COMMUNITY FOCUS North and Broadland

WEEKLY BULLETIN

Date: 17th April 2020

**Due to the current situation with the Corona Virus Pandemic we are sharing some information which you might find helpful.**

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

[**cs.cfoteam.nandb@norfolk.gov.uk**](mailto:cs.cfoteam.nandb@norfolk.gov.uk)

**This bulletin has 5 main subsections:**

* **Advice and Guidance**
* **Support Services**
* **Resources**
* **Finance / Funding / Grants**

|  |
| --- |
| **Broadland District Council**  **Coronavirus**  If you are classed as vulnerable and in need of support, please contact our dedicated helpline on **0344 8008020, Monday to Friday 09:00 - 17:00 and Saturdays and Sunday 10:00 - 16:00.**  **Easter weekend hours: Friday and Monday - 10am- 4pm. Saturday and Sunday closed.**  If you are a resident and need financial support call **01508 533933, Monday to Friday 08:15 - 17:00. Easter weekend hours: Friday and Monday 09:00 - 17:00 and Saturday/Sunday 10:00 - 16:00.**  If you would like to make a claim for Council Tax Reduction or Housing Benefitplease [**apply online here**](https://www.broadland.gov.uk/info/200126/benefits/215/apply_for_housing_benefit_and_council_tax_reduction)  [**https://www.broadland.gov.uk/coronavirus**](https://www.broadland.gov.uk/coronavirus) |

* **Volunteering / Training**

**ADVICE AND GUIDANCE**

**North Norfolk District Council**

**Vulnerable Person**

If you know of a vulnerable or at risk individual in North Norfolk, please tell us.

[**Let us know**](https://forms.north-norfolk.gov.uk/outreach/Vulnerable_Person.ofml)

**Contact Us**

Use our [online form](https://forms.north-norfolk.gov.uk/outreach/contactus.ofml) to get in touch.

**Email:**[NNDCCovid19@north**-**norfolk.gov.uk](mailto:nndccovid19@north-norfolk.gov.uk)

**NNDC Coronavirus Help Hub:**

**01263 516000 Monday to Friday, 8am to 8pm.**

**Or at weekends - 0344 800 8020 between 10am and 4pm.**

**Community Volunteers Groups**

We are asking for any volunteer groups offering services to those in need to register their details.

[**Sign up**](https://forms.north-norfolk.gov.uk/outreach/NNDC_volunteers.ofml)

**Covid-19 Response Parking Permit**

If you are a member of a medical or care group or working on behalf of the COVID-19 response. You can apply for a free COVID-19 Response Parking Permit which enables you to park without paying.

[**Find out more**](https://www.north-norfolk.gov.uk/tasks/your-community/covid-19-response-permit-for-free-parking/)

**Frequently Asked Questions**

Your questions answered on Coronavirus and the following services:

* [Council Tax](https://www.north-norfolk.gov.uk/tasks/council-tax/frequently-asked-questions-council-tax-and-coronavirus/)
* [Benefits](https://www.north-norfolk.gov.uk/tasks/benefits/frequently-asked-questions-your-benefits-and-the-coronavirus/)

**Safeguarding adult’s advice for Coronavirus volunteers**

[Click here for NSAB’s COVID-19 page](https://www.norfolksafeguardingadultsboard.info/professionals/coronavirus-covid-19/)

**Remote teaching: safeguarding children and young people**

NSPCC Learning has published a webpage with resources to help schools keep children and young people safe while teaching in a remote or unusual setting. Topics covered include: consent; contacting children at home; child protection concerns; online safety and mental health and wellbeing.

**Visit the webpage:**[Undertaking remote teaching safely](http://email.nspcc.org.uk/c/16YtKyLIPvYWI1ob0kKnUAnB5u)

**If you are a vulnerable person, you can call our helpline on 0344 800 8020.**

All referrals for vulnerable people will be triaged by county and then come through to the Community Hub for allocation to the most local/suitable group to help them.

For anyone identified as needing help, they should be referred to the single point of contact at County if they haven’t received an NHS letter.

**The NHS has written to the shielded list of people who are extremely vulnerable. This letter has a national telephone number that extremely vulnerable people can contact.**

If you are in touch with friends, family or a support network in your community who can support you to get food and medicine, follow the advice in the letter. If you do not have contacts who can help support you go to [www.gov.uk/coronavirus-extremely-vulnerable](https://norfolkcan.us6.list-manage.com/track/click?u=f7922452376700e89cf54e0f8&id=7d90e8574f&e=daa52c2a83) or call 0800 0288327, the Government’s dedicated helpline.

If you think you have a [medical condition which makes you extremely vulnerable to coronavirus (COVID-19)](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19#what-do-we-mean-by-extremely-vulnerable), and have not received an NHS Letter please register at [www.gov.uk/coronavirus-extremely-vulnerable](https://norfolkcan.us6.list-manage.com/track/click?u=f7922452376700e89cf54e0f8&id=7d90e8574f&e=daa52c2a83)

**Please only call either number if you are unable to ask friends or neighbours for support.**

You can also find useful information on the Norfolk County Council website  [www.norfolk.gov.uk.](https://norfolkcan.us6.list-manage.com/track/click?u=f7922452376700e89cf54e0f8&id=5e8b8aaa20&e=daa52c2a83) Or the North Norfolk or Broadland District Councils (details on Pages 1&2).



**SUPPORT SERVICES**

**Foodbanks – contact details**

**Morrisons telephone shopping has launched new services**

Morrisons Customer Services team have set up a dedicated elderly and vulnerable phone line for those customers to place an order over the phone.

They can choose from a Food Box (please see the link) <https://www.morrisons.com/food-boxes/boxes>

**or** place an order from a selection of 45 essential groceries for doorstep delivery. You can add pet food etc to the order. (this is not online at the moment).

The order is then matched to a local store who picks the order and delivers it directly to the customer the following day.

This will be available in all stores from today!

If you have friends or family in need of this help and are unable to shop instore, please ask them to call 0345 611 6111 and select option 4 to order a Food box or 5 to place an order for Doorstep delivery.

The order will take 24 hours to process, and payment will be taken through a contactless card by the delivery driver. No contact with the driver will be made and the machine will be placed on a wall etc for people to put their cards into.

This service is available 8-4pm Mon-Friday excluding bank holidays.

**Cromer and District:**

Tel: 07826 376343 (Monday to Friday 9am – 3pm)

Email: [info@cromerdistrict.foodbank.org.uk](mailto:info@cromerdistrict.foodbank.org.uk)

Website: [www.cromerdistrict.foodbank.org.uk](http://www.cromerdistrict.foodbank.org.uk/)

**Mid Norfolk:**

Email: [info@midnorfolk.foodbank.org.uk](mailto:info@midnorfolk.foodbank.org.uk)

Website: [https://midnorfolk.foodbank.org.uk](https://midnorfolk.foodbank.org.uk/locations/)

**Norwich:**

Email: [admin@norwich.foodbank.org.uk](mailto:admin@norwich.foodbank.org.uk)

Website: [www.norwichfoodbank.co.uk](http://www.norwichfoodbank.co.uk)

**MindEd – Free mental health learning resource**

MindEd is a free learning resource about the mental health of children, young people and older adults.

**MindEd for Families – children and teens**

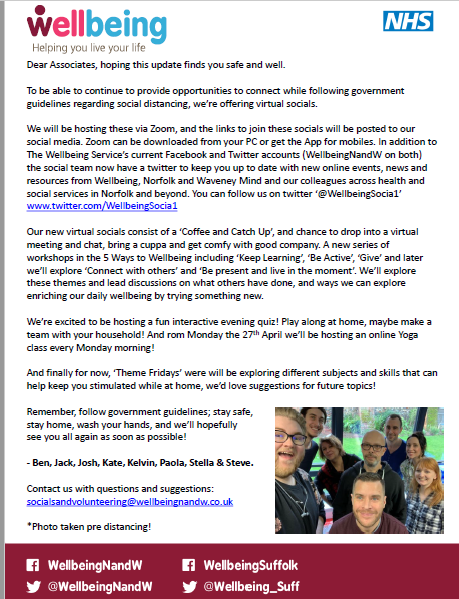
Are you a parent or carer who is concerned about the mental health of your child or teenager? Do you just want some hints and tips on parenting? MindEd for Families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself. MindEd for Families is written by a team of specialists and parents, working together. You do not need to register to use these resources.

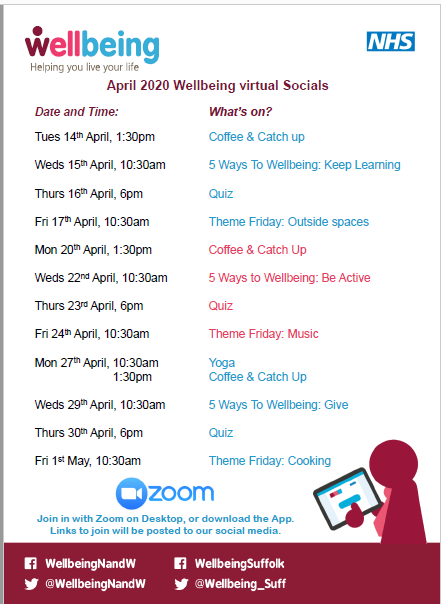
**For Older People**

Are you concerned about the mental health of an older family member, parent or grandparent? Or are you concerned about your own mental health as you get older? MindEd for Families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to take care of yourself, and your family. MindEd for Families is written by a team of specialists and older people, working together. You do not need to register to use these resources.”



<https://mindedforfamilies.org.uk/>







**Domestic Abuse Support Services**

**Dawn’s New Horizon** are still supporting victims of domestic abuse, from the phone, emails, Facebook etc. They are doing food parcels to help people suffering from domestic abuse and families who have fled abuse.

Tel: **0844 884 3140** or Email: [**dawnsnewhorizon@yahoo.com**](mailto:dawnsnewhorizon@yahoo.com)

**Pandora:** (contact online) North Norfolk: [**https://www.pandoraproject.org.uk/**](https://www.pandoraproject.org.uk/)

**Leeway:** Broadland. Tel: **0300 561 0077** or Email: [**referrals@leewaynwa.org.uk**](mailto:referrals@leewaynwa.org.uk)

[**https://www.leewaysupport.org/**](https://www.leewaysupport.org/)



**CORONAVIRUS UPDATE**

As a service designed to deal with loneliness and social isolation Better Together is well placed to support our existing clients, as well as taking on additional referrals from people who find themselves unexpectedly isolated.  The requirements to stay at home will of course mean that it is no longer be possible to connect people to groups, as we would normally recommend, or undertake home visits but we are still able to offer telephone support, video chat and signposting to other support.  There is also more online support available than ever, with new activities being set up all the time, including online exercise classes, education resources, singing groups and virtual tours of art galleries and scenic areas locally and worldwide.  For people who do not have online access, we will contact via telephone to ascertain how we may be able to support them further.

Our Freephone Better Together Helpline **0300 303 3920** remains open from Monday – Friday 9am-5pm.   Calls are being diverted to a mobile phone and then triaged to team members, who will make return calls to clients.  We are experiencing high demand on our Helpline due to an increased number of people who are isolated, so do keep trying if you are unable to get through.

Our Community Development activities are continuing as much as possible, and we are working with new and existing community groups to provide services and support in their community.

Please follow us on [Facebook](https://www.facebook.com/BetterTogetherNorfolkUK/) and [Twitter](https://twitter.com/Better2getherNk) for further information and regular updates.

**Carers Matter Norfolk**

Carers Matter is still very much open for carers (both adult and young carers) to access and we are still receiving referrals.

Our Carers Matter Norfolk service delivers a free 7-day a week Advice Line, 1:1 support, Counselling, Education & Training and Carers Voice to adult carers supporting someone in Norfolk. Much of the support we usually deliver in face to face or in group settings is now not possible due to the tighter social distancing restrictions and the increased health risks for the cared-for.

In response to this we are increasing the number of carers we contact directly and the frequency and channels by which we contact them.  Carers who already access the different sources of support will be offered regular calls during this difficult time. We are also identifying and contacting carers who look after someone in the ‘at risk’ groups and those carers who are more ‘at risk’ themselves.  As the situation becomes clearer and carers themselves identify the support they need, we will add to and develop our services accordingly.   For further details, please read the full [Service Delivery Update for CMN Adult Carers during COVID-19.](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprotect-eu.mimecast.com%2Fs%2Fbj9SCzKpmsG6glxsXXfY7&data=01%7C01%7Cjulie.allen%40alzheimers.org.uk%7C1ef743b1d5e2419f7a8008d7d7c54c20%7C8028081de881430fa45166faa9b76c8e%7C0&sdata=bowqXXtwspkeZL3miFENTDidA%2BUblffWW%2BPmlqJAkrc%3D&reserved=0)

For regular updates about the service and other means of support available, please follow Carers Matter Norfolk on [Facebook](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprotect-eu.mimecast.com%2Fs%2F7BRWCAPDncZ46ynu9J5Q0&data=01%7C01%7Cjulie.allen%40alzheimers.org.uk%7C1ef743b1d5e2419f7a8008d7d7c54c20%7C8028081de881430fa45166faa9b76c8e%7C0&sdata=G2%2FL3JwL2vEpNKKolPPc1%2FkIpVaKrZRYWIyhFte41rE%3D&reserved=0) and [Twitter](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprotect-eu.mimecast.com%2Fs%2F7GEjCBLBghDj6QMHjG7iO&data=01%7C01%7Cjulie.allen%40alzheimers.org.uk%7C1ef743b1d5e2419f7a8008d7d7c54c20%7C8028081de881430fa45166faa9b76c8e%7C0&sdata=XVSTXYdLpzPtRHt58a6%2B5dhKJve%2BkvakUw%2FKz9wtL5I%3D&reserved=0)and visit the [Carers Matter Norfolk](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprotect-eu.mimecast.com%2Fs%2FFJJlCD9kRToqv2nulvE3u%2F&data=01%7C01%7Cjulie.allen%40alzheimers.org.uk%7C1ef743b1d5e2419f7a8008d7d7c54c20%7C8028081de881430fa45166faa9b76c8e%7C0&sdata=hhH6k%2B0OK7MTsYXHwfQlxbKvR0it7A7GciYjlmkvY7M%3D&reserved=0) website or call the Advice Line on 0800 083 1148.

**Matthew Project**

Matthew Project has continued and will continue to support our members and service users, but in different ways.

Our staff have been working effectively from home since 18.03.2020 with all our offices and the Next Steps Centre temporarily closed. We have robust support processes in place to support all our members and clients.

We are making contact by phone, through the internet, using the post, and carrying out essential home visits. Contact us on 01603 626123

**Unity**

Unity continues to support young people and their families across Norfolk. Appointments will be offered via telephone and all clients will be contacted on a regular basis by their worker.

Our helpline 0800 970 4866 is available as usual during office hours Monday – Friday for professionals, young people and their families. We are accepting new referrals via [unity@matthewproject.org](mailto:unity@matthewproject.org)

**Next Steps**

The Next Steps Centre has closed temporarily. We have triaged members by risk, and they are contacted by a member of The Next Steps team regularly by telephone. Members are also connected with via closed social media groups.

New referrals can continue to be made via the phone on 01603 981686 or 07741 297712 or by email to [nextsteps@matthewproject.org](mailto:nextsteps@matthewproject.org) or via the contact us section on our website.

**Youth and family’s services**

Our work supporting 13 – 18-year olds with their mental health and wellbeing in West Norfolk continues by phone or on-line. To refer, contact: [susan.campbell@matthewproject.org](mailto:susan.campbell@matthewproject.org)

We continue to coach 16 – 24-year olds, with various needs from self-esteem to smoking cessation by phone or on-line. Contact: [gina.summerskill@matthewproject.org](mailto:gina.summerskill@matthewproject.org)

Our preventative education in substance misuse is on hold but we are working towards an online offer.

For updates re our social prescribing service please refer to our partners Community Action Norfolk at [www.communityactionnorfolk.org.uk](http://www.communityactionnorfolk.org.uk)

**Outside the Wire**

Outside the Wire are continuing to support our clients, albeit through telephone calls only. We are still taking new referrals, so if you have any potential clients, please contact us on: [outsidethewire@matthewproject.org](mailto:outsidethewire@matthewproject.org)

**On Track**

On Track is continuing to support 16 – 24-year olds in Norfolk into education, employment and training. We are delivering our coaching by phone and we are providing a range of training and positive activities on-line. We are still taking new referrals. Contact us on 07770 610215 [contact@ontracknorfolk.org](mailto:contact@ontracknorfolk.org) or visit [www.ontracknorfolk.org](http://www.ontracknorfolk.org)

**RESOURCES**

|  |
| --- |
| **National Coronavirus resources aimed at children, young people and parents / carers** |
| **Coronavirus: children's concerns**  Childline has updated its website to include information to support children and young people concerned about coronavirus, The Independent has also published an article on advice from experts about how parents can respond to their children’s concerns about coronavirus, and includes a comment from the NSPCC.  **Visit Childline:** [Worries about the world: coronavirus](http://email.nspcc.org.uk/c/16Ww4OGrUaaLlXz2ObRhoF2OTQ) **News article:** [‘I went through my 10-year-old’s search history and there was coronavirus’ :what should parents do about virus fear?](http://email.nspcc.org.uk/c/16Ww5wzeHUdzQBleUH8BfDNzTp) |
| [**Helping children cope with stress during the COVID-19 outbreak (World Health Organization (WHO))**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTkuMTg5NjkyNDEiLCJ1cmwiOiJodHRwOi8vdHJhbnNpdC5saW5leHN5c3RlbXMuY29tL3RyYWNrL2NsaWNrLzMwMzcwODYxL2NhLmxpbmV4c3lzdGVtcy5jb20_.l5Km-u0pgnI0eIEeLhK1uJT9v6l8cY9z1mIjRx8V0VU/br/76331724610-l)  Easy to use WHO infographic to help recognise symptoms of stress and help children cope with changes due to COVID-19. |
| [**Coronavirus: Helpful information to answer questions from children (Place2Be)**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTkuMTg5NjkyNDEiLCJ1cmwiOiJodHRwOi8vdHJhbnNpdC5saW5leHN5c3RlbXMuY29tL3RyYWNrL2NsaWNrLzMwMzcwODYxL2NhLmxpbmV4c3lzdGVtcy5jb20_.qy-7mKRZ64uhspEBowLiQbRm1y6Y9t3BGttk0x1_yTY/br/76331724610-l)  Tips and resources to help ease your and children's worries about coronavirus. |
| [**Looking after your mental health while self-isolating (YoungMinds)**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTkuMTg5NjkyNDEiLCJ1cmwiOiJodHRwOi8vdHJhbnNpdC5saW5leHN5c3RlbXMuY29tL3RyYWNrL2NsaWNrLzMwMzcwODYxL2NhLmxpbmV4c3lzdGVtcy5jb20_.pd-ln5V4rYmBhFmuTPuht7lfCiLQRlfbAvqN2V2D9gs/br/76331724610-l)  If you are self-isolating or social distancing because of coronavirus (COVID-19), it is important to look after your mental health. YoungMinds have put together some tips that may help on their website, for example:   * What to do if you’re anxious about coronavirus * Tips for coping with OCD during the coronavirus pandemic * Looking after your mental health whilst self-isolating   It also includes: information about the YoungMinds Crisis Messenger, which is a free 24/7 support service available across the UK if young people are experiencing a mental health crisis.   * If a young person needs urgent help they can text YM to 85258 * All texts are answered by trained volunteers, with support from experienced clinical supervisors * Texts are **FREE** from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. |
| **Talking to a child worried about Coronavirus**  The NSPCC has created a new webpage with information and advice for parents or carers who are worried a child or young person may be struggling with their mental health or has anxiety about Coronavirus. The webpage includes information on: talking about feelings and worries; keeping in touch and balancing screen time; ways to create structure and routine; and helping to give children a sense of control.  **Read the information and advice:** [Talking to a child worried about coronavirus (COVID-19)](http://email.nspcc.org.uk/c/170QuDnxBLtFQvYjqhTTfeJKUj) |
| **Supporting children and young people’s mental health**  The Anna Freud National Centre for Children and Families has published advice and guidance for schools on how to help children and young people in primary, secondary and post-16 settings manage their mental health and wellbeing during times of disruption to their learning.  **Read the news story:** [Supporting young people’s mental health during times of disruption](http://email.nspcc.org.uk/c/16YtWAN6t8KN6VBuMUuPrfctY5) **Read the report**: [Supporting school and colleges: a guide to supporting the mental health and wellbeing of pupils and students during periods of disruption (PDF)](http://email.nspcc.org.uk/c/16YtY0yG4CQq6d9SZV3t9cHZXd) |
| **Emerging Minds** Emerging Minds, in collaboration with the University of Reading and the University of Oxford, has published evidence-based advice for parents and carers supporting children and young people with worries about Coronavirus. A resource list from trusted sources is also available which includes links grouped by age category and resources for children and young people with specific needs. Emerging Minds has also shared a podcast from a recent webinar on supporting children and young people with their worries and anxiety.  **Read the news story:** [How can we best support children and young people with their worries and anxiety?](http://email.nspcc.org.uk/c/170QPRT9G2Q6FLiazqhuSDmuHf) **Read the advice:** [Supporting children and young people with worries about COVID-19 (PDF)](http://email.nspcc.org.uk/c/170QQzLWtMSVap4mFVyOJC7fGO) **Read the resources list:** [Recommended resources](http://email.nspcc.org.uk/c/170QRhEJhwVJF2QyMqQ8AAS0Gn) **Listen to the podcast:**[How can we best support children and young people with their worries and anxiety?](http://email.nspcc.org.uk/c/170QRZxw5gYy9GCKSW7srzCLFW) |
| **Resources: children and young people with autism**  The Association for Child and Adolescent Mental Health (ACAMH) has released a podcast for parents and carers about supporting children and young people with autism during the Coranavirus outbreak. The National Autistic Society (NAS) has also published resources for people with autism of all ages.  **Listen to the podcast:** [Coronavirus, and helping children with autism – Episode 4: Autism, a parents' guide](http://email.nspcc.org.uk/c/170QWeQeTJfr7xhVvXNnzs9jDk) **Read the NAS resources:** [Resources for autistic people and families](http://email.nspcc.org.uk/c/170QWWJ1HtifCb47Ct4HqqU4CT) |

[**Young Norfolk Writing Competition**](https://nationalcentreforwriting.org.uk/ynwc/)

Love writing? Aged 11-18? We’re looking for the freshest, boldest words in Norfolk.

Send us **stories, lyrics, narrative for games, graphic stories, poems, spoken word, scripts, podcasts, plays, articles, journalism or essays!**

You can enter up to six pieces of writing, and audio entries are also welcome across all entries (except graphic novels).

Are you a teacher? [Tips for involving the YNWC in the classroom and your work with young people](http://nationalcentreforwriting.org.uk/wp-content/uploads/2020/01/Tips-for-involving-the-YNWC-in-the-classroomv2.pdf)

* Individual prizes
* Mentoring opportunities
* The chance to have your work performed and published

The word limits are as follows:

* Stories, lyrics, narrative for games, poems, spoken word, scripts, podcasts, plays, articles, journalism, essays – one side of A4 or up to 40 lines
* Graphic stories – up to four sides of A4

Audio entries can be up to five minutes in length.

To enter, you must be aged 11 to 18 and be living and/or studying in Norfolk, or your school or home address has an NR postcode.

Once your writing is ready, you can submit your entry via the button below (you will need to have a Google Drive login) **or** send us an email from your school/college/personal email account to [competitions@nationalcentreforwriting.org.uk.](mailto:competitions@nationalcentreforwriting.org.uk)

[**Submit your entry now**](https://docs.google.com/forms/d/e/1FAIpQLSf3XgjWaX-re0Bj45bs30qXaVfGbyt2u3VOHqYcfQeaIM8VDg/viewform?vc=0&c=0&w=1&usp=mail_form_link)

 Please note: writing previously submitted to the Young Norfolk Writing Competition cannot be accepted. However, you are very welcome to enter again with new writing!

*The closing date for entries is 5pm on Monday 25 May 2020.*

If you have a question or are experiencing difficulties with submitting your entry, please email [competitions@nationalcentreforwriting.org.uk](mailto:competitions@nationalcentreforwriting.org.uk) or call 01603 877177.

**National Activity Providers Association**

As many care settings make the difficult decision to close their doors to visitors, the need for conversation and connection grows. To support meaningful engagement for all we have made the decision to make our web-based activity resources FREE.

<http://napa-activities.co.uk/membership/free-resources>

**Opening Doors**

Opening Doors supports individuals with a learning disability and their second easy read **Being safe and Staying in** newsletter is out now. <http://www.openingdoors.org.uk/uploads/images/508.pdf>

Please share to help people understand the latest information and guidelines. There are puzzles and ideas to help people keep busy..

They are still taking calls from 9.00-5.00pm Monday-Friday.

Tel: 01603 631433         : [www.openingdoors.org.uk](http://www.openingdoors.org.uk/)

Please follow us on [twitter](https://twitter.com/openingdoorsld) and [facebook](https://www.facebook.com/OpeningDoorsLD)

|  |  |
| --- | --- |
| |  | | --- | |  | |

**FINANCE / FUNDING / GRANTS**

|  |
| --- |
| **Emergency Funding for sight loss organisations**  To support the essential role sight loss organisations play in providing vital services to blind and partially sighted people, Thomas Pocklington Trust (TPT) has suspended its normal grant funding activities and set up an emergency fund for sight loss organisations. £500,000 of essential support will be available to sight loss sector organisations which are providing critical services for the physical and emotional well-being of blind and partially sighted people in these uncertain times. Grants will be available of up to £10,000 pounds or the equivalent of two months’ running costs (whichever is less) for use over the next six months. The monies can be used either to cover the general running costs of the charity in the face of cashflow issues directly caused by the crisis, or to fund a project that will support the blind and partially sighted community through these difficult times.  For more information here is the link: <https://www.pocklington-trust.org.uk/covid-19-emergency-fund-for-the-sight-loss-sector/> |

|  |
| --- |
| **The Sylvia Adams Charitable Trust**  **Short deadline: Tues 28th April** Unrestricted grants of up to £5,000 are available for organisations working with early years (0-3) disadvantaged children, to support them through the pandemic.  Eligible organisations will have an audited annual income of less than £750,000 and be able to demonstrate potential increase in demand and /or loss of income as a result of the pandemic.  For more information please click the button below.  **[https://gallery.mailchimp.com/310f80285d0873eaf57d8491c/images/82d7f645-355f-4fff-a395-78504e7e3545.png](https://communityactionnorfolk.us2.list-manage.com/track/click?u=c6cf6edba7d2212b75d4841d5&id=4c29a19def&e=f02efe6a60)** |

**Standard Life Foundation**

Grants of over £5,000 are available to organisations supporting people affected by the current pandemic in the following areas:

* Income – Wages, social security, pensions and taxation
* Spending – cost of living, consumer spending, problem gambling, borrowing, payment problems
* Assets – general saving, retirement saving, Housing, taxation

Projects will focus on supporting those on low to middle incomes.  For more information please click the button below.

**[](https://communityactionnorfolk.us2.list-manage.com/track/click?u=c6cf6edba7d2212b75d4841d5&id=b7604ec2b8&e=f02efe6a60)**

**COVID-19 Homeless Support Fund**

The Morrisons Foundation recognises that homeless people are particularly vulnerable to Covid-19 because they are more likely to have underlying health conditions and are less able to access basic sanitation.    
  
Homelessness charities are raising concerns that if someone is sleeping rough or in a crowded night shelter, it’s impossible to self-isolate and maintain social distance so help is needed more than ever before.

In response to this, the Morrisons Foundation Trustees have pledged £500,000 towards the Homeless Support Fund.  The fund is designed to support charities caring for the homeless during the coronavirus outbreak and ensure help gets to those who need it most.

**Who Can Apply?**

**Registered charities that care for the homeless can apply for support to cover three broad areas:**

● Outreach and support for rough sleepers, including provision of essentials

● Delivery of services in hostels and shelters

● Information and advice

To be considered for a grant from the COVID-19 Homeless Emergency Fund applicants should:

●    Be registered with the Commission/OSCR for a minimum of one year and have filed their documents (i.e. Trustee's Reports and Financial Accounts) on time

●    Work directly with homeless people and provide support of one (or more) of the areas the fund cover

●    Accept payment electronically over the phone (i.e. by Credit Card or BACS)

**Application process**

●    Eligible charities should complete the [‘Grant Funding’ application form](https://www.morrisonsfoundation.com/grant-funding-request/).  When submitting an application please note ***‘COVID-19 Homeless Support Fund***’ as the name of the project

●    Applications will be considered up to a maximum of £10,000, but the emphasis is on smaller amounts to enable as many charities as possible can be supported from the fund

●    Applications will be reviewed and considered for support on a weekly basis

●    Submission of a request does not guarantee that a grant will be paid, the amount of the grant awarded is at the Trustees discretion and their decision is final

●    We will let you know the outcome of your application by email or phone

●    In the event of a successful application, payment will be made over the phone by card or BACS (where proof of charity’s banking details will be required) within 14 days

Applications will be accepted until the £500,000 emergency fund is depleted, after which time homeless charities are still welcome to submit applications for support but will be considered through the established ‘Grant Funding’ process. For more details of this process, please refer to our [Grant Funding policy](https://www.morrisonsfoundation.com/grant-funding-request/grant-funding-policy/).”

<https://www.morrisonsfoundation.com/latest-news/covid-19/>

**VOLUNTEERING / TRAINING**

|  |  |  |
| --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | | **Free suicide prevention training**  [https://mcusercontent.com/03dd200ff0436f35d9b5f37b5/images/88c12262-b474-465f-8e97-d0e01facee35.png](https://norfolkandsuffolkcaresupport.us13.list-manage.com/track/click?u=03dd200ff0436f35d9b5f37b5&id=d4e7e872ca&e=aa05780265) Zero Suicide Alliance have made their online training modules free for a limited time. There are two options – a ten-minute introduction for a general audience and a more advanced course aimed at frontline professionals. | | |

<https://www.zerosuicidealliance.com/training/>

**Norfolk Heritage Centre**

Can you help Norfolk Heritage Centre to record the COVID-19 pandemic's impact on the county?

It is important for us all to document the impact of this global event on Norfolk, how we responded to the crisis, and how local communities managed. Norfolk Heritage Centre are aiming to create a collection of documents, diaries, zines, and photographs to preserve this history for the future.

We would like you to save any leaflets or local information that comes through the door which we can add to the collection. If you are keeping a day-to-day diary or log, taking photographs, or making another creative response to COVID-19 (and are willing to share it!) these will be really important historical documents too.

If you can help, or would like more information, please email [rachel.ridealgh@norfolk.gov.uk](mailto:rachel.ridealgh@norfolk.gov.uk).

For more on local history and heritage, follow the Norfolk Heritage Centre on social media:

Twitter @NorfolkHC

Facebook @NorfolkHeritageCentre

Instagram @ Norfolk\_heritage\_centre

The information provided in our bulletins is sent to us from various sources.  We try to ensure the information is correct at the time of publication but there may be some inadvertent errors.  Publication in our bulletin does not necessarily constitute an endorsement of a service / organisation and we would advise you to take reasonable steps to check the services offered and organisation prior to using them – especially if you are referring children, young people and vulnerable adults to a service. Norfolk County Council cannot accept any liability for any services provided by a third party.