

South Norfolk Bulletin



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This is the last edition of the bi weekly South Norfolk Bulletin.

From September it will be replaced by a new monthly Newsletter covering all of Norfolk and distributed through a corporate system. The Newsletter will have a South Norfolk page with regular updates to events taking place across the district.

If you want to unsubscribe from the mailing list, please let us know by emailing

communityfocussouth@norfolk.gov.uk

Edition 79

28/08/2020

Community Awards

South Norfolk **COMMUNITY AWARDS** 2020



Say **thank you** to local volunteers in your community

Nominate a shining star for a **South Norfolk Community Award** and they could be in with a chance to receive £250 for a charity or community group of their choice.

Award categories are:

- ★ Volunteer of the Year
- ★ Young Volunteer of the Year
- ★ Community Group of the Year
- ★ Lifetime Community Hero
- ★ Community Wellbeing Champion or Group of the Year
- ★ Community Fundraiser of the Year
- ★ Environmental Champion of the Year
- ★ Business Community Champion of the Year

Nominate by 4 September by visiting:

south-norfolk.gov.uk/champions or call: 01508 533945



Get Funded



South Norfolk and Broadland Council are hosting two free online training sessions to help community groups and charities source funding streams to support their work.

Although some groups have been able to continue with their regular fundraising activities, many now find themselves struggling due to the coronavirus crisis.

The seminars will feature presentations from representatives from South Norfolk and Broadland Council as well as organisations such as:

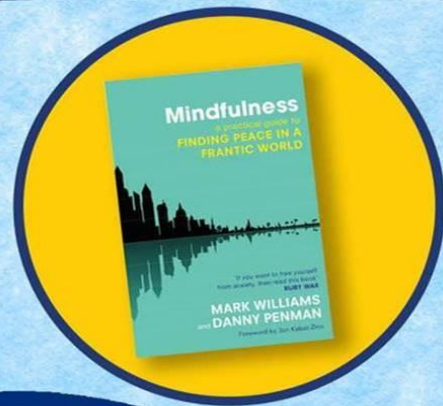
- Norfolk Community Foundation
- Children's services
- Active Norfolk
- Clarion Housing
- Saffron Housing
- East of England Coop

Sessions will be held on Thursday 24 September and Saturday 3 October, 9:30 - 12.

You can sign up for both seminars here:

<https://www.eventbrite.co.uk/o/south-norfolk-and-broadland-councils-30947245847>

Mindfulness Sessions



Finding Peace and Self Compassion Taster Session

Join us live online for a **FREE** Mindfulness
practice session Tuesday, 1st September
7pm-8pm

We will cover

- What mindfulness is and isn't
- Kindness and compassion as a central component of Mindfulness
- Learn some short practices

Contact us for more details and instructions on how to join us

Email mindfulness@norfolkandwaveneymind.org.uk or call 07921 700166

www.norfolkandwaveneymind.org.uk
t: 0300 330 5488
e: mindfulness@norfolkandwaveneymind.org.uk
Norfolk and Waveney Mind is a registered charity - No. 1118449

 **mind** | Norfolk and
for better mental health | **Waveney**

Leeway – Live Chat Service

Leeway has launched a new live chat service on its website, which will provide advice and support to those experiencing domestic abuse.

Operated by a new First Contact Case Worker, the service has been funded by the Office of the Police and Crime Commissioner for Norfolk.

The live chat will initially operate on Monday's, Wednesday's and Friday's between 10am and midday, and enhances Leeway's current advice and support provisions, which include email and telephone support.

Those accessing the live chat will receive free, confidential and non-judgemental advice and support on issues such as safety planning or referring to other Leeway services.

Throughout the lockdown period, Leeway has seen a 25% increase in the number of people visiting their website, as well as an increase in the number of people accessing support via email.

The live chat will provide a safe and discrete way of accessing advice and support, without alerting the perpetrator in the same way that a telephone call would.

How to get help

If you are in immediate danger you should still call 999. If speaking or making an immediate sound would put you in danger and you need immediate help, call 999 and stay on the line, then press 55 when prompted and the call will be transferred to the police, who will know it is an emergency call.

Leeway's advice and support service can be accessed vi:

phone 0300 561 0077

email adviceandsupport@leewaynwa.org.uk

and live chat, which can be accessed on <https://www.leewaynsupport.org>

SOS+ Programme

St Giles SOS+ Programme

Gangs and County Lines Parents session on Zoom

By the end of this session, attendees should be able to:

- ⊙ Understand the meaning of the term, county lines;
- ⊙ Outline the methods used to groom, recruit and exploit young people;
- ⊙ Gain an awareness of the push and pull factors that contribute to a young person becoming vulnerable and susceptible to county lines involvement;
- ⊙ List the risks and consequences of county lines involvement;
- ⊙ Recognise key signs and indicators that young people are being exploited or at risk of county lines involvement;
- ⊙ Understand the perspective of either a survivor or perpetrator after hearing from an expert witness, including a brief overview of how girls are used;
- ⊙ Facilitate a safe place within the household to encourage healthy conversations

CONTACT SOS+

E: sosplusadmin@stgilestrust.org.uk

T: 020 7708 8047

All other information : www.stgilestrust.org.uk

Please join our **FREE** online sessions for Parents and carers

Our gangs & county lines parents' session consists of speakers utilising their lived experience within the criminal justice system to unpack and explore the realities and consequences of county lines, gang involvement, and serious youth violence.

Perspectives from previous perpetrators and runners/transporters, combined with relevant case studies, aid audiences in gaining an authentic and credible understanding of this complex and cross cutting issue.

The session will help parents and carers to identify signs and triggers that a child/young person might be involved in county lines and gain an understanding of how to appropriately respond to such indicators.

SOS+ webinars -
click date to open link

Webinars are 60 minutes long including a Q&A session

1st September 2020 5:00pm

8th September 2020 5:00pm

17th September 2020 5:00pm

St Giles

Turning a past into a future

St Giles is a registered charity No 801355.

St Giles Head office, 64-68 Camberwell Church St, London, SE5 8JB.

www.stgilestrust.org.uk © St Giles Trust 2020

Scam Awareness Events

Taking a stand against scams

Join us at our scams awareness event



A free virtual Friends Against Scams presentation via zoom from a Natwest
Community Banker
at a time that suits you

RSVP: Lucy Croft, Lisa Auker, Amber Osborn. Email: Lucy.croft@natwest.com,
Lisa.auker@natwest.com or Amber.osborn@natwest.com

Tel: Lucy 07711763317, Lisa 07590803131 or Amber 07866892371



NatWest

We are what we do

Norfolk Libraries

What's online for families

Summer 2020

Monday	12pm Storytime 4pm Book Group
Tuesday	10am Bounce & Rhyme 11am Just a Cuppa: Babies & Toddlers edition
Wednesday	12pm Storytime 4:30pm Brick Building Club (alternate weeks)
Thursday	10am SRC Book Recommendations
Friday	9:30am School Readiness 12pm Story & Activity Time

All online sessions available at facebook.com/NorfolkLibrariesForFamilies except Just a Cuppa: B&T Edition. Please email libraries.iconnect@norfolk.gov.uk to register your interest for this session

Bounce & Rhyme also available at youtube.com/NorfolkLibraries



Norfolk County Council



Norfolk Libraries for Families

Just a Cuppa: Babies and Toddlers Edition

Join us on Zoom after our Tuesday Bounce & Rhyme Time
for a special Just a Cuppa session!

The sessions are open to anyone who look after young children
but are especially useful for those with babies.

Chat with other parents/carers from the comfort of home,
some weeks we will have special guest speakers
dropping in to chat about relevant children's services!

To register your interest, please email
libraries.iconnect@norfolk.gov.uk

Bounce and Rhyme sessions available at
[facebook.com/NorfolkLibrariesForFamilies](https://www.facebook.com/NorfolkLibrariesForFamilies)
and [youtube.com/NorfolkLibraries](https://www.youtube.com/NorfolkLibraries)



Just One Norfolk – Calling Dads



CALLING DADS!

Are you a dad in Norfolk whose partner breastfed your baby?



We want to know what support YOU had as a dad...

What helped or what could have helped you more to be able to support your partner and new baby ?
We are holding 2 focus groups to discuss what went well or not so well for you with other dads.
Chat to us online and help us to help you and future dads.

The sessions are friendly and informal.
Thursday 3rd September 7pm
Join us by using this link: bit.ly/norfolkmeet8
Thursday 17th September 10:30am
Join us by using this link: bit.ly/norfolkmeet9

To find out more contact Michelle on 07833524216
or email michelle.walker6@nhs.net

[JustOneNorfolk.nhs.uk](https://www.justonenorfolk.nhs.uk)

New Parent Survey

Becoming a parent, especially for the first time, is amazing - but it can also be stressful and scary. NHS maternity units have been restricting fathers'/ partners' access both pre- and postnatally since the start of lockdown, but restrictions have varied geographically, and their impact is unknown. Our survey aims to build up a detailed picture of what has been happening, how people have felt about it and how services might best be delivered in the still-uncertain future.

The survey has three 'tracks': one for MUMS, one for DADS (or mums' partners), and one for PROFESSIONALS working in the maternity sector. For each participant-type we have tried to keep the questions as brief as possible, but also to explore in some depth the impact of the Covid-19 lockdown on families' experiences during these extraordinary times. The survey should take no more than 10 minutes to complete.

If you have a way of spreading the word about our survey, through personal or professional contacts, newsletters and social media, we'd be really grateful if you could do that.

Here is some text that you could use in a tweet or other social media post, just to make things easier for you:

Have you become a dad or mum during lockdown? Are you a midwife or health visitor? If so, please share your experiences of maternity services in this @fatherhoodinst survey <https://www.surveymonkey.com/r/6FWHYYL>

Arty Crafty Norfolk



Arty Crafty Norfolk is a new Facebook page set up by Better Together and Harleston Information Plus in conjunction with the artist Julie Filmer who runs community art projects in Norfolk, England. The aim of the page is to encourage people of any age and ability to share their art and craft ideas and projects to bring enjoyment and inspiration to others.

Connecting people through art and crafts can benefit our health and wellbeing. Come and join us, a friendly welcome awaits you.

For more information, please contact Pam on
pam.spicer@harleston-norfolk.org.uk
Or come and visit our Facebook page at
<https://www.facebook.com/Arty-Crafty-Norfolk-100471208420140>

ReSPECT



The national Recommended Summary Plan for Emergency Care and Treatment (ReSPECT) initiative has launched in Norfolk in March 2020, just before the UK went into lockdown due to the Coronavirus Pandemic. Although take up of ReSPECT has started there is still the need to raise awareness among the public about the initiative, and encourage everyone to start thinking about having ‘the conversation’.

What is ReSPECT?

ReSPECT is a personalised process to plan a person’s clinical care in the event of a future emergency. It results in a document that contains the person’s wishes and care preferences along with appropriate clinical recommendations. It will also record when a ‘Do Not Attempt Cardiopulmonary Resuscitation’ (DNACPR) decision has been made but it is important to note that a person can have a completed ReSPECT form and still be ‘for’ CPR. For further information, including frequently asked questions, please see <https://www.resus.org.uk/respect/>

Who is it for?

ReSPECT can be for anyone, of any age. It is most likely to benefit people:

- with complex health needs or
- at risk of sudden collapse or cardiac arrest or
- nearing the end of their lives or
- who want to record their preferences for any reason.

Why is this being introduced?

At present, conversations with those living with serious illness tends to focus solely on decisions relating to cardiopulmonary resuscitation (CPR) which can result in misunderstandings about treatment plans. There is variation across Norfolk and Waveney in how these decisions are documented.

Few people go on to discuss what other types of care they would or would not want in an emergency situation. The ReSPECT process has been developed by the Resuscitation Council (UK) collaboratively with many organisations including patients, the public, and the Royal Colleges with the intention of designing a process that is more acceptable to patients and that standardises processes and documentation across organisational boundaries.

How can I help promote ReSPECT in Norfolk and Waveney?

The Norfolk and Waveney team really want to hear how they can encourage people to have ‘the conversation’. Please take the time to complete the survey and share this on your networks, with your patients and clients, and with your friends and family. Maybe you could also think about starting the conversation with your own friends and family?

<https://www.norfolkandwaveneypartnership.org.uk/get-involved/opportunities.html>

Sport England

Better Health campaign launched

We're supporting Public Health England with this important work

We're supporting Public Health England's Better Health campaign, which is aiming to help people across the country to reset and introduce healthy changes to their lives.

The campaign is based on the premise that for many, the past few months have been a wake-up call.

Coronavirus has affected the whole country and, for almost everyone, life has had to fundamentally change. But it's also prompted many people to reflect and think more seriously about their health.

We've been working closely with Public Health England to ensure physical activity is prominent in the work to encourage people to lead healthier lives, building on our existing efforts to increase activity levels across the nation.

For more details on Sport England and what they are doing to help within local communities as well as to help everyone take part in sport and activity, no matter what their age, background or gender, visit their website -

<https://www.sportengland.org/>

First Response



First Response / Call: 0808 196 3494

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

First Response is a 24/7 helpline offering immediate advice, support and signposting for people with mental health difficulties.

If you are experiencing something that makes you feel unsafe, distressed or worried about your mental health you can now call the helpline on 0808 196 3494.

Who can call?

The helpline is available to members of the public of any age, regardless of whether they are an existing NSFT service user.

The line is also open to other healthcare professionals, such as ambulance staff and GPs, as well as social care colleagues and police personnel who may need advice when working with individuals who are undergoing mental health difficulties or may wish to refer someone.

What happens when I call?

Your call will be answered by a trained mental health professional who will be able to listen to your concerns and help you get the support you need.

Callers will hear a recorded message instructing them to press either 1 or 2, depending on whether they are a professional or member of the public, and will then be connected to a mental health practitioner.

What if I want to remain anonymous?

If you would prefer that the person answering your call doesn't see your telephone number, you can turn off your caller ID in your phone's settings."

<https://www.nsft.nhs.uk/Find-help/Pages/Helpline.aspx>

Over 75's TV Licence Scam Alert



The NPC has received the following information on scams:

TV Licensing has started sending letters to anyone aged over 75 asking them to either pay for their TV licence or apply for a free one. These will include your licence number, your title and your last name and they will only ask you to pay using the following options:

- By post using the address TV Licensing, PO Box 578, Darlington DL98 1AN
- Online at tvl.co.uk/75pay or tvl.co.uk/75apply
- Over the phone on 0300 790 6151

If you are contacted and asked to pay for your TV licence using any other method, this is a scam, as are the following:

- anyone coming to your doorstep
- texts offering a free TV licence for a year and asking for your bank details
- emails claiming you owe money to the TVLA and to go online to pay it. Some emails also state you could go to court if you don't pay.
- Letters supposedly from Television Licensing saying your details need updating because there is a problem and asking you to go online to enter them.

If you're unsure about anything, you can call TV Licensing on 0300 303 9695 to speak with someone who can help.

Adult Learning

 Learning
for Communities



Introduction to Functional Skills English

Our Introduction to Functional Skills English course has been designed to help you develop your confidence and enjoy learning English. This course will provide you with increased knowledge and skills that will give you the confidence to progress onto our Functional Skills English qualification should you choose to.

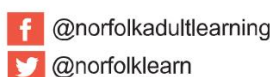
This course will help you to develop & improve your: * Reading * Writing
* Spelling * Speaking and Listening * Conversational * Research & Planning skills*

Thursday 17th September 2020 1pm to 3pm

Online for 26 weeks FREE Course code: CDXDO2120P

for more information contact - CLDO@norfolk.gov.uk

Book online - www.norfolk.gov.uk/education-and-learning/adult-learning





Household Bills and Budgeting

During the course you will learn:

- Ways to help you balance your income and expenditure
- How to create a simple budget planner
- Explore a range of ways to save money or even make money
- How to make the most of online savings, rewards, loyalty cards and cash back

Friday 11th September 2020 1pm to 3:30pm

Online for 4 weeks FREE Course code: CDXDO1920P

for more information contact - CLDO@norfolk.gov.uk

Book online - www.norfolk.gov.uk/education-and-learning/adult-learning





Pathway to Employment - CV

During the course you will:

- Identify your personal and career goals
- Identify your own strengths, abilities and everything that you are good at
- Produce an effective CV and personalised profile
- Gain confidence and feel positive about your future

Tuesday 8th September 2020 09:30 to 11:00

Online for 4 weeks FREE Course code: CDXCO3420P

for more information contact - CLDO@norfolk.gov.uk

Book online - www.norfolk.gov.uk/education-and-learning/adult-learning

Young Carers Webcast

Carer Awareness webcast

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

Dates:

Friday October 23rd 10.30am-11.45am

Monday November 23rd 10.30-11.45am

Aim of the sessions:

These webcast's are designed to help organisations to identify and support carers in their setting.

Objectives - By the end of these session's delegates should:

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

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

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

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

Spaces are limited to 20 participants per session, please contact tony.elliott@caringtogether.org to book your place, places will be allocated on a first come first serve basis.

Community Works

Community Works is the volunteer service run by Hope Church. Launched in September 2007, Community Works serves the communities of Diss, Harleston and the surrounding villages. The primary objective is to help those in need where help is not necessarily easily available elsewhere and which will assist them towards a better quality of life and in so doing to help create working communities. Help is usually offered in a range of situations to those referred by our partner care professionals.

We offer assistance across South Norfolk and North Suffolk supporting people or communities who lack the resources to help themselves. Support may be offered to those such as the elderly with no family nearby; those being rehoused from homelessness or supported accommodation; single parent families; the sick or disabled with no supportive networks.

Our areas of operation fall into two main categories:

- ❖ Furniture
- ❖ Gerald's Room

FURNITURE PROJECT

Good quality furniture and household essentials are donated by members of the community or business partners and are recycled out to those being rehoused or judged to be in need by care professionals.

Donations – We are always looking for good quality donations and would be pleased to accept the following items:

Furniture, sofas, 3 piece suites, armchairs, tables, chairs, coffee tables, sideboards, dressers, chest of drawers, wardrobes, beds, bunk beds, sofa beds, bedding, kitchen equipment, cutlery, crockery, pots and pans, cooking dishes and trays, cooking utensils, electrical equipment.

We can only accept new small electrical equipment because of the regulations concerning PAT Testing. Larger items also take more space than we have available. But, we would be delighted to receive new kettles or toasters and would encourage anyone willing to donate to add one to their weekly shop.

Our strap line is: If it is clean, in good condition and something that you would be pleased to accept as a gift yourself, then we would be pleased to give it as a gift to someone else.



We can only accept upholstered items if there is a label attached showing they comply with the Furniture and Furnishings (Fire Safety) Regulations.

Beds have to be in very good condition with no rips, tears or stains and have a fire label sewn on referring to BS7177.

We love unusual items too, so if in doubt, give us a call.

Community Works occasionally takes on a larger scale project for a local community, Housing Association or Residents' Group. Examples of work undertaken include litter clearance, a new planting scheme on Fitzwalter Road, decorating the Diss Park Pavilion, laying a new path at Harleston Primary School and painting the Taylor Road Residents' Association Meeting Room.

GERALD'S ROOM

Gerald's Room is a fully equipped workshop, launched at Easter 2014, which works alongside and complements the Furniture Project.

Many donated furniture items, which may have been turned away because of minor damage or needed repair work, can now be recycled into useful pieces of furniture by giving them a second lease of life and avoiding unnecessary landfill.

Gerald's Room provides an opportunity for members of the community to involve themselves in some very worthwhile work while, at the same time, learning new skills and making new friends working shoulder to shoulder with other volunteers.

There is also the opportunity to use the facilities for individual projects.

Currently, there are men's groups operating, both daytime and evening. A women's group is also operating and focussing on furniture upcycling.

Some items of refurbished and restored furniture are for sale as well as items that have been made from recycled and reclaimed wood.

[Want to know more?](#)

To receive help, find out more, or to offer your time, skills or a donation of some kind, please contact Community Works by calling the Co-ordinators, Adrian or Rosemary Roy, on 07938 005999.

For more information on what Hope Church offer please go to their website:

<http://www.wearehopechurch.net/community-projects/>

ASD Helping Hands



“We have seen a huge rise in referrals regarding Behaviour. We are therefore offering you all our Behaviour Booklet completely free of charge!

In our effort to support everyone affected by Autism Spectrum Disorders ASD Helping Hands have produced an 80 page resource booklet completely free of charge to keep forever.

Topics include:

- The Neuroscience of Behaviour
 - Understanding Behaviour
- Understanding the different types of strategies
 - Dealing with Anger
 - ADHD and Behaviour

If you would like a copy please contact

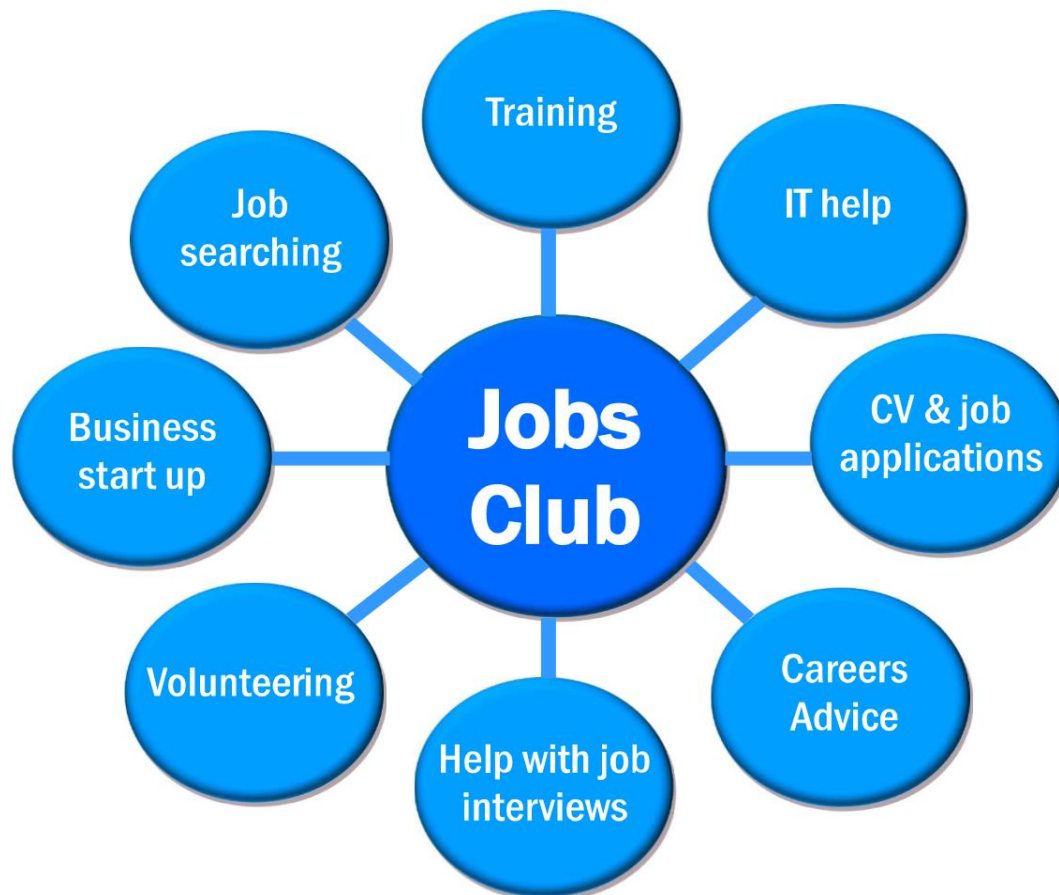
ASD Helping Hands - contact@asdhelplinghands.org.uk

Jobs Club

Jobs Club

Harleston
information *plus*

Open for 1:1 appointments



We are currently open for 1:1 appointments by arrangement only.

All appointments will be held at Harleston Information Plus, 8 Exchange Street, Harleston, IP20 9AB or via Zoom if preferred.

To book phone 01379 851920 or email jobsclub@harleston-norfolk.org.uk



All our services are free and confidential

Financial support for apprenticeships

As England adjusts to the new normal, we're introducing financial support to help employers hire new apprentices. Through apprenticeships, you can build competitive skills to encourage growth in your organisation.

Incentive payments for hiring a new apprentice

When you hire new apprentices between 1 August 2020 and 31 January 2021, you can apply for extra funding to give your organisation a boost.

For apprentices aged:

- 16 to 24, you'll receive £2,000
- 25 and over, you'll receive £1,500

The payment is in addition to the existing £1,000 you'll already get for taking on an apprentice who is:

- aged 16 to 18 years old
- under 25 and has an education, health and care plan or has been in the care of their local authority

You could get the incentive payment when you hire an [apprentice who's been made redundant](#), as long as they're new to your organisation.

[Find out how to apply](#)

Spend it on helping your organisation thrive.

An incentive payment for hiring a new apprentice is different to the apprenticeship levy, and you can spend it on anything to support your organisation's costs. For example, you could spend it on facilities, uniforms, your apprentice's travel or their salary. You won't need to pay it back."

<https://engage.apprenticeships.gov.uk/incentives.html>

Young Friends Against Scams

Young Friends Against Scams



**NATIONAL
TRADING
STANDARDS**
Scams Team

YOUNG FRIENDS AGAINST SCAMS

Helping young people in
schools and youth groups
Learn how to protect
themselves and their families
against scams and fraud.

Working together to
take a stand against scams

To find out more contact:
www.FriendsAgainstScams.org.uk/contact

 @FriendsAgainst  @AgainstScams  Friends Against Scams
www.friendsagainstscams.org.uk

'Young Friends' is part of [Friends Against Scams](http://www.FriendsAgainstScams.org.uk) and has been designed to teach young people aged 8+ about:

- Scams and how they can affect people's lives
- Different types of scams including – postal, telephone, online and doorstep
- How to protect yourself from being scammed
- How to spot and help a scam victim

It is essential that young people learn how to protect themselves and their families from scams. Learning how to protect yourself against fraud and scams is an essential skill, especially given the rise of new technology that young people are faced with.

Young Friends is available as two packs, one aimed at schools and one for youth groups.

If you would like to find out more get in touch with the National Trading Standards scams team at: www.FriendsAgainstScams.org.uk/contact or email the Norfolk Against Scams Partnership nasp@norfolk.gov.uk

Co-living scheme for ages 16-24

Can't afford
the rent?



The Benjamin Foundation

Learn about an innovative
co-living scheme for young
people aged 16-24 in work
or training who are
struggling to find a home.



We get that starting out can feel overwhelming – juggling a job and finding somewhere to live when money is tight. We're here to help!

- Stay up to 2 years
- Secure furnished room
- Shared living room, kitchen and bathroom
- WiFi and bills included for £50 per week
- Can live with friends
- Careers advice and support to move on

If you're wanting to move on in life and build your future,
contact Michala Howarth 07976 851202

Our thanks to the following organisations for their support

OVO
FOUNDATION

END YOUTH
HOMELESSNESS

Victory
HOUSING TRUST

NOVA
TRAINING
OFSTED
Outstanding
Provider

RTB ROOFING
BUILDING LTD

EASY BATHROOMS
SIMPLY LUXURIOUS

GASWAY

The Benjamin Foundation
www.benjaminfoundation.co.uk
Registered Charity Number 1124936
Company Number 3825425

Fresh Start



LOCAL
INVESTMENT
IN LEARNING
PATHS TO WORK



PATHWAY TO CHANGE PROJECT

**Supports ex-offenders to gain
meaningful employment or
training**

Inspire

Mentor Support

Employability



Contact us on
Tel: 01603 273 634
Email: mail@fsfe.co.uk
Website: www.fsfe.co.uk





Women and Gambling Programme

Are women you support affected by debt, relationship difficulties, housing issues, depression and anxiety, feelings of isolation or suicidality?

If they are, there is a chance these issues could be the result of a gambling problem – whether their own or someone else's.

GamCare secured funding from the Tampon Tax Fund, to deliver a nationwide programme to build awareness of problem gambling and support options within the wider support sectors for women and girls

While COVID-19 means we have had to temporarily suspend our face-to-face treatment and outreach services, we are concerned that self-isolation and social distancing could increase the risk of gambling-related harm, so we have adapted how we work.

Our current offer:

- **FREE resources** for you to support women/girls affected by problem gambling
- **FREE Zoom/telephone training** to upskill staff around early identification, advice, signposting and referral
- **FREE online/telephone treatment** for women affected by problem gambling
- **A single point of contact** for ongoing support and advice.

To find out more or book your FREE training, please contact:
Polly Johnson, Women's Outreach Officer (East of England)
Mobile: 07397 224948 E-mail: polly.johnson@gamcare.org.uk





WOMEN AND PROBLEM GAMBLING

FREE online training for
professionals working in
the East of England

BOOK NOW:

bit.ly/2Z6jdEU



MULTIPLE DATES

10:00-11:30 OR 14:00-15:30

polly.johnson@gamcare.org.uk



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**THURSDAY
3 SEPTEMBER
10am to 12pm**

**WEDNESDAY
16 SEPTEMBER
2pm to 4pm**

Distance Aware Initiative

The Distance Aware initiative has been recently endorsed by the Department of Health and Social Care to promote the need for ongoing distancing for all. Also endorsed by Welsh Government and supported by the Bevan Commission, [all badge/poster templates are available to download](#) (along with design guidelines and a comms pack for organisations). You can also find links to places where you can acquire badges or lanyards.

The optional badges on this page

The optional badges on this page can be used to show the carrier may have difficulties or concerns in maintaining social distancing. They can be used to signal to others around them that they need to pay attention and be given space.

‘Please give me space’ social distancing badge (for mobile phone)

Page one: black writing on a white background. Text: ‘Please give me space. Be kind. Thank you for understanding.’

Page two: yellow writing black background. Text: ‘Please give me space. Be kind. Thank you for understanding.’

‘Please give me space’ social distancing badge (to print)

The only page has a circular white badge with black writing: ‘Please give me space.’ Below the writing is a small yellow figure with an arrow.

‘Please give me space’ social distancing card (to print)

Page one is a card template that is black with yellow writing: ‘Please give me space’. On other side: ‘Be kind. Thank you for understanding’.

Page two is a card template that is white with black writing: ‘Please give me space’. On other side: ‘Be kind. Thank you for understanding’.”

<https://www.gov.uk/government/publications/please-give-me-space-social-distancing-cards-or-badges>



Documents



['Please give me space' social distancing badge \(for mobile phone\)](#)

2 pages



['Please give me space' social distancing badge \(to print\)](#)

1 page



['Please give me space' social distancing card \(to print\)](#)

2 pages