

South Norfolk Bulletin



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The hub bulletin is distributed bi-weekly. If you have anything that you would like us to include in the next edition, or if you wish to unsubscribe from our mailing list, please let us know by emailing:

earlyhelphubsouth@S-NORFOLK.GOV.UK

Edition

41

15/03/2019

Pick 'N' Mix Bitesize Learning



**HELP
HUB**

Making your
next step easier

Pick 'N' Mix

Bitesize Learning

Free information sessions
6:30pm - 9:00pm

How to set up a community group
28 March, The Crown, Costessey NR5 0EX

Promoting your group or activity
25 April, Queens Head, Wymondham NR18 0AR

Social media
30 May, Queens Head, Hethersett NR9 3DD

Funding options for community groups
20 June, The Old Feathers, Framingham Pigot NR14 7QB

Book your place at volunteering@s-norfolk.gov.uk
Find out more at www.south-norfolk.gov.uk/bitesize

Money Maximiser Course- Wymondham



Money Maximiser

Join us on a FREE Money Maximiser course. Explore money saving tips and techniques that will help you get the most out of your income.

Start date: Tuesday 23 April 2019
End date: Tuesday 28 May 2019
Time: 10am to 12noon
Cost: Free




Morrisons,
Postmill Close,
Wymondham,
Norfolk,
NR18 0NL



For further information and to book your place, please contact:

Helen Haynes:
CLDO@norfolk.gov.uk
01603 306504

 Norfolkadultlearning

 @NorfolkCLS

You know
where
to turn

Teaching Assistants- Harleston



Teaching Assistants Harleston



[www.norfolk.gov.uk/
adultlearning](http://www.norfolk.gov.uk/adultlearning)
0344 800 8020

 Norfolkadultlearning

 @NorfolkCLS

Teaching Assistants- Harleston continued....

Achieve a Supporting Teaching and Learning Level 2 Certificate. This nationally recognised qualification has been especially designed to give learners who would like to become teaching assistants the skills they need to start their childcare career.

The first session will be an information session to ensure that the course is correct for you.

You will need to be volunteering or employed as a teaching assistant in a school for a minimum of 6 hours per week

This course is likely to be FREE if you earn under £15,736.50 per year or unemployed and looking for work.

Code: TL2TS2418Z
Info session: Tuesday 26th March 2019
Start Date: Tuesday 23rd April 2019
Time: 9.30am to 12.30pm
Duration: 19 weeks

Harleston Information Plus,
8 Exchange Street,
Harleston,
IP20 9AB

To book your place, visit the website:
www.norfolk.gov.uk/adultlearning
or call: 01603 306606

Family Support Process Training (South Norfolk)

About the core training

Our training gives professionals the knowledge:

- To carry out the family support process assessment
- To carry out the family support delivery plan
- To lead, support and participate in family support meetings

Exercises and activities take place throughout the day to create confidence in the process. We use the Signs of Safety model and maintain a child focused approach in our work.

What does the training cover?

- Introduction to the family support process and how the process is used to support families
- An overview of Working Together 2018, information sharing and consent and other relevant legislation and guidance
- How to support children and families with a family support process and early help assessment and planning
- Discussing and reviewing thresholds of safeguarding for children and young people
- Support to understand how early help partners can work together to ensure children receive the right support, at the right time, for the right duration

Who should attend?

The training is suitable for staff who work with children and young people aged 0-18 years, or those who work with adults who have children. It is a multi-agency training course and is open to all agencies and services in Norfolk. It is a good opportunity to network and gain knowledge on services in Norfolk.

We recommend that at least one worker from your agency attend, even if you have previously attended either common assessment framework or family support process training. This is because the family support process now incorporates the Signs of Safety approach.

Course length, cost & date

The core training is a full day course from 9.15am-4.30pm, except where stated. The course is free, however if you need supply cover your agency will need to fund this.

Monday, 25 March 2019

(other dates are available and will feature in the next bulletin)

(The South locality courses will be held between 9.15am and 4.30pm at the Colman and Cavell Room, South Norfolk Council, Cygnet Court, Long Stratton NR15 2EX.)

Booking

Please book a place via the Early Help website link here: <https://www.norfolk.gov.uk/children-and-families/early-help-and-family-support/support-for-professionals/early-help-training/family-support-process-core-training>

Link Project Training Dates

The Link Project is part of the Point 1 service and is a consortium which comprises Ormiston Families, MAP and Norfolk & Suffolk Foundation Trust (NSFT). Together, we aim to improve children and young people's mental health through increased collaborative multi-agency working, improved communication and by offering training around CYP mental health to staff in universal settings in Norfolk and Waveney.

We are offering staff from universal settings (school staff, Early Years providers, GP practice professionals, health visitors and children centre staff) the opportunity to attend a free two day foundation training to become a Mental Health Champion for children and young people. The training covers topics such as child development, communication, information sharing, common mental health issues and guidance on how to refer into specialist services.

Once qualified, Mental Health Champions are eligible to attend our specialist training sessions which are offered on a wide range of issues on a rolling basis throughout the year. They also have access to in-house consultations, regular locality meetings, our extensive LINK resource and information database as well as receiving a regular newsletter with service updates, training dates and other CYP Mental Health news. If you want to find out more about the LINK project or how you can join us as a Mental Health Champion or Associate, please contact us on: linkwork-point1@ormistonfamilies.org.uk

MHC Dates:

30th April and 9th May Lowestoft
2nd May and 7th May Norwich
14th May and 23rd May King's Lynn
16th May and 21st May Thetford
4th June and 13th June North Walsham
6th June and 11th June Gorleston-on-Sea
18th June and 27th June Norwich

Moving to Empowered Program

Moving to Empowered Program

An award winning women's work and personal development programme for survivors of domestic abuse



Do you doubt yourself and your abilities?
Are you unable to progress your work life?
Do you have little or no confidence or self esteem?

★ Then this is a program specifically for you ★

- ☆ Confidence building
- ☆ Realistic self-assessment
- ☆ Defines the aspects of being a woman
- ☆ Helps identify priorities
- ☆ Assertiveness skills
- ☆ Setting practical yet realistic goals
- ☆ Improves your health
- ☆ Manage stress
- ☆ Presenting a positive image
- ☆ Improved communication skills
- ☆ Building better relationships
- ☆ How to build networks
- ☆ Empowering your working life

Workshop Dates 2019

April 4th

Maid's Head Hotel,
Tombland

May 9th

NR3 1LB
9:30 - 16:30

June 6th

Refreshments and lunch provided
Car parking available at venue

July 4th

Email or call for a referral form



E: empower@ortostella.org

M: 07583 370594

W: www.ortostella.org

🐦 @OrtoStella 📘 @OrtoStellaNorwich

Signs of Safety 2019 Development Sessions



Norfolk County Council

These sessions are open to all Partners who would like to know more about the Signs of Safety approach

The sessions will run from 15:30 to 17:00

Venue: South Norfolk District Council Offices, Cygnet Court, Long Stratton

If you have a venue available, so the session could be run more locally to you please get in touch....

Tuesday 2 April	Words and Pictures <i>Child friendly plans to fully involve every member of the family</i>
Thursday 9 May	Closures <i>Worry statements, goals and scaling</i>
Monday 17 June	Wellbeing/safety planning <i>Shorter term and long-term wellbeing/safety planning</i>
Wednesday 25 September	Wishes and Feelings <i>Various tools to help you ensure a child's voice is heard</i>
Tuesday 19 November	Genograms <i>What is included in one and why is it so important?</i>

**Any questions or queries please don't hesitate to contact us on
01508 533933**

To confirm your place, please email:
cs.earlyhelp.south@norfolk.gov.uk

South Norfolk Youth Advisory Board (YAB)

Activities for young people in South Norfolk March 2019 onwards



Activities that are outside	
Tuesdays and Wednesdays in school holidays – 9 th , 10 th , 16 th and 17 th April	<u>Appleseed Care Farm</u> - young people aged 13-16 can attend one or more of these days and take part in a range of outdoor activities that develop skills and an understanding of the environment that surrounds them. Activities are based around animal husbandry, horticulture and conservation. To book a place, download the Appleseed Form from www.appleseed.org.uk (click on 'YAB Taster Days') and return asap to secure a place. If this is not possible, complete the slip overleaf.
Saturdays, once a month	Visit to <u>Clinks Care Farm</u> working with livestock, and carrying out conservation and market garden jobs. The farm has pigs, chickens, cows, sheep, chickens, geese and ducks, amongst other animals on site. Lunch is prepared using produce from the farm. These sessions are for young people aged 13 – 19 years.
9 th and 23 rd March	Visit to <u>Quaker Wood</u> – a day of conservation work, learning new skills from experts in a beautiful woodland area with natural ponds. These sessions are for young people aged 13 – 19 years.
Activities that focus on your wellbeing	
First Friday of each month	<u>Wellbeing and Social Sessions</u> – early evening session for young people to relax, take part in some activities, have a walk, and talk to youth workers about things that are important to them. For young people aged 11 – 19 years.
Activities that help you get involved	
Monthly, Wednesdays 7- 8.30pm	<u>YAB Youth Club</u> – session to meet new people, take part in different activities including sports, cooking, and crafts, or just hang out with your friends. For young people of high school age.
Monthly sessions	<u>Digital Support Sessions</u> – chance to volunteer to help people learn more about their smartphone or tablet. These are drop in sessions for young people aged 11 - 19 years, based at the library in Wymondham (Thursdays, 4.30pm – 6pm), supported by a youth worker.
Regular sessions	<u>Young Commissioners</u> – Young people getting together and making sure that the YAB offers young people in South Norfolk good projects and services that meet their needs. Young Commissioners are making a difference in their community by making sure that young people's voices are heard.
Activities that help you develop skills and get qualified	
Tuesdays from 5 th March	<u>Cricket for Girls</u> – weekly sessions for girls to play cricket and develop their skills, supported by great coaches. These sessions are designed to be fun and enable young women to become more confident. Give us with your name and contact details and a coach will be touch. These sessions are based in Langley and are for 11 – 17 year olds.
Dates to be agreed	<u>First Aid Certificate, Food Hygiene Certificate, Introduction to Health and Safety at Work, and Fire Safety at Work</u> – accredited courses to enhance your CV. Give us with your name and contact details and we will let you know the dates of the next courses.

South Norfolk YAB can also put you in touch with a Careers Adviser who will talk to you about your future, and help you to make positive choices and take steps in the right direction. If you would like to speak to Graham, you can email him directly on graham@mtmyouthservices.org.uk or fill in the slip below, and he will contact you.

Transport can be provided for young people who live in South Norfolk for most activities – please check

Unless stated, information and booking forms about these activities can be downloaded from www.snyab.org If you are unable to download any of the information and consent forms that you require, please complete the slip below and information will be sent to you.

Name of young person:.....

DOB:..... Male / Female / prefer not to say

Address:.....

.....Postcode:.....

Home Telephone:..... Mobile:.....

Email address:.....

School / College / Work:.....

I wish to attend (list activities):.....

.....

Reason(s) for wanting to attend / get support:.....

.....

.....

Please return this slip to: MTM Youth Services CIC, Rambler Cottage, The Street, Botesdale, IP22 1BZ

Or email your requests to: sam@mtmyouthservices.org.uk

The South Norfolk Youth Advisory Board (YAB) works to improve services for young people aged 13 and above. All work undergoes consultation with young people, their communities and relevant agencies before being put in place. For more information about South Norfolk YAB please visit:

<http://mtmyouthservices.jimdo.com/youth-advisory-board/>

<http://www.snyab.org/what-does-snyab-offer/>



Cotman Housing – Make Your Move



**MAKE
YOUR
MOVE**



We know moving home is stressful. That's why our Make Your Move project will help you find a range of sports and physical activities to suit you — all on your new doorstep. Make your Move!

We can find a range of low cost and free activities in your local area. We can put you in touch with other like-minded active people in your new community.

There is something for everyone of all ages and abilities. The aim is to have fun, feel part of the community, improve or maintain your fitness and do something you really enjoy.

Latest event:

FREE daily timetabled activity sessions which include Swimming, Gym and Instructor led exercise classes at Riverside Leisure Centre, Norwich.

To find out more contact our team:

Call **01603 731681** or email makeyourmove@cotman-housing.org.uk





10.00am - 3.00pm Tues 9 April - Thurs 11 April 2019
The Hub, Ayton Road, Wymondham, NR18 0QJ

Home alone this Easter?

Three days of activities for those feeling lonely and in need of some company.
Come along to have some fun and meet new friends. inclusive of:

Refreshments & lunch • Activities & entertainment • Coach outing

Transport can be provided from Wymondham Market Place.

For more information contact Linda
email linda.bradbeer@lineone.net
or tel 01603 812619

www.hubproject.org.uk

To book please contact
Debbie Rose, tel 01953 798505
The Hub, Ayton Road,
Wymondham, NR18 0QJ

All Aboard! is part of **Hub Community Project**. Registered charity no 1131485

Thank you to our sponsors:



All Aboard! Local community responds to isolation issues

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All Aboard! (Local community responds to isolation issues)

Following the success of last August's event, Hub Community Project is repeating it's All Aboard! project this Easter.

Easter is another of those times in the year when families gather for food, fun and companionship. For those who are alone, the Easter holiday period can highlight their loneliness and All Aboard! offers an opportunity for them to get together with others.

This will be in the format of a 'holiday at home' with 3 days of activities and entertainment in a very relaxed and informal setting with a coach outing on the middle day. Participation in the activities is by choice and anyone wishing to come along but not join in will be very welcome. Refreshments and lunch will be provided. The project is supported by the Co-Op and Norfolk Community Foundation.

Loneliness can affect people of all ages but for the elderly it can be an issue which leads to emotional & mental health problems. Many older people live alone and are not often visited by their children or other relatives. They can also often lose touch with their other contacts, as they or their friends become increasingly ill and less able to leave their homes, or they suffer bereavements which leave them feeling less able to make connections with new people. This isolation is widespread among those over 75, with nearly half saying that television or pets are their main form of company, and with as many as 13% of over 75 year olds admitting that they are either often or always lonely.

If you are aware of someone who is isolated, maybe a neighbour, friend or relative, we would ask you to encourage them to come along.

All Aboard will take place Tuesday 9 April to Thurs 11 April 2019 at the Hub, Ayton Road, Wymondham, NR18 0QJ. The project aims to gather older people and connect them with those with similar interests so that lasting friendships can be formed. At the close of the project people will be signposted to local activities; with a companion it is hoped that they will be able to play a fuller part in the community. Evidence shows that combatting loneliness in this way will have a positive and beneficial effect of the health of those attending.

The project is free to attend and is inclusive of refreshments, lunch, coach & entry fees. Transport to the Hub from Wymondham Market place can be arranged, please request at the time of booking. Places are limited so booking is essential, for a booking form please call 01953 798505. For more information please contact Linda, email linda.bradbeer@lineone.net or call 01603 812619.

Hub Community Project runs a number of support activities for families in the community, see their website www.hubproject.org.uk for full details.

The Bridge Community Group



A weekly social group for young adults

Are you moving between services or ready to make changes and want some support? Or just want to get out and make friends?

The Bridge

Wednesdays

10am – 12pm

Kinda Kafe,

21-23 Castle Meadow, Norwich

Everyone welcome, no referral needed

Just come along, or get in touch first

It's free and refreshments are provided

bridgeintocommunity@gmail.com

Fb: Bridge into Community

Contact Lynn for more information:

07534 375 776

The Bridge is a member-lead Community Group



Mind- Bowling



Get Set to **GO** at Riverside Leisure Centre

Improve your mental health through physical activity!

Come and have a go at our fun and easy indoor bowls sessions with Get Set to Go! Free of charge, bowls and equipment provided.

No prior knowledge of the game needed, one of our friendly volunteers will be on hand to show you the ropes.

All ages and abilities welcome.

No need to sign up, just turn up with a pair of flat-soled shoes and join us for a cuppa afterwards!

From April 2019 at the Norman Centre.

Free of charge.

All ages and abilities welcome!

For more information please contact Paola at gstg@norwichmind.org.uk

Registered charity no. 1118449

active
norfolk

RIVERSIDE
LEISURE CENTRE

mind
for better mental health

Norwich and
Central Norfolk

Jobs Club

Harleston
information *plus*

comes to Topcroft



Tuesday 19th March, 10am-12pm

Harleston Jobs Club will be bringing their service
to **Topcroft Pavilion.**

Drop in for employment support, everyone welcome.

All our services are free and confidential

Phone: 01379 851920

E: jobsclub@harleston-norfolk.org.uk

Harleston Information Plus, 8 Exchange Street, Harleston, Norfolk, IP20 9AB
The Harleston Information Plus Charity Number - 1146735



icanbea – What can you be?

www.icanbea.org.uk



icanbea... What can you be?

- Watch videos and discover what it is like to work in some of the region's local companies
- Read information on the region's industries and what they have to offer
- Like and Follow the industries and organisations that interest you
- Find the career path that suits you
- Apply for roles that interest you and take a step in the right direction on the pathway to your future career

South Norfolk on Show 2019



South Norfolk on Show is back and better than ever!

Our annual free celebration of South Norfolk returns to Long Stratton

30th June 2019

Gates open 11am - 4pm

Show case your service to over 5,000 visitors on the day.

To mark our 10th Year the event theme for 2019 will be **Health and Well-being and Creativity**. We particularly welcome stall holders showcasing services or activities that fit with this theme.

As this is a free family day out we ask that all stall holders to create an inviting stand which offers some interactive fun activities to engage with visitors.

Applications

Please complete and return the stall holders application form <https://www.south-norfolk.gov.uk/onshow> deadline for submissions April 1st We welcome applications from stall holders representing local community groups and special interest groups who promote creativity for well-being.



South Norfolk **COMMUNITY AWARDS** 2019

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

Norfolk & Norwich University Hospital – Knitting for Dementia Action Week 2019

NHS
Norfolk and Norwich
University Hospitals
NHS Foundation Trust



Get creative for Dementia Awareness!

Please send us your knitted and crocheted forget-me-not flowers

Norfolk Knitters and Stitchers are helping NNUH to make a beautiful display using forget-me-not flowers to mark Dementia Action Week 2019.

If you'd like to contribute to this project, please get knitting and stitching! You can drop off your flowers at any of the collection points. Do come along to the

NNUH Dementia Information and Advice Fayre on Monday 13 May 2019 10am-4.30pm
to see what a big difference all your little flowers can make. Thank you.

Drop off Deadline: 16 April 2019

Collection points:

- East and West out-patients receptions NNUH
- West in-patients reception NNUH
- NNUH Offices at 20 Rouen Road, Norwich
- Cromer Hospital reception

Link to a suggested pattern:

https://forum.alzheimers.org.uk/attachments/forget_me_not_to_knit_or_crochet-pdf.49733/

If you need to get in touch, please contact: communications@nnuh.nhs.uk

Results from Young Carers Forum Survey

Norfolk Young Carers Forum 'Getting Our Voices Heard' 2018

218
responses

78 young people said they receive no support

51%



of young carers said that no-one in their school, college or workplace knew of their caring role

Who the young carers are caring for



- Sibling (37.16%)
- Parent/Step-parent (50%)
- Grandparent (3.21%)
- Other (9.63%)



1 in 3 young carers were caring for someone because of a mental health issue



55%

of young carers started caring between the ages of 5 and 8



25%

of young carers said they had been bullied because they are a carer, or didn't want to talk about it



86%

of young carers said they have never spoken to their GP about being a carer



9

young carers said they receive support online

How being a young carer makes me feel



This backs up the results from our Healthy Carers Survey where young carers scored their mental health as 5.4 out of 10



11%

of young carers said their caring role has impacted their school attendance



Assistive Technology in the home

What is Assistive Technology?

Assistive technology is a range of electronic gadgets that can help you to live independently in your own home. This includes things such as:

- Sensors/detectors that link to a monitoring centre (via your rented community 'pendant' alarm). For example, smoke, low temperature, falls, and property exit sensors
- Global Positioning System (GPS) location devices that use a mobile network to raise an alert to a carer or monitoring centre, e.g. the buddi GPS device
- Triggers/sensors that can support a person or their carer in and around the home. For example, pendant buttons, door contacts or motion sensors linked to a pager

Who is the service for?

This service is for adults over 18 years living in their own home (this excludes residential/care homes).

The Assistive Technology team will carry out an assessment to see if you would benefit from having any electronic gadgets that would help you to stay independent and/or provide support for your carer.

How much does it cost?

The assessment is free, and many of the gadgets are available on free loan. However, as part of the assessment we might suggest some other gadgets that we do not provide that we think would be useful. The person carrying out your assessment will be able to suggest places where you can buy these directly.

How to contact us

If you already have ongoing support from Adult Social Services, please speak to your social worker about referring into our service.

You can also [contact our Customer Service Centre](#) to ask for a referral to the Assistive Technology team.

Telephone: 0344 800 8020 Fax: 0344 800 8012 Minicom/Text phone: 0344 800 8011

Email: information@norfolk.gov.uk

Or you can use our online enquiry form at: <https://online.norfolk.gov.uk/enquiry/>

Or write to us at:

Norfolk County Council
County Hall
Martineau Lane Norwich
Norfolk NR1 2DH

Leaflets [Assistive technology service – leaflet \(pdf – 131kb\)](#)

Reading Well- Norfolk Libraries



Reading Well for mental health

Reading Well for mental health provides books with helpful information and support for adults managing common mental health conditions or dealing with difficult feelings and experiences. Some books also include personal stories from people who are living with or caring for someone with mental health needs.

The books have been recommended by mental health professionals and people with experience of the conditions covered. They have been tried and tested and found helpful. There is evidence from the National Institute of Clinical Excellence (NICE) that self-help books can help people to understand and manage common mental health conditions, including depression and anxiety.

Reading Well for long term conditions

Reading Well Books on Prescription helps people to understand and manage their health and wellbeing using helpful reading available from public libraries. Reading Well for long term conditions has been developed for people with long term health conditions and their relatives and carers. The titles provide information and advice to support living well with a long term condition. The books cover common symptoms associated with living with a long term condition including pain, fatigue, sleeping problems, and mental health and wellbeing. It will also include condition-specific titles covering conditions such as arthritis and diabetes.

Shelf Help - Reading Well for young people

Reading Well for young people recommends expert endorsed books about mental health, providing 13 to 18 year olds with advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams.

All Shelf Help titles can be reserved free of charge from any Norfolk library, or online by visiting the library catalogue. The books are available to borrow for up to six weeks.

GPs and Health Professionals can prescribe books to patients to borrow from the library with this form.

Reading Well for dementia

Reading Well for dementia recommends books you might find useful if you have dementia, are caring for someone with dementia, or want to find out more about the condition. The books include information and advice, help after diagnosis, practical support for carers and personal stories. All titles on the Dementia booklist can be reserved free of charge from any Norfolk library, or online by visiting the library catalogue. The books are available to borrow for up to six weeks. GPs and health professionals can prescribe books to patients to borrow from the library with this form. Reminiscence kits are also available to borrow from the library. The kits are designed for working with individuals at various stages of memory loss and those with communication difficulties.

Reading Well mood boosting books

Reading Well Mood boosting Books is a national promotion of uplifting titles, including novels, poetry and non-fiction. The books are all recommended by readers and reading groups. The Reading Agency have also worked with Macmillan Cancer Support to create a Mood boosting booklist. Most of the books have been recommended by people who have been diagnosed with cancer. In general, the books are not specifically about cancer and have been recommended as books that people found mood-boosting before or after treatment.

Macmillan cancer booklets All libraries have a selection of Macmillan Cancer support booklets. These booklets are provided in partnership between Norfolk Libraries, Macmillan Cancer Support and the Big C.

<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/library-services/health-and-wellbeing/reading-well>

Woodland Trust- Trees for Schools and Communities



Free trees for schools and communities

We want to make sure that everybody in the UK has the chance to plant a tree. So we're giving away hundreds of thousands of trees to schools and communities.

Who can apply?

- Schools across the UK, plus nurseries, colleges, universities and outdoor learning centres
- All kinds of different groups such as resident associations, sports clubs, parish councils, scouts, guides and many more.

You don't need to belong to an official organisation. You could even set up a group for the purpose of planting, but you must be not-for-profit. The most important thing is that your group is willing to take on the planning, planting and care of the saplings.

What are the eligibility criteria?

If you're applying as a **school** your trees should be planted on either the school grounds, land the school has arranged regular access to or in an area that is publicly accessible.

If you're applying as a **community group**, the land needs to be accessible to the public. You should also make sure your local community are aware of your plans to plant and are happy for you to go ahead.

The community involvement needs to be more than just being in sight of a public footpath or an annual open day. We are unlikely to award trees which will be planted on private land such as large gardens or paddocks, unless there is genuine public access.

We have two delivery periods per year, one in March and the other in November. We are currently taking applications for trees to be delivered in **NOVEMBER 2019**.

Before you start you'll need to:

- Know the six digit grid reference for the land you wish to plant using the [grid reference finder](#)
- Have permission from the legal landowner
- Read through our short list of [FAQs](#). They are packed full of important and useful information which will help your application.

For more information visit: <http://www.woodlandtrust.org.uk/plant-trees/free-trees/>

Carers Matter Norfolk- Young Carers

Do you know a young person - 18 & under - who has caring responsibilities for a family member?

From 1st April 2019 Norfolk County Council has funded Carers Matter Norfolk to provide support for young carers and their families, including:

- 7 day a week Freephone Advice Line
- 1:1 support for young carers and their families
- Life skills and social development
- Connecting carers with other young carers for activities and support

For more information and to refer a young person:

- Use our Online Referral Form
- Visit: www.carersmatternorfolk.org.uk
- Call 0800 083 1148

The Young Carers & Families Support Service is funded by Norfolk County Council Children's Services and is delivered by Carers Matter Norfolk in partnership with local youth and young carers organisations.



info@carersmatternorfolk.org.uk

Text Only – 07537417850

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