**East Kent Partnership Bulletin**

**Edition 13 – March 2021**

**Welcome to Edition 13 of the East Kent Partnership Bulletin**

This Bulletin is brought to you by the Canterbury and Thanet [Local Children’s Partnership Groups](https://www.kent.gov.uk/about-the-council/partnerships/local-childrens-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](https://www.kelsi.org.uk/news-and-events/news). 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.

**Partnership Updates**

**Local Children’s Partnership Group (LCPG) – Priorities for 2021–2022**

The Canterbury and Thanet LCPGs recently held their Annual Events where they launched their priorities for the year ahead:

**Canterbury LCPG**

1. Raising aspirations of children and young people
2. Promoting emotional health and well-being
3. Supporting child victims of domestic abuse
4. Overcoming social isolation and poverty

**Thanet LCPG**

1. Secure parenting
2. School readiness
3. Providing opportunities to achieve and raise aspirations
4. Building resilience from exploitation and improving emotional well-being
5. Supporting child victims of domestic abuse

The LCPGs also further developed their Action Plans for 2021-2022. An update on activity undertaken this year, and more detail on our future plans, is available on request. We would love more schools and partners to join us in our partnership work. Contact: jenny.hanna@kent.gov.uk

**LCPG Early Help Grant funded projects – Summaries**

Local Children’s Partnership Groups (LCPGs) have access to [Early Help Grant](https://www.kent.gov.uk/leisure-and-community/community-grants-and-funding/early-help-and-preventative-grants) funding, to support not-for-profit organisations, through innovative projects which contribute to meeting the local needs of children and young people and to support the above priorities.

For 2021-2022, Early Help (EH) Grant funding will re-fund the current Canterbury and Thanet projects for a further year. A summary of the projects is available.

Contact: jenny.hanna@kent.gov.uk for details.

**Training and Personal Development Webinars – For Families and Practitioners**

**Mid-Kent Mind – Children and Young People's Wellbeing and Resilience Virtual courses: Canterbury**

Thanks to the Canterbury [LCPG](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kent.gov.uk%2Fabout-the-council%2Fpartnerships%2Flocal-childrens-partnership-groups&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7Cd7fff154c297476f965e08d8cf609697%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637487361039567479%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=SUlqQsd5CZ3YeEvBfRXV%2Bog44QFP4A%2FRz4afXu%2FeXYw%3D&reserved=0) Early Help Grants, we have been able to respond to local needs at this difficult time, and bring to Canterbury District the following virtual courses: “Bounce Back” – Youth Emotional Resilience, and “Managing Me”, delivered by Mid-Kent Mind.

These will start in March and April to support children and young people.

For information and to book the Bounce Back courses, please follow this link: [https://www.maidstonemind.org/virtual-bounce-back-courses/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.maidstonemind.org%2Fvirtual-bounce-back-courses%2F&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7Cd7fff154c297476f965e08d8cf609697%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637487361039567479%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=WeyBT3fU3FoGOwCxm0ajMxLZLS6KjL%2BCacQo1igdEzs%3D&reserved=0).

For information and to book the Managing Me courses, please follow this link: [https://www.maidstonemind.org/digital-managing-courses/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.maidstonemind.org%2Fdigital-managing-courses%2F&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7Cd7fff154c297476f965e08d8cf609697%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637487361039577475%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=f0rzQlSy%2FC3vGYYxfxNRH%2BK30qz6S0uEbTIa%2FWRkHcc%3D&reserved=0).

For booking queries and general queries please contact: bookings@midkentmind.org.uk  or call 07534 044513.

**Kooth – Online counselling and emotional well-being support**

Kooth is a free online support service providing young people aged 10-16 years (up to 17th birthday) in Kent with a safe and secure means of accessing support with their emotional health and wellbeing needs, from a professional team of qualified counsellors.

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, every day of the year on a drop in basis.
* 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](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.kooth.com%2F&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7C0937e64739bd452d4c6d08d8de5c681e%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637503835749939585%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=H6AOgwm1fV%2BoHEnHt0iRNkHrODwv56MNpFYQ3rx1RRg%3D&reserved=0)

Free webinars explaining the service including a live tour are below:

|  |
| --- |
| Please ensure you register for a workshop. Enquiries: kdawber@kooth.com |
| **Date** | **Time** | **Area** | **Registration Link** |
|  |  |  |  |
| Thurs 4 March | 10am – 11am | Kent | [https://forms.gle/9ZiJM6aLngoX8iP96](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.gle%2F9ZiJM6aLngoX8iP96&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7C0937e64739bd452d4c6d08d8de5c681e%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637503835749949579%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=jRaDNqcANxxaKyjtQcN95I47oeZz0%2FVEYIIUvq7nNzM%3D&reserved=0) |
| Mon 8 March | 1pm – 2pm | Kent | [https://forms.gle/9ZiJM6aLngoX8iP96](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.gle%2F9ZiJM6aLngoX8iP96&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7C0937e64739bd452d4c6d08d8de5c681e%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637503835749949579%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=jRaDNqcANxxaKyjtQcN95I47oeZz0%2FVEYIIUvq7nNzM%3D&reserved=0) |
| Fri 19 March | 10.30am – 11.30am | Kent | [https://forms.gle/9ZiJM6aLngoX8iP96](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.gle%2F9ZiJM6aLngoX8iP96&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7C0937e64739bd452d4c6d08d8de5c681e%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637503835749959573%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=c95DNqNM0P2U6tSv8N%2BKDgdD7%2F%2B6J1mOnTSezSlAQNs%3D&reserved=0) |
| Tuesday 23 March | 3pm – 4pm | Kent | [https://forms.gle/9ZiJM6aLngoX8iP96](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.gle%2F9ZiJM6aLngoX8iP96&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7C0937e64739bd452d4c6d08d8de5c681e%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637503835749969568%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=4%2B3mPtu%2FEWKQzJUgz68yLAqM2lmpIQP%2BRazdS96Zke4%3D&reserved=0) |
| Thurs 1 April | 12pm – 1pm | Kent | [https://forms.gle/9ZiJM6aLngoX8iP96](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.gle%2F9ZiJM6aLngoX8iP96&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7C0937e64739bd452d4c6d08d8de5c681e%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637503835749969568%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=4%2B3mPtu%2FEWKQzJUgz68yLAqM2lmpIQP%2BRazdS96Zke4%3D&reserved=0) |

**Public Health England – Psychology First Aid online training course**

The online course on [Psychological First Aid (PFA)](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.futurelearn.com%2Fcourses%2Fpsychological-first-aid-for-children-and-young-people%2F&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7C34e33f17f5fb42ef4b2f08d8d7510010%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637496090194331977%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=2ebT3ivBLEOCDZDHj812oXxH6ve9rgmldaeLMrb96Qo%3D&reserved=0) offers training for staff and volunteers on how to provide practical and emotional support to children and young people affected by emergencies or crisis situations. The course is available for all frontline workers such as teachers, health and social care workers, charity and community volunteers and anyone who cares for or is regularly in contact with children and young people aged up to 25, including parents and caregivers.

It is free, takes about three hours to complete (split into three sessions that the learner can complete at their own pace) and no previous qualifications are required.

On completion, participants will have an understanding of what Psychological First Aid is, be able to identify who would benefit from support and how best to give help across the different age groups and also for those who might need extra support because of different needs.

**National Careers Service – New Year, New Beginning: workshops**

The NCS is delivering two online virtual workshops in March 2021 which are FREE to parents, volunteers and eligible family members.

It aims to help 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:

* Monday 8th March between 10.00am to 12.00pm
* Monday 22nd March between 10.00am to 12.00pm

To book Phone: 01233 600 600 or email: nationalcareers@cxk.org

For queries, contact: 07918073762 or email: stephenbeech@cxk.org.

**Fearless Kent – Update February 2021**

Fearless Kent update including resources, professional training sessions and sessions for young people. For the full Fearless offer in Kent: [https://www.fearless.org/campaigns/be-fearless-in-kent](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.fearless.org%2Fcampaigns%2Fbe-fearless-in-kent&data=04%7C01%7CMark.Wiltshire2%40kent.gov.uk%7Ccd02f26251d34f9c403f08d8d4f727d3%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637493505326086526%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=dOSZNYLQfgPgjK4v2Oa0V8EF6ddBhQ%2Ftyy6g69y95oA%3D&reserved=0)



**Women of the World (WoW) – International Women’s Day**

Head online for [Women of the World UK Festival](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fthewowfoundation.com%2Ffestival%2Fwow-uk-2021%3Futm_content%3Dthings-to-do-london-march%26utm_source%3Dsecretldn%26utm_medium%3Dpost%26utm_term%3Dcta1&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7C36ec1c9a1f7d4e9621fb08d8dff7a548%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637505602547426500%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=YhOphykimrGr8SWUGhI6CnIfRHt5zCFzHIW9Ik2ygxw%3D&reserved=0) (1 to 21 March) and celebrate amazing women on International Women’s Day on March 8. WoW will be sharing digital programmes featuring ground-breaking conversations and interactive workshops.

**Service Updates**

**The Charitable Football Club – 'Head in The Game' football programme: Thanet**

A new football programme for Thanet is committed to increasing positive mental health in men between the ages of 25 - 55.  Starting on Monday 12th April in Minster, the project will be running for the duration of 2021.  Each session combines the positive physical and mental elements of football with a weekly Talk Club session.

If you have a referral, please fill in the self-referral via this link: <https://headinthegame.co.uk/>. Participants need to register before playing.

**Pre and Post Natal Depression Awareness and Support (PANDAS) – Virtual Drop-in**

The PANDAS Foundation are offering free virtual support sessions each Thursday between 8pm and 10pm. This is a drop in call for all parents who may need a little extra support during the Covid-19 lockdown. Parents will have the opportunity to talk to others who may be experiencing similar challenges and will hopefully feel less isolated.

There is no obligation to stay for the whole two hours, and parents are free to join or leave at anytime throughout the session. Parents can book online via [Eventbrite](https://www.eventbrite.co.uk/e/pandas-central-support-call-tickets-135831003187?aff).

The [PANDAS Website](https://pandasfoundation.org.uk/) also has links to the Facebook page, which contains some short videos from Mums and Dads who have experienced Pre and PostNatal Depression, which offer hope to others.

PANDAS also operate a free telephone helpline (0808 1961 776) to parents each day between 11am and 10pm.

**Kent Community Health NHS Foundation Trust – Baby Support**

Community Health NHS Foundation Trust has published information for parents of Babies about the services on offer and how these can be accessed.

These include:

* Born to Move
* Breastfeeding Support
* Health Visiting
* Ready for Pregnancy
* Specialist Infant Feeding Service
* Video Consultation Guides

Details on how these services can be access are found on the [Frequently Asked Questions](https://www.kentcht.nhs.uk/service/kent-baby/faqs/#emotionalhealth) page on the Kent Community Health website.

## **Public Health – “One You Kent”: Weight loss support**

Maintaining a healthy weight has lots of benefits and reduces the risk of developing conditions such as heart disease, type 2 diabetes and some cancers. Through the One You Kent project [www.oneyoukent.org.uk](http://www.oneyoukent.org.uk), Advisors are available across Kent to provide free one-to-one or group support to help people lose weight, eat healthier and become more physically active. Get started today - [Fill in a referral form](https://kentcc-self.achieveservice.com/en/AchieveForms/?form_uri=sandbox-publish://AF-Process-03b8a8e2-ab38-4fc9-a833-74457399da43/AF-Stage696c8cd3-42b0-4c6b-a821-2d25a0a32499/definition.json&redirectlink=%2Fen&cancelRedirectLink=%2Fen)

and a friendly advisor will call to talk through the options in the local area.

Alternatively, there are a range of self-support tools available to help people maintain a healthy weight, such as the [NHS 12 week diet and exercise plan](https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/).

For more information on adult services see: [www.kent.gov.uk/healthyweight](http://www.kent.gov.uk/healthyweight) and for families with younger children: [www.kent.gov.uk/change4life](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.kent.gov.uk%2Fchange4life&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7C37b28cfe74ad4851489508d8df114d4c%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637504612722077796%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=w2hDcBucsj5EIovFf2J8W2b4hPkOoNvAVMbGrn1eHXY%3D&reserved=0).

**KCC Public Health Services – Services Briefing February 2021**

Please see below a briefing in relation to KCC Commissioned Public Health service delivery in light of COVID-19.

Please also refer to the website for the most up to date information under [Health](https://www.kent.gov.uk/social-care-and-health/health/coronavirus/coronavirus-service-updates).



**Beyond the Page – United Mothers Chatrooms**

This project provides free English for Speakers of Other Languages (ESOL) to all women from across Kent. Previously running three face-to-face sessions in Thanet each week, they have now taken United Mothers online as a response to Covid-19. They focus on speaking confidence and friendly support for BAME women who may be isolated during the pandemic, or just want to practise English in a small, friendly group. There are 4 groups per week and no entry criteria.

Support is available for those who lack the skills or confidence to get online.

Contact Laura Baker: admin@beyondthepage.org.uk

**The Education People – Outdoor Learning**

The Education People’s Outdoor Learning team can run their axe-throwing, archery and family (Support Bubble) fun sessions from Friday 2 April 2021 at the Bewl Water Outdoor Centre. Just in time for the Easter and Spring holiday. If you, or people you know, are looking to get outdoors to participate in a Covid-safe activity, do consider looking at the sessions at [Bewl Water Outdoor Centre](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftheeducationpeople.cinolla.com%2Fbewlwateroutdoorcentre%2Fcourses%2Fcategory%2Fhave-a-go&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7C36ec1c9a1f7d4e9621fb08d8dff7a548%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637505602547526450%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=SjMdIXtLqh%2BLw6QMAjXgZRWu2ZgygXAW1qRqEw%2F%2F5Yw%3D&reserved=0). Charges Apply.

The sessions are suitable for all aged 10+, including adults! [Axe-throwing is particularly fun](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2FTEPOutdoorLearning%2Fvideos%2F277035070081445%2F%3F__so__%3Dchannel_tab%26__rv__%3Dall_videos_card&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7C36ec1c9a1f7d4e9621fb08d8dff7a548%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637505602547536441%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=IIuLMn8OrP2egZwwFKRKCuEJKdRDEI4dFAWo9j3Eems%3D&reserved=0). Some activities are suitable for 6+. To book places visit the [Bewl Water Outdoor Centre website](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftheeducationpeople.cinolla.com%2Fbewlwateroutdoorcentre%2Fcourses%2Fcategory%2Fhave-a-go&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7C36ec1c9a1f7d4e9621fb08d8dff7a548%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637505602547546429%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=bH4VhG0LlqaoXG38ARq4SfppXcCWSp2HgSGdyWywXfg%3D&reserved=0), email bewl.water@theeducationpeople.org or call 03000 41 52 00. Please note that places are limited (due to Covid-19 restrictions) so booking is essential.

**Information and Resources**

**Government – Coronavirus Update**

The government has unveiled its [roadmap out of lockdown](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fkent.us8.list-manage.com%2Ftrack%2Fclick%3Fu%3D7efcd0bedbc1757eb8a93cce4%26id%3D2925add423%26e%3D82c04c22b6&data=04%7C01%7CJenny.hanna%40kent.gov.uk%7C5180d4f77c0e4296936508d8d9b73bd0%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637498728302117081%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=fFTUFhM%2B1ug2wQVkuqXypMcQvcankgSjO349hX09SLA%3D&reserved=0). From 8 March, all pupils in all years will be returning to the classroom, outdoor after-school sports and activities will resume, and socialising in parks and public spaces with one other person will also be allowed.

See the [KCC Coronavirus hub](https://www.kent.gov.uk/social-care-and-health/health/protect-kent-and-medway) for local information.

**Public Health – National HIV Testing: Check Your HIV Status**

Sexually active people living in Kent who feel they may be at risk of having contracted HIV are reminded they can still get tested during the pandemic using a home testing kit. The message comes from health services across Kent to promote regular HIV testing among key populations to help reduce the numbers of undiagnosed people and those diagnosed late.

To access an HIV test and for more information on services available in Kent, go to [www.kent.gov.uk/HIVtest](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.kent.gov.uk%2FHIVtest&data=04%7C01%7CJenny.Hanna%40kent.gov.uk%7Cd20425c9951343df169308d8c82f660e%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637479453219191349%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=kr8WZiA1vjF5OQJysJjZXzSFlN47RJaq4QXGKHNc514%3D&reserved=0)

**Public Health – County Lines exploitation Guidance**

Public Health England has published guidance for health professionals on protecting young people from being exploited by County Lines operations. It outlines how County Lines operations work and the wider implications with links to statistics and research. See:  [PHE Guidance](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fpublications%2Fcounty-lines-exploitation-applying-all-our-health%2Fcounty-lines-exploitation-applying-all-our-health&data=04%7C01%7CMark.Wiltshire2%40kent.gov.uk%7C4e1f9060b13a4b92d25708d8cf4a7dcb%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637487266180366981%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=YGPcbkdmDM4NWmmQHRwcmiD38bf%2BxFNyTrcIy8OylxU%3D&reserved=0).

**KCC – “Get It” scheme**

‘Get It’ is a free condom distribution scheme, funded by Kent County Council (KCC) and Medway Council for young people aged 13 to 25 to access free condoms and sexual health advice. ‘Get it’ is available online for young people over the age of 16, and in person at over 400 sites across Kent. During Covid-19 sites have been restricted to the sexual health clinics and the online service, young people can still make queries and order condoms through the [Get It website](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgetit.org.uk%2F&data=04%7C01%7CMark.Wiltshire2%40kent.gov.uk%7C7fc2137f326a4b4355c508d8cf788f77%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637487464410946453%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=HBNPaqf9fOOP5Sr%2BmLX2pafVsn4i1tslkkBeo4ibRFM%3D&reserved=0) or contact the Get It phone lines from 9am to 5pm, Monday to Friday. Currently the Get It team are offering online and pre-recorded sexual health information sessions for young people and online training for professionals to deliver the Get It scheme.

**Hollie Guard – Personal Safety App**The Hollie Guard personal safety app turns your phone into a personal safety device, which allows you to protect yourself from violence and incidents, record evidence and alerts emergency contacts of your whereabouts quickly and easily.

The free app can be downloaded into any Android phone and iphone.

Once activated it allows users to raise the alarm by shaking or tapping their phone if an emergency arises.

If you need further protect you can get Hollie Guard Extra is a personal safety app that provides real life alert notification if you’re in danger, now with 24/7 monitoring by trained security personnel. Visit: [www.hollieguard.com](http://www.hollieguard.com)

**Bright Sky – Domestic Abuse Information App**Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else. The app can be downloaded for free via the app stores. Launched in partnership with Vodafone, the app includes questionnaires to assess the safety of a relationship, plus a section on dispelling myths around domestic and sexual abuse.

The website is focused on how to spot the signs of domestic abuse, advice on how to support someone you have concerns for, and ways to find help. Both have access to a unique UK-wide directory of specialist domestic abuse support services with contact details, and nationwide helplines that are available 24/7. The app is available in 5 languages: English, Urdu, Punjabi, Polish and Welsh. Visit [www.hestia.org/brightsky](http://www.hestia.org/brightsky).

**KCC – SEND Newsletter March 2021**

Back to school special edition SEN Newsletter available [here](https://mailchi.mp/kent.gov.uk/9e7xyaldll).

**Engaging Kent CIC – newsletter February 2021**

Engaging Kent CIC Newsletter available [here](https://portal.engagingkent.co.uk/civicrm/mailing/view?reset=1&id=297).

**Social Enterprise Kent – VCSE Newsletter March 2021**

VCSE Newsletter available [here](https://mailchi.mp/c217e5809e54/sek-vcse-march-newsletter?e=8132e913cd).

**Ageless Thanet – Newsletter March 2021**

Ageless Thanet Newsletter available [here](https://mailchi.mp/f0d5a4440689/march-news-from-ageless-thanet?e=8132e913cd).

**Funding and Opportunities**

**KCC – “Crowdfund Kent” – funding for CVS organisations for local projects**

This KCC initiative, working in partnership with Spacehive, aims to help community and voluntary organisations to raise money for projects that help their local area.
KCC is injecting £500,000 into the programme, with up to a maximum of £20,000 available per project to boost fundraisers towards their funding target. The deadline to put forward ideas is 28 of April 2021.
KCC and Spacehive will be holding a launch event on 17 March.

Follow-up workshops will be held in late March and early April to discuss potential project ideas: [https://www.spacehive.com/movement/crowdfund-kent/news#](https://www.spacehive.com/movement/crowdfund-kent/news)

**KCC – Kent Together helpline**

This provides a single, convenient point of contact for anyone in the county who is in urgent need of help during the Coronavirus outbreak.

If you, or someone you know, needs urgent support during the pandemic, help is available: **Food and prescriptions**, **Financial Support**, **Wellbeing and mental health.**

It is also the place to report your concerns about the welfare of someone else – see [link](https://www.kent.gov.uk/social-care-and-health/health/protect-kent-and-medway/help-and-advice-for-residents/kent-together). Visit [kent.gov.uk/wellbeing](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fkent.us8.list-manage.com%2Ftrack%2Fclick%3Fu%3D7efcd0bedbc1757eb8a93cce4%26id%3D2902c2c0f1%26e%3D82c04c22b6&data=04%7C01%7CJenny.hanna%40kent.gov.uk%7C5180d4f77c0e4296936508d8d9b73bd0%7C3253a20dc7354bfea8b73e6ab37f5f90%7C0%7C0%7C637498728302187038%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=XzDPJ2nSGce4CXNEuzSBKlr4kIeq25dDtMgiGPQdoZk%3D&reserved=0) for great tips and support.

**Rising Sun Domestic Violence and Abuse Service – Vacancies Canterbury**

Rising Sun is currently recruiting for two new roles – Head of Income and Partnerships and Head of Children and Young People’s Services:



They will be screening applications and inviting suitable candidates to interview on a rolling basis, so advise applying early to avoid disappointment.

For further information visit their website at [www.risingsunkent.com](http://www.risingsunkent.com) and for questions about the role contact Fran at fran@risingsunkent.com or 01227 452852.

Please send completed application forms (attached) to anna@risingsunkent.com.

The closing date for Head of Income and Partnerships is 14 March 2021 and first round interviews will be held on 17/18 March 2021.

The closing date for the Head of CYP is on 7 March 2021 and first round interviews will be held on 10/11 March 2021.

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