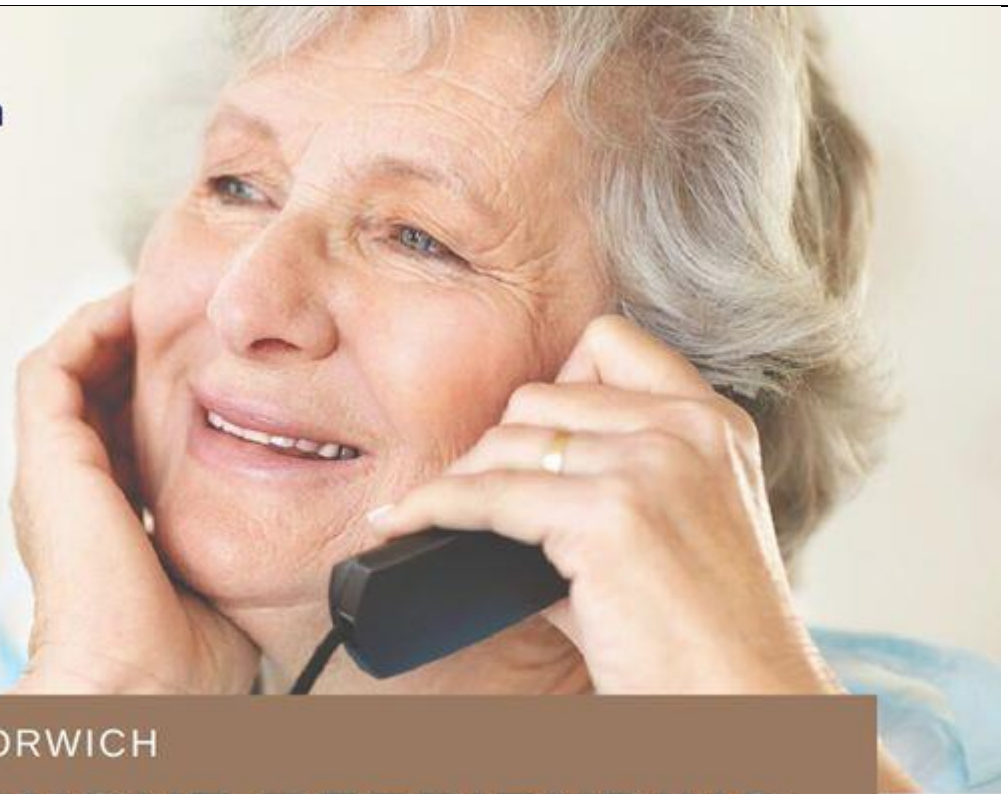
WE'RE MAKING IT EASIER TO FIND PARENTING ADVICE YOU CAN TRUST.

Action for Children are joining the dots for parents with easy to access advice from our under-fives team.

We'll also signpost you to local services, and the best parenting apps and websites.

dots.actionforchildren.org.uk

Registered charity nos. 1097940/SC038092. Company no. 4764232. Produced by Action for Children 0706.



AGE UK NORWICH

TELEPHONE BEFRIENDING SERVICE

OUR TELEPHONE BEFRIENDING SERVICE PROVIDES PEOPLE OVER 50 WHO ARE ON THEIR OWN IN ISOLATION WITH A FRIENDLY VOICE DURING THIS DIFFICULT TIME

Our volunteers will:

- Call you regularly at agreed times
- Ensure you are well and have everything you need
- Provide conversation and help maintain your wellbeing whilst in isolation
- Inform Age UK Norwich if you need anything that our professional staff can help with

**Call 01603 496325 to register
or email enquiries@ageuknorwich.org.uk**

Registered charity number 1094623

ACT

ACTION COUNTERS TERRORISM

UPDATES
COMING SOON

ACT Awareness e-learning

Since its launch in 2018, the ACT Awareness e-learning has taught thousands of people how to help prevent a terrorist attack and what to do if the worst should happen.

At a glance:

over 2 million modules completed (both SCORM and online)

2
MILLION

90% would recommend to a friend or colleague

90%

over 7000 businesses registered

Registered



92% thought the interactive nature of the course enhanced their learning

92%

over 370,000 learners accessed the course

370,000



91% could navigate through the content easily

91%

92% thought the content met their expectations

92%

picked up awards in 2 categories at the Learning Technologies Awards



95% strongly agreed the content was made clear from the start

95%

takes just 45 minutes to complete and is completely free to use



Figures accurate as of January 2020

ACT Awareness e-learning has been developed by Highfield e-learning in partnership with Counter Terrorism Policing and Marks and Spencer. Designed to provide employees and members of the public with the knowledge and confidence required to deal with potential terrorism situations, the e-learning includes interactive video scenarios and instructional tutorials, combined with visual and audio footage to create an engaging learning platform.

Sign up today at: <https://ct.highfieldelearning.com/>



M&S
EST. 1884



Keeping Norfolk learning online

Our new Summer course programme

 **24**
Creative Arts & Crafts
(including drawing, painting & photography)

 **35**
Functional Skills
(English & Maths)

 **12**
ICT courses
(including using your smartphone, tablet, MS Teams, searching the internet and Whatsapp)

7
Health & Social Care

177 NEW
online
courses

 **45**
Family Learning

1
Pre-Access to Higher Education

 **8**
Health & wellbeing
(including healthy exercises & activities you can complete safely at home to stay active)

5 
British Sign Language

40 
Languages

- ✓ **Coming soon....** more **FREE** creative arts courses, including the **Creative Power Hour** and 4-week workshops to encourage anyone to express themselves through art
- ✓ **Coming soon....** fast track courses for learning new language basics **+ much more!**

Many courses are **FREE** to help **combat social isolation & improve the wellbeing** for Norfolk residents of all ages

To search courses & book www.norfolk.gov.uk/adultlearning

FUNDING

Coronavirus Mental Health Response Fund



Due to the coronavirus pandemic, demand for mental health services is increasing. To help VCS organisations based in England continue to provide mental health services - or provide additional support - organisations can apply for a Coronavirus Mental Health Response Fund (CMHRF) grant.

Thanks to £5m support from government (the Department of Health and Social Care), grants of £20,000 or £50,000 are available for projects lasting up to 12 months. Please visit site below for more info:

<https://www.mind.org.uk/news-campaigns/campaigns/coronavirus-mental-health-response-fund/>

Support for smaller organisations or groups

As part of the Coronavirus Mental Health Response Fund programme, the National Survivor User Network (NSUN) will be administering a fund to support user-led organisations and smaller, unconstituted community organisations, who might not otherwise be eligible for a grant. Details will be available from Monday 20 April on the NSUN website.



<https://www.nsun.org.uk/nsun-covid-19-fund>

FOOD

NR2 Food Bank

We are working in partnership with Adat Yeshua Messianic Synagogue on Essex Street, Norwich Food Hub & the NR2 covid-19 local volunteer group to operate a food bank to respond to immediate need in the local area.

If you are in need of food for whatever reason, please email NR2foodbank@gmail.com and we will arrange a delivery. Or visit our Facebook page (https://www.facebook.com/SkillsSharing/?tn-str=k*F)

We are also open Sunday - Friday from 12-1pm (closed Saturday). The food bank is to the rear of the building, Suffolk square side. Please help spread the word in the local area.

NR5 Community Hub Meals On Wheels

NR5 Community Hub are offering a free home cooked hot dinner to the most vulnerable residents in the North Earlham, Marlpit and Larkman area.

If you would like a dinner delivered (safe distance procedures apply) or know of any elderly or vulnerable people and/or families who this service would really help please message Rainy Waller on **07471 156198** or contact NR5 Community hub via the facebook page (<https://m.facebook.com/Nr5-community-hub-1175805745764127/>).

Need **emergency** food supplies? Who to call?

If you have had a letter from the NHS advising you to self isolate they will assist you with food supplies. Call the number on your letter (0800 0288327) and speak to them directly.

If you have funds for food but are not capable of leaving your house or making an online order, please call Norwich City Council on 0344 8008020.

If you have no funds and are not able to receive help from the NHS or the Council please call Norwich foodbank on 0300 365 1123.
Lines are open 9am - 5pm Monday to Friday

