

East Kent Partnership Bulletin



Edition 14 – April 2021

Welcome to Edition 14 of the East Kent Partnership Bulletin

This Bulletin is brought to you by the Canterbury and Thanet Local Children's Partnership Groups (LCPGs). Please feel free to contact us on the details at the end of this bulletin if you would like to add information to a future edition. Previous Editions, and the Canterbury and Thanet Directory of Services, are available online via KELSI. We are currently updating the Directory of Services and aim to send out version 2 in the Spring. If partners would like to add or amend content/services information, please contact: jenny.hanna@kent.gov.uk.

Training and Personal Development Webinars – For Families and Practitioners

Cp-Parenting Success – Co-Parenting Workshop - NEW DATES (Canterbury)

The 5 Steps to Co-Parenting Success Virtual Workshop has been really successful at helping to reduce post-separation family conflict. The workshop is 3 hours long and covers the 5 key areas towards building a sustainable long-term framework that is child-centric. It is gender-neutral and suitable for all separated parents. Workshops are FREE to participants in Ashford and Canterbury districts and have been kindly funded via NHS Kent and Medway CCG.

Remaining Dates:

- Wednesday 14 April 6 pm - 9 pm - Evening Session as requested
- Friday 16 April 2 pm - 5 pm
- Wednesday 28 April 6 pm - 9 pm - Evening Session as requested
- Friday 30 April 2 pm - 5 pm

More information: <https://coparenting.org.uk/workshop/>

Please note attendee criteria -> <https://coparenting.org.uk/criteria/>

Reserve the free spaces here -> <https://www.eventbrite.co.uk/e/co-parenting-programme-tickets-131465174877>

Kooth – Emotional Wellbeing Support: Increase in age range for Kooth & Stress Awareness Month

From 1st April Kooth will be available for 10–25-year-olds in Kent. For those schools/organisations with sixth forms, this means that from 1st April Years 12 & 13 will now be able to use Kooth to support their emotional health & wellbeing.

Kooth is a free online service providing young people with a safe and secure means of accessing support with their emotional health and wellbeing needs. By accessing Kooth, young people can benefit from:

- **A free, confidential, anonymous and safe** way to receive support online.
- **Out of hours' availability.** Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends

- **Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop-in basis or via booked sessions.
- **Discussion Boards** which are all pre-moderated allow young people to access peer to peer support.
- **Online Magazine** full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.
- **No referral** is required. Young people can register for Kooth independently at www.kooth.com

Please see below dates for free webinars on Kooth to professionals, which includes a live tour of the Kooth site. Simply click on the registration date to attend and/or share these with others:

Please ensure you register for the workshop of choice. All enquiries to kdawber@kooth.com			
Date	Time	Registration Link	Zoom Link
Thurs 1 April	12pm – 1pm	https://forms.gle/9ZiJM6aLngoX8iP96	https://zoom.us/j/95223088182
Thurs 22 April	2pm – 3pm	https://forms.gle/4Fu7gYw3W6YYtmQ86	https://zoom.us/j/93604166065
Fri 30 April	10.30a m – 11.30a m	https://forms.gle/4Fu7gYw3W6YYtmQ86	https://zoom.us/j/92865800234
Weds 5 May	4pm – 5pm	https://forms.gle/4Fu7gYw3W6YYtmQ86	https://zoom.us/j/94370330721
Mon 10 May	11am – 12pm	https://forms.gle/4Fu7gYw3W6YYtmQ86	https://zoom.us/j/98140410726
Tuesd ay 18 May	3pm – 4pm	https://forms.gle/4Fu7gYw3W6YYtmQ86	https://zoom.us/j/96448217910
Thurs 27 May	10am – 11am	https://forms.gle/4Fu7gYw3W6YYtmQ86	https://zoom.us/j/99852051567

CXK – New Year, New Beginning Online Workshops: April 2021

The National Careers Service are delivering workshops FREE to parents, volunteers and relevant family members who meet the criteria listed on our attached DESK AID. The course is called 'NEW YEAR, NEW BEGINNING' and is aimed at helping parents and volunteers to gain a general knowledge of what services and employment opportunities are available to them to help them progress towards achieving their employment or learning goals.

This course covers the following:

- An overview of the National Careers Service
- Help with finding work opportunities
- The benefits of volunteering
- Local training and college providers
- FREE accredited online courses available
- Starting your own business and self-employment

- What are Modern Apprenticeships/Traineeships
- Regular National Careers Service online events and webinars available

The course is being held on:

- Thursday 15th April between 10.00am to 12.00pm
- Monday 26th April between 10.00am to 12.00pm

To book a place on the course on one of these dates:

- Phone: 01233 600 600

Email: nationalcareers@cxc.org

Please quote the date and title of the course: New Year, New Beginning when booking.

Barnardos – BeFree Positive Relationships Service: Webinar

Find out more about how BeFree can support your young people, how to refer, how BeFree is operating, and to ask any questions. Parents & carers are also welcome. Visit their [webpage](#) or watch their [service video](#). Or join a Webinar: 5 May 4–4:45pm. Contact: befree@barnardos.org.uk. To Register: <https://www.surveymonkey.co.uk/r/6J22TP8>

Kent Adult Education – Essential Digital Skills training courses

We all know that Essential Digital Skills are more important than ever. In recent months, we've experienced a world where face-to-face communication hasn't been possible and therefore having a grasp on digital technology and communication is vital to stay connected. Kent Adult Education are offering two free online courses - [ICT for Employment for beginners](#) and [Essential Digital Skills Entry Level 1](#) - to support those who are missing out.

Hope Training – Harmful cultural practices and cultural awareness webinars

[HOPE have several free webinars](#) coming up covering different aspects of harmful cultural practices and cultural awareness. These webinars are for the purposes of enhancing effective cross-cultural interaction. All webinars are 1 hour and free.

Service Updates

Pie Factory Music – Free counselling sessions for 13-19 year olds in East Kent

Pie Factory Music are now able to offer young people in East Kent (primarily Thanet and Dover, but they will consider wider) free counselling and are taking referrals. Counsellors can support young people to navigate the challenges and trauma of the last year as well as issues of race and racial trauma, identity and sexuality.

Please find attached info document for referral partners and referral form so that you can refer young people directly into this service.



PFM referral form - Counselling referral
Counselling.docx



info.docx

East Kent Mind – Crisis Café: New to Ramsgate

Ramsgate is now home to a new Crisis Café. For the very first time, Ramsgate residents will be able to get support on Friday, Saturday & Sunday evenings from 6-9:30pm. Mental health workers will be on hand to support anyone who is experiencing severe emotional or psychological distress. You'll find a warm welcome at 34 King St, Ramsgate CT11 8NT. For more info [click here](#).

With Are With You – Service Delivery Update

We Are With You in Kent for Young People is the commissioned provider of substance misuse support for young people under 18. They offer a range of free and confidential services to young people, professionals and their families. Some of the services offered to young people include; Brief Interventions, Specialist Treatment (1:1), Early Intervention group work and an evidence-based programme called Riskit which works with groups of adolescents regarding a range of risk-taking behaviours. All interventions stem from the service's ethos of providing accurate, individualised and non-judgemental support and guidance.

To reach more young people and provide the best support that they can, they are transitioning back to face-to-face delivery both in school and in the community.

Specialist Treatment (1:1):

New Referrals into service	Give young people the option of face to face or remote sessions	Any face to face: -Risk assessment completed by worker -Face covering -Two metre distance -Offer face mask to YP
Young People already engaged remotely	Continue delivering remotely	
Young person requires or requests face to face	<p>29th March onwards</p> <ul style="list-style-type: none"> -Outside -In school <p>Not before 17th May</p> <ul style="list-style-type: none"> -Outside -In school -YP's garden -Indoors (social distanced) <p>Not before 21st June</p> <ul style="list-style-type: none"> -No restrictions 	

We are With You – Kent Youth Diversion Intervention Scheme

They will continue with the remote offer at this time. If there is a specific young person that requests face to face delivery, they will consider this and work with the young person to reach the best outcome.

Contact: 01795 500881 for information.

Please find attached DUST referral form and Professional's Pack which includes the Group Work Request Form.



WithYou -
Electronic DUST Ref



WithYou
Professional Guide



Early Intervention
Information Pack - V

Job Centre Plus – Job Help online

Despite the disruption caused by the coronavirus outbreak, there are still jobs out there to apply for. Job Centre Plus (JCP) are here to help you get started via [Job Help](#). You can also find [hints and tips on applying for jobs](#) and ideas about jobs you may never have thought of. And for some of the national recruitment exercises that DWP is aware of, [check our Latest jobs page](#) or for latest vacancies search the [Find a job website](#).

Job Centre Plus – Opening hours and understanding Universal Credit

From 12 April JCP will be [opening their doors](#) again for the public from 9am to 5pm 6 days a week (Mon – Saturday) but this will still be in a limited capacity due social distancing rules being applied by when attending the Jobcentre.

Employment and Benefit Advice for [Understanding Universal Credit](#) to support families is also available on the DWP website.

Southern Housing – Employability Support

Southern Housing’s “Back to work” Employment Team offer:

- Weekly employment webinars with Employment Specialists;
- Help with costs around employment and upskilling;
- Use of a professional online Job Searching Tool with links to training, CV support, skills assessments and job searching.

Call 0300 020 0549 or email: employment.support@shgroup.org.uk

Information and Resources

KCC Reconnect – Kent Children and Young People Programme

This ambitious KCC-led community programme aims to help children and young people reconnect with their pre-Covid-19 lives and the things they’ve missed during the pandemic.

For more information see the Kent Reconnect Website: www.kent.gov.uk/reconnect where you can:

- Watch the Programme overview video;
- Sign up to receive the [Latest News](#);
- [Register your interest](#) in helping Reconnect Kent’s children and young people.

There is also a video capturing young people’s voices: [Kent Reconnect Programme](#).

Lead: David Adams, Programme Lead, David.adams@kent.gov.uk

KCC and NHS – Kent and Medway Mental Health Booklet for Families

Please find the [Kent and Medway Mental Health Booklet for Families](#). It is in an easy to read/print format and includes a range of services to help you look after the mental health and wellbeing of children, young people and adults.

LGBTQIA Early Years Magazine: Available to download for free

The [LGBTQIA Early Years magazine](#) is currently free to download - you just have to register to download. It is full of articles written and compiled by the LGBTQIA+ Early Years Working Group.

Trauma-Informed Resources

Being Trauma-Informed means being aware that the children and young people may have experienced some form of trauma. Traumatized children and young people may develop behaviours and responses that help them to cope. We are likely to see these responses and behaviours but may not know the underlying causes. Rather than accepting them at face value, we need to question and interpret what we see. You can find out more about how you can work in a Trauma Informed way by watching the following video "Sowing Seeds – Trauma Informed Practice for anyone working with children and young people": <https://vimeo.com/413871628>. Beacon House also have a wide range of useful **Trauma-Informed** resources available to support workers and schools including a School [Resource Bank](#).

The Children's Society – Teen Toolkit

The Children's Society have produced a [Teen Toolkit](#), which provides:

- advice and guidance on a range of subjects including wellbeing and sex & relationships;
- regular webinars from experts and Q&A sessions;
- access to a community that will help people in these difficult times.

Kooth – Stress Awareness Month: Presentations to young people – April 2021

The last year has been stressful for everyone, especially young people, so it's very timely that April is stress awareness month. Therefore, if you would like any presentations on Kooth to young people to tie into this, let Kooth know. These are free and being done virtually. There are also free short, pre-recorded presentations on Kooth, as well as a short pre-recorded live tour of the Kooth site for young people. These can be shown during tutor time, PSHE sessions or assemblies. If you would like either of these, please do get in touch. You can also find **free digital resources** for Stress Awareness Month at promote.kooth.com

KCC – Register for Free School Meals for the Easter holidays

Parents and carers whose children may be eligible to receive Free School Meals due to the family's financial circumstances are being urged to apply for them for the upcoming April school holidays, even if their child is in Years R, 1 or 2. Find out more about who is eligible and how to apply [here](#).

KCC – Kent Together

The Kent Together helpline and webpage remain open for anyone in the county who is struggling during the pandemic. Any Kent resident who requires support with accessing food, or who has any other urgent needs, can call 03000 41 92 92 or visit www.kent.gov.uk/kenttogether 24 hours a day.

Thanet Community Hub – Covid hotline: Protecting the most vulnerable

Thanet District Council has a [dedicated helpline](#) for residents who are vulnerable and are self-isolating or social shielding in line with NHS Advice.

This is to ensure that the most vulnerable people in the community, who are unable to go outside to buy supplies, are helped to get the things they need.

The helpline is for people who don't have friends or family around to assist them.

To access this, **complete the online form** or call 01843 577 330 or email: communitysupport@thanet.gov.uk. The helpline is open from 9am to 5pm, Monday to Friday. A dedicated team of people are taking calls, handling requests and connecting callers with the relevant organisations or council services that are in place to provide support for vulnerable people at this time. .

All other general enquiries must still be directed to the main switchboard number: 01843 577 000. Links to local Thanet community support and food banks/food delivery services are also listed [here](#).

Thanet Covid Winter Grant Scheme – Aims to support households in fuel poverty. A range of support is available with details on attached document.



Thanet-Covid-Winter-Grant-Scheme-Le.

Canterbury City Council – Service updates and advice for residents

Information and advice for residents can be found here:

<https://www.canterbury.gov.uk/coronavirus-advice-residents>

Updates on Council services can be found here:

<https://www.canterbury.gov.uk/service-status>

For support from community organisations if you/a family are struggling as a result of COVID-19, for example with food, medicine or money:

<https://www.canterbury.gov.uk/help>

Southern Water – Payless schemes

Southern Water has a number of free schemes and tariffs which are designed to help support customers who are potentially vulnerable, struggling financially or may have medical conditions that warrant the use of extra water:

www.southernwater.co.uk/payless.

They are also promoting their free individual Priority Services Register which is a confidential collection of customers that have specific communication, access or support needs. Where applicable for customers on the PSR, Southern Water will look to deliver free water if there is a prolonged interruption to supply or notification is received for planned works to make sure they have enough water for drinking and cooking until the supply is reinstated. For more information contact: Joe Palmer, Vulnerability Liaison Officer, Joe.Palmer@southernwater.co.uk.

KCC – Adult Safeguarding briefing for the voluntary and charitable sector

Andrew Rabey, the newly appointed Kent and Medway Safeguarding Adults Board Independent chair, will be holding two adult safeguarding briefings, aimed at the Voluntary and charitable sector on the 13th of April 2021. The sessions will be focusing on what safeguarding is and why we do it, the role of the board, the different types of abuse and how to make a safeguarding referral and the process that this entails. Please book via the [online form](#).

Beyond the Page – The United Mothers programme, Thanet: Video of work

Beyond the Page have released a film about the last 7 years of their role and the United Mothers programme. It brings insight into the work they do and the lived

experiences of the people from the group: <https://tinyurl.com/KYPFilm>. Contact: Laura Baker, admin@beyondthepage.org.uk .

Friends, Families and Travellers (FFT): How to tackle health inequalities in Gypsy, Roma and Traveller communities: A guide for Health and Care Services

Friends Families and Travellers (FFT) is a leading national charity that seeks to end racism and discrimination against Gypsies, Travellers and Roma and to protect the right to pursue a nomadic way of life. Every year, we support over 1,300 families with issues ranging from health to homelessness, education to financial inclusion and discrimination to employment. Over half of our staff team, volunteers and trustee board are from Gypsy, Roma and Traveller communities. The information in this [Health Inequalities Guide](#) is based on the experiences and knowledge of our advice and outreach team.

Prevent – Newsletter March 2021

Please see below the Prevent newsletter for March 2021.



Kent & Medway
Prevent Newsletter ↑

The Education People - Spring 2021 Newsletter

The [Spring 2021 Newsletter](#) from The Education People is now available.

Healthwatch - March 2021 Newsletter

The [March 2021 Newsletter](#) from Healthwatch is now available.

Mental Health User Voice Kent – Spring 2021 Newsletter

The [Spring 2021 Newsletter](#) from Engaging Kent is now available.

Funding and Opportunities

Books for change – Diverse books for Canterbury Primary Schools

Canterbury has joined the growing Kent based [Books for Change](#) initiative to provide diverse books for local primary schools. The initiative believes all primary schools need a full, diverse and vibrant collection of children's books and children need to see themselves and others reflected in the books around them. This will help them to relate to and be inspired by role models from all communities and backgrounds. Through the [Go fund me](#) campaign and the group [Canterbury Books for Change](#) they hope to raise enough funding to provide diverse books for 21 primary schools in the Canterbury area. Please share and support if you can.

If you are interested in setting up a local initiative, the Folkestone based co-founders of [Books for Change](#) are happy to help, and have a free [toolkit](#) available shortly to support you. Contact Emily and Wendy at: folkestonebooksforchange@gmail.com.

Books for change – Positive Role Models books for Folkestone Secondary Schools

Books for Change has also started a [new campaign](#) to raise funds to donate books to Folkestone Secondary schools, that give positive roles models and discuss sexism and misogyny.

Ivy and Jane Charitable Fund – Funding for Young Carers

If you know of, or support, a young carer you can refer them for funding from the Ivy and Jane Charitable Fund. The fund is for young carers up to age 18, with grants awarded for on and 'offline' activities, such as art classes, music lessons, gym memberships, as well as essential capital items such as school uniforms.

[Take a look at funds for individuals including Ivy and Jane Charitable Fund, and how you can make a referral.](#) Or contact Joanne@kentcf.org.uk for more information.

Department for Transport – Voucher for £50 to repair your bike

Cycling is a great low cost, low carbon means of transport. This scheme aims to encourage more people in England to choose cycling as an alternative to private cars, particularly for work and essential journeys while social distancing measures are in place. Access a voucher for up to £50 towards the cost of getting it safely back on the road. Available for one bike per person:

<https://fixyourbikevoucherscheme.est.org.uk/>

Surveys

KCC – Lockdown easing and testing survey

As lockdown measures ease, KCC are keen to hear your views on both lockdown easing and COVID-19 testing in your local area. [Take part in our COVID-19 survey](#)

KCC – Kent Winter Tourism Survey

KCC are working with their partners at Visit Kent and the Kent Downs ANOB to understand more about views on tourism across Kent. Let us know what you think in our winter tourism survey and enter our prize draw to **win a £40 Shepherd Neame voucher**. Please [complete our survey](#) and add your details at the end if you want to be entered into the prize draw.

Thanet District Council (TDC) and Department for Work and Pensions (DWP) – Thanet Youth Employability Hub: Young people survey

Working in partnership DWP and TDC are looking to develop a Thanet Youth Employability Hub for 16-24 year-olds. The aim being to provide them with access to comprehensive employment support and skills training via a hub of co-located service providers, who work closely together to help young people find new jobs and alternative careers, enhance their employability and interpersonal skills and generally help them tackle the barriers they face towards unemployment.

They would like to hear from 16-24 year-olds currently living in Thanet, to capture insight and feedback from them on the following topics:

- current job opportunities,
- barriers/challenges you may face towards gaining and/or securing employment,

- the type of support you feel you need and that would best support you, and
 - the development of a youth employability hub.
- The survey can be found [here](#) and will run from 1 April 2021 - 30 April 2021.

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