



**NORFOLK
CARE**
CAREERS & JOBS

www.norfolkcarecareers.co.uk



Are you Proud2Care?

Enter our monthly competition for a chance to win a £25 high street shopping voucher

We want to know why you are Proud2Care! To enter, please ask your manager to email your career story. In approximately 250 words or less, we want to hear about your role along with the challenges and successes that make you our worthy Proud2Care Carer of the Month.

Email your entry to: marketing@norfolk.gov.uk along with your completed consent form (please see reverse side).

Emails must be entitled Proud2Care
Competition closes at the end of each month for entry into the following months draw.
This competition will end on 31st December 2019.
Terms and conditions apply.



Norfolk County Council

Proud2Care Competition Consent Form



Norfolk County Council want to ask for your agreement to take and use photographs / video of you and your career story for publicity purposes.

We will only use these images for promotional purposes such as promoting Norfolk County Council services or those of Norfolk Care Careers on our website, social media (Facebook, Twitter, YouTube), newsletters, display boards and in the local news media. We will store images in line with General Data Protection Regulations (GDPR), the Data Protection Act 2018 and Norfolk County Council's privacy guidelines. We will keep and use these images for a maximum of two years.

These images will **NOT** be used:

- for anything that may be viewed as negative in tone or that may cause offence, embarrassment or distress.
- in any new publication or display more than two years after the image was taken.

You will be able to view the images and your career story at any time during this period. You can withdraw your agreement for us to use images of you and your career story at any time by emailing us at marketing@norfolk.gov.uk in which case they will not be used in future publications but may continue to appear in publications already in circulation.

If you wish to give your consent please read the following and sign below:

Having read the information above, I confirm that I am over 18 and consent to the images, photographs or videos of me and my career story taken on _____ (date) being used for promotional purposes in the following media:

- Norfolk County Council website/Norfolk Care Careers website
- Social media (Facebook, Twitter, YouTube)
- Newsletters
- Display boards
- In the local news media

Your name (block capitals)	Signature
Email (block capitals)	

Training

Contributes significantly towards Subjects 1, 4, 5, 7 and 8
of the Dementia Standards Training Framework 2018

DEMENTIA DETECTIVES: Finding the person within

Day 1: Dementia – The Wider Picture
Exploring the Brain, Different Types of Dementia, Recognising the Key Characteristics
(Including Signs and Symptoms)

Day 2: Dementia - Distressed Behaviour / Communication
What to say when someone says.... What to do when someone does....

Dates:

Tuesday 30th July & Wednesday 31st July 2019
Tuesday 28th August & Wednesday 29th August 2019
Tuesday 22nd October & Wednesday 23rd October 2019
Tuesday 26th November & Wednesday 27th November 2019
Tuesday 3rd December & Wednesday 4th December 2019

Price: £57 per day or attend both days for a reduced price of £100. 8.45am – 4pm each day at The Willow Centre, Cromford, Norwich NR4 7JL. (The days are designed to be booked as a two-day workshop)

To find out more and to book your place please contact Claire Gilbert on 07584 047996 or email claire@carrita.co.uk

Events

Hello,

“Healthwatch Norfolk will be hosting their Annual General Meeting and Showcase event at The Forum, on Wednesday 17th July from 9:30am-3pm.

Our focus for the event will be "The Future of the NHS & Social Care in Norfolk" and you will be able to put your questions to a panel. The panel will include the following key Health & Social Care leaders:

- Imelda Remond, Chief Executive, Healthwatch England
- David Edwards, Chair, Healthwatch Norfolk
- Dr Louise Smith, Director of Public Health for Norfolk
- Prof. Nancy Fontaine - Chief Nurse, Norfolk & Norwich University Hospital
- Patrick Johnson - Chief Transformation Officer, Queen Elizabeth Hospital, King's Lynn

Throughout the day we will be showcasing our work in the Atrium at The Forum, together with other organisations in the health & social care sector in Norfolk. We have five spaces remaining for organisations who would like to showcase on the day; if you would like to apply for a free space, please contact: enquiries@healthwatchnorfolk.co.uk or call 01953 856029.

Please let us know if you would like to attend by signing up via Eventbrite:
<https://www.eventbrite.co.uk/e/healthwatch-norfolk-annual-general-meeting-showcase-tickets-59318660711>

This event will also be signed.”

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Many thanks,

James

James Skipper
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www.healthwatchnorfolk.co.uk

Join us at our AGM on Wednesday 17th July 2019. Book tickets [here](#)

Wellbeing Service

Dear all,

I wanted to highlight a few opportunities from the Wellbeing Service for those interested to develop their understanding of wellbeing and mental health:

- Wellbeing Champion training session – based on our Understand your mental Health 2 days course, this 90 minutes sessions is designed to encourage participants to take an active role in promoting wellbeing in their life and that of the people they live with. Suitable for volunteers and anybody else who wants to make more sense of mental health and be able to signpost effectively
- OPEN ACCESS courses - Free 2 hour sessions targeting specific areas of wellbeing delivered by Psychological Wellbeing Practitioners. This is the Open Access menu:
 1. Introduction to Mindfulness
 2. Everyday Wellbeing
 3. Wellbeing in the Workplace
 4. Successful Study

5. Wellbeing in Later life
6. Improving Sleep

There is no fixed venue: we can hold them at our base in Holland Court, or at any other Wellbeing hubs in Norfolk, or at libraries across the county. We need at least six people to run a course. For further information and to make arrangements please contact me directly on Paola.Colombo@nsft.nhs.uk

Want to feel healthier, connect with like-minded people and enjoy yourself?

If the answer is yes, Get Set to Go is for you!

Get Set to Go is a programme managed by Norfolk and Waveney Mind (former Norwich and Central Norfolk Mind) and Active Norfolk to help people with mild to moderate mental health conditions to be more active, meet others and feel better.

Get Set to go is starting a new, Pace of Mind style activity in Heartsease: a run-for-fun, set-your-own goals group led by qualified coaches with a lot of fun activities in the open air followed by a friendly get together.

Where

Heartsease Recreation Ground – meeting point outside Norfolk and Waveney Mind's office (formerly Norwich and Central Norfolk Mind), no 50 Sale Rd NR7 9TP

Dates

Taster session: Wednesday 31st July, 18.30 – 19.30

Come and meet the coaches, the volunteers and find out about Get Set to Go

Regular sessions: very Wednesday from 7th August to 30th October, 18.30 – 19.30

Please contact Paola on gstg@norfolkandwaveneymind.org.uk

