West Norfolk Monthly Bulletin December 2019

Please click on the heading to jump to the article

**Parent & Child**
1. [Dad’s Matter Course in Kings Lynn](#)
2. [Solihull Courses & Workshops](#)
3. [BBC Tiny Happy People](#)
4. [Promoting Activities for Families](#)
5. [Toddler Clothing Bank](#)
6. [New Early Childhood Service](#)
   - Additional Needs & Disability
7. [ASD/ADHD Drop-in Support Swaffham](#)
8. [ADHD Drop-in Kings Lynn](#)
   - Carers
9. [Carers Emergency Card](#)
   - Health and Wellbeing
10. [Winter in MIND Drop-in](#)
11. [Suicide Bereavement Support](#)
12. [Wellbeing Socials](#)
   - Domestic Abuse & Victim Support
13. [DA Champions Training](#)
   - Groups
14. [Voluntary Sector Forum](#)
15. [The Workshop Kings Lynn](#)
16. [SWAN Youth Project Downham](#)
17. [Telephone Befriending](#)
18. [Meet The Funders Event](#)
19. [Grants to Celebrate VE Day](#)
20. [LILY Grants](#)
21. [Winter Lights At Lynn Museum](#)
22. [Jingle Belles at St Nicks](#)
23. [Christmas at St Nicks](#)
24. [Hanseatic Holiday Fun](#)
25. [Christmas Craft Activity](#)
26. [Christmas Activity Day](#)

**Housing and Finance**
27. [Independent Age Winter Wise Guide](#)
28. [Priority Services Register](#)

**Training and Employment**
29. [New Horizons Employment Support](#)
30. [Open Road](#)
   - Training for professionals
31. [West Norfolk Community Forum](#)
32. [Free Dementia Awareness Training](#)
33. [Safer Training](#)
34. [Domestic Abuse Training](#)
35. [IAG Workshops](#)
36. [NSCB Professional Training](#)
37. [FSP Training New Dates!](#)
   - Useful links reports and surveys
38. [Just one Norfolk](#)
39. [Safeguarding Children Board News](#)
40. [Community Focus FAQS Sheets](#)
41. [Safeguarding Adults Website](#)
   - What’s on December?
42. [Dersingham Library Events](#)
43. [Downham Library Events](#)
44. [Gaywood Library Events](#)
45. [Hunstanton Library Events](#)
46. [Kings Lynn Library Events](#)
47. [ST Giles Networking](#)
48. [SEND Local Offer Family Roadshow](#)
49. [Christmas Activity](#)
50. [ADHD Workshop](#)
   - What’s on January and Beyond?
51. [Pandora Open the Box](#)
   - Volunteering/ Job Opportunities
52. [Volunteer Receptionist for NCLS](#)
53. [Volunteer Mentors at the Princes Trust](#)
54. [Employability Key Worker](#)
55. [Call for Performance Arts Tutors](#)
56. [SOS Bus Volunteers](#)
   - Conditions and Privacy Policy

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Parent and Child

1. Dad’s Matter Course in Kings Lynn

Understanding dads

‘Delivered by blokes for blokes, in a blokey environment’

This course is for dads and carers of children who would be interested in learning more about child behaviour and development.

As a group we will explore the stages of development, why children behave in certain ways, and look at some of the most common behaviours which most parents worry about from time to time.

For dads who are concerned about any aspect of their child’s behaviour we will look at how understanding can be the first step towards change

Group starts
17th January 2020 For 12 weeks 12-2pm

Providence Street Community Centre  Providence St, King’s Lynn PE30 5ET

Some of the common issues we will focus on include:
* Stages of child/Brain development.
* Tantrums, rudeness and other tricky behaviours.
* Issues with sleep and bedtime.
* Having fun together.
* Communication/ Active listening.
* Parenting styles – the impact of the way parents were raised.
* Managing Anger and Stress.

We use Restorative Approach as well as Solihull Approach, BBC Biology of dads, Harvard University’s Centre for child development research.

- This is a free service, we supply course materials and refreshments.

Please note: It is important to attend all 12 sessions if possible, as it can be hard to catch up if you miss more than the odd session.

TRAVIS BRITTON & CHRIS DICKERSON
CARROW HOUSE, 301 KINGS STREET, NORWICH, NR1 2TN.
01603 679181/ 01603 224164
Email: dadsmatter@norfolk.gov.uk

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2. Solihull Parenting Courses & Workshops

Courses and workshops for parents and carers – **2019 to 2020**

NB – Sessions do not run during the school holidays - **Booking is essential** Please ring Swaffham Office – 01760 720302 or 725801 for more information and to book a place.

<table>
<thead>
<tr>
<th>Where</th>
<th>Course or workshop</th>
<th>Start date and length</th>
<th>Day and time</th>
<th>Age Group</th>
<th>Team contact and partners</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swaffham Community Centre</td>
<td>‘Parents, children and change’ Workshop</td>
<td>28 February 2020 – 2 hours</td>
<td>Friday 9.30am-11.30am</td>
<td>5-11yrs</td>
<td>Clare Peak and Sue McNeilly</td>
</tr>
<tr>
<td>Swaffham Community Centre</td>
<td>Workshop for parents of 11-16yr olds Workshop</td>
<td>12 March 2020 – 2 and a half hours</td>
<td>Thursday 6pm-8.30pm</td>
<td>11-16yrs</td>
<td>Clare Peak and Richard Irwin</td>
</tr>
<tr>
<td>Swaffham Community Centre</td>
<td>Solihull ‘Understanding your Child’ 10 week course</td>
<td>13 January 2020–23 March 2020 – 2 hours per week</td>
<td>Mondays 10am – 12pm</td>
<td>5-11yrs</td>
<td>Sue McNeilly and Lucy Price, Clare Peak</td>
</tr>
<tr>
<td>Swaffham Community Centre</td>
<td>Solihull ‘Understanding Your 11-16yr old’ 10 week course</td>
<td>15 January 2020 – 25 March 2020 – 2 hours per week</td>
<td>Wednesdays 6.30pm-8.30pm</td>
<td>11-16yrs</td>
<td>Anne McIsaac, Mary Key and Clare Peak</td>
</tr>
<tr>
<td>Swaffham Community Centre</td>
<td>Solihull ‘Understanding your Child’ 10 week course</td>
<td>20 April – 29 June 2020 – 2 hours per week</td>
<td>Mondays 10am – 12pm</td>
<td>5-11yrs</td>
<td>Anne McIsaac, Sue McNeil, Clare Peak</td>
</tr>
<tr>
<td>Swaffham Community Centre</td>
<td>Solihull ‘Understanding Your 11-16yr old’ 10 week course</td>
<td>22 April – 1 July 2020 – 2 hours a week</td>
<td>Wednesdays 6.30pm-8.30pm</td>
<td>11-16yrs</td>
<td>TBC</td>
</tr>
</tbody>
</table>

- The Solihull Course is ‘Understanding your Child’s Behaviour’ and further details can be found on the Solihull Parenting website [http://www.solihullapproachparenting.com/](http://www.solihullapproachparenting.com/)

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3. BBC Tiny Happy People

We’ve been busy here at Tiny Happy People HQ – our website is brimming with activities and articles featuring real families and experts, including midwives and health visitors.

Check out our latest articles
This month, our top Tiny Happy People content picks you can recommend to parents and carers are:

• Quiz: How does language develop
• Early communication: 5 ways your baby is already trying to communicate
• Why is my baby crying? 8 reasons babies cry

Spread the Tiny Happy People love
Telling your professional networks about Tiny Happy People can help us reach even more families. If you’re on social media, follow our simple steps:

• Download our collection of social media-ready pictures and share them with your friends and followers
• Add Tiny Happy People to your bio with a few words like: ‘Proud to support #TinyHappyPeople’.
• To share our Tiny Happy People taster videos on your or your organisation’s website, find the embed code here.
• Please remember to check our terms before you download the images.

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4. Promoting Activities for Families

Do you run a local community group for families, or do you know someone who does?

Did you know you can use the Norfolk Community Directory to promote your services and activities and help get more people involved?

If you provide services, activities and/or events for Norfolk families with children aged 0-5, you can register for an online account that enables you to promote your service on the Norfolk Community Directory. Once set up, you can add new services and return to your account to keep your listings up to date.

Norfolk community directory./add-your-service to find out more.

If your service is for families with children aged 0-5, please could you put ‘0-5 Community offer’ in the notes.
5. Toddler Clothing Bank

Do you work with families who are sometimes in need of a helping hand?

NCT West Norfolk is a volunteer run branch of the UK’s largest parenting charity (charity number 801395). We support local parents in many ways but one of them is that we coordinate a clothing bank for children aged 3 months to 5 years (approx. - although it’s worth asking as we do have some bits for older children too).

We take donations of new and good quality preloved clothing items from local families (also shoes and blankets/cot bedding). We use the donations to make up bundles for each individual case referred to us. We pass the bundles to professionals who work with the families and they, in turn, pass them on to the families in need. The whole service is free of charge.

In addition to clothing, we currently also have some brand new (ex-display) McLaren buggies to give to families in need (all singles, some suitable for use from birth and some more for older toddlers).

Is this a service you could use? Please do get in touch if you have any questions. We currently have lots of stock and would love to see it go to new homes! Please feel free to pass this information on to others within your organisation too if they might also know of babies/children who could benefit from our service.

Requests must come from a professional who works alongside the family and not directly from the individual in need. If you identify a family who is in need please follow this process:

• Ask the family if they would like to receive items from NCT
• Identify specifically what items are needed (clothing and shoe size / what season / e.g. they really need wellies/coat/sunhat/cot bedding).

• Email the team to make the referral. The email address is clothingbank.westnorfolk@nct.org.uk
• Please give the following information:
  • You: Name, agency and your contact details.
  • Your Client: clothing and shoe size of baby/child, gender and any specific items needed.
  • Any other information you think is important for us to know.
• The team will check stock and let you know if the items needed are available and will give you an indication of how long it will take to prepare the items.
• You will be notified when the items are ready for collection.
• Make arrangements with the team about collecting the items. Items must be delivered to the families by the referrer or other professional, not by our volunteers.

You are welcome to contact us via this email but please don't share our contact details with families as we cannot take self-referrals.

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6. New Early Childhood Service

The aims of the new service are to reduce emotional harm and neglect; to improve outcomes for young children and to improve social mobility.

The service will be targeted to support families with needs at a “tier 2” level, those who need some extra help but don’t meet the threshold for support from our social work or family focus teams. We want to get to these families earlier, before their problems escalate.

The Early Childhood and Family Service replaces our former children’s centre service, with the majority of support being delivered on an outreach basis, so that staff can reach out to those who might not have been accessing support in the past. Staff will work out of 15 bases, two in each district and three in Norwich.

You can refer people to the service by calling our Customer Service Centre on 0344 800 8020. The full referral pathway is attached to this email.

The programme of activities being run by Action for Children is now available on our website www.norfolk.gov.uk/earlychildhood. These activities are open to anyone and are run from a range of venues. Families can also attend Bounce and Rhyme at each of the council’s 47 libraries, or any of the wide range of toddler groups and play sessions already taking place across Norfolk’s communities. Action for Children will be able to signpost people to these other groups.

As part of our work to further develop activities in local communities, we have also set up a £250,000 community fund, to help support local groups.

Early Childhood Advisory Boards are being created, made up of parents and representatives from local agencies, to assess local needs and help make decisions on how and where to award the funding. To find out more about these or to get involved please contact ecfs-families@actionforchildren.org.uk

Further information about the early years in Norfolk is available on our new web pages, including information on children’s developmental milestones, where to go for support and ideas for play and learning with young children.

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Additional needs and disability

7. ASD/ADHD Drop-in Support Swaffham

Family Action
ASD/ADHD Support Project

Drop-in Support Session (Coffee and a Chat)

Wednesday 4th December 19
9:30 to 11:30am
Upstairs in Costa Coffee
Market Place, Swaffham

Come along and join us at our first drop-in support session. Meet other families who have children affected by ASD or ADHD. It is a great opportunity for you to share your worries or your tips for success or to just listen if you prefer. Costa Coffee will provide a space for us in their quiet upstairs room and take 10% off the cost of your drinks. You can also meet Susan and Mary who provide support for local families through the West Norfolk & Breckland ASD/ADHD Project.

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8. ADHD Drop-in Kings Lynn

Are you affected by ADHD? You are not alone.

Are you affected by ADHD? Maybe your partner has ADHD, or your child? You are not alone.

Our monthly drop in sessions are here to support you, and others like you. Come along and meet other people who are affected by ADHD. There will always be tea, coffee and biscuits, as well as a supportive shoulder to lean on or ask for advice.

12TH NOVEMBER
10TH DECEMBER
6PM TO 8PM
WNDA, RAILWAY ROAD, PE30 1NF.
(TURN INTO THE BUS STATION FOR PARKING)

Supported by Norfolk Community Foundation through the Borough Council of King's Lynn & West Norfolk Small Grants

COACHING, DIAGNOSIS AND SUPPORT

ADHD Norfolk can assist with coaching sessions, peer support and private diagnosis. Get in touch for more information!

ADHD Norfolk
www.adhdnorfolk.org.uk
Email - kingslynnhub@adhdnorfolk.org.uk

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9. Carers Emergency Card

Carer’s emergency card
If you are caring for someone over the age of 18, it is important that you get a carer’s emergency card. This will ensure that that person will be safe if you are caught up in an emergency.

How to get a card
Create your carer’s emergency plan online.
This is a set of information that includes:
- Details about the person you care for
- The things you do to help them
- Names of emergency contacts
If you are unable to fill in this online form, telephone us on 0344 800 8020 (textphone 0344 800 8011).
You will be sent a carer’s emergency card, which you should carry with you at all times. The card clearly states that you are a carer and that someone is relying on you to keep them safe and well. It also has your Emergency Plan number on it and the emergency helpline number 0344 800 8020.

What happens in an emergency?
You, or someone on your behalf, should ring the emergency helpline number 0344 800 8020 and give the number of your Emergency Plan.
Your named emergency contacts will be contacted by the emergency helpline service. Your named emergency contacts can then help the person you care for.
The service will help even if the named contacts cannot be reached, or you do not have any people who can help nearby. Care workers will provide an initial response, to allow enough time to plan what will need to happen next.
What is an emergency?
Examples include:
- You (or someone close to you) are taken ill or have had an emergency
- You have had an accident, or your car has broken down
The emergency services know what to do if they see your carer’s emergency card.
Health and Well Being

10. Winter MIND Drop-in

WINTER IN MIND DROP IN SUPPORT

Tuesdays and Saturdays between
05 NOV 2019—6TH JAN 2020
11am -3pm

A Piece of Mind Heacham
4 Poplar Ave, Heacham,
PE31 7EA
01485 572707

Free light lunch.
Drop in for a chat, advice and
signposting, crafts, games and
wellbeing

Combating Loneliness
and Isolation in the
community

For transport options please
speak to us.

http://norfolkandwaveneymind.org.uk
Registered charity no. 119449

Jump back to start

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11. Suicide Bereavement Support

If you are a survivor of a suicide bereavement, we are here to help.

We offer monthly meetings, telephone and email support, and much more.

Bury St Edmunds: Every 2nd Wednesday
Ipswich: Every 4th Thursday
Lowestoft: Every 1st Tuesday

Contact: Suzy
07531 087623
suzy@hopeaftersuicideloss.org.uk

Suzy Clifford, formerly Suffolk SoBS County Facilitator, now leads this service.

www.hopeaftersuicideloss.org.uk

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## 12. Wellbeing Socials

**Wellbeing Associates Workshops & Socials**

<table>
<thead>
<tr>
<th>Date and Time</th>
<th>What and Where</th>
</tr>
</thead>
</table>
| **Tuesday 3rd December** 6pm-9:30pm | **Christmas Extravaganza Associate meet up**  
A fundraiser for True’s Yard Held at St Nicholas Chapel St Anne’s Street Kings Lynn  
**Christmas Market Carols and a Performance of Charles Dickens**  
- Free Entry  
This is a meet up not a normal Social |
| **Monday 9th December** 5:30pm – 7pm | **Coffee and a Catch up (Ambassador led)**  
Sainsbury’s Café, Hardwick Industrial Estate,  
Scania Way, King’s Lynn, PE30 4LR |
| **Wednesday 11th Dec** 10:30am – 12:00pm | **Coffee and a Catch up (Ambassador led)**  
The Whalebone Public House 58-64 Bridge Street  
Downham Market PE38 9DH  
**Some Associates are staying afterwards for a Christmas Meal all are welcome to join** |
| **Friday 13th Dec** 3pm – 5pm | **Annual Associates Christmas party**  
Providence Street Community Centre Kings Lynn PE30 5ET  
**Come and gather at our base for a festive gathering with home bakes party food and Christmas music** |
| **Monday 16th Dec** 2:15pm - 3:45pm | **Coffee & Catch Up**  
A Piece of Mind 4 Polar Avenue Heacham PE31 7EA  
**Free Tea & Coffee** |
| **Wednesday 18th Dec** 2:30pm- 4:00pm | **Coffee & Catch Up (Ambassador Led)**  
Chives Brasserie. 11 High St, Hunstanton  PE36 5AB  
Replaces our Coastal Walk for the Winter |
| **Thursday 19th Dec** 5:00pm- 6:30pm | **Coffee and a Catch up**  
Sunshine Café, 20 Wales Court, Downham Market, PE38 9JZ |
| **Friday 20th Dec** 10:30am – 12:00pm | **Coffee and a Catch up (Ambassador led)**  
The Globe Public House King Street  
Kings Lynn PE230 1EZ  
**Some Associates are staying afterwards for a Christmas Meal all are welcome to join** |
| **Saturday 21st Dec** 11:00am -12:30pm | **Coffee and a Catch up**  
Madeleine Moments 21 St James Street King’s Lynn PE30 5DA |

To book a space or for more information contact Josh  
LACreferrals@nsft.nhs.uk  07765 897 458 or call 0300 123 1503

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Domestic Abuse and Victim Support

13. DA Champions Training

Domestic Abuse Champions Training
(Free Training Open to Education and Healthcare Professionals)

2nd & 9th December 2019, Great Yarmouth Town Hall
29th January & 5th February, Charles Burrell Centre, Thetford
3rd & 10th February, Queen Elizabeth Hospital, Kings Lynn
13th & 20th February 2020, Norfolk & Norwich Hospital (NNUH Staff Only)

From: 10am-4pm

Request to book: da.change@norfolk.gov.uk (no cost attached)

✓ Be the key domestic abuse contact for your agency
✓ Disseminate up to date information about domestic abuse to your team
✓ Raise awareness in your organisation
✓ Be the link between your organisation and the Champions Network

What do Champions get?

✓ Free two day training
✓ Access to advice and consultancy
✓ Regular Network Events & Monthly Newsletters

I cannot rate this training high enough. In my 15 years of service I have never been on such good training. High quality exceptional content and no holds barred. Fantastic support from the trainer, emotive content that stays with you and follow up information and networking
Every worker should have the training.”
DA Champion Oct 19

Day One
What is Domestic Abuse?
The Dynamics of Power and Control
The Impact of Domestic Abuse
Barriers to Leaving
The Impact on Children
Honour Based Abuse, Forced Marriage, and Female Genital Mutilation

Day Two
Workplace Domestic Abuse Policy
Encouraging Disclosures
Responding to Disclosures
DASH Risk Assessment
Supporting Children and Young People
Safety Planning
Local Support Agencies

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**Groups**

**14. Voluntary Sector Forum**

4 December 2019
9am – 12.30pm
Aldiss Park, Dereham Football Club, Norwich Road, Dereham,
NR20 3PX

**Topics to include**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction and Future Plans</td>
<td>Gary McManus, VCSE Engagement Manager, Norfolk County Council</td>
</tr>
<tr>
<td>Early Childhood and Families Service</td>
<td>Penny Olivo, Action For Children and Judi Garrett, Norfolk County Council</td>
</tr>
<tr>
<td>The Changing Face of Libraries</td>
<td>Helena Last, Library and Information Service, Norfolk County Council</td>
</tr>
<tr>
<td>Neglect briefing</td>
<td>Sharon Moore, NSCB Workforce Development Officer</td>
</tr>
</tbody>
</table>

If you wish to display a pop up banner for your organisation, please contact Elaine Lincoln at Momentum.

*Please confirm your attendance to forum@momentumnorfolk.org.uk*
15. The Workshop Kings Lynn

The Garage in Norwich is supporting the opening of a new performing arts venue in King’s Lynn.

The Workshop will be based in the former RBS bank in New Conduit Street, in the town’s Vancouver Quarter. Although the charity will focus on children and young people, there will be dance, drama and music activities for three-month-olds to those 60+.

Adam Taylor, CEO of The Garage Trust, said: “We’ve been running a host of projects for young people in King’s Lynn and the surrounding area for a few years now thanks to the National Lottery Community Fund. We’ve worked with the likes of Groundwork Gallery, Shakespeare’s Guildhall Trust and were part of The Walks Summer Circus Weekend presented by Lost In Translation Circus with support from Creative Arts East.

Able to seat 60 people, The Workshop’s first step towards eventual independence as a cultural organisation is presenting My First Panto: Little Red Riding Hood from December 16-29.

It’s a co-production between The Workshop and All-In Productions, who have been making interactive family performances for the past four years.

This adaptation of the classic fairy tale is designed for under sevens and performed by three actor-musicians including Rob Gathercole, who appeared in My First Circus: The Littlest Mermaid in King’s Lynn and Norwich earlier this year.

Freddie Main, The Workshop’s participation programme manager, said: “We can’t wait to introduce you to Little Red Riding Hood, her sister Violet, their granny and of course Mr Wolf. It’s a great introduction to the theatre for youngsters.

“Following the panto we’ll have a range of classes for people to try, not forgetting our intervention programmes working with people in challenging circumstances. We’re grateful for The Garage in Norwich’s support and we’d love to hear from new artists and volunteers interested in helping us deliver great work for young audiences.”

Call The Workshop in King’s Lynn on 01553 277919, visit www.theworkshop.org.uk or email info@theworkshop.org.uk for more information or to book tickets for My First Panto: Little Red Riding Hood.
16. SWAN Youth project Downham

Our regular weekly timetable is currently:
Tuesday: 4pm - 5pm Quiet Group (no more than 15 attending)
Tuesday: 4pm - 5pm Peer Mentor Group (invitation only)
Tuesday: 5pm - 7pm Open Access Group (age 8+)
Wednesday: 5pm - 7pm (fortnightly, term time) Young Carers (10+)
Thursday: 4.45pm - 6.45pm Open Access Watlington (10+)
Thursday: 4.30pm - 6pm Multisport (year 8+)
Friday: 5pm - 7pm (term time) Open Access Group

We regularly offer other workshops and activities, such as drama, music, advice and guidance and vocational taster sessions too.

Please contact anna@swanyouthproject.org or contact us via social media for more information.

Facebook: theswanproject1
Instagram: dmswanyouthproject
Twitter: @DJMSwanYouth
Swan Youth Project, Paradise Road, Downham Market, PE38 9JE
01366 398259

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17. Telephone Befriending

**Telephone Befriending**

**Want to receive calls?**  We offer friendly weekly conversation by telephone to older people aged 60+ from our dedicated befriending volunteers.

**Want to volunteer?**  Make calls from your own home or our Norwich office, to brighten someone’s day. Full support and training given.

For more information:
Telephone: 01603 787 111
Email: befriending@ageuknorfolk.org.uk
www.ageuknorfolk.org.uk

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18. Meet The Funders Event

Meet The Funders
a free funding event for West Norfolk VCSE organisations
12th February 2020 – 10am to 1pm
at West Norfolk Deaf Association Building, Railway Road, King’s Lynn.

Are you a West Norfolk voluntary, community or social enterprise organisation? Are you looking at developing an idea or project but need to know if you can get funding for it? Book a place to meet up with any of the three funding organisations attending our event to discuss your project: –
To ensure you speak to the right funder please see the information below about each funder and what their funds cover:

**Norfolk Community Foundation (NCF)**
Norfolk Community Fund offers a range of funding opportunities to charitable organisations, and they aim to support genuinely good ideas that will make a real difference to the lives of local people. You can read more about NCF eligibility requirements here: [https://www.norfolkfoundation.com/funding-support/guidance-resources](https://www.norfolkfoundation.com/funding-support/guidance-resources)
You can read more about current NCF funding opportunities here: [https://www.norfolkfoundation.com/funding-support/grants/groups](https://www.norfolkfoundation.com/funding-support/grants/groups)

**GrantScape**
GrantScape manages two funds that cover the West Norfolk Area. The East Coast Community Fund covers only a specific area of West Norfolk along the coast; [https://www.grantscape.org.uk/fund/eastcoastcommunityfund/](https://www.grantscape.org.uk/fund/eastcoastcommunityfund/)
GrantScape do have another fund they administer which covers a wider area of Norfolk, This fund is quite different – it’s for capital improvements to public amenities – for more information visit; [https://www.grantscape.org.uk/fund/mick-george-community-fund/](https://www.grantscape.org.uk/fund/mick-george-community-fund/)

**The National Lottery Community Fund**
Lucinda Leonard Funding Officer at the National Lottery Community Fund covering West Norfolk and West Suffolk is attending the Meet the Funders Event.
**National Lottery Awards for All** offers funding from £300 to £10,000 to support what matters to people and communities
**Reaching Communities** make grants of over £10,000 in England, supporting organisations with great ideas that enable communities to thrive.
**Partnerships funding**, we make grants over £10,000 for organisations which work together with a shared set of goals and values.
For further details pls see [https://www.tnlcommunityfund.org.uk/funding](https://www.tnlcommunityfund.org.uk/funding)

There are **25 minute** discussion slots available on the hour and half hour from 10am to 12.30pm with each funder. To book your slot please email Jackie Cushing at: jackie.cushing@communityactionnorfolk.org.uk

Thank you for your contributions If you would like some information to appear in the January Bulletin please send it to keith.mawson@norfolk.gov.uk by 28th December
To unsubscribe or report an error please contact keith.mawson@norfolk.gov.uk
19. Grants to Celebrate VE Day

King’s Lynn & West Norfolk Borough Council has created a new one-off fund to help communities in the borough of King’s Lynn & West Norfolk to celebrate VE Day on 8 May 2020 and VJ Day on 15 August 2020.

Any non-profit group is able to apply, including constituted voluntary and community groups, Parish and Town Councils, charities, churches, social enterprises/Community Interest Companies and schools.

The Fund is able to consider a wide range of projects, which may include: Community events and projects and also Educational activities.

The Fund is able to support both capital and revenue costs, and a maximum award of £100 will be offered. Priority will be given to projects that are able to evidence match funding. Applicants seeking support for capital projects should ensure that all necessary permissions have been secured prior to making an application. Proposals should be realistic and show evidence of project costs. All those who receive a grant will be requested to add the Borough Council logo with the words ‘supported by’ added to any publicity.

Who can apply? Charity, Church/PCC, Parish/Town Council, School, Social Enterprise/CIC, and Voluntary/Community Group

Maximum grant £100 Eligible area King’s Lynn & West Norfolk Deadline 20 December 2019

Find out more & apply Apply online

20. LILY Grants

Lily Grants are available up to £1,000 for new groups or groups who want to expand in West Norfolk. They will also consider supporting an existing group who is in need of support. They can fund room hire, marketing materials, equipment, start-up costs, new initiatives. They can also help groups find other funding.

For an application form please contact

01553 616200
asklily@west-norfolk.gov.uk
www.asklily.org.uk
21. Winter Lights At Lynn Museum

As part of the festive activities at Lynn Museum, children can complete a ‘Winter Lights’ trail this December. The trail explores different sources of light throughout the ages and encourages families to explore the museum collections from a new angle – you are bound to spot objects you have not noticed before! Children who try their best with the trail will be able to take home a small prize – their very own, modern source of light. The trail is available between 1st and 24th December. Speak to the staff at Lynn Museum reception to pick up your trail and start exploring!

22. Jingle Belles at St Nicks

Jingle Belles: Handmade and Vintage Christmas Fayre at St Nicholas' Chapel, Kings Lynn
St Nicholas' Chapel, King's Lynn, Norfolk

Date: 7th December 2019
Time: 10.00 - 15.00
Price: 0.00

SAVE THE DATE: Belles at St Nicks is back with Jingle Belles - a Christmas fayre full of handmade goodness, vintage party wear and treasures, festive music and mulled cider!
For more information, click on the link below:
https://www.facebook.com/events/686006888574641/
23. Christmas at St Nicks

Christmas Extravaganza at St Nicholas' Chapel, King's Lynn

St Nicholas' Chapel, King's Lynn, Norfolk
Date: 3rd December 2019
Time: 18.00 - 21.30
Price: 0.00

Kick start the festive season with an evening of free entertainment.
For one night only St Nicholas’ Chapel is being transformed into a Christmas wonderland. A collaborative event between Ture’s Yard Fisherfolk Museum and St Nicholas’ Chapel.
There will be a pop up cosy Christmas Market with plenty of mulled wine and hot chocolate. Games for all ages and a chance to pick up some perfect stocking fillers.

This will be followed by evening of entertainment including Readings about Christmas Traditions Throughout History. All your favourite Christmas Carols performed by a variety of choirs including St Edmund’s School, Heacham Girl Guides and the Guildhall Singers. Plus local talented artists Emily Blake and Sean Lang.

Not least a very special performance of A Condensed Christmas Carol! The incredible story of the old miser Ebenezer Scrooge who is visited by four ghosts to warn him about the consequences of his actions! The title role will be played by Anthony Maley who recently entertained audiences as Mr Bumble in the King’s Lynn Player’s production of Oliver at the Corn Exchange.

The best part is that entry is free! Although donations are most welcome and any money raised on the night will support both charities and the community projects they are engaged with such helping people living with Dementia, free educational talks, professional training for young people and preserving heritage skills.

For more information please contact:
• True’s Yard Museum – 01553 770479 or info@truesyard.co.uk
24. Hanseatic Holiday Fun

Hanseatic Holiday fun

Free children’s activities in the holidays for 5-11 years:

- Craft activities
- Outdoor fun
- Games
- Lunch

21\textsuperscript{st} December 2019
10 am – 12.30

Available at:
North Lynn Church, St Edmundsbury Road, 
King’s Lynn, PE30 2DH

To book a space contact:
Email: Julie.hanseatic@gmail.com
Facebook: Hansos Unija or Julie chaplin hanseatic
25. Christmas Craft Activity

Come and join us

Fun for all the Family making Christmas Crafts

Saturday 7th December 2019
1:00pm -3:00pm
St Michael's Family Centre
Saddlebow Road
Kings Lynn

We will be asking for a voluntary contribution towards materials used
26. Christmas Activity Day

**Stories of Lynn**

Christmas Activity Day
Saturday 14 December 2019

Come and make marshmallow snowmen, chocolate yule logs, stained glass window biscuits, and a whole host of other traditional Christmas crafts!

Free admission. This is a drop-in session so no pre-booking is required.

01553 774297 | storiesoflynn.co.uk

Thank you for your contributions If you would like some information to appear in the January Bulletin please send it to keith.mawson@norfolk.gov.uk by 28th December

To unsubscribe or report an error please contact keith.mawson@norfolk.gov.uk
27. Independent Age Winter Wise Guide

Winter can bring extra challenges. Dark evenings and icy pavements can make it harder to get out, while cold weather can make us vulnerable to illness. Higher fuel bills can be worrying too.

Our guide Winter wise has practical tips on staying warm and healthy in the winter months, including information on Winter Fuel Payments, so you don't need to dread the cold weather.

Click here to order your free guide

The advice in this guide applies to England only. A lot of it will still be relevant to you but we have a few suggestions if you are looking for advice that is specific to other parts of the UK.
28. Priority Services Register

Power cut? Would you, or someone you know need extra support?

Who are UK Power Networks?
We own and maintain electricity cables and lines across London, the South East and East of England, making sure that homes and businesses have power.
We deliver your electricity locally, regardless of which company you pay your energy bill to.
We understand that power cuts can be worrying, especially if you or someone you look after needs electricity for medical reasons, are unwell, or have specific communication needs.

Our Priority Services Register is FREE to join and offers support:
• Information about of services translated, in large print, audio, braille or Easy Read
• A priority number that you can call 24 hours a day
• A dedicated specialist team who will contact you by phone or text message, to keep you updated during a power cut
• Tailored support if you need this such as home visits, hot meals, advice and keeping your friends and relatives updated

To register, please visit:
www.ukpownetworks.co.uk/priority
email: psr@ukpownetworks.co.uk
or call: 0800 169 9970
using your textphone dial:
18001 0800 31 63 105

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To unsubscribe or report an error please contact keith.mawson@norfolk.gov.uk
Training and Employment

29. New Horizons Employment Support

New Horizons offers one to one coaching at local venues for people who are not currently in work. With up to 20 hours coaching, we want to help people move closer to the job market by helping them feel more confident and in control of their money, by helping them get on-line and by giving them the tools to be able to look for work.

The project is for people who are furthest from the labour market and are at most risk of social exclusion. To refer either yourself or a client, please contact:

Evie Ross, New Horizons Coach
Email: evie.ross@voluntarynorfolk.org.uk
Telephone: 07739 516 371
Website: https://www.voluntarynorfolk.org.uk/services/employment-skills-services/new-horizons/
30. Open Road

Open Road has capacity for 160 trainee placements at any one time so if you know someone who could benefit from some structured vocational training, you know where to find us.

Young people between 14 and 16 are referred to Open Road by schools, alternative education providers, other care and support agencies.

If young people over 16 who are not in education, employment or training, are interested in receiving training with a little extra help and guidance, they can also self-refer for placement via the Bursary Fund.

The training provided in the mechanical engineering, joinery and construction industries workshops lead to recognised qualifications and can be used as a stepping stone into the working world and a career.

Open Road has trained and helped improve the lives of almost 500 young people since it was set up in 2009.

You can help us write another success story by referring someone to us who is in need of a little extra support, advice and practical training.

For more information visit [https://www.openroadtraining.co.uk/](https://www.openroadtraining.co.uk/) or call 01553 776600.
Training for Professionals

31. West Norfolk Community Forum

The Next Community Forum will be on
Wednesday 26th February 2020 11:00am -1:00pm at
Providence Street Community Centre
Kings Lynn PE30 5ET

Presentations will include the Early Childhood and Family Service From Family Action

If you would like to give a service update please let Keith.Mawson@Norfolk.Gov.uk know in advance.

32. Free Dementia Awareness Training

Free Dementia Awareness Session
a FREE two-hour session for West Norfolk VCSE organisations

6th December 2019 – 10am to 12noon
at West Norfolk Deaf Association Building, Railway Road, King’s Lynn.

This is a free two-hour session to help raise awareness of issues relating to Dementia and how individuals within organisations can respond appropriately.

The training is facilitated by CAN and provided by Home Instead.

Please contact Jackie Cushing to book a place at jackie.cushing@communityactionnorfolk.org.uk.
or call 01362 698216

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33. Safer Training

Core Programme for Voluntary Organisation & Independent Agencies Training 2019-2020

**Thursday 16th January**
South Lynn Community Centre, King’s Lynn

**Designated Officer 2019-20**

**Wednesday 22nd January - 6.00 – 9.30 pm**
Meeting Room 3, Woodside Centre, Witard Road, Norwich

**Saturday 7th March - 9.30 am - 1.00 pm**
South Lynn Community Centre, King’s Lynn

All applicants must be over 18 years of To book onto one of these courses go to our website www.norfolklscb.org and hover over the People Working with Children drop down menu and select Safer Programme, then scroll down to Click Here to Access our Safer Programme Booking System which takes you to our booking system.

Safer Training Programme
01603 228966/ 222209
safer@norfolk.gov.uk
34. Domestic Abuse Training

We offer a variety of practical training courses designed to give professionals skills and knowledge to improve their practise when working with clients affected by domestic abuse. We are now holding our courses in locations spanning Norwich, South Norfolk, Dereham, Kings Lynn and Gt Yarmouth.

Our courses become fully booked quickly, however due to non-attendance on previous courses, we have amended our policy. From 2020, our training courses will remain to be free of charge, however we will reserve the right to charge for non-attendance. If professionals do not show up to courses or have not given at least 48 hours’ notice of non-attendance, you will liable to a fee of £75. This invoice will be sent to your manager.

A list our new 2020 dates and locations are below:

**Developing a Culture of Engagement full day workshop**

**Available Dates and Locations:**
- Wednesday 5th February in Long Stratton
- Thursday 6th February in Norwich
- Thursday 13th February in Gt Yarmouth
- Wednesday 19th February in Kings Lynn
- Thursday 20th February in Dereham

**Trauma informed Practices Full Day Workshop**

**Available Dates and Locations:**
- Wednesday 15th January in Gt Yarmouth
- Thursday 16th January in Diss
- Wednesday 22nd January in Norwich
- Thursday 23rd January in Kings Lynn
- Thursday 5th March in Norwich
- Wednesday 18th March in Long Stratton
- Wednesday 25th March in Gt Yarmouth

**DASH Risk Checklist Training Full day workshop**

**Available Dates and Locations:**
- Wednesday 29th January in Norwich
- Thursday 30th January in Diss
- Wednesday 26th February in Gt Yarmouth
- Thursday 27th February in Dereham
35. IAG Workshops

A series of workshops have been organised by Norfolk County Council to co-produce an initial universal (level 1) Information, Advice and Guidance training offer, targeted at a wide range of front line service / provider staff groups such as customer service leisure attendants, volunteer librarians, befrienders, community development staff etc.

The intention is to develop a consistent approach and increased capacity for services offering level 1 / ‘conversation’ Information and Signposting. This is an important development in terms of enhancing the commissioning opportunities of IAG in future years for example and supporting a wide range of front line staff to feel confident in providing the optimum levels of information and signposting and knowing where to refer for more specialist advice services.

At this stage this is not about advice / specialism training, however it is anticipated that a level 2 and 3 IAG programme can be developed over the next 18 – 24 months.

Initial discussions with NCAN Steering Group, Adult Learning Group and others suggest that this would be a useful development and we would like to co-produce an information and signposting training programme with a wider set of colleagues.

You are therefore invited to register your interest in joining one of the following workshops:

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kings Lynn &amp; West Norfolk</td>
<td>Wednesday 8 January</td>
<td>10am-1pm</td>
<td>Kings Lynn Town Hall</td>
</tr>
<tr>
<td>Breckland</td>
<td>Thursday 9 January</td>
<td>10am-1pm</td>
<td>Multi-purpose room, Attleborough CEC</td>
</tr>
<tr>
<td>Broadland &amp; South Norfolk</td>
<td>Friday 10 January</td>
<td>10am-1pm</td>
<td>Council Chamber, South Norfolk Council Offices, Long Stratton</td>
</tr>
<tr>
<td>Great Yarmouth</td>
<td>Monday 13 January</td>
<td>10am-1pm</td>
<td>Supper Room, Great Yarmouth Council Offices</td>
</tr>
<tr>
<td>Norwich</td>
<td>Wednesday 15 January</td>
<td>1pm-4pm</td>
<td>Mancroft Room, City Hall</td>
</tr>
<tr>
<td>North Norfolk</td>
<td>Thursday 16 January</td>
<td>10am-1pm</td>
<td>Committee Room, North Norfolk District Council Offices</td>
</tr>
</tbody>
</table>

Please email Gary McManus at gary.mcmanus@norfolk.gov.uk by Friday 13th December to reserve a place at the workshop you wish to attend. Please do contact Gary should you require any further details.
36. NSCB Professional Training

The Norfolk Safeguarding Children Board (NSCB) is made up of statutory and voluntary partners who work with families and children. The organisation makes sure that people working with children carry out their safeguarding responsibilities as required by the law.

- **Restorative Approaches - Being Restorative** - Thursday 5 December, Great Yarmouth
- **Assessment skills with Children and Young People Displaying Harmful Sexual Behaviour** - Monday 9 December, Swaffham
- **Signs of Safety 2-Day Training** - Wednesday 11 December, Wymondham
- **Delivering Interventions to Children and Young People Displaying Harmful Sexual Behaviour** - Tuesday 17 December, Swaffham
- **Emotional Harm** - Thursday 9 January 2020, Great Yarmouth
- **Professional Curiosity and Challenge** - Tuesday 14 January 2020, King’s Lynn
- **Parents with Mental Health Issues** - Tuesday 14 January 2020, Swaffham
- **Neglect** - Wednesday 15 January 2020, Swaffham
- **Effective Multi-Agency Working** - Thursday 16 January 2020, Great Yarmouth
- **Domestic Abuse** - Thursday 16 January 2020, Norwich
- **Sexual Abuse Introductory Level** - Wednesday 22 January 2020, Swaffham
- **Signs of Safety 2-Day Training** - Thursday 23 January 2020, Great Yarmouth
- **Understanding the Importance of Attachment in Assessment** - Thursday 23 January 2020, Great Yarmouth

Applications for courses are via the NSCB website: https://www.norfolklscb.org/nscb-booking/nscb-booking-training/

Education places should be booked via Educator Solutions.

Thank you for your contributions If you would like some information to appear in the January Bulletin please send it to keith.mawson@norfolk.gov.uk by 28th December

To unsubscribe or report an error please contact keith.mawson@norfolk.gov.uk
37. FSP Training New Dates!

The Family Support Process Core training will give you a good working knowledge of the Family Support Process including how to gain informed consent; how to complete the Family Support Form; who to involve; when to share information and how to plan the next steps. In addition, as it is a multi-agency training course it offers you a chance to network with colleagues from other agencies. This training is suitable for people who work with children and young people aged 0-18 years or people who work with adults who have children. It is a multi-agency training course and is open to all agencies and services in Norfolk. We recommend that at least one worker from your agency attend.

Breckland locality
- please bring indoor shoes.
- Thursday 23rd Jan 2020- 9:30-16:30 Breckland Council, Elizabeth House, Walpole Loke, Dereham NR19 1EE (St. Georges Room)
- Wednesday 11th March 9:30-16:30, Early Childhood and Family Service Base in Swaffham, White Cross Rd, Swaffham, PE37 7RF
- Wednesday 13th May 9:30-16:30- Rosecroft Primary School, London Road, Attleborough, Norfolk, NR17 1BE. Note: school has a No outdoor shoe policy so please bring indoor shoes.
- Thursday 25th June 2020- 9:30-16:30 Breckland Council, Elizabeth House, Walpole Loke, Dereham NR19 1EE (Anglia Room)

West locality
- Wednesday 29 January 2020
- Tuesday 24 March 2020
- Thursday 7 May 2020
- Friday 26 June 2020

Training will take place at the North Lynn Fire Station, Kilhams Way, King's Lynn, PE30 2HY between 9.30am and 4.30pm.

Please complete a booking form and return it to us by email at:
- Norwich – cs.earlyhelp.norwich@norfolk.gov.uk
- Breckland – cs.earlyhelp.breckland@norfolk.gov.uk
- West – cs.earlyhelp.kingslynn@norfolk.gov.uk

Please note without a booking form we will be unable to book you onto the training.
Thank you for your contributions If you would like some information to appear in the January Bulletin please send it to keith.mawson@norfolk.gov.uk by 28th December
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40. Community Focus FAQ Sheets

Community Focus produce a number of FAQ sheets and booklets that summarise the services available in West Norfolk. **We aim to keep them up to date as possible but please be aware** that services are constantly changing. Copies can be requested by contacting Keith.Mawson@norfolk.gov.uk

**Children and Young Peoples Mental Health Services**

Acute Services, Wellbeing Services, Suicide & Self-Harm, Eating Disorders, Phonelines, Apps and Useful Websites.

**Adult Mental Health Services**

Acute Services, Wellbeing Services, Suicide & Self-Harm, Perinatal Mental Health Obsessive Compulsive disorder, Phonelines, Apps and Useful Websites.

**Autism**

Diagnosis pathway, Pre-diagnosis support, post diagnosis support, other useful websites, Schools information

**Bereavement**

*Stages of grief, Services for the Bereaved, Norwich Cruise, Time Norfolk, Nelsons Journey, Scotty’s Little Soldiers, BA for C&P, Groups the Compassionate Friends, Cancer Bereavement Support Group, Helplines and Websites*

**Carers Services**

Young Carers Assessments, Services for young carers, services for young adult carers, services for carers, useful information and websites.

**Domestic Abuse Services West Norfolk & Breckland**

Helpline, Pandora Project, The Daisy Programme, Leeway, Norfolk Community Law Service The Harbour Centre Male Victims, Children and Young people’s Support Useful Websites and Helplines.

**Employment Support**

DWP, New Horizons, National Citizen Service, CAP, Volunteering Matters, Team Programme Princes Trust, Building Better Opportunities, Nova Training, On Track, Work Routes

**Separation and the effects on children**

CAFCASS, Separated parents Information Programme, Useful websites Put Kids First, NSPCC, Voice in the Middle. Child Line Contact Centre, Ormiston Point 1, Relate. *Direct work resources*

**Separation and making arrangements for children**

Making arrangements yourselves, Negotiating tools, using mediation, if you can’t reach agreement, useful websites

**Sexual Health Services**

*iCaSH, Terrance Higgins Trust C-Card, Sexwise Health, LGBT+ Services, other Sexual Health Services in Norfolk, Rape and Sexual Assault*

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41. Safeguarding Adults Website

*NEW* news items & *important* updates have been posted on Norfolk SAB’s website.

**NEWS ITEMS**

- *Helping to prevent winter deaths: New NICE/SCIE quick guide* | 14 November 2019
- *CQC & National Police Chiefs’ Council sign agreement* | 14 November 2019
- *Domestic abuse networking event: 4 December 2019* | 14 November 2019
- *Scale of rough sleeping in England: PHE Health Matters* | 12 November 2019
- *Natwest Community Bankers deliver scams awareness training* | 12 November 2019
- *Research article: staff understandings of abuse & poor practice in residential settings for adults with intellectual disabilities* | 8 November 2019
- *Learning disability and autism training for health and care staff* | 7 November 2019
- *National Mental Capacity Forum moves to SCIE* | 5 November 2019
- *LGA: domestic abuse ‘biggest threat to child protection’* | 5 November 2019

Please go to: [Norfolk Safeguarding Adults Board (NSAB)](https://norfolk.gov.uk/safeguardingadults) then click on news.

# You can follow NSAB on Twitter – @NorfolkSAB #

Also see the training page: [Norfolk Safeguarding Adults Board: Training](https://norfolk.gov.uk/safeguardingadults)

Jump back to start

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What’s on December?

42. Dersingham Library Events

Dersingham Library Events in December

For further information about events and to book please call 01485 540181

To be added to the mailing list please contact Kerry Lingwood by emailing kerry.lingwood@norfolk.gov.uk

Dersingham has ‘Open Library’ meaning you can access the library between 8am and 7pm Monday to Friday and 10-4 Saturday and Sunday. To use this service, you need to sign up to open access at any library during staffed times.

Weekly events:

Scrabble club - Mondays 1.30-3pm
Join in a friendly game of scrabble and a cuppa.

Just a cuppa – Thursdays 2pm-3pm
Fancy making some new friends? Come along to this FREE drop in session for a chat and a cuppa.

Knit and natter - Thursdays 10.30-12
Join the friendly knitters for a cuppa, conversation and some knitting.

Bounce and Rhyme – Thursdays 10-10.30am
Join us for rhymes and songs for pre-school children.

Volunteers needed!
- Could you make hot drinks and talk to people at our just a cuppa group?
- Could you spare some time to help tidy up the library garden?
- Could you help develop ideas for events held at the library as a Library Friend and promote the library and its services within the local community?

Please contact Kerry at the library on 01485 540181 if you’d like to find out more.

*NEW* Busy Books & Beats- Monday’s starting 4th November – 9th December 10.30am-11.30am
Join the Early Childhood and Family Service and share stories, songs, rhymes and fun activities around the story of the week. This is a free event, for more information please ask in the library.

Peer support group for Carers led by the Alzheimer’s Society –Tuesday 3rd December 1pm-3pm
For further information contact the Alzheimer’s Society on 01603 763556

Colour yourself calm – Wednesday 4th December 10.30am-12pm
Just bring along your colouring books and pens and join our relaxing group for adults. Tea and coffee is available.

More Below

Thank you for your contributions If you would like some information to appear in the January Bulletin please send it to keith.mawson@norfolk.gov.uk by 28th December

To unsubscribe or report an error please contact keith.mawson@norfolk.gov.uk
West Norfolk Early Help Monthly Bulletin December 2019

Crime Book Club - Monday 9th December 5.30pm-6.30pm
New members always welcome! Ask staff for details of the books being discussed.

Gardening Club- Wednesday 11th December 2pm-4pm
Can you spare some time to help keep the library garden blooming? Help always welcome, no experience required.

Police Engagement Surgery – Wednesday 11th December 2pm-4pm
PC Lee Anderton will be holding a Community Engagement Surgery at Dersingham Library. You can discuss any concerns you may have in your local area, get advice on staying safe online or find out about working/volunteering with Norfolk police. No need to book an appointment just come along.

Collage club- Sunday 15th December 2pm-4pm
Join our friendly group to make your own collage, all you need to bring is scissors, paper, pritt stick and magazines to cut up. This group meets in open access time so you would need to have open access on your library account, please see staff for more details or call 01485 540181.

Book Club - Monday 16th December 5.45-6.45pm
New members always welcome. Ask staff for details of the books being discussed

Dersingham Library Friends –
Could you help organise and promote events/activities for Dersingham library? Come along and join us! Please see staff for more information.

Walk and talk group – Thursday 19th December 2pm
Join our volunteers for a short walk around the village and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina.

Dersingham writer’s group-
Did you enjoy writing at school? Do you enjoy writing now? If so come along and join our friendly writing group and take part in some fun activities. This event happens in open library time so please see staff for details how to sign up or call 01485 540181

Embroidery and needlework group
Bring your own project and equipment. Everyone welcome. This group meets in Open Library time so customers will need a library card with open access to enter. Please see staff for dates, times or for more information or call 01485 540181.

Need help with your computer, phone or tablet?
Why not book a one-to-one session with our computer buddy? Please ask staff for details.

Family History volunteer
If you are interested in finding out more about your family history, you can book an hour one-to-one session with our family history volunteer. All ranges welcome from complete beginners or people just looking for a little help or advice.

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43. Downham Library Events

Downham Market Library Events December 2019

For further information about events or to book where necessary call 01366 383073
For the latest information and updates check out and like our facebook page
https://www.facebook.com/downhammarketlibrary/

Downham Market Library now operates the ‘Open Library’ service.

Open Library
Extending opening hours at your library

Open Library gives you access to the library when the building is unstaffed, making your library available at times that are more convenient for you.

<table>
<thead>
<tr>
<th>Library Available</th>
<th>Staffed Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 8am – 7pm</td>
<td>Monday Unstaffed</td>
</tr>
<tr>
<td>Tuesday 8am – 7pm</td>
<td>Tuesday 10am – 7pm</td>
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<td>Wednesday 8am – 7pm</td>
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<td>Friday 10am – 7pm</td>
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<tr>
<td>Saturday 8am – 4pm</td>
<td>Saturday 1pm – 4pm</td>
</tr>
<tr>
<td>Sunday 10am – 4pm</td>
<td>Sunday Unstaffed</td>
</tr>
</tbody>
</table>

See Staff to register for our Open Library service for easy extended access to the library outside normal staffed hours using your library card and PIN.

Mondays:
Community Job Club - 9:30am till 1pm drop in for CV support, job applications, interview Techniques and more - you will need to have signed up for Open Libraries as this club is during unstaffed hours – to sign up pop into the branch and ask a member of the team. NOTE: THIS SESSION IS HELD DURING AN UNSTAFFED OPEN LIBRARIES SESSION – TO USE THE LIBRARY DURING UNSTAFFED SESSION YOU WILL NEED TO SIGN UP.

Tuesdays:
Chair Yoga –2 pm till 3pm Booking Essential £3 per session
Learn My Way – 5pm - 6.30pm 1:1 computer course Booking Essential
Lego Club – 5pm till 6pm drop in

Need help with your computer or tablet? 1 to 1 sessions with our Computer buddies are available, booking essential

More Below
Thank you for your contributions If you would like some information to appear in the January Bulletin please send it to keith.mawson@norfolk.gov.uk by 28th December

To unsubscribe or report an error please contact keith.mawson@norfolk.gov.uk
Wednesdays:
Diamond Art Club - Diamond Art Club - 10am till 12 noon, call the branch for more details
Breastfeeding Mum Meets – second Wednesday of month 9.30 – drop in (starts in Open Libraries time so please activate your card
Downham Library Reading Group meets first Wednesday of each month – 4 Dec 5pm

Thursdays:
Baby bounce and rhyme – 10:30am till 11am, come along and enjoy some songs and rhymes. Drop in no need to book.
Stay and Chat – after bounce and rhyme – enjoy a cuppa and chat while the little ones play
Learn My Way – 10am - 11.30am 1:1 computer course Booking Essential
English Course for speakers of other languages 12.30 till 2.30 – FREE booking essential.
Bridge Club – 2pm till 4pm come along and enjoy a game of Bridge.
Kids KNit – from 4.30pm, come along and get knitting, FREE drop in

Need help with your computer or tablet? 1 to 1 sessions with our Computer buddies are available, booking essential

Fridays:
Mini Movers – FREE Fortnightly. 10.30am till 11.30am. Let’s get active with the music from the Sticky Kids. Mini Movers is for preschool age to encourage movement to music and song whilst developing numeracy and literacy skills. Booking Essential
Just a Cuppa –10.30am till 12.30noon 50p suggested donation. Enjoy a chat over a tea, coffee & a biscuit. Drop in no need to book
Chair Yoga –2 pm till 3pm Booking Essential £3 per session

Saturdays:
Kid Craft – Saturdays 2pm come along and get Crafty with Sue £1 per session DROP IN

PLUS....
Friday 6 10am – Hilcrest School Choir will be joining us to sing carols, come along have a mince pie, hot drink and get in the Christmas spirit

Wreath Making Workshop. Thursday, 12 December 1.30 -4.30pm. £20.00. Booking Essential

Volunteers needed!
• Could you help develop ideas for events held at the library as a Library Friend and promote the library and its services within the local community?
• Stay and Chat volunteer wanted – could you make drinks after our weekly bounce and rhyme?
Please contact Fran at the library on 01366 383073 or email fran.valentine@norfolk.gov.uk if you’d like to find out more.

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44. Gaywood Library Events

Gaywood Library Events December 2019
For further information about events or to book where necessary please call 01553 768498

Bank Holiday and Christmas Opening Times

<table>
<thead>
<tr>
<th>Date</th>
<th>Opening Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 24th December</td>
<td>Normal opening times until midday, all libraries will close at 12.00pm.</td>
</tr>
<tr>
<td>Wednesday 25th December</td>
<td>Closed</td>
</tr>
<tr>
<td>Thursday 26th December</td>
<td>Closed</td>
</tr>
<tr>
<td>Friday 27th December</td>
<td>Normal opening hours apply</td>
</tr>
<tr>
<td>Saturday 28th December</td>
<td>Normal opening hours apply</td>
</tr>
<tr>
<td>Sunday 29th December</td>
<td>Normal opening hours apply</td>
</tr>
<tr>
<td>Monday 30th December</td>
<td>Normal opening hours apply</td>
</tr>
<tr>
<td>Tuesday 31st December</td>
<td>Normal opening times with 4.00pm closure</td>
</tr>
<tr>
<td>Wednesday 1st January</td>
<td>Closed</td>
</tr>
<tr>
<td>Thursday 2nd January</td>
<td>Normal opening hours apply</td>
</tr>
</tbody>
</table>

Could you help develop ideas for events held at the library as a Library Friend and promote the library and its services within the local community? Please contact Helen at the library on 01553 768498 or email helen.janku@norfolk.gov.uk if you’d like to find out more.

More Below

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To unsubscribe or report an error please contact keith.mawson@norfolk.gov.uk
**Special Events**

**Library Friends’ Cup of Christmas Cheer:** Saturday 21st December from 2pm  
Come along and join us in some Christmas activities, afternoon tea and a good conversation. Everyone welcome, booking essential, no charge, though any donations welcomed.

**Festive Wreath Making:** Sunday 8th December 11am  
Join us in creating and making your Christmas wreath. All materials provided and refreshments included. Booking essential. £7 per person.

**Regular Events**

**Scrabble Group:** Every Monday 10am – 12pm (Except Bank Holidays)  
Enjoy a game of scrabble! Places on a first come basis. Refreshments provided.

**Board Gaming Sessions:** Every Monday and Friday 4pm – 6pm  
Come and play board games with us: Dino Bite, Buckaroo, Harry Potter Cluedo, DC Comics Monopoly, Scrabble, Chess, Jenga, and so many more! You can bring your own too. No need to book, just drop in.

**Bounce and Rhymetime:** Every Tuesday 10.30am – 11am (Term Time Only)  
Come along to Gaywood Library Rhymetime and join in with rhymes, musical instruments, scarves and puppets for a fun sing along. Preschool age, no need to book.

**Gaywood Carer Support Group:** Tuesday 5th November (1st Tuesday of the Month) 1pm – 3pm  
Whatever your caring role, support, advice, information and a friendly ear can be found here. You can contact Carers Matter Norfolk Freephone 0800083148 or email www.carersmatternorfolk.org.uk

**Gaywood Poetry Club:** Tuesday 5th November (1st Tuesday of the Month) 7pm – 8.30pm  
If you a passion for poetry then come and share with us, whether it is reading poems or writing them. Refreshments provided.

**Slimming World:** Meets at the library on Wednesday Afternoons  
For further information see www.slimmingworld.com

**Rhymes, Stay and Play:** Every Thursday 10.30am – 11.30am  
Join us for rhymes, musicals instruments, bubbles and more! Stay after for a cuppa and chat. Preschool, no need to book.

**Just A Cuppa with In Good Company:** Every Thursday 10.30am – 11.30am  
Fancy making some new friends, or just come in for a chat? Then come along to this drop-in session for a cuppa and a biscuit.

**NNAB Audio Book Club:** Thursday 7th November (1st Thursday of the Month) 2pm – 3.30pm  
Come along and listen to the books ordered each month, refreshments provided, donations welcome

**Fenland Computer Club:** Every Thursday from 7pm  
For further information, speak to Barry on 01553 672698.

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Friday Morning Craft Groups:

- **Paper Folding Group**: Friday 1st November (1st Friday of the Month) 10am – 12pm
- **Quilling Group**: Friday 8th November (2nd Friday of the Month) 10am – 12pm
- **Sewing Club**: Friday 15th November (3rd Friday of the Month) 10am – 12pm
- **Knit and Knatter**: Friday 22nd November (4th Friday of the Month) 10am – 12pm

Everyone welcome to come along to any of our crafting groups, refreshments provided, donations appreciated.

Call us on 01553 768498 for more information.

**Colour Yourself Calm with In Good Company**: Every Friday 1.30pm – 3.30pm
Pens and colouring provided.

**Chess Club**: Every Saturday 10am – 12pm
Chess sets provided but you can also bring your own if preferred. Refreshments provided, donations welcome.

**Reading Groups**: The library hosts 2 groups – one that meets Friday afternoons, the other which meets Thursday evenings
Contact the library on 01553 768498 to find out more.

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HUNSTANTON LIBRARY EVENTS DECEMBER

For further information about events and to book please call 01485 532280 or email Helen at helen.janku@norfolk.gov.uk

Hunstanton now operates the ‘Open Library’ service, meaning you can access the library during unstaffed hours. To use this service, you need to sign up to open access at any library during staffed times.

**SPECIAL EVENTS**

**It’s Christmas! Throughout December**

We’re feeling festive and will have a selection on Christmas themed fiction and non-fiction titles on display for you to borrow.

**Hunstanton’s Festival of Christmas: Mrs Claus’ Festive Fun! Sunday 1st December 1:30pm**

Come and join Mrs Claus for some Christmas stories, pull your best festive faces for the photo booth and create your very own lantern. Free event. Add some Christmas sparkle to your face with a glitter tattoo! (Small additional charge for glitter tattoo).

**Cross Stitch Workshop with Jenny’s Little Treasures Thursday 5th and 19th December 10am**

Enjoy cross stitching or would love to learn? Come along to our workshop during unstaffed hours at Hunstanton Library run by Jenny. A friendly group, open to all abilities.

£10 per term including all materials: Binka, embroidery thread, needles, patterns.

£5 using own materials.

More Below

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NEW Busy Books and Beats! Wednesday 4th and 11th December 10:30-11:30am
Pop in to our morning sessions sharing stories, songs, rhymes and some fun activities for the Story of the Week, helping to develop your little one’s communication and language skills.

Read to Starsky! Friday 6th December from 3:30pm (Booking essential)
Come along and read a story to Pets As Therapy dog Starsky! Whether it’s just for fun, reading homework or to reach the next reading level, Starsky loves to listen. 15 minute slots available, call the library to book a place!

National Autistic Society Coffee Morning Wednesday 11th December 10 – 12noon
The National Autistic Society aims to help transform lives, change attitudes and create a society that works for autistic people. Join us for a coffee morning to raise awareness, gain information or just have a cup of tea and slice of cake. Donations welcome to the NAS.

Jumper Cuppa with In Good Company and Save The Children Friday 13th December 10:30am
Don your baubles, tinsel and best Christmas jumpers to celebrate the season and join us for a festive Just A Cuppa. Donations towards Save The Children.

Festive Frolic Friday 13th December 2-4pm
Join us for a festive frolic with a hot cuppa tea and some mince pies! Have a go at some Christmas crafts and quizzes. Hosted by Hunstanton Library Friends. Donations welcome.

Pinecone Christmas Crafts! Tuesday 17th December 4pm (Booking essential)
Come along and create pinecone decorations for your Christmas tree! Choose from Rudolph the reindeer, Mr Snowman, the Christmas Fairy or a mini Christmas tree. £3 per child, 2 pinecones. Please wear something that you don’t mind getting a little mucky as we will be using paint, glue and glitter.

REGULAR EVENTS

Stay and Play! Every Tuesday 10.30am
Drop in and have fun with a selection of games, toys, and colouring available for children and their parents or carers to enjoy together. Stay and Play is a self-serve activity. Tea and coffee available.

Job help session Every Tuesday 11-12noon (Booking essential)
Want help to update your CV, using Universal Jobmatch, and searching for jobs online? Then why not book in for a 30 minute session with staff to get you started.

Find My Past Support Every Wednesday 10am
Our experienced volunteer will be able to assist you with any Find My Past support or queries you may have. Just book in at Hunstanton library.

IT help session Every Wednesday 4:45-6:45pm (Booking essential)
Want help to learn ICT basics, get help with emails and other online facilities or familiarise yourself with a new device? Then why not book in for a 1 hour session with our volunteer to get you started.

More Below

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More Below
Journaling for Wellbeing: Christmas session Friday 13th December 1:30-2:30pm
We’re early this month so not to interrupt your Christmas parties! Come along and make your own journal with monthly/weekly diary plans, mood and sleep trackers, colouring pages and more for the following month. Catch up at the following session on Friday 31st January and create the next month’s section. Refreshments provided.

NatWest Helpdesk Tuesday 17th December 10am until 12noon
Come and have a chat with Lisa about any banking queries, digital support and how to keep yourself safe from scams

Who Dunnit? Wednesday 18th December 5.30pm
Come and join the new crime book club, held on the third Wednesday of the month at 5.30pm

Friends of the Library meeting
No meeting this month as it falls on Christmas day and I think we’ll all be too busy opening our pressies and enjoying ourselves! Come and join us on Wednesday 22nd January 2020!

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Kings Lynn Library Events

All Libraries will be closing at 12am on the 24th December and will be closed on the 25th & 26th December.

Open access only
Mon-Sat 8am-10am
Sun 10am-4pm.

We will be staffed
Mon-Fri 10am-7pm
Sat 10am-4pm
Unstaffed on Sundays.

Please see staff for more information and to sign up for open access.

For further information about events and to book please call 01553 772568
To be added to the mailing list please contact Kerry Lingwood by emailing Kerry.lingwood@norfolk.gov.uk

Regular weekly events

Just a cuppa - Mondays 2pm - 3pm
Fancy making some new friends, or just to have a good old chat? Then come along to this FREE drop in session. Have a good old fashion chatter with a cup of tea and biscuit

Baby bounce and rhyme – Mondays and Thursdays NEW TIME! 10.30-11am
Join us for rhymes and songs for pre-school children.

Colour yourself calm – Tuesdays 10.30-12
Join in with our fun and relaxing adult colouring group.

Scrabble club – Wednesdays 10.30 – 12pm
Come and join us for a friendly game of scrabble and a cuppa.

Job Help - Fridays 2-5pm – Please book with Library staff.
Free 30 minute 1:1 session with library staff, we can help you write your CV, write cover letters and help you search for jobs. We also offer 1:1 support with setting up and using universal credit.

Let’s talk — Wednesday 2-3pm, Friday 5-6pm
English conversation for speakers of other languages, join our friendly group to practice speaking English.

Games Time – NEW TIME! Every Saturday 2.00 -3.30pm
Join us every Saturday afternoon for fun and games. Bring a friend and play some of the new games that we now have, including Trivial Pursuit, Mexican Train and Dobble!

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Police Engagement Surgery- Monday 2nd, 9th, 16th and 23rd December 10am-12pm
PC Lee Anderton will be holding a Community Engagement Surgery at King’s Lynn Library. You can discuss any concerns you may have in your local area, get advice on staying safe online or find out about working/volunteering with Norfolk police. No need to book an appointment just pop in for an informal chat.

Hayes + Storr business advice- Wednesday 4th December 1pm-4pm
Free advice session for anyone looking to start up or is currently running a business and wants legal advice. Strictly appointment only so booking essential by calling the library on 01553 772568.

NWES business advice- Friday 6th December 1pm-5pm and Friday 20th December 10am-12pm
Free advice and support for anyone looking to start or has just started their own business. No need to book just drop in.

*NEW* Busy Books & Beats- Friday’s 6th December – 13th December 10.30am-11.30am
Join the Early Childhood and Family Service and share stories, songs, rhymes and fun activities around the story of the week. This is a free event, for more information please ask in the library.

Storytime- Saturday 7th December 10.30am-11.30am
Join us for a story and some colouring no need to book just come along.

History Discussion Group - Wednesday 11th December 2.30pm – 3.30pm
Enjoy History? Like to share and hear other people’s thoughts and views? Then come to our discussion group on history’s top issues.

Adult Autism Friendly Group –
Wednesday 11th December 5pm – 6.45pm
Following on from the success of our Autism Friendly Youth Group, we would like to welcome adult members to this new group. There will be board games, refreshments, an opportunity to meet new people and more.

Festive Fun Workshop – Saturday 14th December 10:30-12:30
You can look forward to some absolutely magical crafting, including paperchains, decorating gingerbread men, card making and much more to get you into the Christmas spirit. (Booking Essential)

Autism Friendly Youth Group- Saturday 14th December 11am-1pm
Come join us for board games, card games, PC access, free WIFI and making friends.

Festive Wreathmaking – Saturday 14th December 1:30-3:30
Come along for a festive afternoon of crafts and wreathmaking excitement, all to get you into a Christmassy mood! £5 if you bring your own wreath base £7 otherwise. Booking essential.

Knit and Knatter – Tuesday 17th December 10.30am– 12pm *NEW TIME*
If you haven't picked up those needles for a while or want to learn, come along and join us for a knit and knatter.

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Local History Club – Thursday 19th December 10am – 12noon
Use the library's wide collection of resources. Photographs, school logs, books, newspaper cuttings and much, much more.

Friday Night Book club- Friday 20th December 6pm-7pm
Looking for a good read? Want to discuss books with others? Then join our monthly book group at King’s Lynn Library which meets on the third Friday of the month at the library from 6-7pm

*NEW* Lego Club Saturday 28th December 1.30pm – 3.30pm
Let your imagination run free and see what you can create with Lego bricks

Friends of the library
Could you help organise events and activities for Kings Lynn library? Come along and join us!
For more information ask at the library or call 01553 772568

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47. **ST Giles Networking**

**Join Us for the Three C’s**

**COFFEE, CAKE, CHAT**

**ON**

**Monday 2nd December 2019**

1400-1600hrs

**AT**

**North Lynn Discovery Centre**

Do spread the word – the more the merrier

Please note this is a professionals meeting only

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48. **SEND Local Offer Family Roadshow**

**Family Roadshow**

“Listening to children, young people, and their families… supporting inclusion, meeting needs and changing lives together”

Friday 11th October, 10:30-13:00 (Holt Hall)

Friday 6th December, 10:30-13:00 (Knight’s Hill Hotel, King’s Lynn)

Wednesday 12th February, 10:30-13:00 (Kings Centre, Great Yarmouth)

Wednesday 25th March, 10:30-13:00 (Charles Burrell Centre, Thetford)

Wednesday 20th May, 10:30-13:00 (The Willow Centre, Cringleford, Norwich)

Tuesday 30th June, 10:30-13:00 (Pensthorpe, Fakenham)

To book your place
send@norfolk.gov.uk

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49. **Christmas Activity**

Christmas Activity Day  
Saturday 14 December 2019

Come and make marshmallow snowmen, chocolate yule logs, stained glass window biscuits, and a whole host of other traditional Christmas crafts!

Free admission. This is a drop-in session so no pre-booking is required.

01553 774297 | storiesoflynn.co.uk

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50. ADHD Workshop

ADHD Education & Parent Workshop
Sunday, 15th December 2019 - NOW OPEN

Presented by: Graham Boulter, Chair ADHD Norfolk and senior partner of Different Minds UK.
Timings: 10am – 4pm (arrival from 9:30am)
Cost: £69.99
Venue: The Nest, Holt Rd, Horsford, Norwich, NR10 3AQ

After the huge success of the last ADHD Workshop ADHD Norfolk are running it again

Why not join us for this fantastic day learning just what ADHD is and how to live with it. This workshop will allow parents and/or any professional working with, how to understand their child/client by tapping into their world. Learning ADHD specific techniques and strategies is the answer to improving family life.

Parenting a child with ADHD or living with ADHD is not easy. Having ADHD or being an ADHD parent can be a challenge, taking incredible patience and strength. Our education and parenting day is specifically about ADHD and ADHD parenting.

Many parents/professionals understand the basics of parenting but we believe this isn’t enough to effectively support our children. ADHD children perceive things and learn things in very different ways. Most ADHD parents know how to parent and have probably been asked to attend other parenting courses. Most of us know how we are supposed to parent but it does not work. We need a deeper understanding of ADHD and reframe the way we look at it.

We want to give you quality so our workshops are limited to 15 people. This workshop is being delivered in association with Different Minds UK.

For full details and to book your place CLICK HERE
What’s on January and Beyond?

51. **Pandora Open the Box**

A free 10-week recovery programme, for women who have left an abusive relationship, helping them to understand more about the abuse they have suffered.

The courses for King’s Lynn are on a Thursday 10-12 by referral only.

**The next course starts in January 2020**

For further details and a referral form please contact

[info@pandoraproject.org.uk](mailto:info@pandoraproject.org.uk)
Volunteering & Job Opportunities

52. Volunteer Receptionist for NCLS

Norfolk Community Law Service is looking to recruit a volunteer receptionist to assist in the running of the free Legal advice service in King’s Lynn. Alternate Thursdays at Kings Lynn Citizens Advice from 2pm -4pm local solicitors provide 15minute appointments for clients on a rota basis. Advice given covers Family Law, Employment Law and Will & probate and Elderly Client advice. Appointments are made by Citizens Advice.

The receptionist will be the first point of contact for clients so you will need excellent client care skills and be sensitive and welcoming. You will need to set up the reception desk with the NCLS papers and then meet the client and check them in. You will then show the client into the solicitor’s office and manage the list for the session. After the appointment you need to collect feedback from the client as well as looking after remaining clients. At all times you must be mindful of confidentiality and support the solicitor in running an efficient service.

You will be supervised by Susan Williams who manages the Citizen’s Advice Office. This role will suit someone who has an interest in legal matters and who enjoys working with and helping people. Ideally you will have some experience working in a front line role with clients although this doesn’t have to have been in a legal setting. Diplomacy, tact and a friendly approach will go far in this setting. If you are interested please contact Judi Lincoln at NCLS judi@ncles.co.uk
53. Volunteer Mentors at the Princes Trust

The Princes Trust are currently recruiting for Volunteer Mentors for an exciting new project called RE-FRESH, which we are running at HMP Norwich and we are looking for volunteers who are happy to support prisoners on release.

Overview of project

➢ We will be supporting 10 people in HMP Norwich (aged 16-30) who are currently working in the prison kitchens.
➢ We will be offering them a 3 week training course to support their kitchen work and get them ready for life outside of prison. E.g. managing relationships, empathy and employability skills.
➢ We are working with employers who have vacancies on offer to the prisoners post-release.

Mentor role

➢ You will be asked to support 2 ‘mentees’ from the project and will meet with them for a minimum of 6 months – this may be extended based on individual need.
➢ 1:1 meetings will take place on release from prison. This may be weekly or fortnightly to begin with.
➢ The mentor will need to be available to come on programme (in the prison) to the “meet the mentor session” on the 7th of February. We would also like you to come along at another point on programme to get to know the young people.
➢ The mentor’s role will be an enabler to the young person, supporting them with finding the information they may need along with being a sounding board.
➢ The mentor’s role will have a positive influence on the young person’s life choices.
➢ The mentor will need to report into The Princes Trust contact after each meeting that takes place using a mentoring report.
➢ This is being run with HMP Norwich but the young people could potentially be based across Norfolk and Suffolk. We will do our best to match you with someone as local as possible.

NOTE: Training for this project will be in Norwich on Wednesday 8th of January

This opportunity is open to existing and new volunteers. If you are new to The Trust, once this project is finished there may be the opportunity to stay on as a volunteer and support on other programmes and initiatives.

Please get in touch with Sam.Howlett@princes-trust.org.uk ASAP if you are interested in this project.

Sam Howlett | Prince’s Trust Executive | The Prince's Trust | Open Youth Venue, 20 Bank Plain, Norwich, NR2 4SF | Ex 5151 | T 01603 306 911 | T 07961 702 828

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54. **Employability Key Worker**

**Job role:** BBO - Employability Key Worker  
**Salary:** Up to £21,420 per annum  
**Hours:** 37 hours per week

**CP Learning Trust** are delighted to be one of the partners delivering a programme of support called Building Better Opportunities (BBO) ‘eMploy-ABILITY’.

BBO is a project tackling poverty and promoting social inclusion in Peterborough, Kings Lynn, West Norfolk and Fenland. It is funded by The National Lottery Community Fund and the European Social Fund.

The programme supports a significant number of those furthest from the labour market back into work by offering innovative, personalised support with a tailored package of barrier busting interventions, designed and commissioned with participants.

The project is now in its third year and we have a vacancy for an Employability Key Worker.

If you have at least 2 years’ experience of engaging and supporting unemployed and economically inactive people, working with them on confidence building, engagement in social activities, personal network development and barrier busting and have the desire to deliver the best outcomes for our programme participants, we would like to hear from you.

For further details about the role, skills, and experience required and to obtain an application pack, please contact us by, calling Sam Jones on 01354 696479, emailing sjones@cpltrust.net

- **Deadline for applications:** 9th December 2019  
- **Interview date:** Week commencing: 16th December 2019  
- **Fixed term contract until 31st May 2020 (subject to review)**  
- **The post is subject to funding**
55. Call for Performance Arts Tutors

A NEW PERFORMANCE AND CLASSES VENUE

We are looking for tutors and delivery artists in

- Ballet
- Tap
- Singing
- Yoga
- Pilates
- Zumba
- Drama
- Music
- Hip-Hop
- Contemporary Dance
- Musical Theatre
- Street Dance
- Accessible Performance

or whatever your discipline is. We want to hear from YOU!

Who are we?
The Workshop is a new performing arts hub for King’s Lynn. Located at the prime and convenient address of 38 New Conduit Street, King’s Lynn, PE30 1DL, we hope to become a center point for those with an interest in performing arts, whether it’s as an aspiration or a hobby, whether they’re young or old, or anything in between. As well as regular weekly day and night classes we will provide a weekend performance academy, accessible courses, holiday activities, participant lead companies for more experienced dancers and actors, wellbeing groups and performance opportunities.

What is our aim?
To enable children and young people from disadvantaged circumstances to have equal access to enjoy and develop through watching and taking part in the performing arts.

What are we looking for?
Tutors and Delivery Artists who are
Inclusive  Nurturing  Open  Committed  High quality  Practical  Skilled and experienced in their discipline  Skilled and experienced in teaching and/or leadership

The Workshop pays its tutors and delivery artists £25 per hour, made payable by invoice.

For an application form please contact

Freddie Main
recruitment@theworkshop.org.uk
The Workshop, 38 New Conduit Street, King’s Lynn PE30 1DL

Thank you for your contributions If you would like some information to appear in the January Bulletin please send it to keith.mawson@norfolk.gov.uk by 28th December
To unsubscribe or report an error please contact keith.mawson@norfolk.gov.uk
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