

## **More than ten thousand Norfolk children benefit from mental health programme in first year**

A children's mental health and wellbeing programme, funded by Norfolk County Council, has supported more than 10,000 in its first year.

The Rise Up programme gives children and young people valuable knowledge and strategies to support their mental health and is being delivered in secondary and special schools across the county. 93% of young people said that their ability to manage their wellbeing improved after completing the programme.

Created and delivered by Future Action, in partnership with Norfolk County Council's Virtual School for Children in Care, Previously in Care and Children with a Social Worker, the course aims to help children build confidence, reduce their anxiety, and create a sustainable wellbeing programme within 90 days.

More than 350 teachers across 62 secondary and special schools in Norfolk have taken part in the online training programme, which delivers a nine-step programme to help support the mental wellbeing of children and young people.

The RISE Up toolbox of strategies, physical activities and comprehensive set of resources allows teachers to deliver classroom and small group-based work which helps young people improve their wellbeing, understanding the challenges facing their mental wellbeing and approaches to overcoming them.

Following the successful partnership between Future Action and the Virtual School for Children in Care, Previously in Care and Children with a Social Worker, Norfolk County Council has commissioned the programme for a second year.

In its second year, the programme aims to embed the programme across more schools and staff to enable teachers:

- To identify individual young people struggling with their mental health and direct them to the specialist support they need as early as possible
- To provide more young people with a range of self-care strategies to protect and build their mental wellbeing to transform their life chances and reduce the pressure on upstream services
- To teach the link between physical activity and mental wellbeing

In addition, the council has commissioned a 'Trauma Informed PE' programme, also delivered by Future Action. The aim of the programme is to:

- Educate PE teachers about the impact of childhood trauma and the eight protective factors

- How colleagues can create psychological safety to transform outcomes in the short and long term
- The link between physical activity, play and mental wellbeing

Secondary and special school teachers or teaching assistants within Norfolk can contact [futureaction.co.uk](http://futureaction.co.uk) to access the courses.

Further information about the Virtual School and the offer to Children in Care, Previously in Care and Children with a Social Worker can be found by emailing [Virtual.SchoolsCwSW@norfolk.gov.uk](mailto:Virtual.SchoolsCwSW@norfolk.gov.uk) or visiting [www.norfolk.gov.uk](http://www.norfolk.gov.uk) website.

## **Focus on prevention and supporting people to live independently as council refreshes strategy for Adult Social Care**

Supporting people to live independently is at the heart of Norfolk County Council's proposed five-year strategy for Adult Social Care, as the council reshapes its approach based on feedback from residents and service users.

Members of the People and Communities Select Committee met on 19<sup>th</sup> January and heard about how the council proposes to respond to the challenges facing adult social care and how it has used people's views to inform its proposed strategy.

Councillors were asked to endorse the strategy, which focuses on three key areas – prevention and early help, supporting people to live independently, and ensuring there is the right support for people with multiple and complex needs.

Over the summer, the council held focus groups, ran a survey and worked with partners to facilitate a range of conversations about adult social care.

The responses have been grouped into six themes, which have helped to shape the strategy.

People told the council:

- They would like to understand more about the services we provide
- The council should ensure information is easy to find
- The council should be consistent in the way it communicates with people
- Some carers would like more support in certain areas
- People with sensory support sometimes feel they would like more support accessing information

- Co-production and engagement should be a priority

The strategy will need to be considered by the council's Cabinet and Full Council before it can be fully adopted.

## **Smokers urged to switch to vaping as part of Public Health measures to cut tobacco use**

County councillors are to be asked to endorse proposals that would continue to see vaping promoted as an alternative to smoking, amid concerns that public perception is putting people off vaping as a tool to quit smoking.

Members of Norfolk County Council's People and Communities Select Committee met on 19<sup>th</sup> January, where they heard an update on the council's approach to vaping – including an emphasis on promoting vapes for smokers but discouraging vaping in those that do not smoke.

They were asked to endorse proposals, created in partnership with the Norfolk Tobacco Control and Vaping Alliance, which support Norfolk residents to achieve 'healthy, fulfilling, and independent lives' by reducing preventable illness and deaths from smoking tobacco.

The proposals include continuing to promote swapping smoking for vaping as a positive health move for existing smokers, as well as will continuing to provide e-cigarettes as part of the Public Health stop smoking service.

Public Health will continue to work with partners in the Norfolk Tobacco Control and Vaping Alliance to oversee the strategy and vaping delivery plan.

Progressing through working groups and influencing decision makers, as well as working with Children's Services and other representative organisations, it will develop and implement effective approaches to reduce the prevalence of smoking and vaping.

By listening to young people's voices through consultation, it will also seek to stop the upward trend among young people starting vaping who have never smoked.

Public Health will also work with colleagues in Trading Standards to highlight the risks associated with illegal vapes, to support them in their efforts to enforce tobacco control legislation and to work with responsible and reputable retailers.

A report to members highlights that public misunderstanding about vaping may result in smokers who swapped to vapes relapsing to smoking.

Vaping is considered less harmful than smoking and people use it as one way of quitting harmful tobacco. At the same time because the impact of vaping on your health is not fully understood, the Council is taking measures to help prevent non-smokers from taking up vaping and to prevent the illegal sale of vapes to children and young people.

The County Council recently developed a vaping toolkit for schools, providing high quality self-serve guidance and resources to help schools implement a whole-school approach to addressing the increasing challenge around vaping.

In Great Britain in 2022, an Opinions and Lifestyle Survey from the Office for National Statistics (OPN) showed that 5.2% of those surveyed aged 16 and over reported being current daily users of an e-cigarette. This is around 40,000 (5.2%) adults in Norfolk using e-cigarettes daily, up from 37,700 (4.9%) in 2021.

## **Norfolk's high tech agriculture industry on show for Secretary of State**

Norfolk businesses at the cutting edge of agri-tech have been on display following a visit from the Secretary of State for the Department for Environment, Food and Rural Affairs (DEFRA) to the county.

DEFRA Secretary Stephen Barclay visited the Broadland Food Innovation Centre, at the Food Enterprise Park in Easton, Norfolk, to witness first-hand the range of technological solutions being employed by Norfolk farmers. These included a visit to Fischer Farms' new state-of-the-art 25,000m<sup>2</sup> vertical farm, as well as Club Cultured's fermentation facility.

The Secretary of State, alongside Norfolk County Council Leader Kay Mason Billig, Tom McCabe, CEO of Norfolk County Council and Chris Starkie, Director of Growth and Investment at Norfolk County Council, were given tours of the cutting edge facilities, which include some of the most advanced and innovative farming methods in use in the UK.

Steve Barclay MP, Secretary of State for Environment, Food and Rural Affairs, said: "Norfolk's innovative approach to food production goes back centuries and it was clear from my visit this morning that the county remains at the forefront of this innovation today. From fermented foods to salad grown in vertical farms, it was great to witness first-hand the ingenuity and dedication of Norfolk businesses who are finding new and sustainable ways to produce home-grown food and drink."

Apart from being in one of the most fertile areas of the UK, East Anglian farmers grow enough grain alone to bake over 5 billion loaves of bread every year. Norfolk is also home to world leading plant and food scientists at the John Innes Centre, the Sainsbury Laboratory and the Earlham Institute. Innovative companies such as Fischer Farms utilise the cutting-edge research being done in the county to form new solutions to the challenges modern agriculture faces, such as their vertical farm, which not only utilises land efficiently but also cuts carbon emissions for each ton of produce grown.

## **Norfolk Fire and Rescue Service forms partnership to help people involved in serious road traffic collisions**

Norfolk Fire and Rescue Service is the first fire service to partner with a charity to help those affected by serious road traffic collisions.

Chief Fire Officer, Ceri Sumner, has signed a 'Memorandum of Understanding' with the Road Victims Trust, so fire fighters at the scene of an accident can signpost people to get ongoing help from the charity.

The Road Victims Trust (RVT) works to help people impacted by grief or trauma following a road death, serious injury or life-changing collision. It offers emotional and practical help, as well as a specialist counselling service to people across the counties of Norfolk, Suffolk, Cambridgeshire, Bedfordshire and Hertfordshire.

The charity, which started offering its support services in this county last summer after receiving funding from the Office of the Police and Crime Commissioner for Norfolk, provides free and confidential support for as long as it is needed to those affected by serious collisions – including witnesses.

This partnership builds on Norfolk Fire and Rescue Service's continued work with other key agencies to help reduce the number and impact of serious and fatal collisions in the county.

## **Herring Bridge opening date revealed**

Norfolk County Council is delighted to announce the official opening of the new Herring Bridge in Great Yarmouth is scheduled for Thursday 1<sup>st</sup> February.

Final plans and timings for the launch will be announced in the coming days, with time for the public to take a walk on the bridge following the official proceedings, ahead of the road being fully open to traffic later that afternoon.

Local residents are being given the chance to enter into a draw to be among the first people to travel across the new bridge riding aboard the famous seafront road train. Residents can apply for tickets by emailing 'Herring Express' to [Gy3rc@norfolk.gov.uk](mailto:Gy3rc@norfolk.gov.uk) stating:

- Their name and address
- How many tickets they require
- The names of all passengers in their party
- Any special access requirements

Tickets are limited to a maximum of six per family and one entry per household.

Motorists are advised that access to William Adams Way from the A47 at Harfreys roundabout is likely to be closed to through traffic while the event takes place. Anyone traveling to the area to watch the proceedings is advised to use public transport or travel on foot where possible.

## **£10,000 grants available to support new fathers in Norfolk**

New fathers in Norfolk will be able to access more support in their communities, as part of a new scheme to boost their mental health and wellbeing.

Norfolk County Council has launched a new grant scheme offering up to £10,000 to fund local groups supporting dads.

The funding is being provided through Norfolk's Start for Life and family hubs programme and will be administered by Norfolk Community Foundation.

The Perinatal Mental Health for Fathers Programme is offering a share of value of overall figure grants to voluntary, community and social enterprise sector (VCSE) organisations working in Norfolk who support fathers in their first 1001 days of fatherhood.

The grants can cover things such as developing social spaces and peer support networks, father specific antenatal care groups e.g., support with feeding and routines or opportunities for fathers and their infants to engage in activities that strengthen their relationships amongst many others.

Charities, faith organisations, social enterprises and voluntary and community groups have until noon on Thursday 8<sup>th</sup> February to apply. Applicants must be based or operating in Breckland, Broadland, Great Yarmouth, King's Lynn and West Norfolk, North Norfolk, Norwich or South Norfolk.

To ensure the success of this project, an application process has been put in place to guarantee that the grants are given to suitable organisations which support a geographical spread of activity across Norfolk.

[Find out more about how to apply, the application process and grant requirements.](#)

To get involved with the parent carer panel visit

[www.norfolk.gov.uk/familyhubs](http://www.norfolk.gov.uk/familyhubs)