

Updates from existing Services

Advice and Guidance for separated parents

Cafcass has put together the following guidance to support children and families as the situation surrounding COVID-19 develops. We will do everything we can to help you and make sure that our service continues to run as effectively as possible. This information will be regularly updated. If the information below does not answer your questions, please get in contact with us [here](#).

<https://www.cafcass.gov.uk/grown-ups/parents-and-carers/covid-19-guidance-for-children-and-families/>

Age UK Norfolk

Information and Advice Helpline:

0300 500 1217 Open 10am-4pm Monday, Wednesday and Friday and 10am – 1pm Tuesday and Thursday (this is currently a call back service). Email advice@ageuknorfolk.org.uk

Telephone Befriending Service:

01603 785 223. Email befriending@ageuknorfolk.org.uk

Alzheimer's Society

We have suspended our home/face to face visits and groups but are still very much providing support, advice and information to people affected by dementia via the telephone and other electronic means. This number is there for any one affected by dementia.

Norfolk helpline: 01603 763556. Monday to Friday 9am to 5pm.

Outside these hours: Alzheimer's Society National Helpline is on 0300 222 1122. Monday to Wednesday 9am – 8pm. Thursday/Friday 9am – 5pm. Saturday/Sunday 10am to 4pm.

Talking Point is an online forum for everyone who is affected by dementia, open 24 hours a day. <https://www.alzheimers.org.uk/get-support/talking-point-our-online-community>

Angels of Kings Lynn

Group to give local information to those who live in/around King's Lynn, and how the local community can support and look out for each if anyone has symptoms or are in quarantine. Local businesses who will deliver goods to households eg butchers, green grocers, bakery's, chemists, Gin makers, restaurant owners etc. If you are able to do this, please post with a link to your page and telephone number and what radius you are willing to deliver so it can be passed on those who are not on social media. Volunteers to make-up and/or deliver hampers please let us know! We will post drop off points for donations of food, toilet rolls, nappies and other essentials! TIA This SUB-group headed by Tash Wilson & Jackie McIntyre Haverson please tag their name with your posts so that they see them.'

<https://www.facebook.com/groups/522099232047756/>

ASD Helping Hands

We aren't able to support you Face to Face, but we can support you with the power of technology!!!

Virtual Support Group: Saturday Mornings: 10:00am - 11:00am on Facebook

Live Chat: Monday to Saturday: 9am to 9pm through our [website](#) live chat.

Baby Basic West Norfolk

Baby Basics West Norfolk support for referrals is continuing as normal, so please do keep your referrals coming in and we will work in the same way to support you all and ensure no mums in need go without. Please note:

- our drop-off points are still open,
- we are unable to accept **any** second-hand items of donations including clothing/ bedding – please keep donations until restrictions are lifted.
- Brand new donations of clothing and nappies, wipes, toiletries, maternity pads and breast pads are very welcome.

Professionals can refer mums currently in need of nappies (of any size) or baby wipes who cannot access them. Please ask your professional to contact us and we will pack a bag and leave them in the back of St Nicholas church at Dersingham for the professional to collect (with a name on). This will be of course whilst we have the stock.

British Red Cross Mobility Aids

Revised opening hours for Mobility Aids Service across three outlets in Norfolk.

Norfolk Coastal Centre Gorleston - Monday, Wednesday and Friday from 10:00am to 4:00pm We will continue to offer a delivery service on these days too. 01493 663626

Norwich – Open three days a week from 10:30 to 4:00pm. Offering a delivery service on Tuesday and Thursday 01603 253403

Kings Lynn – Monday, Wednesday and Friday from 10:00am to 4:00pm. 01553 766969 or call 0300456 1914 Option 3

We will continue to review the situation and update you with any future changes.

Broadland Housing Association

Office is closed to the public. For *urgent* enquiries, contact 0303 303 0003 / www.broadlandgroup.org

To speak with me directly, please email or call 01603 750135 during the following times:

Tue: 9am - 3.30pm **Wed:** 9am - 2.30pm **Thur:** 9am - 2.30pm

Helen Brodowski, Neighbourhood Officer. helen.brodowski@broadlandgroup.org

Carers Matter

Open for carers (both adult and young carers) to access and still receiving referrals. 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.

In response to COVID19 we are increasing the number of carers we contact directly and the frequency and channels by which we contact them. Carers who already have access will be offered regular calls during this time. Also identifying/contacting carers who look after 'at risk' groups and those more 'at risk' themselves. For further details, please read the full [Service Delivery Update for CMN Adult Carers during COVID-19](#).

For regular updates, please follow Carers Matter Norfolk on [Facebook](#) and [Twitter](#) and visit the [Carers Matter Norfolk](#) website or call the Advice Line on 0800 083 1148.

Community Support Service – Homegroup

Supports customer to prevent homelessness. Open for referrals. Currently all colleagues are working at home and contacting customers by phone but if you do have a customer with a housing concern please email Tracey.Baker@homegroup.org.uk.

Coordinated Crisis Support Programme

Here's a brief update on the Coordinated Crisis Support programme in Norfolk:

The CCS team are seeking to support local partners to respond to CV-19 over the coming weeks. If any VCS organisations supporting those in financial crisis are struggling to deliver or changing their offer in response to the pandemic, we are keen to engage with a view to supporting with resource wherever we can.

Please do encourage people to contact Julia with any queries or ideas.

Julia David CCS Programmer Officer

Julia.David@childrenssociety.org.uk ccs@childrenssociety.org.uk 07710396073

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

Downham Market & Surrounding Area -Mutual Aid Covid-19

If you are unable to leave your home because of C-19 and need help we are here for you. We're a group of local residents supporting the community we live in and to ensure nobody is left isolated or without support. We don't ask for anything in return we just believe in helping each other in a time of difficulty. We're your Local neighbours and not a professional body. If you need support, we can offer help within reason in ways we can also stay safe: arranging deliveries, picking up shopping and medication, a friendly phone call, topping up electric or gas key, posting mail, urgent supplies etc.

Call or text 07943 682216 or visit our Facebook page:

www.facebook.com/Covid-19mutualaidfordownhammarket

If you wish to volunteer, please message or email downhammarketmutualaid@gmail.com

Please leave the phone line clear for people who need help.

Early Childhood & Family Service (ECFS)

Our bases in West Norfolk are now unmanned. We are looking at alternate ways of providing information digitally including video clips. At present, the ECFS bases will remain open but with minimal numbers of staff.

We would really value working together with you during this period to co-ordinate our response to supporting families. Please feel welcome to contact us with your suggestions about the best way that we can keep in touch with you and co-ordinate support to families. To safely minimize the number of contacts families are having with professionals, whilst ensuring that they receive a good level of support, it would be helpful if we could co-ordinate our resources around home visiting.

If families need support or if they are in financial hardship due to Coronavirus, please refer them to ECFS as normal or ask the family to visit our [website](#) and use the 'Green Button' to contact us, or email ecfs-families@actionforchildren.org.uk, or ring 0344 800 8020 to speak to one of our team.

District Councils

Looking for information in the district you work/live in, in relation to Coronavirus? Don't forget your district council website, which includes lots of resources.

Norwich city council <https://www.norwich.gov.uk/coronavirus>

North Norfolk district council <https://www.north-norfolk.gov.uk/tasks/projects/coronavirus/>

Great Yarmouth Council <https://www.great-yarmouth.gov.uk/coronavirus>

South Norfolk Council <https://www.south-norfolk.gov.uk/residents/communities/coronavirus>

Breckland District Council <https://www.breckland.gov.uk/service-updates>

Broadland District Council <https://www.broadland.gov.uk/coronavirus>

West Norfolk and King's Lynn District Council <https://www.west-norfolk.gov.uk/coronavirus>

Easy Read Coronavirus Resources

Here are some helpful general resources about coronavirus (covid-19) which have been produced to support people with a learning disability and their families and carers – please share as appropriate:

- Latest [Public Health England \(PHE\) guidance](#)
- [Hand Washing Rap Video](#) guide to handwashing from the Purple All Stars
- [Easy Read information](#) from Photosymbols

FamilyLine

A free helpline to all family members over the age of 18 across England and Wales (those under 18 will be referred to the relevant services required). Provides Helpline, Befriending and Counselling support via telephone, email and text message.

Monday to Friday – 9am to 3pm and then 6pm to 9pm. (Text crisis line will operate outside of these times including weekends and Bank Holidays).

Contact: 0808 802 6666

Text: 07537 404 282

Email/web: familyline@family-action.org.uk www.family-action.org.uk/familyline

Forward Day Centre, Kings Lynn is closed. Email Steve.fuller@forwarddc.org.uk to set up contact for anyone who regularly used the centre, although they are contacting those whose details they have.

GamCare - support for people affected by gambling-related harm – www.gamcare.org.uk

In light of recent developments, we understand that many of our partner agencies and service users will be worried and concerned about COVID-19 (Coronavirus). We appreciate that these are unusual times and, for some people, coping with the stress of this situation and self-isolation may increase urges to gamble. Please be assured that our services are still OPEN, and we continue to offer both telephone support and online services.

The National Gambling Helpline is open 24 hours every day on Freephone 0808 80 20 133, and all new assessments for clients across our network will be held over the phone. Our face-to-face Outreach Work is currently suspended, but we can offer free, live, online 1 to 1.5-hour awareness-raising sessions via Zoom, so individual staff can log on from wherever they are, using a laptop, tablet or mobile phone. For more information, contact Polly Johnson on 07397 224948 or polly.johnson@gamcare.org.uk

Hanseatic Union

Esol sessions continuing on Skype. Contact Hanseatic Union on Skype or fb message Hansos Unija for more info. Kids club cancelled but Skype sessions available in holidays - email julie.hanseatic@gmail.com.

LILY

Lily Directory - COVID-19 - <http://asklily.org.uk/kb5/westnorfolk/cd/service.page?id=iFG4fxGv944>
West Norfolk CG - Swaffham seeking community groups to go on list.

The Lily online directory is to help people (public and professionals) easily find a wide range of information, ideas and resources. Our 'normal' directory contains over 3,000 listings about events, activities and local services. It was unrealistic to change all of these to reflect the current situation so as a result, most of these are inaccurate. To compensate we have created a number of new pages - these can now be found by clicking on the new banner on the home page. These include: Service updates - Staying active - Food, nutrition and diet - Activities to do at home - Children and family activities - Useful websites and apps – Volunteering – Finances - How to (useful links) - Local delivery services – Scams - Staying safe.

If you have any other information to add to the website please email asklily@west-Norfolk.gov.uk. There is so much emerging, it is a challenge to keep on top of it.

MAP Advice Line

For young people aged 11-25 throughout Norfolk

MAP is here for young people. We're providing a free phone advice line and email advice service for young people across Norfolk.

0800 0744454

advice@map.uk.net

Open 10.30 am – 5.30 pm Monday to Friday (except bank holidays)

If you live in Norfolk, are aged 11-25, please call or email us if you:

- Need food
- Are worried about money and debt
- Need advice about housing or benefits
- Don't know where to get help for other problems or worries

Our team of expert advisers will be there to help. It's free and confidential. We will listen to what you have to say. We will not judge you. To find out about all the things we provide advice and support on go to www.map.uk.net.

Matthew Project

Matthew Project continues to support members and service users, but in different ways. Our offices and the Next Steps Centre are temporarily closed. 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 is open office hours Monday to Friday on 0800 970 4866 for professionals, young people and their families. **Referrals:** 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 also connected with via closed social media groups. **Referrals:** 01603 981686 / 07741 297712 / email nextsteps@matthewproject.org /contact us section on our website.

Youth and families services. Our work continues in supporting 13–18 year-olds with their mental health and wellbeing in West Norfolk. **Referrals:** susan.campbell@matthewproject.org
We continue to support 16 to 24 year olds, to help with **smoking cessation** by phone or on-line. **Contact** gina.summerskill@matthewproject.org

Our preventative education in substance misuse is not live yet but we are working towards an online offer.

For updates re our **social prescribing service** visit our partners, Community Action Norfolk, at www.communityactionnorfolk.org.uk

Outside the Wire. Outside the Wire are continuing to support our clients, albeit through telephone calls only. **Referrals:** outsidethewire@matthewproject.org

On Track. On Track continues to support 16-24-year-olds in Norfolk into education, employment and training, by phone and online training and positive activities. **Referrals:** 07770 610215 contact@ontracknorfolk.org or visit www.ontracknorfolk.org

Mpower

I am currently working remotely from home on a flexi basis due to my children being at home. I am happy to take on new service users that are experiencing anxieties surrounding covid-19 especially if this is affecting their child. Contact Jasmine Watts Practitioner 07890 587046 Ormiston Families.

Musical Keys

Following updated official advice, we have now suspended all of our public sessions. For the time being some sessions are still being run for clients, but the host institutions are keeping their positions under constant review. If you attend - or are responsible for someone who attends - one of those sessions, please contact the setting if you have any concerns. You can also see our latest information on our [website](#) here.

If you are concerned, or have an urgent enquiry, please contact me on 07449 706215.

Ed Maxfield, Chief Executive, Musical Keys Specialists in disability and creativity, Martineau Memorial Hall, 21 Colegate, Norwich NR3 1BN. Tel 01603 766690.

National Autistic Society West Norfolk Branch

NAS west Norfolk branch have a very active public Facebook page we are posting lots of information on If that also helps

And anyone can email in naswestnorfolkbranch@nas.org.uk for more information if they need support during this time .

Nelson's Journey

This bereavement service for children and young people has had to **temporarily** lay off the majority of its staff with immediate effect, but does online resources for someone in need of such support at www.nelsonsjourney.org.uk or via their social media channels. They will keep this updated with information the young people may find useful. They also recommend that children and young people (aged over 13 years or younger with parental supervision) download their smartphone app called Smiles & Tears. This offers interactive activities to help them remember the person who died.

Norfolk Citizens Advice

Broad range of advice including benefit checks and applying for Universal Credit.

03444 111444. For Universal Credit 'Help to Claim' contact 0800 1448444.

www.ncab.org.uk and click 'email advice'. Webchat available via website.

@NorfolkCAB (facebook) @CAB_Norfolk (twitter)

Diss and Thetford: dissadviser@cadat.org.uk advice.thetford@cadat.org.uk @DissThetfordCA

Norfolk Community Law Service

Offers free, confidential and independent legal advice to people in Norfolk who might not otherwise be able to access legal assistance.

Areas include: employment law, family law, general law, discrimination, domestic abuse, debt, immigration and welfare benefits (appeals and tribunals only). Does not advise on criminal law (unless relating to Domestic Abuse).

01603 496623 or 07900 153753. Mobile also uses WhatsApp.

info@ncls.co.uk @NCLawService (twitter) @NorfolkCLS (Facebook)

Norfolk Coronavirus Support Group has been set up by Community Action Norfolk:

This group has been created for those living in Norfolk to support those in isolation and need help or support. We must all work together to pull through this. I need some admins to help me moderate the group, please reach out. Thanks'

https://www.facebook.com/groups/221461955714083/?ref=pages_groups_card&source_id=318098768401280

Norfolk Music Hub

Updated regularly. Get in touch if you would like any assistance with creating any music resources.

<https://www.norfolkmusic hub.org.uk/site/about-the-hub/resources-for-schools/learning-resources/>

Norfolk Portage

Updated daily with activities, sensory ideas, stories and songs for children with SEND 0-5 years.

<https://www.facebook.com/Norfolk-Portage-Service-1009022632441587/>

North Lynn Methodist Church

Last week, we were very busy, making sure the large number of elderly folk in our churches were ok. We have a team of about 10 people who are ready and willing to do shopping for others so any agencies needing help for specific families in the North Lynn or Kings Lynn areas, please contact me on 01553 379142. I will deal with the money side of things (obviously cash only, and I will wear my dog collar so people know its genuine) but then I will share out the shopping itself.

Becca Phillips

Police - Operational Partnership Team West Norfolk

Please can you keep us informed of any community tensions or arising issues that are likely to affect the wider community that you are experiencing or noticing as a result of the Corona Pandemic, or any info from within your organisations that you feel we may find useful. This will help us to react swiftly before any issues have bigger consequences.

There will be a daily email to keep us up-to date with Policing issues, please reply to the OPT mailbox: kingslynnopt@norfolk.pnn.police.uk

There is no need to respond if you don't have anything to report.

We will of course share any relevant info we have with your organisations too. Your assistance with this is appreciated. If an organisation has been left off the list, please forward the email on and let us know so we can add them to the distribution list.

Princes Trust

As the government has made the decision to close Schools and local services, except for those considered 'key workers', we wanted to say The Prince's Trust is opening its educational resources for all youth services that provide educational support to YP across Norfolk and Suffolk. The Prince's Trust offers a fully accredited Personal Development and Employability programme to 11-19-year olds, at levels Entry 3 to level 2.

We know the next few weeks or months may bring challenges within Schools to help engage YP with flexible education alternatives, so please feel free to access our resources for free.

If your School, or youth service, has students looking to engage in our provision, we would just require a profile form to be completed and returned to us digitally. Please contact achieve@princes-trust.org.uk No School or learner is expected to complete the formal qualification; however this could be an option retrospectively if you were interested. If you are remaining open and looking for educational resources for your students, please feel free to contact me directly peter.hennessey@princes-trust.org.uk and we will aim to provide you with access within 1 working day.

We have created some easy-to-follow WORD documents which can be emailed to learners for completing whilst at home or in school. This work can be completed online or printed off and completed by hand. Once completed, it can be emailed back to the teacher or The Prince's Trust for review. We have so far adapted 4 modules into this format:

- Interpersonal Skills
- Managing Money
- Personal Project
- Planning for Personal Development

NOTE: If a student completes any 2 of these units, they could be submitted for an accredited Level 1 Award from The Prince's Trust.

We will continue to convert more modules, but these seemed most appropriate whilst in isolation. We would encourage teachers and learners to use the internet and books to complete the work in. Let me know if you would like to start sending these to your learners and I will forward the modules to you.

Prospects

I am still providing the usual support service for Prospects, but this is being provided via telephone support only. I am still accepting referrals from any agencies.

Gary.Murray@prospects.co.uk M: 07702 877341

Youth Support Worker – King's Lynn and West Norfolk

See Something – Hear Something – Say Something Campaign run by NSCP and NCC. These are difficult times and families are under huge amounts of pressure – we are here to help. If you hear something or see something that makes you feel worried about a child living nearby, please **let us know on 0344 800 8020**, or dial 999 in an emergency. Help us to keep Norfolk's Children safe. You can help spread the message by using @NorfolkLSCP on Twitter.

SSAFA Norfolk

SSAFA Norfolk Office: Until further notice, the office will not be manned on a regular basis. The answerphone message will ask callers to email or leave a short message. We have also included contact details for Veterans Gateway and Forcesline. The answerphone and email will be monitored regularly, and the post checked at least weekly.

St Faith's Church Gaywood

St Faith's Church are working with local supermarkets to create "Essentials Bundles" to support the people of Gaywood;- to deliver to people who are struggling because they can't get to the shops and who do not have the support they need for whatever reason.

We are always on the lookout for any donations of food or hygiene items and if there is anyone out there who would like to join in with the deliveries, we would love to hear from them. Reverend Canon Julie Boyd, Rector for St Faith's Church, Gaywood, King's Lynn, PE30 4DZ. boydjuliem@aol.com (01553) 770952

Swan Youth Project Downham Market

We are still here for all young people aged 8-18 in our area. We can currently offer: 1:1 Sessions online or by phone (subject to need and demand); 'Check-in' calls to young people; Instagram live sport sessions; WhatsApp small groups for peer support; Princes Trust Achieve Programme – online. Please check out our social media for regular updates for days and times available:

Facebook: theswanproject1

Instagram: dmswanyouthproject

Twitter: DMSwanYouth

Thurlow House

CFYP at Thurlow House have suspended face to face contact with services user until further notice. Obviously will give updates as and when things change. We will still be running a duty service to give telephone support for critical cases on the Thurlow House number.

Trading Standards

Trading Standards will continue to issue alerts through our email service/social media channels of any scams or information we receive so this can be shared within communities. To see our recent alerts and subscribe to our emails visit www.norfolk.gov.uk/scams To find us on Facebook visit www.facebook.com/norfolktradingstandards To like us on Twitter visit twitter.com/NorfolkCCTS You can report scams you receive to us, via our partners, the Citizens Advice consumer helpline on freephone **0808 223 1133** or through their [online reporting form](#)

We are also recommending that everyone completes the quick and simple **Friends Against Scams** online training to better understand and spot scams. You can find out more and access the training at www.norfolk.gov.uk/friendsagainstscams and become more scam aware.

Volunteer to support Covid-19 Response

Voluntary Norfolk, Momentum and Community Action Norfolk are working with Norfolk County Council and local health providers to recruit volunteers for a county wide effort to respond to the Coronavirus (Covid-19) crisis.

We are particularly keen to hear from people who have the skills to volunteer in health and social care roles, which have been identified as priority areas and those people who have current DBS checks.

After you submit your details, you will receive a call back in due course from a member of our Covid-19 Volunteering Response Team to discuss what you can offer, what volunteers are needed in your local area and the next steps. Please be aware that this may take a bit of time as we coordinate our efforts with our partners. As you can imagine there has been an amazing response from the public offering their time and commitment, with over 1200 people registering to volunteer in the past week, so we will be working our way through everyone's registration as quickly as we can, but it might take us a few days to get back to you.

Please also note that volunteers must be over 18 and children should not accompany adults who are undertaking volunteering activities.

[Register Now](#)

Safeguarding adult's advice for Coronavirus volunteers: [Click here for NSAB's COVID-19 page](#)

West Norfolk Carers

West Norfolk Carers are still here for telephone support, we are running Zoom online meetings for our young carers and young adult carers and support on our Facebook groups, we are still taking referrals for all unpaid carers and families and we will support them by telephone, we can signpost to volunteers who can help with shopping, prescriptions etc.

www.westnorfolkcarers.org.uk

Telephone 01553 768155

info@westnorfolkcarers.org.uk

West Norfolk Childminders

One of our West Norfolk Childminders, Zowie Bishop Saunders, has been in touch. She has just done her first "Facebook live" with 4 of her families. The new "Community Spirit Stay and Play" group, which Zowie also runs, has recently been awarded Early Childhood Community Funding. She has also set up

a YouTube channel with lots of ideas and activities for all families including those attending the Parent and Toddler group.

Check out her Community Spirit session at

<https://www.youtube.com/channel/UCpJcHkICxWsmYAwNAT9MKXw>

Woodlands Community Spirit - YouTube

Day-care, and stay and play learning through play with the Reggio Emilia philosophy

www.youtube.com

West Norfolk Help Hub

West Norfolk Help Hub Multi-Agency Conference Call Meetings are **cancelled until further notice**.

The Help Hub will remain open to receiving referrals, but these will be dealt with on a priority basis and I will coordinate the appropriate support for the case independently, between myself and the referrer.

As a BCKLWN employee I am continuing my role as a coordinator by supporting the running of our 'Community Hub' which involves organising assistance to those in isolation that require food, medicine and other necessities.

The service is now fully operational so **if you know someone in isolation who needs help, please contact Norfolk County Council on 0344 800 8020 (option 5)**

Further information on what we are doing can be found on <https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus/community-support-for-people-at-home/help-with-home-food-and-finances/help-if-you-are-self-isolating>

Amy Attlesey, West Norfolk Help Hub Coordinator

Wonder+ Project

St Giles Trust remain open and are still accepting referrals into the Wonder+ project for those that meet the eligibility criteria (Women offenders and those at risk of offending in Norfolk). We are now being advised to work from home where possible and avoid social contact, therefore, NO face to face client interventions will be taking place, but we will be offering phone support/video calls to clients who have the technology to accept these types of calls.

Email Wonderplus@sgt.cjsm.net - Phone 01603 3228881 - Monday to Friday 10:00am- 4:30pm.

Young Norfolk Writing Competition

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](#)

Individual prizes - Mentoring opportunities - 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.

Entrants 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.

[Submit your entry now](#)

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 or call 01603 877177.