



## YOUR VOICE IN NORFOLK NEWSLETTER

of  
Norfolk Older People's Strategic  
Partnership (NOPSP)

April 2024- Edition 56

### **Word from the Chair**

The start of the switchover to a digital telephone system should start this month. In March we sent out information from BT on how they plan to go about the switch. They told us that their initial letters would be going out to customers in April; please read them, spread the news that they are important and go to an event if you can. At our last partnership meeting colleagues told us that Virgin, one of the five other telephone suppliers, is working differently. We've been in touch with them and we're sending them our Frequently Asked Questions too. But please, if a member of your family, a friend, or a person you support is frail, uses telecare – any form of support that requires the use of a telephone connection – or has no mobile phone or internet connection, make sure that they or someone else informs their telephone supplier of their situation.

I told you last month that we planned to select market towns and their surrounding areas where we could carry out research on the needs of older people. Since then, the news from the Integrated Care Board (ICB) is that their place boards are starting to work more closely with the health and wellbeing partnerships in the districts and to set joint priorities, so our timing looks to be right. Armed with statistics and maps of areas with older populations and health inequalities we've started to refine our lists of potential towns.

Our work with district councils, voluntary organisations, and providers in the statutory sector across the county has paid off. In West Norfolk we've chosen King's Lynn and the Heacham / Hunstanton area because of the range of people and organisations already working there. In Great Yarmouth we're rebuilding links with the former Older People's Forum. North Norfolk is more difficult because it's so big; there are quite a few options and I'm still exploring. I'm now talking to potential partners from across the county who can help take the work forward.

A Happy Easter to you all.

Best wishes,

Mary Ledgard, NOPSP Chair (Interim)

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- Friends Against Scams - National Trading Standards (NTS) Scams Team Practitioner E-Learning
- Brain Injury Research Events – Headway & UEA

### **Norwich**

- Norfolk County Council – Big Indie Read
- Dying Matters 2nd May 2024
- Save the Date: Advance Care Planning Conference
- NCAN – Partnership Meetings
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- Priscilla Bacon Hospice Charity – Backstage Tour of the Warehouse

- MS Society - Event Invitation

## **North**

- North Walsham Big Bash

## **West Norfolk**

- Family Fun Day

## **Spotlight on Snettisham**

The next Norfolk Older People's Strategic Partnership (NOPSP) meeting will be on

Thursday 20th June 2024, 10am to 1.30pm

Aldiss Park Norwich Road Dereham Norfolk NR20 3PX

Further information to follow in due course!

The last NOPSP meeting in March was well received and we were fortunate to have some excellent speakers once again, on really interesting and important subjects.



If you attended, please do feedback on the event if you haven't already- <https://forms.office.com/e/qfDUHpPV4p?origin=lprLink>



**Health**

**and care**

## **National and Norfolk**

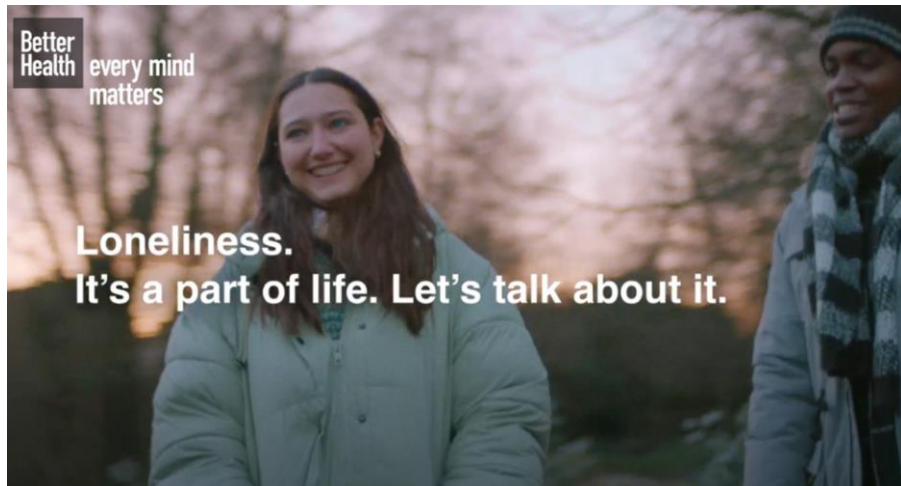


### **Cancer Patients Collaborate with NHS to Launch New Support Toolkit**

People in Norfolk and Waveney living with cancer have collaborated with the NHS to develop a new resource to support others diagnosed with cancer in the future. The Norfolk and Waveney Cancer Information Toolkit has been launched on 6 March by NHS Norfolk and Waveney Integrated Care Board (ICB) and brings together information for people at different stages of their cancer journey, whether they suspect they might have cancer, diagnosis, treatment and support.

The toolkit can be downloaded here – [improvinglivesnw.org.uk/cancertoolkit](https://improvinglivesnw.org.uk/cancertoolkit) If anyone would like the toolkit in alternative languages or formats, please email: [nwicb.cancerprogramme@nhs.net](mailto:nwicb.cancerprogramme@nhs.net) If you suspect you may have symptoms of cancer or would like to discuss any concerns, please contact your GP practice team. For more information, visit: <https://improvinglivesnw.org.uk/our-work/healthier-communities/cancer/>

<https://improvinglivesnw.org.uk/cancer-patients-collaborate-with-nhs-to-launch-new-support-toolkit/>



### **Loneliness. It's a Part of Life. Let's Talk About it.**

We are all affected by loneliness at times in our lives. The Better Health - Every Mind Matters Loneliness campaign aims to normalise feelings of loneliness to reduce the stigma, so people feel able to seek help and support. We are all affected by loneliness at times in our lives. Everyone should know they are not alone, and help is available.

<https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/>



### **Get Started on Preventative Hay Fever Medicines Now so They're Ready When you Need Them**

Did you know it can take up to two months for many of the preventative hay fever medicines to become fully effective? That's why NHS Norfolk and Waveney is urging people who are usually affected by hayfever to start taking their preventative hay fever medicines now to help build up their effectiveness for when the pollen count rises this month and into the spring. Hay fever affects one in four people in the UK

and is an allergic reaction to pollen. It's usually worse between March and September, especially when it is warm, humid and windy causing the pollen count to be higher. Symptoms of hay fever can be quite uncomfortable and include sneezing and coughing, itchy, red or watery eyes, loss of smell, headaches and tiredness.

If people require further advice around hay fever, pharmacists are well placed to offer advice if someone is struggling with managing their symptoms. Find out more about services you can get at your local pharmacy -

<https://improvinglivesnw.org.uk/our-work/healthier-communities/primary-care-services/pharmacy-services/>



### **Charging Ahead to Support Patients and Visitors**

Whether you are a patient or a relative, being able to communicate with loved ones is so important, keeping them updated on news, treatments, and developments. The Queen Elizabeth Hospital, King's Lynn now has a dozen mobile phone charging shelves installed in key areas around the site, from the main reception area, waiting areas, outpatients, and the emergency department.

Thanks to a £3,600 investment from the League of Friends, patients and visitors can make use of the wall mounted Crable shelves. Each one can charge up to eight devices at once through wireless chargers, USB ports and plug sockets.

<https://qehklmediahub.com/2024/02/22/charging-ahead-to-support-patients-and-visitors/>



**Healthwatch England**



Sponsored · 

The dentist care recovery plan has been published. The plan recognises that your ability to get NHS dental care has been difficult, particularly since the pandemic.

The plan proposes a variety of initiatives:

- A 'new patient payment' will be paid to dentists for every new person they see on the NHS that hasn't visited in two years
- New mobile dental vans will see and treat people in 12 remote areas.
- A £20k 'golden hello' payment will be offered to 240 dentists to work in 'dental
- An increase in the minimum amount of payment all dentists get for NHS work.

Check out how this might affect you.

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**healthwatch**

Are you struggling to find an NHS dentist?

The new dental recovery plan might help you get the dental care you need.



<https://www.healthwatch.co.uk/advice-and-information/2024-02-21/what-new-dental-recovery-plan-means-you>

**Reed Wellbeing**

**Specialist Smoking Cessation Service – New Provider**

Reed Wellbeing are the new provider for Smokefree Norfolk, Specialist Stop Smoking Service.

Reed Wellbeing will be focussed on providing structured, community-based support for those from priority population groups across Norfolk to stop smoking. The new service will accept patients from 2nd April 2024-

- Telephone: 0800 085 4113
- Email: [smokefree.norfolk@nhs.net](mailto:smokefree.norfolk@nhs.net)
- Website: [www.smokefreenorfolk.co.uk](http://www.smokefreenorfolk.co.uk)

Waveney residents will be supported via the stop smoking service “Feel good Suffolk,” for more information please visit Stop smoking – Feel Good Suffolk. Norfolk County Council are currently working with the ICB to develop NHS LTP pathways that cover Norfolk and Waveney, including the Maternity and SMI pathways.

[www.smokefreenorfolk.co.uk](http://www.smokefreenorfolk.co.uk)

**Information**

**and advice**





**Norfolk**  
County Council

## **Scam alerts:**

### **Telephone Cold Calls Claiming to be from 'Amazon'**

Trading Standards are again warning residents to be on their guard for telephone cold calls claiming to be from 'Amazon'. They continue to receive reports from Norfolk residents of recorded message calls claiming to be from Amazon. Previously these have included that:

- 'An order of £700 has place for an iPhone, if this isn't you, please press 1
- 'A payment of £79.99 has been taken to renew your Amazon Prime subscription'; the call then states you can 'press 1 to cancel the payment'
- 'A purchase costing £300 has been made on your Amazon account'; the call then states you can 'press 1 if you did not make this purchase'
- '£1,000 has been charged to your Amazon account'; the call then states you can 'press 1 to speak to the Amazon fraud team'
- 'You are required to make a payment of £399 to your Amazon account'; the call then states you can 'press 1 to speak to an advisor'

Where residents have interacted with the call, they have then been connected to a person who attempts to gather personal, account or financial details. These calls are a scam and are not connected with Amazon in any way. If you receive this or a similar call our advice is do not interact with the call and hang up. Amazon have put together some helpful tips on how to identify if a phone call is from them. This information can be found on the Amazon website -

<https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=G4YFYCCNUSENA23B>

If you have received a telephone cold call which you believe to be a scam you can report it via the Citizens Advice consumer helpline on freephone **0808 223 1133**.

## **Fake Parcel Delivery Text Messages**

Trading Standards are continuing to warn residents about text messages claiming to be from parcel delivery companies stating they are unable to deliver an item.

Recent examples have included messages claiming to be from Royal Mail stating a package has 'arrived at the warehouse' but it 'cannot be delivered' due to 'incorrect address information'. The message goes on to say that the recipient needs to confirm address information 'within 12 hours' via an included link. These messages are sent by criminals who have created fake website to look like the genuine ones, with the same branding, layout, and font choices. These are used to gather personal and financial information or take payments.

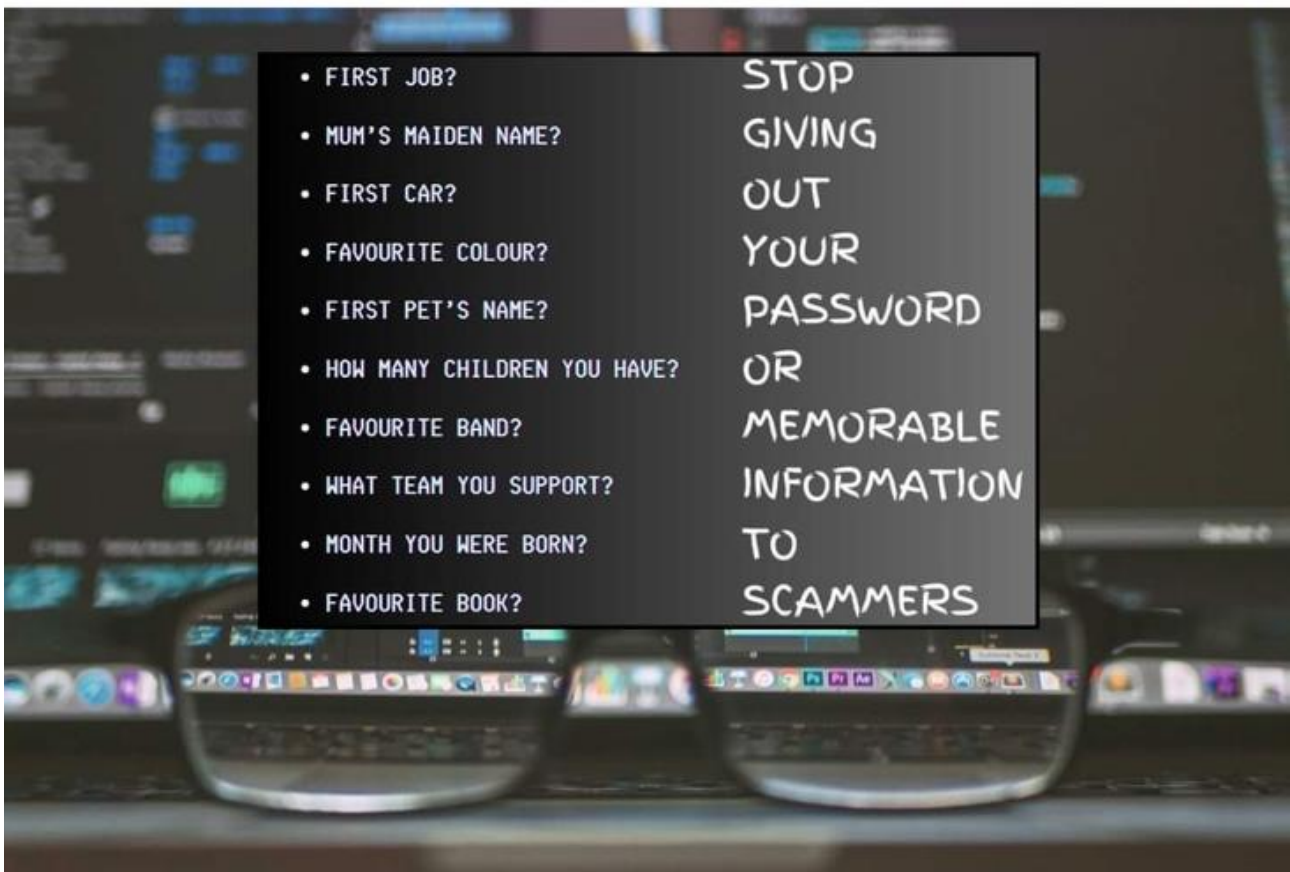
If you receive one of these messages **do not click on any links**. Suspicious or scam text messages can be reported by forwarding the message to **7726**. More information on this free reporting service and how to forward messages from your device is available on the Ofcom website - <https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/scams/7726-reporting-scam-texts-and-calls>

If you think you have interacted with a scam message and provided scammers with your financial details you should contact your bank immediately on a number you know to be correct, such as the one on the back of your bank card. You can also report scams received via Citizens Advice Consumer Service on **freephone 0808 223 1133**.

### Social Media Quizzes

Be careful about the information you give away on social media, especially when completing surveys and quizzes.

These quizzes might seem like harmless fun but they could put you at risk of identity theft. The information you give away can help scammers to build a bigger picture about you.



<https://www.norfolk.gov.uk/43304>

## NCC FREE digital skills training for VCSEs & beneficiaries



[digital.wings.uk.barclays](https://digital.wings.uk.barclays)

Transform lives with technology:  
Become a Digital Champion today

Norfolk County Council is promoting **free** courses to VCSEs, as well as the people they support. There's something for everyone, from complete beginners to those who wish to help others develop digital skills.

**Learn My Way** has bite-sized topics suitable for beginners that have no or low digital skills, allowing everyone to benefit from using digital devices & accessing online services. You can try out some learning out before registering, sign up straightaway or simply pop into a library and they can help get you started.

**Barclays Digital Champion programme** is a way to build & develop digital skills within organisations and communities, helping people get the most from tech. If you, your team or volunteers are interested in helping others with their online skills, register here with the code NWC.

Learn My Way link - <https://www.goodthingsfoundation.org/what-we-do/learn-my-way/>

Barclays Digital Champion Programme -

<https://digital.wings.uk.barclays/barclaysdigitalchampions/>

Register here - <https://digital.wings.uk.barclays/register?code=NWC>



NORFOLK COMMUNITY  
SAFETY PARTNERSHIP

## SERIOUS VIOLENCE DUTY

### Serious Violence Duty engagement events

The Serious Violence Duty Team invite members of the public to find out more about the Home Office's new Serious Violence Duty and the partnership response in Norfolk. Tackling serious violence is a key priority for our Community Safety Partnership. Multiple open events are being held to enable people to share their views on Norfolk's Serious Violence Duty strategy as it's developing and to find out more about the Norfolk Community Safety Partnership. This input will ensure voices of the community inform the partnership response to the serious violence duty.

Dates confirmed at present:

- **Kings Lynn Library: 9th April, 11.30–14.00 and 12th April 14.00–16.00**
- **Mile Cross Library: 10th April, 12.00–14.00 and 15th May 2024, 17.00–19.00**
- **Riversdale Centre, Thetford: 22nd April, 9.30–11.00**
- **Phoenix Centre, Norwich: 30th April, 12.00–14.00 and 14th May 12.00–14.00**
- **Abbey Neighbourhood Centre, Thetford: 1st May, 15.30-16.30**
- **Thetford Methodist Church: 7th May, 10.00–12.00**
- **Thetford Library: 13th May, 10.45-12.00 and 17th May, 11.00–13.00**
- **Benjamin Foundation, Thetford: Parents drop in: 28th May, 11.00–13.00**

Other engagement is taking place throughout March, April and May, with agencies and service users in the form of closed focus groups. If you know of an agency that would like to be involved, please contact

[sherie.brown@norfolk.police.uk](mailto:sherie.brown@norfolk.police.uk)



### **Advocacy Survey**

The aim of this survey is to gather information on what people in Norfolk know and think about advocacy. It has been created by the Norfolk Advocacy Partnership (NAP). The data gathered will be compiled into a report with the aim to improve the quality and accessibility of advocacy services in Norfolk. This survey is completely anonymous. No questions are mandatory. Detailed responses are appreciated but not necessary.

**Closing date of 30<sup>th</sup> April 2024.**

<https://www.norfolkadvocacy.org.uk/advocacy-survey>

<https://forms.office.com/Pages/ResponsePage.aspx?id=VwLBBetFyEq31fFeWotOac820UHvyZFuAVImCqWJeBURDdMOUEwNFM4UUJBNkMxMEFRS1BRREdOTC4u>



### **Getting help at home information guide**

Have you started to feel like you could do with a little extra help at home? If so, our guide explains what help is available – and whether you might be entitled to financial support with paying for it. There's lots of support available to help you live safely and independently at home for longer. This guide gives an overview of what's on offer. It covers:

- getting a care needs assessment
- getting care and support at home
- home adaptations you could consider
- help with the cost of help at home.

[https://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig23\\_getting\\_help\\_at\\_home\\_inf.pdf](https://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig23_getting_help_at_home_inf.pdf)

<https://www.ageuk.org.uk/information-advice/care/arranging-care/getting-help-at-home-information-guide/>

### **Offline and Overlooked Campaign**

Thank you for the support for the Offline and Overlooked campaign to get public services to provide accessible offline options, like by telephone or face to face. Together Age UK have secured over 50,000 signatures on the petition and made the Westminster Hall Debate on digital exclusions so popular with MPs that they only had a few minutes each to speak! A full update in person has been recorded below for you -

<https://www.youtube.com/watch?v=TtIXkoLUUYA>

<https://email.ageuk.org.uk/q/11mbMPplr3TM7J0ISQY9m17/wv>



### **New campaign resources from NCAN**

NCAN are on a mission to help make sure everyone in Norfolk has the information and tools they need to vote! As charities, social enterprises, and community groups NCAN are likely to be in touch with people who need support – even if it's just a reminder – to get ready to vote. They have produced social media content and posters and flyers to help you



spread the word – and they are happy to provide training for your staff or volunteers, or to help run Voter Registration stalls at your drop-in services or events. Find out more at <https://ncan.co.uk/norfolk-voter-registration-campaign/>



### **Gardening is Good for You**

It's been a cold start to Spring this year. But with flowers and trees showing off their blossoms, there's a real temptation to get stuck into a bit of gardening. There are so many benefits to getting out for a bit of gardening. According to the Royal Horticultural Society, 30 minutes of gardening is equivalent to doing 30 min of yoga or badminton. And there's evidence that it can reduce depression and anxiety. Some GPs will even prescribe daily gardening for their patients - <https://www.rhs.org.uk/advice/health-and-wellbeing/articles/why-gardening-makes-us-feel-better>

One stroke survivor, Jonathan Jones, found allotment gardening to be an important part of his recovery - <https://www.stroke.org.uk/blog/gardening-good-you?>


### **Communication Picture Book**

This book has been made with people with aphasia. They have helped us to choose the words and design the pictures. You can use the book to support your communication.

[https://www.stroke.org.uk/sites/default/files/publications/jn\\_2223-364.3 - aphasia info - picture book - community - a08c53 web.pdf](https://www.stroke.org.uk/sites/default/files/publications/jn_2223-364.3_-_aphasia_info_-_picture_book_-_community_-_a08c53_web.pdf)

## TRICEPS trial

Do you know anyone who has had a stroke and still has arm weakness? Take part in the TRICEPS trial



The poster is a yellow rectangular flyer for the TRICEPS trial. At the top, it features logos for the University of Sheffield, Sheffield Teaching Hospitals NHS Foundation Trust, and Norfolk Community Health and Care NHS Trust. The main text asks if the reader had a stroke between 6 months and 10 years ago and if they still have arm weakness. It then describes the trial's aim to improve arm recovery using Transcutaneous Vagus Nerve Stimulation. A list of eligibility criteria follows, with green checkmarks for 'are over the age of 18 years' and 'are able and willing to take part in a research trial', and red X marks for 'do not have a pacemaker, cochlear implant or similar devices', 'are not taking part in another stroke rehabilitation study', and 'are not currently pregnant or trying to get pregnant'. Contact information for email and telephone is provided. At the bottom, there is a QR code labeled 'SCAN ME' and a note about funding from the NIHR National Institute for Health Research.

**University of Sheffield** **NHS** Sheffield Teaching Hospitals NHS Foundation Trust **NHS** Norfolk Community Health and Care NHS Trust

**Did you have a stroke between 6 months and 10 years ago?**  
**Do you still have arm weakness?**  
**If 'yes' you might be able to help us...**

The **TRICEPS trial** aims to find out if we can improve arm recovery after a stroke with a treatment called Transcutaneous Vagus Nerve Stimulation

**TRICEPS**

TRanscutaneous Iimb reCovEry Post-Stroke

**We are looking for people who...**

- ✓ are over the age of 18 years
- ✓ are able and willing to take part in a research trial
- ✗ do not have a pacemaker, cochlear implant or similar devices
- ✗ are not taking part in another stroke rehabilitation study
- ✗ are not currently pregnant or trying to get pregnant

If you are interested in taking part or finding out more please contact us on:  
**Email: [research@nchc.nhs.uk](mailto:research@nchc.nhs.uk)**  
**Telephone number: 01603 272251**

**NIHR** National Institute for Health Research  
The TRICEPS trial is funded by the National Institute for Health Research's EME Programme

To find out if you might be eligible for TRICEPS you can complete an online screening questionnaire on our website: [triceps-trial.com](http://triceps-trial.com)

QR code: **SCAN ME**

TRICEPS Poster v2.0 29Nov23 IRAS: 308254



# Action for Pulmonary Fibrosis

## **Pulmonary fibrosis**

Pulmonary fibrosis (lung scarring) describes a group of interstitial lung diseases where the lungs become progressively stiffer and smaller, eventually leading to low oxygen levels in the blood. Pulmonary fibrosis (PF) affects around 70,000 people in the UK.

Scar tissue or fibrosis in the lungs impairs how well the alveoli can transfer oxygen that is breathed in, eventually leading to low oxygen levels in the blood. As the amount of scar tissue increases, the lungs become smaller. The symptoms of pulmonary fibrosis may include shortness of breath, which may occur with exercise initially, but it worsens over time; a persistent cough; rounded and swollen finger tips (finger clubbing); crackles over your lungs heard by your doctor using a stethoscope

<https://www.actionpf.org/>



## **Help for Those Involved in Agriculture and Other Rural Businesses Affected by Stress and Depression**

Working in agriculture and the countryside is usually a good way of life but it is a demanding and stressful occupation. So, it's not surprising that many people involved with agriculture can feel isolated, depressed, or unable to cope as well as normal.

1 in 4 people in the UK will experience poor mental health so it is important to know that you, or the person you are concerned about, are not alone.

<https://www.yanahelp.org/>



## **Newsletter**

Contents:

- What do we want from digital care?
- Workforce strategy for OTs
- New benefit rates
- Latest from Innova Care Concepts
- New mobility scooter from TGA
- Do not attempt CPR?

<https://preview.mailerlite.com/d0i1j6g6u3>



## **Newsletter**

Please find below the link to the latest news from MensCraft-

<https://mailchi.mp/73bd71fa1d5c/new-activities-new-therapy-provision-new-funds-14100008?e=e20bc990ca>



## **Newsletter Spring 2024**

Broadland Older People's Partnership (BOPP) is grateful for the support of Norfolk County Council (NCC), Broadland District Council (BDC) Two new committee members have been appointed. The management committee is: Chairman Brian Wells, Vice Chairman Tony Powell, Treasurer Pat Wilson, Secretary and Assistant Treasurer Hilary Sutton, Robin Knowles, Alvin Barrick, Audrey Harnden, Caroline Karimi Ghovanlou, Christine Chambers, Sheila Tuffield, Michael Chenery, The committee has held monthly meetings alternately on the Zoom platform and at the BDC council offices.

Three successful public meeting with the theme of our Beautiful Broadland were held at 2.00pm to 4.00 pm at Cawston Village Hall, Gage Road Chapel, and The Hub Wroxham. Moving the meetings to the afternoon, which will continue in 2024, resulted in an increase in attendance.

Meetings planned for 2024 have the theme: What local councils can do for us. All starting at 2pm

Friday 26<sup>th</sup> April, Silvia Watling room, Hellesdon Community centre

Friday 19<sup>th</sup> July, Gage Road, Chapel Sprowston, followed by BOPP AGM

Friday 18<sup>th</sup> October, Conference centre, Horizon Business Centre, Broadland Business Park

Tea, coffee, biscuits, and cakes will be provided at the above meetings.

BOPP is a member of and is supported by Norfolk Older People's Partnership (NOPSP). BOPP sends a representative to meetings organised by NOPSP. NOPSP publishes a monthly Your Voice in Norfolk (YVIN) newsletter, which has a lot of information for elderly persons, and is sent to BOPP members who have an active email address.

### **We need your help.**

Because your BOPP committee is passionate about helping Broadland residents, it is seeking your views to benefit our members. It would love to open a dialogue to seek improvements and highlight services that are working well.

Consider all the services provided by Parish and Town Councils, Broadland District Council, Norfolk County Council as well as all NHS services. Your views are not confined to the above but remember we want compliments as well as complaints. Your views really do count and will be given to the relevant organisations.

Please email Tony Powell (Vice Chair) [powellnorwich@gmail.com](mailto:powellnorwich@gmail.com)

### **Did You know?**

That BDC (01603 431133) has a handyman who deals with small repairs.

That BDC has heaters to loan if your boiler fails.

That BDC can help you fill in claim forms for benefits.

That BDC can arrange bin collection from your property.

That BDC can offer energy saving advice.

That BDC has a hardship fund to help the needy.

That you should be on the priority lists of your utilities.

That the police can help with crime prevention advice.

That the Fire brigade can advise on fire safety.

That NCC (0344 8008020) have an emergency service if you fall, and not injured

That NCC Travel Car Scheme & Norwich Door to Door (01603 776735) can provide transport for those with reduced mobility.

That Norfolk Community Directory provides residents and families with information, advice, services and activities across Norfolk.

That wheelchairs and toilet aids can be hired from Red Cross (01603 253403).

That you can register your key safe number with the NHS.

That the Royal British Legion, for ex- military and widows/widowers of ex-military, have a handy man scheme and have a RBL pendant alarm.

That Age UK Norfolk (01603 787111) & Age UK Norwich (01603 496333) can help making benefit claims, offer exercise classes and can send out monthly events newsletter.

That membership of BOPP is free. Please contact Secretary, Hillary Sutton, 07597584488 [bopp0263@gmail.com](mailto:bopp0263@gmail.com). Chairman Brian Wells 07543882928, [wellsbrian3@sky.com](mailto:wellsbrian3@sky.com) or [wellsb636@gmail.com](mailto:wellsb636@gmail.com)

That more information about BOPP can be found on website [broadlandolderpeoplespartnership@weebly.com](mailto:broadlandolderpeoplespartnership@weebly.com)

I need to update my email list, to receive YVIN newsletter or if you want to leave BOPP please inform Brian Wells, details as above.



# VOLUNTEERS NEEDED

**DO YOU HAVE SOME  
SPARE TIME? WE ARE  
LOOKING FOR  
MORNING &  
AFTERNOON  
VOLUNTEERS TO  
HELP IN OUR  
CHARITY SHOP AND  
IN OUR OFFICE.**

**JOIN  
OUR  
FRIENDLY  
TEAM!**

**Join our friendly shop and  
office team, sorting  
donations, helping  
customers, using the till  
and restocking. This can  
also be an opportunity for  
you to make new friends,  
build your confidence  
and learn new skills.**



**TO FIND OUT  
MORE COME AND  
SEE US AT:**

**Kingside, 26-27 King Street,  
Great Yarmouth, NR30 2NZ**

**or call us on 01493 856900  
to speak to Toni.**



**Sue Ryder Grief Support**

We can learn to live with grief. Get free Grief Kind emails with tips and tools to support a loved one who's grieving 💙



**“No one teaches you how to deal with grief.”**

<https://www.sueryder.org/>





## **What to do When Someone Dies**

The first hours and days after the death of a loved one can be an extremely traumatic and confusing time, leaving you bewildered as to what you need to do and how to do it. The first thing to remember is that you do not have to face this alone. In addition to family and friends, there are many organisations who can provide support and guidance on the journey you are about to undertake. Some of these organisations are referenced within this website for your convenience. The aim of NBAS is to provide you with practical help when it is most needed.

<https://www.nationalbereavement.com/>

## **Blue Cross Pet Loss Support Volunteer**

Pet love is unconditional, which is why saying 'goodbye' is so hard. We've been listening for 30 years and need your help to keep supporting others.



[bluecross.org.uk](https://www.bluecross.org.uk)

**Become a homebased Pet Loss Support Volunteer**

[Learn more](#)

<https://www.bluecross.org.uk/volunteer>

## NEW LAW FOR CAT OWNERS

### COMPULSORY MICROCHIPPING

#### What you need to know:

- All domestic cats in England must be microchipped by 10 June 2024
- Kittens will need to be microchipped by the time they're 20 weeks old
- If your cat isn't microchipped by 10 June, you have 21 days to get it done or risk a fine of up to £500



@thepethealthclub

**CATS PROTECTION**



## **NEUTERING SCHEME**

**cat neutering & microchipping  
is available for £10**

### **Am I eligible for help with the cost of neutering?**

If you meet any of the following criteria you can get your cat neutered and microchipped at one of our participating vets for **£10**:

- receipt of any of the following means-tested benefits: universal credit, income support, housing benefit, council tax benefit, pension credit, income-based ESA, income-based JSA, working tax credits and child tax credits
- have a household annual income of less than £25,000 before tax
- are a full-time student living away from home

**YOU DON'T NEED TO CONTACT CATS PROTECTION  
YOU DON'T NEED A VOUCHER**

**CONTACT YOUR VET DIRECTLY WHO WILL LET YOU  
KNOW WHAT PROOF THEY REQUIRE**

## Supporting Those Looking After Others

# LET'S CARE TOGETHER

The **Let's Care Together programme**, a collaboration between [Simplyhealth](#), a leading healthcare provider and Business in the Community (BITC), encourages businesses to support the wellbeing of unpaid carers through employee volunteering.

The programme looks to support people with caring responsibilities, regardless of:

- Whether they are supporting an older or a younger person;
- Whether they are related to the person they are supporting or not;
- Whether they are currently out of the workplace, or in insecure work;
- Whether they identify as a Carer or not.



**Let's Care Together** volunteers will help to improve the carer's overall wellbeing and health by;

- Increasing the carer's social wellbeing. Developing feelings of connectedness and establishing community links.
- Increasing the carer's financial independence and access to financial tools.
- Improving the carer's access to practical support and tools for physical wellbeing.
- Support the carer's mental wellbeing by reducing feelings of isolation.
- Extending the programme's benefits to the household the carer supports.

### [Business in the Community's Let's Care Together Programme Platform – SIGN UP HERE](#)

The **Let's Care Together Programme** will match business volunteers with eligible beneficiaries to provide one to one virtual support over 6 sessions based around the four pillars of wellbeing: **Physical, Mental, Social and Financial**.

- Calls will typically last 30 minutes – 1 hour and volunteers should aim for around one call a week, though this should take into account the time constraints beneficiaries typically face.

#### **Am I a carer? Is this programme for me?**

You're probably a carer if all of the following apply:

- you do things like helping someone to wash, dress and eat; taking them to regular appointments, doing their shopping or keeping them company
- you aren't paid to look after the person you're caring for
- you spend a lot of time caring for the person - there's no legal definition of this, but it could mean anything from a few hours a day, to 24 hours a day, 7 days a week
- you may or may not live with the person you're caring for

More information: [BITC and Simplyhealth partner to support carers with their wellbeing - Business in the Community](#)

<https://www.simplyhealth.co.uk/>

<https://letscaretogether.onpld.com/>

<https://www.bitc.org.uk/news/bitc-and-simplyhealth-partner-to-support-carers-with-their-wellbeing/>

### **Tomorrow Can be a New Day**

PTSD UK is the only UK charity dedicated to supporting EVERYONE affected by Post Traumatic Stress Disorder, no matter the trauma that caused it.

Find out more about the causes, symptoms and treatments of PTSD on our page.



<https://www.ptsduk.org/>



## **Long Covid Support Group**

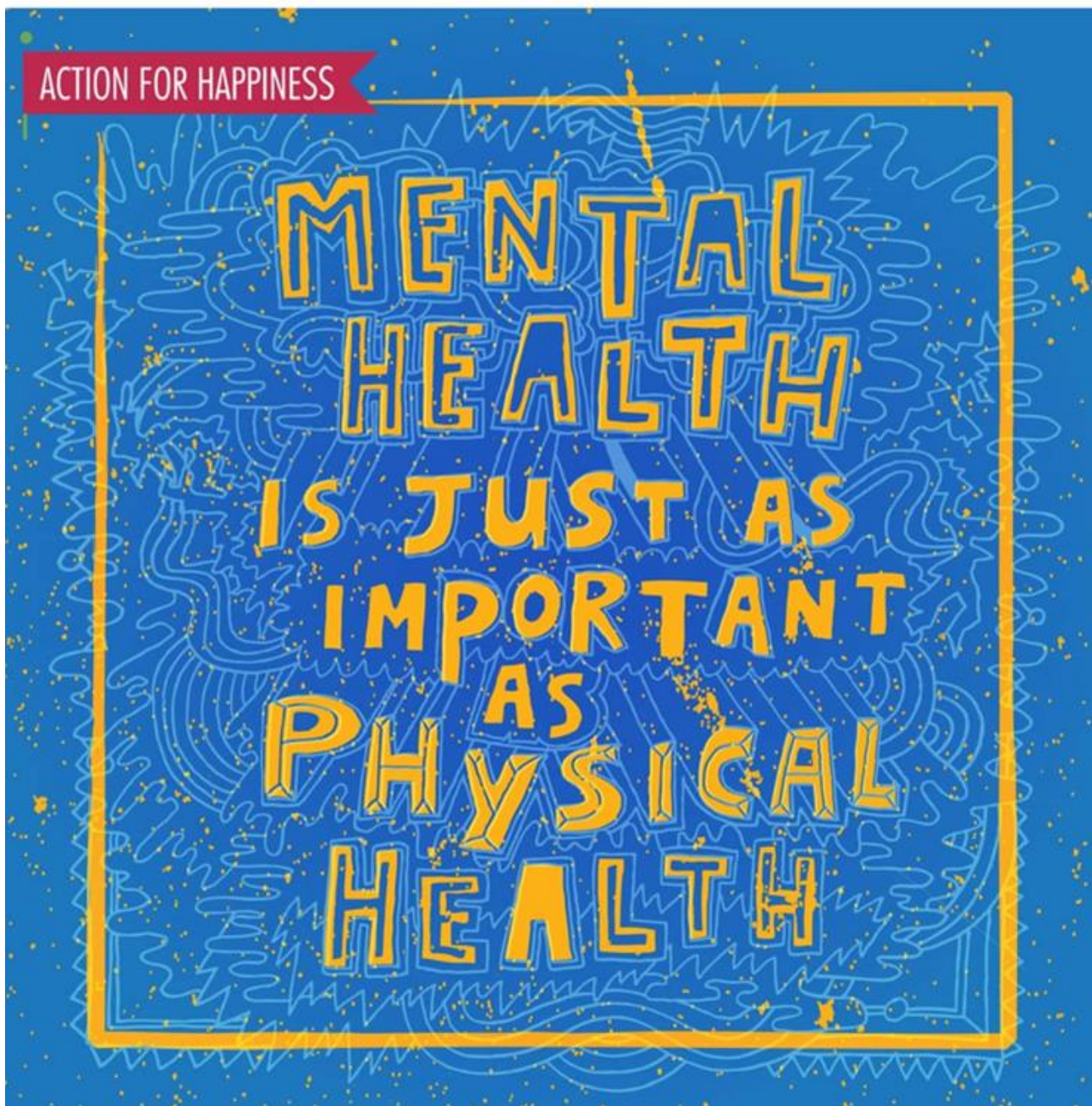
This is a patient-led group. They aim to support each other through a like-minded, positive peer group by helping each other learn to live or adapt to living with Long Covid (aka Post-Covid Syndrome). They want to share experiences and develop personal knowledge, confidence, and the ability to help manage our health and the health of loved ones.

To be included in the email newsletter distribution list, you can email [nwlongcovidgroup@gmail.com](mailto:nwlongcovidgroup@gmail.com)

Action For Happiness

Mental health is just as important as physical health.

Join the movement to get free online programs, tools and guidance for boosting your wellbeing sent straight to your inbox



<https://actionforhappiness.org/>

## **Sense Virtual Buddy**

Do you have a spare hour a week?  
Virtual Buddying lets you help a disabled person, learn  
new skills, and have fun. Read more 📌



sense.org.uk

**Volunteer From Home - Just 1 Hour a Week**

Learn more

<https://www.sense.org.uk/get-involved/volunteering-with-sense/volunteer-as-a-sense-virtual-buddy/>

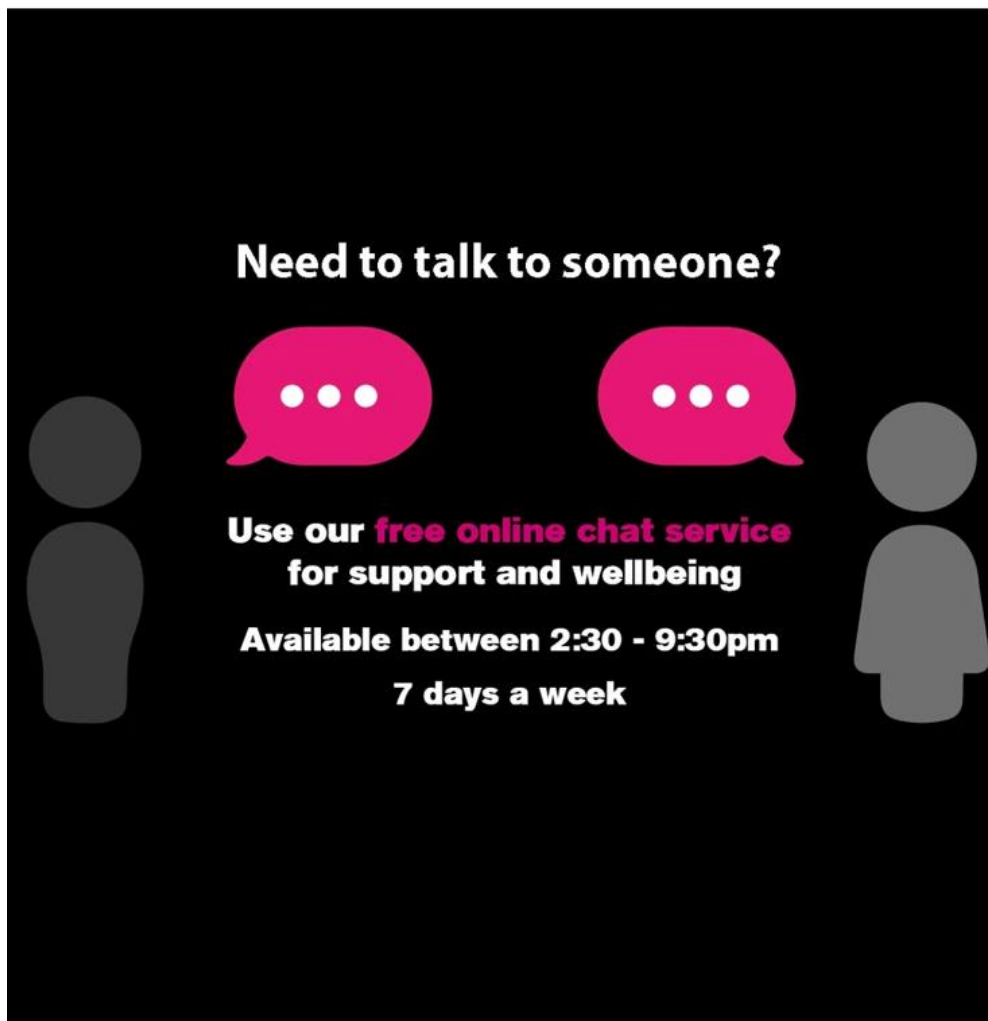


## Missing People Free Online Chat Service

If you feel like you have nowhere to turn and no one to talk to, our team can help.

Our new Online Chat is available every day between 2:30 and 9:30pm to chat to instantly.

Remember you are not alone.



<https://www.missingpeople.org.uk/>



# World Autism Acceptance Week

2nd April - 8th April 2024

Help us create a display for Autism  
Acceptance Week 2024 by finishing this  
sentence:

**'One thing I want people to know about  
Autism is...'**

For full details and to submit your answers please visit :  
[www.asdhelpinghands.org.uk/one-thing/](http://www.asdhelpinghands.org.uk/one-thing/)





## **The Big Bike Revival**

The Big Bike Revival is all about helping adults to begin or return to cycling through a programme of FREE activities and services, delivered by local community organisations

The Big Bike Revival is an intervention for adults aimed at encouraging an uptake in cycling. By providing solutions to perceived barriers, adults are enabled to learn to how to cycle and to increase their cycling levels for short, everyday journeys. Events focus on presenting cycling as a practical, normal and habitual way to get around locally. Cycling is a fantastic way to travel locally. It's healthy, social, practical, sustainable and can save you money.

All the events are designed specifically for people who do not cycle or have not cycled for a while by offering solutions to barriers that currently stop adults from cycling. Events offer opportunities to get cycles fixed, learn new skills or take part in a local led ride.

All events are completely free and delivered locally by community groups and organisations which understand the local need.

<https://www.cyclinguk.org/bigbikerevival>

Grant funding applications are now open for summer 2024 delivery -

<https://www.cyclinguk.org/bigbikerevival/delivery-partners>


## Royal Mail Click and Drop Service

It's easy to send your parcels online with Click & Drop.  
Buy postage and book a free\* collection at:  
<http://ms.spr.ly/6189ctal1>  \*offer ends  
30/04/24



**HOW TO SEND YOUR  
PARCELS  
ONLINE**

**1.**  
Weigh your parcel and buy a postage label through our app or website.



**2.**  
Book a free\* collection. We'll come to you and bring the label.

**3.**  
Or, drop your parcel off at a convenient location near you.





Delivering for  
**Pharmacy2U**

# YOUR POSTIE CAN NOW DELIVER YOUR NHS PRESCRIPTION. How good is that?

Let's be frank, going out to pick up your prescription can be a bit of a pain.

The good news is that you no longer have to, because Royal Mail Health have teamed up with Pharmacy2U, the UK's largest online pharmacy, to deliver your prescription directly through your letterbox\*, reliably and safely.

Delivery is free. All you need to do is register online and we'll take care of the rest. We'll even send you handy reminders so that you never run out.

It's as easy as that.

**Simply download our Royal Mail Health app or visit us online at [royalmail.com/health/pharmacy2u](http://royalmail.com/health/pharmacy2u)**

\* Most orders will fit through your letterbox but in the case of larger items, you can select alternative delivery options



Search  
Royal Mail Health





### **Housing Easy Read Guide**

Living in a safe and secure home is as important for people with a learning disability as it is for everyone else. Finding a place to live is an important part of living independently, but there are often challenges to this happening. Mencap have produced an easy read guide, which explain the main issues that you might face.

If you have a learning disability, you can download and read the guide below to help you make decisions on the issues that matter to you. If you are a family member or carer of someone with a learning disability you can also use the guide by downloading or printing it off and going through it together with the person you support.

<https://www.mencap.org.uk/advice-and-support/housing/housing-our-easy-read-guide>



# The Tavistock Trust For Aphasia

## Small Grants

Since the Small Grants scheme was launched in 2005 the Trust has donated over £170,000 to individuals, groups and carers in the UK. The purpose of these grants is to improve the quality of life for those with aphasia and their carers.

The Trust makes up to £1,000 available for small grants each month. Applications are invited from people with aphasia, carers or groups living in the UK. No application is considered too small and the Trust hopes to be able to give as many grants each month as possible. Each person or group can apply up to a maximum of £1,000 per year.

<https://aphasiatavistocktrust.org/grants/>



## Welcome to FarmWell

FarmWell a one stop resource to help you and your farm business stay strong and resilient. Planning for the future can be a daunting process, especially in farming where we are experiencing so much change. The internet has opened up a wealth of information, but for those who are not 'computer savvy' or who work alone, it can be difficult trying to 'sort the wood from the trees'.

FarmWell presents useful information to support you, the people around you and your farm business. They have developed the platform to be easy-to-understand and designed to assist you with any issues you may be having on the farm. Using the buttons / navigation above, you can explore what our FarmWell platform has to offer.

<https://farmwell.org.uk/>



### **The “Scandal” of Homelessness Among Older People Condemned**

Independent Age has condemned new figures that show that in the latest quarter the number of homeless older people has gone up again, to 2,610.

<https://theageactionalliance.org/2024/03/01/the-scandal-of-homelessness-among-older-people-condemned/>



### **Money Worries Deepen for Over-50s, Charity Says**

More than two fifths (41 per cent) of people aged 50 and over who are not fully retired worry about living in economic hardship when they give up work, according to research from Independent Age.



The older people's hardship charity surveyed more than 2,200 people aged 50 and over and found that 41 per cent of over-50s had major concerns about their financial future. The most common financial worry was having less disposable income, with 56 per cent of people citing this.

<https://www.pensionsage.com/pa/Money-worries-deepen-for-over-50s-charity.php>

# **Activities**

## Norfolk and National

**wellbeing Socials**

**NHS**

**Norfolk and Waveney  
Talking Therapies**



*Photo taken on our Norwich Wellbeing Walk*

### April Socials Update

Even with the Easter bank holidays, Wellbeing have still got a busy month! Why not join them at one of the beach walks? From Hunstanton in the West all the way down to Lowestoft in the East, catch an opportunity for some fresh sea air and great company! Inland they have strolls around Felbrigg Hall, Carlton Marshes, Plantation Gardens and Swaffham to name a few. If you're not up to braving the possible April showers, don't worry! They've got coffee and catch up sessions dotted around the County as well, including two new socials at the later time of after 5pm.

All of the socials are staffed by the Community Development Team who will be there to welcome you along, whether it's your first time in joining or you're a regular, they look forward to meeting you!

<https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/>



# Cafe Socials

Why not join us at one of our café catch ups around the county?

**Halesworth - Tues 2nd April 12 noon**

Chinny's, 27 Norwich Rd, Halesworth IP19 8BX

**Norwich - Thurs 11th April 10.30am**

Merchant's House, 7-9 Fye Bridge St, NR3 1LJ

**Fakenham - Mon 15th April 1.30pm**

Pensthorpe Café, Pensthorpe Rd, Fakenham, NR21 0LN

**King's Lynn - Mon 15th April 5.30pm**

Costa Coffee Drive Thru, St Nicholas Retail Park, Edward Benefer Way, PE0 2HY

**Theatre Royal Norwich - Tues 16th April 10:30am**

Theatre Royal Café, Norwich, NR2 1RL

**Norwich - Wed 17th April 5pm**

Café Bar Marzano, The Forum, NR2 1TF

**Caister - Thurs 25th April 12.30pm**

The Rabbit Hutch, Caister On Sea, NR30 5ET

Open to anyone 16+ with no need to book. Any queries please email us at [socials@wellbeingnandw.co.uk](mailto:socials@wellbeingnandw.co.uk)

[www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)

0300 123 1503

Come and join us for a stroll along parts of the Norfolk Coastal Path. Meet like minded people and enjoy the views and fresh air along our beautiful coast. Open to anyone over 16yrs. All abilities welcome, mixed terrain paths at some points. We will do our best to accommodate all and walking times will vary depending on group and weather.

**Weds 3rd April 10.30am - Hunstanton**

Meet outside Princess Theatre, 13 The Green, PE36 5AH

**Tues 9th April 12 noon - Sheringham**

Meet at Sheringham Town Clock (opposite Little Theatre), NR26 8RE

**Fri 12th April 10.30am - Cromer**

Meet at Cromer Pier, Promenade, NR27 9HE

**Thurs 18th April 13:00pm - Lowestoft**

Meet at Kensington Gardens Boating Lake, NR33 0HY

**Fri 19th April 10.30am - Great Yarmouth**

Meet outside Marina Centre (main entrance), Marine Parade, NR30 4ET

**Tues 30th April 12 noon - Gorleston**

Marine Parade Car Park, Gorleston-on-Sea, NR31 6EZ

For more information please email us on [socials@wellbeingnandw.co.uk](mailto:socials@wellbeingnandw.co.uk)



## **Conservation Sessions**

From Mark-

Happy New (Financial) Year, for those who have to worry about such things!

People can leave their worries behind when they come out on one of our conservation activities, as we provide all the necessary tools and equipment, and all the training/guidance they will need to do the job. This month we are getting quite constructive, with 6 (yes, 6, count them!) days building a stretch of new boardwalk at Broadland Country Park which will form part of a great new nature trail. Also a couple of days building steps at Drayton. Again, no experience is necessary here, nor for the nettle cutting at Bungay nor the work at Charter Wood: if you are wondering what a coppice stool is, you'll have to come along and find out.\*

For our regular volunteers, it's also the time of year we thank them by taking some trips out to a variety of interesting places: PLEASE MAKE SURE THEY CONTACT ME TO BOOK PLACES FOR THESE TRIPS. There are limited spaces available for each one, and priority will be given to people who have already volunteered with us. Please also make sure new potential volunteers' book for the workday tasks where it says **BM** on the listings below, it would be a real shame for them to turn up and find that there is no space available on the minibus.

Best wishes,

Mark.

\* Oh all right, it's a multi-stemmed tree stump that we intend to allow to regrow.

Mark Webster 07740 899 691 [mark.webster@tcv.org.uk](mailto:mark.webster@tcv.org.uk) [www.tcv.org.uk/norfolk](http://www.tcv.org.uk/norfolk)

## MensCraft – Move More, Feel Better



### **Move More, Feel Better:**

#### **Join MensCraft's Free Mental Health Movement at NR Fitness Clubs**

Feeling stressed, anxious, or low? You're not alone. In partnership with New Revolution Health and Fitness Clubs, MensCraft is proud to launch a new and **completely free** initiative: The Mental Health Movement, light exercise groups designed to nurture both your body and mind.

Here's what you can expect:

- **Gentle, inclusive workouts:** led by certified trainers, these sessions focus on low-impact exercises. No pressure, just fun and supportive movement.
- **A welcoming community:** connect with others who understand your struggles and share your goals. Build friendships, find encouragement, and break down the stigma surrounding mental health.
- **Boost your mood and well-being:** exercise releases endorphins, natural mood-lifters that can help combat stress, anxiety, and depression. Leave feeling brighter and more energised.
- **No experience needed:** this group is open to all men, regardless of fitness levels. Come as you are, move at your own pace, and feel comfortable joining in.

#### **Choose from any of the following locations:**

Wymondham	Chestnut Drive, Wymondham, Norfolk NR18 9SB
Dereham	12 Norwich Street, Dereham, Norfolk NR19 1BX
Watton	3-5 Hillier House, Watton, Norfolk IP25 6JX
Great Yarmouth	Southtown Road, Great Yarmouth, Norfolk NR31 0JR
Lowestoft	60 Pinbush Road, Lowestoft, Suffolk NR33 7NL

Call, text or email MensCraft's Steve Hunt to reserve your place right now.

**T:** 07732 078 435

**E:** [steve@mencraft.org.uk](mailto:steve@mencraft.org.uk)



# Independent Age

## Independent Age – Good to Know Groups

These are free national telephone events, offering social and learning opportunities to people who may not be online or who may struggle to get out and about in their communities. The groups connect people aged 65+ with their peers and useful organisations, to hear and talk about issues that matter to them. Think of these groups like a cup of tea and a chat at a community centre, but over the phone in the comfort of your home. See the programme of upcoming talks.

<https://www.independentage.org/>

### Good to Know telephone groups

March 2024



## Independent Age

Please note that this edition contains two months of events. See overleaf.

**To book**  
Book a group by calling **0207 605 4265** or emailing **telephone.services@independentage.org**. You'll only be dialled in if you've booked.

**Missed your call?**  
If you missed the call, you can dial **0300 373 0965** to connect to your session.

**Declutter with Jo**  
**Thursday 7 March**  
**11am–12 noon**  
Do you feel overwhelmed by clutter in your home and need space to breathe and reset? With spring arriving, there's never been a better time to shake off the winter blues, declutter and revive your home. Join Jo for tips on how to cut the chaos and get your home in order.  
**Topics covered:** Clutter, organisation, wellbeing

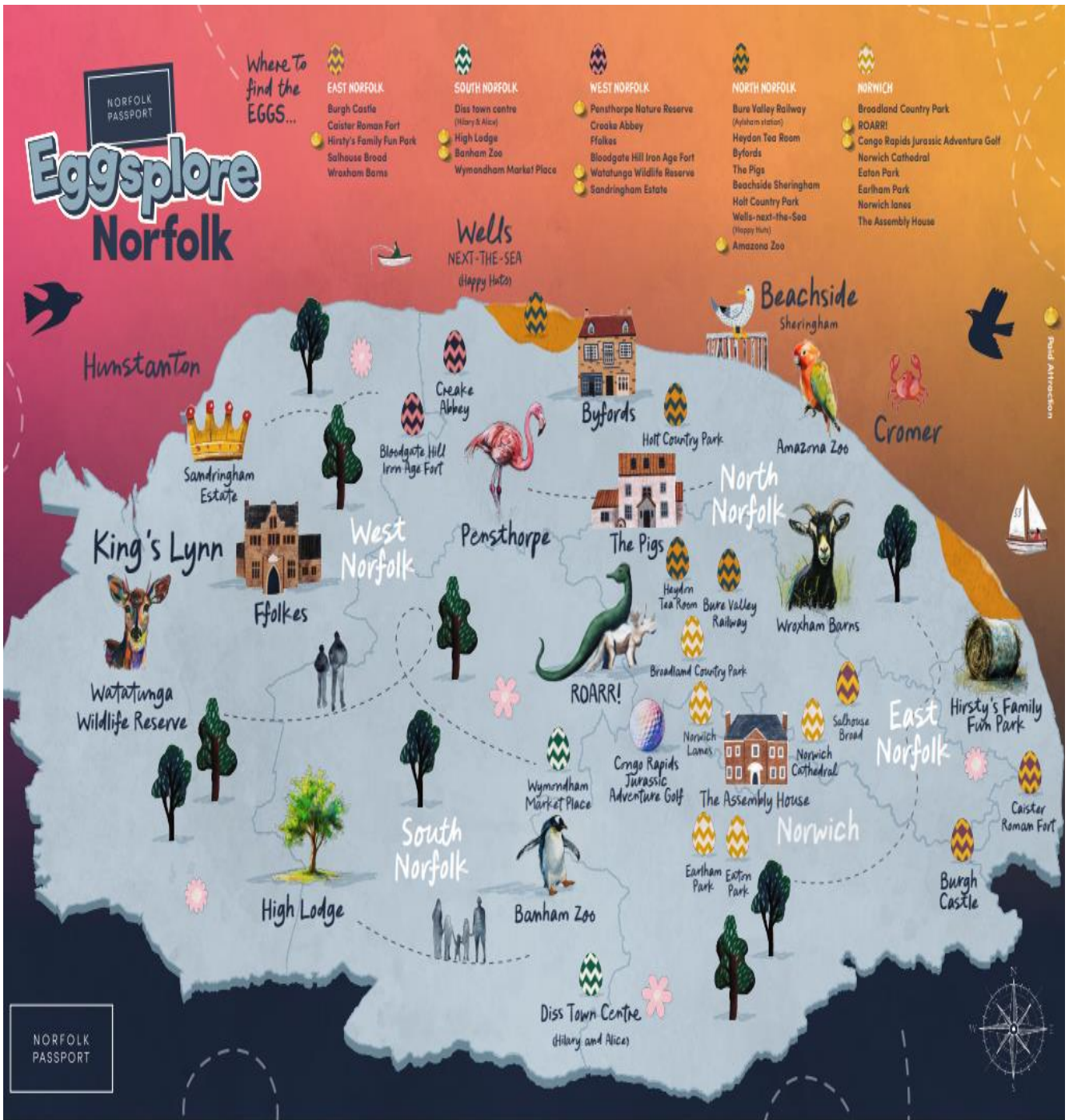
**Eat well for less**  
**Wednesday 13 March**  
**11am–12 noon**  
Healthy eating is important and doesn't need to be expensive. Join this session for advice on eating well, keeping costs down and eating in an eco-friendly way.  
**Topics covered:** Healthy eating, cooking

**Getting help at home**  
**Tuesday 19 March**  
**12 noon – 1pm**  
Whether you need help to care for yourself, to make adaptations to your home or a hand with household chores, there is help available. This session is based on one of our Independent Age advice guides and led by our colleague Jordan.  
**Topics covered:** Care and support

**Campaign with us!**  
**Tuesday 26 March**  
**11am–12 noon**  
At Independent Age, our campaigns team works to make sure nobody faces financial hardship in later life. To do this, we need your help and your views. Join this session to share your experiences of later life and help us tell decision makers what needs to change, ahead of the general election.  
**Topics covered:** Cost of living, campaigning, later life



**Eggsplore Norfolk**





# Eggsplore Norfolk

## Norfolk's Biggest Easter Egg Hunt

THURSDAY 28 MARCH TO  
SUNDAY 14 APRIL

NORFOLK  
PASSPORT

### Welcome to Eggsplore Norfolk!

Join us for an egg-citing adventure! Norfolk Passport is on a mission to get people out and about this Easter, exploring Norfolk and enjoying all its beautiful sights and fantastic attractions. Whilst doing this, you can be in with a chance of winning a BIG prize, as prizes worth over £1500 are being given away! From Thursday 28 March to Sunday 14 April 2024, embark on a thrilling journey through picturesque landscapes, charming towns, and hidden gems and seek out colourful Easter eggs scattered throughout Norfolk.

Three lucky people will win a prize bundle, each worth over £500! The prizes are:

#### BUNDLE 1

Overnight stay at The Pigs Sandringham Estate afternoon tea for two adults & two children  
High Lodge annual site membership  
ROARR! Family ticket for four  
Amazona Zoo family ticket

#### BUNDLE 2

Overnight stay at Ffolkes  
Two Penrhospe annual passes  
A Sponge brownie box and £50 voucher  
Four Washam Barns entry tickets for the Junior Farm and Fun Park  
Amazona Zoo family ticket  
Congo Rapids Jurassic Adventure Golf vouchers for a family of four

#### BUNDLE 3

Overnight stay at Byford's  
The Assembly House champagne afternoon tea for two  
Walsingham Wildlife Reserve four-person buggy tour  
Banham Zoo family day pass  
Congo Rapids Jurassic Adventure Golf vouchers for a family of four  
Hirsey's Family Fun Park £50 gift voucher for Hirsey's Farm Shop and Cafe

#### HOW TO ENTER:

1. Pick a destination from the map you'd like to visit this Easter and plan your day out. Some spots require paid entry (indicated by coins), while others are free and open to all.
2. Once you're there, crack the riddle and find the egg!
3. Scan the QR code on the front of the egg and enter the secret code, also on the egg, into the correct zone. E.g. if you're at Byford's, enter your code into the North Norfolk zone.
4. Valid! You are now in the prize draw. But don't rush – keep an eye out for more ways to win on our competition platform.

You can only scan each code once, but with 31 eggs to find in total, try to find them all! The more eggs you find, the more entries you'll receive into the prize draw, and the more likely you'll be to win a prize bundle!

Let the hunt begin!

### Save 10% with Norfolk Passport partners

In need of a lunch break during your adventuring? Pop into one of our partners for a bite to eat or a drink and save 10% with Norfolk Passport! Norfolk Passport is a free-to-join membership programme giving members exclusive perks across leading Norfolk experiences. You might even find another egg on your visit, too!

Scan the QR code to see the Passport partners and sign up!



NORFOLK  
PASSPORT

### Crack the case with our Riddles

#### EAST NORFOLK

##### Burgh Castle

Out of the fortress, along the northern wall,  
Towards the end, where a turn entrals,  
Sevenly paces on this path you'll find,  
An information board, a treasure to unwind.

##### Caister Roman Fort

Where waters flow, beneath a sky so vast,  
A bridge spans the River Tas, steadfast,  
At the left of the main path, it does lay,  
Where am I? Find me, if you may!

##### Hirsey's Family Fun Park

In fields where lambs find their start,  
Towards the left, where the sheep dart,  
Amongst the woolly flock, a secret peep,  
The egg lies hidden where new life leaps.

##### Salhouse Broad

I'm nestled near an other's feast,  
By Salhouse's waters, a place of peace,  
To the left of knowledge's crown,  
In a hub where insight's found.

##### Washam Barns

In Washam's heart, where shops convene,  
In the centre, where moments gleam,  
Mothers rest and the shoppers' spree,  
There, the egg waits for you to see.

#### SOUTH NORFOLK

##### Banham Zoo

I waddle on ice, not able to fly,  
With a beak so set, I catch the eye,  
In cold waters, I swim with glee,  
Can you guess where this egg might be?

##### Diss

In Diss' heart, with style abound,  
Henry & Alice's treasures are found,  
A lifestyle brand, where trends amaze,  
Go to this place, you and the egg will cross ways.

##### High Lodge

In land where tales unfold,  
An egg rests on a post so bold,  
Before the Gruffalo's gaze it stands,  
Protected by woodland's hands.

##### Wymondham

In this town's heart, where steps ascend,  
An egg on wood, the stairs do bend,  
Octagonal shape, a roof so grand,  
Where tourists gather, seeking to understand.

#### WEST NORFOLK

##### Bloodgate Hill Iron Age Fort

Through the gate, into fields wide,  
Earthwork's secrets, where an egg does hide,  
Turn left, along the hedge's sway,  
To a resting spot, along the way.

##### Creake Abbey

Where time whispers of Creake's old domain,  
By the cafe's buzz, not run's refrain,  
This hidden gem, an egg's delight,  
Waits silently, veiled from sight.

##### Ffolkes

At the hub of FEAST, STAY, PLAY, and all,  
In the car park's realm, a metal ash stands tall,  
An egg hangs nearby where stripes and pavement greet,  
Follow this trail and an egg you will meet.

##### Penrhospe Nature Reserve

Beyond the garden where sculptures stay,  
Before the hopscotch, where children play,  
The treasure rests, delicate and round,  
Awaiting discovery, waiting to be found.

##### Sandringham Estate

In Sandringham's embrace, where royals roam,  
To access this haven, you must heed the cat,  
By children's play, where joy is clear,  
Follow the path and I will appear.

##### Walsingham Wildlife Reserve

In the reserve, a buzzard stands tall,  
To access this haven, you must heed the cat,  
With guided tours, the way is clear,  
Where mammal rooms, the egg is near.

#### NORTH NORFOLK

##### Amazona Zoo

Amidst the jungle, where palms sway in grace,  
By the zaimans' realm, a warming place,  
A tropical home, is where the egg lies,  
Find it and you may win a prize.

##### Beachside Sheringham

By Norfolk's shores, where waves embrace,  
Beachside Sheringham, a tranquil space,  
On the promenade, by apartment four,  
A metal fence holds something more.

##### Bure Valley Railway (Aylsham station)

Amidst station's hustle and car park's sprawl,  
A blue wooden train holds something small,  
An egg is nestled, attached with care,  
To the train of flowers, a sight so rare.

##### Byford's

In the heart of town where vines entwine,  
Byford's stands, a beacon divine,  
An egg sits quietly, just by the door,  
Come and scan it to enter the draw.

##### Heydon Tea Room

Amidst Heydon's cozy, tea-scented air,  
Beside the tea rooms, I stand with care,  
A silent messenger in colours arrayed,  
Where am I? A clue lightly laid.

##### Holt Country Park

At Holt Country Park, where trails convene,  
An egg's hidden spot remains unseen,  
Under arches where nature speaks,  
Find the treasure where the paths meet.

##### The Pigs

A sign adorned with Easter cheer,  
At The Pigs, serenity is near,  
It sits there, with colours bright,  
Greeting guests who stay the night.

##### Wells-next-the-Sea

A bear's abode, full of charm and cheer,  
Where a tiny fiddy is peeking, an egg is near,  
Larger than most, it sits with pride,  
By the second set of steps, where sand meets the tide.

#### NORWICH

##### The Assembly House

In the centre of Norwich it sits and waits,  
No need to venture in, just stand outside the gates,  
Outside the home of famous afternoon teas,  
It can be found,  
A colourful egg, small and round.

##### Broadland Country Park

In the woodland's embrace, I softly gleam,  
Not red, not white, but a delicate dream,  
With a touch of rose, I make hearts skip a beat,  
This is the route you take, if the egg you are to meet.

##### Congo Rapids Jurassic Adventure Golf

In the Dinosaur House, where ancient tales reside,  
By hole 7 & 8, where players stride with pride,  
An egg rests atop a crate, its secrets yet unfold,  
In Congo Rapids, where mysteries unfold.

##### Earlham Park

Amidst Earlham Park's verdant hue,  
Where paths meander, and skies are blue,  
Near the heart of leisure, a culinary spark,  
Where am I? A treat in the park.

##### Eaton Park

Where the park's pillars stand tall and stark,  
By the cafe, where conversations embark,  
Amidst Eaton's green, where visitors roam,  
An egg has found the place it calls home.

##### Norwich Cathedral

At the grand cathedral, where history breathes,  
Near the Hostry doors, where time weaves,  
Close to the main entrance, I stand with grace,  
Follow these clues for an egg's embrace.

##### Norwich Lanes

Do wheels spin fast and chains gleam bright?  
No, but the food is good, and the coffee's just right,  
Near paths where history gently reigns,  
Where am I placed in Norwich's lanes?

##### ROARR!

Slides make waves, where excitement brews,  
In this aquatic wonderland, you'll never lose,  
With pools deep and shallow, and fountains spray,  
Come on over, let's dive and play!



TECU apply  
Scan the QR code  
for more information

## Norwich

### Come Singing at the Library

Earlham Library,  
3rd Friday of the month 11.15—12.15


Millennium Library, Ground Floor  
2nd & 4th Tuesday of the month, 10.45 - 11.45



Including all kinds of great songs, favourites from the musicals, standards, folk, and traditional, plus therapeutic musical activities to stimulate and tease the brain.

All welcome, no experience needed and no need to book. Suitable for those with dementia, their carers and friends.

**borrow discover connect**

 **Norfolk** County Council

## New U Jumble Sale- Items for £1



Last Saturday of every month

# JUMBLE SALE

Quality pre-loved clothing & accessories for men, woman and children.

## £1 per item any 6 items for £5

Every £1 spent helps New-U to

- Provide individualised work experience placements supporting positive steps towards work or training
- Reduce textile waste and promote a sustainable approach to fashion



### Saturday 10am - 4pm

27 January	27 July
24 February	31 August
30 March	28 September
27 April	26 October
25 May	30 November
29 June	

**Honesty library level 2 Castle Quarter, Norwich NR1 3DD**

[www.new-ultd.co.uk](http://www.new-ultd.co.uk)  
UK Registered charity no. 1186761

@thenorwichswapshop  
hello@new-ultd.co.uk  
01603 927936



Brought to you by **Hear For Norfolk**

## Cuppa care

Bringing us together



We welcome you to chat with our friendly team at Age UK Norwich, alongside staff and volunteers from Hear For Norfolk at The Forum, Millennium Plain, NR2 1TF

## Upcoming dates:

Thursday 11th April 2024	Talking finances with upcoming April increases.
Thursday 20th June 2024	Getting summer ready. Come meet some members of the Age UK Norwich Complex Community Support.
Thursday 18th July 2024	How can you get involved with up and coming Age UK Norwich fundraising events?



Supporting people with hearing loss and related conditions



Registered Charity Number 1094623

## South Norfolk



### **Coffee & Chat Drop-In Sessions 2024**

**at Star Throwers  
30 Melton Road  
Wymondham NR18 0DB**

**from 1400-1600 on the following dates**

**Wednesday 21 February**

**Wednesday 20 March**

**Wednesday 17 April**

**Wednesday 22 May**

**Wednesday 19 June**

**Drop in for coffee and biscuits and to find out more about breast reconstruction following breast cancer. Jane and other Keeping Abreast volunteers will be on hand to offer support and provide information about breast reconstruction in an informal and relaxed atmosphere  
If you can't attend a meeting and would like a chat with Jane please ask a member of Star Throwers**

**For more information visit our website [www.keepingabreast.org.uk](http://www.keepingabreast.org.uk)  
or our 'Keeping Abreast – Norwich' Facebook page  
Jane may be contacted through Star Throwers**

Registered Charity No. 1129522 Registered Company No. 8891388

## Little Visitors

\*\*\*\*\*Free play session for mums, Dads ,Grans  
grandads toddlers and babies .\*\*\*\*\*

Bring some sunshine to your local friendly  
welcomming 😊 carehome !

# Little Visitors



Meet other parents, try  
something new and bring  
some sunshine to your  
local care home!

**FREE STAY & PLAY SESSION  
for babies and  
children of all ages**

### Where?

Windmill House  
14 Browick Road  
Wymondham  
NR18 0DW

### When?

Every Monday  
11.00am - 12.00pm

### How to sign up:

Register at [friendindeed.org.uk/volunteering](https://friendindeed.org.uk/volunteering)



Bring along a toy, book and game to  
encourage play & interaction





**Scouts**



**Spring  
fayre 2024**

**13TH APRIL**

**11AM - 4PM BROOKE VILLAGE HALL**

**MUSIC 🌻 BBQ 🌻 GAMES**

**BEER STAND 🌻 RIFLE SHOOTING  
AND MUCH MORE.....**

**TABLE TOP SALE - BOOK A PITCH TODAY FOR £15  
Email us...[bandpscoutgroup@gmail.com](mailto:bandpscoutgroup@gmail.com)**

**Address - Norwich Rd, Brooke NR15 1AB**



## Breckland

Did you know we run  
Afternoon Events too? Visit  
our website for more info!

FREE hot drink  
and cake at  
all events!



# BRECKLAND CREATIVE SOCIALS

High-quality arts workshops for people aged 50+ in Breckland! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment.

-----  
Want to come along?

**All events are free to attend!**

Booking is essential and spaces are allocated on a first come first served basis, so please book online or contact us in advance to book a place and let us know your access requirements.

**Book a place now or find out more...**

Visit [ticketsource.co.uk/creative-arts-east](https://ticketsource.co.uk/creative-arts-east)

Call us on **01953 713390** or email  
[info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk) or visit  
[www.brecklandartsforhealth.co.uk](http://www.brecklandartsforhealth.co.uk)



See what's  
coming up  
overleaf!

Run by  
professional  
artists, sessions  
can be adapted  
for all abilities.



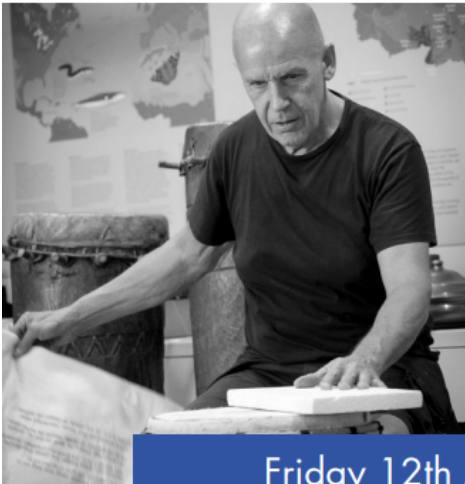
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ENGLAND**

**Inspiring**  
communities

**creative**  
ARTS EAST

## Upcoming Creative Socials...

**FUN | FRIENDLY  
ADAPTABLE | INCLUSIVE**



### APRIL 2024

#### **Seasonal Soundscaping with Les Chappell**

Les is back for an experimental music making workshop exploring the seasons using different sounds and instruments to compose a soundscape through the year!

Friday 12th April  
Thursday 18th April  
Friday 19th April

Thetford Library 1-3pm  
Attleborough Town Hall 1-3pm  
Dereham Trinity Methodist Church 1-3pm



### MAY 2024

#### **Surrealist Garden Collaging with Mel and Holly**

Create your own 'surrealist garden' mini collage with ArtatWork. No creative skills needed, just a willingness to give it a go!

Friday 10th May  
Thursday 16th May  
Friday 24th May

Thetford Library 1-3pm  
Attleborough Town Hall 1-3pm  
Dereham Trinity Methodist Church 1-3pm

Suitable for people aged 50+, including those with long-term health conditions, carers and people looking to create new connections!

#### **Book your place now...**

Call us on **01953 713390**, email [info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk)  
or visit [ticketsource.co.uk/creative-arts-east](https://ticketsource.co.uk/creative-arts-east)

## East Norfolk



Age Connected are excited to announce a NEW LOW COST Transport Service to bring the community 50 + Working in partnership with Ocean Cabs Team and with funding received for the project from Norfolk Community Foundation , Transport will be available from your home to the Acorn Centre doors by 10 am so you can enjoy a whole day of fun and friendship operating every Monday and Thursday .

. Route 1 will Pick up from Hopton and surrounding areas .

Route 2 will pick up from Winterton and surrounding areas .

\*EACH WAY\* door to centre and then from the centre back to your home will be only £4.50 so a return journey for £9 which is a great saving on regular taxi service costs .

\*All Mini Buses are Wheel Chair Accessible\*

PRE BOOKINGS ESSENTIAL call Ocean Cabs Direct on 01493 330 330

# GREAT YARMOUTH CREATIVE SOCIALS

FREE hot drink  
and cake at  
all events!



High-quality arts workshops for people aged 50+ in Great Yarmouth! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment.

Want to come along?

**All events are free to attend!**

Booking is essential and spaces are allocated on a first come first served basis, so please book online or contact us in advance to book a place and let us know your access requirements.

**Book a place now or find out more...**

Visit [ticketsource.co.uk/creative-arts-east](https://ticketsource.co.uk/creative-arts-east)

Call us on **01953 713390** or email  
[info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk) or visit  
[creativeartseast.co.uk](https://creativeartseast.co.uk)



See what's  
coming up  
overleaf!



Run by  
professional  
artists, sessions  
can be adapted  
for all abilities.

We are  
Dementia  
Inclusive 

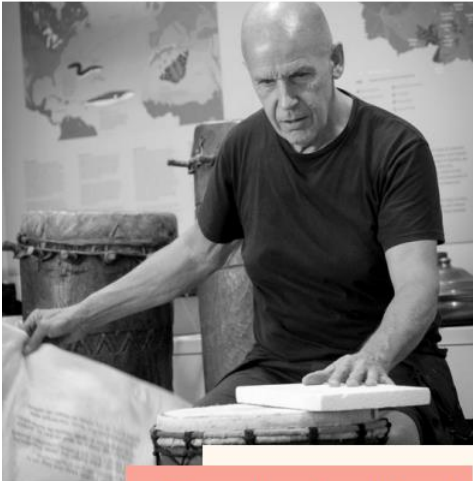


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ENGLAND**

**creative**  
ARTS EAST

## Upcoming Creative Socials...

**FUN | FRIENDLY  
ADAPTABLE | INCLUSIVE**



Tuesday 2nd April

### APRIL 2024

#### **Seasonal Soundscaping with Les Chappell**

Les is back for an experimental music making workshop exploring the seasons using different sounds and instruments to compose a soundscape through the year!

St George's Theatre Café, 1-3pm



Tuesday 7th May

### MAY 2024

#### **Surrealist Garden Collaging with Mel and Holly**

Create your own 'surrealist garden' mini collage with ArtatWork. No creative skills needed, just a willingness to give it a go!

St George's Theatre Café, 1-3pm

Suitable for people aged 50+, including those with long-term health conditions, carers and people looking to create new connections!

#### **Book your place now...**

Call us on **01953 713390**, email **[info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk)**  
or visit **[ticketsource.co.uk/creative-arts-east](https://ticketsource.co.uk/creative-arts-east)**

# Tilley's – A Friendly Drop in for Everyone



## A FRIENDLY DROP IN FOR EVERYONE



Feeling low, isolated, or worried?  
\_\_\_\_\_

Need a hot drink or just a friendly ear?  
\_\_\_\_\_

Looking for support with alcohol, drug, or other dependence?  
\_\_\_\_\_

Need help with training, employment, CV writing or volunteering?  
\_\_\_\_\_

Advice on managing finances  
\_\_\_\_\_

Looking for support with your housing needs?  
\_\_\_\_\_

Need some health advice



### What is Tilley's?

Tilley's is a partnership approach to providing vulnerable people in Great Yarmouth with a more wide ranging support service

### Where do I find it and when?


Great Yarmouth Library  
Tolhouse St,  
Great Yarmouth  
NR30 2SH

From the 20th of March  
9.30am-11.30am


Then alternate Wednesdays




## North Norfolk


 Learning sign language in North Walsham.


\*\*\* Please share this to help others \*\*\*

 Absolutely lovely to be with members of the deaf community in North Walsham this morning and be taught my beginners lesson in sign language!

 Local lady, Wendy Murphy is an absolute angel, bringing the community together to teach sign language to help our deaf community. She runs a deaf cafe every 3rd Saturday of the month 10am - 12pm at the North Walsham Salvation Army Hall.

Every Thursday she also runs a British Sign Language course at 10am - 12pm.

 To have a deaf gentleman tell me that until this cafe was started up he was lonely with no-one to talk to, but now this group has brought other deaf people together and forged new friendships, was just beautiful.

 What a lovely morning, in such a special community. If you want to support Wendy she would love to see you, just drop in or contact her on [wpmurphy@gmx.com](mailto:wpmurphy@gmx.com)

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# d e a f c a f e

10AM-12PM

3RD SATURDAY OF THE MONTH

NORTH WALSHAM SALVATION ARMY  
HALL, HALL LANE, NR28 9DT



# West Norfolk

 Funded by  
UK Government

Borough Council of  
King's Lynn &  
West Norfolk 

## WEST NORFOLK CREATIVE SOCIALS



FREE hot drink and  
cake at all events!

High-quality arts workshops for people aged 50+ in West Norfolk! Sessions offer an opportunity to improve wellbeing, try something new and meet others in a safe environment.

-----  
Want to come along?

**All events are free to attend!**

Booking is essential and spaces are allocated on a first come first served basis, so please book online or contact us in advance to book a place and let us know your access requirements.

**Book a place now or find out more...**

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Call us on **01953 713390** or email  
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[creativeartseast.co.uk](https://creativeartseast.co.uk)



See what's  
coming up  
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Run by  
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**LEVELLING  
UP**

We are  
Dementia  
Inclusive 

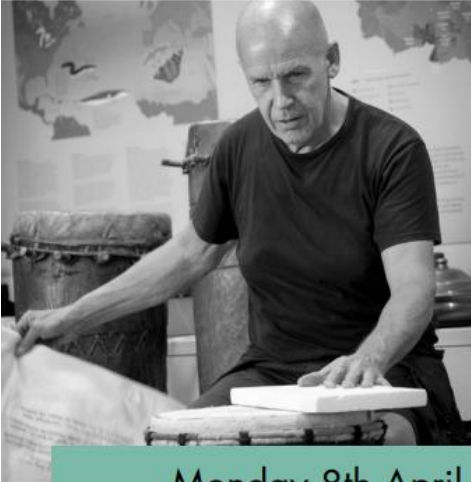


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ARTS EAST**

## Upcoming Creative Socials...

**FUN | FRIENDLY  
ADAPTABLE | INCLUSIVE**



### APRIL 2024

#### **Seasonal Soundscaping with Les Chappell**

Les is back for an experimental music making workshop exploring the seasons using different sounds and instruments to compose a soundscape through the year!

Monday 8th April  
Weds 17th April

Hunstanton Community Centre, 1-3pm  
Great Massingham Village Hall, 1-3pm



### MAY 2024

#### **Surrealist Garden Collaging with Mel and Holly**

Create your own 'surrealist garden' mini collage with ArtatWork. No creative skills needed, just a willingness to give it a go!

Monday 13th May  
Weds 15th May

Hunstanton Community Centre, 1-3pm  
Great Massingham Village Hall, 1-3pm

Suitable for people aged 50+, including those with long-term health conditions, carers and people looking to create new connections!

#### **Book your place now...**

Call us on **01953 713390**, email **[info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk)**  
or visit **[ticketsource.co.uk/creative-arts-east](https://ticketsource.co.uk/creative-arts-east)**



### **Coffee Mornings – Lynn Museum**

Opening hours Tue – Sat, 10am – 5pm; Sundays 12 – 4pm (April-September only); Closed on public holidays. Every last Friday of the month, join us for a relaxing hot drink, cake and activity, ranging from crafts to handling artefacts. Each session will have a different activity. Coffee Mornings are open to all and free to attend. Donations are welcome but not required.

10:30-11:30am-

26 April – Glow in the Dark Jars

31 May – D-Day Soldier's Kit

28 June – Summer Flowerpots

26 July – American GIs in Norfolk

<https://norfolk-museums.arttickets.org.uk/lynn-museum/2024-02-23-cm24>

# PIT STOP in Downham Market & King's Lynn



Pit Stops bring men together through activities and conversations to build friendship and connection.

There is no charge to attend Pit Stop and we supply refreshments.

Pit Stops cover a variety of interests and activities ranging from board games, creative arts, walks and talks to fishing. We're keen to hear what you'd like to do too.

## DOWNHAM MARKET

**Mondays, 2-4pm.**

The Social Room,  
St Dominic's  
Catholic Church,  
17 Howdale Road,  
Downham Market,  
PE38 9AB

## KING'S LYNN

**Tuesdays, 2-4pm.**

The Community Hub,  
driveway of St Faith's  
Church,  
Gayton Road,  
King's Lynn,  
PE30 4DZ.

For further details contact

**Contact: Stu Robb**

07568 955084

StuRobb@mencraft.org.uk

Pit Stop is a MensCraft project, a charity supporting men's wellbeing

**mencraft.org.uk**

MensCraft is a registered CIO: 1188578





### **An Ecumenical Bereavement Service in King's Lynn**

An ecumenical partnership between the Quakers and Methodists in King's Lynn is running to provide free bereavement support and counselling. Amongst the variety of outreach and community activities which happen at the King's Lynn Quaker house is a group called Companions in Bereavement.

Companions in Bereavement are a group of qualified bereavement support workers in King's Lynn who are holding walk-ins and individual counselling by arrangement. These sessions are held every Friday between 10.00am to 12.00pm at the Quaker Meeting House, 36 Bridge Street, King's Lynn, PE30 5AB.

[https://www.networknorwich.co.uk/Articles/683875/Network\\_Norwich\\_and\\_Norfolk/Partners/Churches Together in Norfolk and Waveney/An ecumenical bereavement service in Kings Lynn.aspx](https://www.networknorwich.co.uk/Articles/683875/Network_Norwich_and_Norfolk/Partners/Churches_Together_in_Norfolk_and_Waveney/An_ecumenical_bereavement_service_in_Kings_Lynn.aspx)



## Find Your Balance – Free Classes

- **When:** Every Wednesday (April-July) Starting 3<sup>rd</sup> April!
- **Time:** 14:00 – 15:30
- **Where:** St Faiths Community Hub

We are pleased to be offering Low Impact and Seated Exercises classes to those over the age of 50, and people who feel they may be at risk of falls.

The last session of each month will be a mindfulness-based walk, or a mindfulness session indoors.

Each session will be followed with a thirty-minute social meeting – and a much-deserved cup of tea/coffee!

Equipment will be provided for the Exercise classes

Please contact:

[aimee.kingsbury@norfolkandwaveneymind.org.uk](mailto:aimee.kingsbury@norfolkandwaveneymind.org.uk) to register

**To get the mental health support that is right for you**

**Visit: [norfolkandwaveneymind.org.uk](http://norfolkandwaveneymind.org.uk)**

**Call: 0300 330 5488**

Registered charity no. 1118449



**Address - St Faith's Community Hub, Gayton Rd, Gaywood, King's Lynn PE30 4EE**

# Events

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## Norfolk and National



**HOUSING AND  
RESPIRATORY HEALTH;  
WORKING TOGETHER IN  
THE EAST OF ENGLAND**

WEBINAR VIA MICROSOFT TEAMS

25TH APRIL '24 • 9:30 AM TO 12:30 PM

**AGENDA**

WE WARMLY INVITE YOU ATTEND THIS VIRTUAL WEBINAR, WHICH AIMS TO CREATE BETTER CLARITY AND UNDERSTANDING OF HEALTHCARE AND HOUSING PATHWAYS, TO IMPROVE RESPIRATORY HEALTH OUTCOMES FOR ALL AGES.

THIS WEBINAR WILL PRESENT A REAL LIFE CASE STUDY IN DETAIL, WITH SPEAKERS FROM BOTH HOUSING AND HEALTH PRESENTING THEIR ROLES IN THE PATHWAY. THE SESSION WILL EXAMINE THE CURRENT LANDSCAPE AND IDENTIFY THE OPPORTUNITIES FOR COLLABORATION.

**SPEAKERS YOU CAN EXPECT TO HEAR FROM:**  
Director of Housing, Grand Union Housing  
Environmental Health Officer  
Respiratory Consultant  
Paediatric Severe Asthma Consultant  
GP  
Social Prescriber  
Senior Policy Officer, Chartered Institute of Housing  
Director of Safeguarding and Wellbeing, Grand Union Housing  
Head of Public Health, Milton Keynes City Council



Whether you work in health, housing, social services, VCSE, local government or if you have an interest in this field, we encourage you to join us!

**[Register for the event here](#)**

THIS EVENT IS HOSTED BY THE NHS ENGLAND EAST OF ENGLAND RESPIRATORY NETWORK AND THE EAST OF ENGLAND CHILDREN AND YOUNG PEOPLE'S ASTHMA CLINICAL NETWORK.  
FOR MORE INFORMATION: [ENGLAND.EOE.CYPTRANSFORMATION@NHS.NET](mailto:ENGLAND.EOE.CYPTRANSFORMATION@NHS.NET)





### **Free Compassionate Conversation Sessions**

Please see below the upcoming dates for **Free** Compassionate Conversation sessions - an opportunity for individuals and organizations interested in building skills for sensitive conversations

Here are the session details:

- o Online event on 7<sup>th</sup> May 2024, 10:00 - 12:00
- o Online event on 19<sup>th</sup> June 2024, 19:00 - 21:00
- o Online event on 24<sup>th</sup> July 2024, 10.00 - 12:00
- o Online event on 6<sup>th</sup> August 2024, 10.00 - 12:00

These sessions aim to empower individuals (18+) to have open, honest conversations about end-of-life, loss, and bereavement while learning ways to support others.

**Sign up here-** <https://www.stelizabethhospice.org.uk/compassion/events/>



### **National Trading Standards (NTS) Scams Team Practitioner E-Learning**

This resource has been designed to assist professionals and practitioners who will be interacting with victims of scams, this includes but is not limited to social workers, community nurses, volunteers, and befrienders.

This e-learning will give you:

- An understanding of the scale of the problem of scams
- Insights into the behaviour of the criminals behind scams
- Practical advice on how best to support a victim of scams
- An understanding of the legislation that can be used to support scam victims and to prosecute the criminals behind scams

<https://www.friendsagainstscams.org.uk/training/practitioner-elearning>

## Curious about brain health or brain injury? Interested in getting involved in research?



### Here's a paid opportunity:

- Share your story about your brain injury or about caring for someone else affected by brain injury.
- Ask questions about brain health, including memory concentration, brain fog and tiredness.
- Find out about research happening locally, that you can get involved in if you like.

- A £15 high street shopping voucher for your time
- Food and Drink
- Information and tips about brain health to take away
- Opportunity to ask questions or share your story about brain health or brain injury

The events are at the following locations and dates:

**10th April at 1:30 pm in Kings Lynn, at the Deaf Centre**

**17th April at 1:30 pm in Great Yarmouth, at the Library, Southgate room.**

For more information or to book your place email Jordan Ayden: [J.Ayden@uea.ac.uk](mailto:J.Ayden@uea.ac.uk)

## Norwich

### Norfolk County Council – Big Indie Read



The poster features a collage of images: a woman playing a violin on a beach, the event title 'BIG INDIE READ' in large, stylized letters, a book cover for 'WHAT'S SHE LIKE' by Helen O'Hara, and a QR code. The text below the images provides details about the event.

**Helen O'Hara - April 6<sup>th</sup> 2-4pm at the Millennium Library**

Join us for a special Big Indie Read Record Club event with Helen O'Hara, in conversation with Professor Matthew Worley. Helen is a violinist, composer, arranger, musical director and co-producer known for her work with Dexys Midnight Runners, Tanita Tikaram and Tim Burgess.

We'll be playing the classic Dexys album 'Too-Rye-Ay' in full, on vinyl. Helen will also be reading from her new book 'What's She Like' and answering audience questions. Tickets are £5. Book by visiting <https://helenohara.eventbrite.co.uk> or using QR code

1

### Dying Matters 2nd May 2024

The Dying Matters event will be at The Forum in Norwich on the 2<sup>nd</sup> of May 2024 for some rich and informative chats with the Charities and Organizations who will be in attendance between 9am and 3pm. They also have some expert's speakers, between 9am and midday, in the Auditorium at The Forum, to reserve your seat please book via [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

You will find various stands, which you are free to wander round and engage in some rich and informative chats, it's an opportunity to ask questions, dispel those myths, or sit and enjoy a cup of tea in the Death Café - <https://deathcafe.com/deathcafe/16378/> which happens thanks to Café Bar Marzano.

Also Norwich Millennium Library - <https://www.norfolk.gov.uk/article/40217/Norfolk-and-Norwich-Millennium-Library> will have a dedicated table of books on the topic death and dying just inside the library door from 10am to 3pm.

Many of these Organizations and Charities also support the work of Compassionate Communities across the East of England -

<https://www.compassionatecommunitieseast.com/home>

*Please note that though the talks in the Auditorium will run between 9am and midday the timings for the individual speakers are approximate.*



### **Save the Date: Advance Care Planning Conference**

The palliative care team will be running an Advance Care Planning event on 8 May 2024, which will involve partners from across palliative and end of life care in Norfolk and beyond.....The 'Getting your House in Order' conference will take place at the John Innes Centre and involves hospices/support services/charities etc across Norfolk and will also be live streamed. It is sponsored by the N&N Hospitals Charity. The event is open to all healthcare professionals and the general public.

Email [PCBookings@nnuh.nhs.uk](mailto:PCBookings@nnuh.nhs.uk) to find out more or to book.



## **NCAN Partnership Meetings: dates for 2024**

NCAN's Partnership Meetings provide updates on new and existing projects, and include speakers on topics relevant to the Norfolk advice sector and beyond. Open to all, future meetings (online) will be on: 3rd April; 5th June; 7th August; 9th October; and 4th December - all from 10.00 to 11.30am.

The *Your Norfolk Advice Network Helpline* can assist with making referrals on the NCAN referral system. The helpline number is **0333 996 8333** or email: [helpline@ncan.co.uk](mailto:helpline@ncan.co.uk). The opening hours are **8.00am – 6.00pm** Monday to Friday. The Helpline is also available for members of the public seeking advice and support.

If you have any questions about NCAN, the referral system or would like to get in touch contact us at: [info@ncan.co.uk](mailto:info@ncan.co.uk); website: [www.ncan.co.uk](http://www.ncan.co.uk)



## **FUSE Social Enterprise Coffee Morning**

Collaboration, rather than competition, is a core tenet of the social enterprise movement. Through collaboration, organisations can all amplify the impact and create the change they strive for more effectively and efficiently. FUSE Norwich is working hard to provide spaces where organisations can come together to build the connections and trust needed to work collaboratively, whether it's a joint venture, a shared project or sharing knowledge. FUSE

Norwich is fortunate to have the support of the Empowering Communities partnership, Norwich City Council and many more organisations in this mission!

If you would like to join FUSE for their Social Enterprise Coffee Morning on Friday 19th April, 10.30am-12.30pm, at Carberry's Cafe, visit [www.fusenorwich.org.uk](http://www.fusenorwich.org.uk) to book your place!

<https://www.ecnorfolk.org.uk/news/fostering-connections-across-the-vcse-sector/>

  
**Priscilla Bacon**  
Hospice Charity

## **Backstage Tour of The Warehouse**

**Would you like to meet new people  
or help the local community?**

**Come along to our free event where you can  
meet our amazing team of volunteers to discover  
which roles we have on offer with a tour of our warehouse**

**WEDNESDAY 10TH APRIL**

**10AM TO 1.30PM**




Get ready to explore the heart of our retail operations as we open our doors at our Retail Warehouse in Drayton from 10am to 1.30pm. This is your chance to meet the incredible faces behind the scenes – our dedicated team of staff and volunteers!

Here's what's in store for you:

👋 Meet & Greet: Connect with our passionate team members and volunteers. Learn about their experiences and what drives their dedication

🌟 Taster Sessions: Dive into the role of a volunteer with interactive taster sessions. Gain valuable insights and discover how you can make a difference

We will be highlighting all areas of our volunteering opportunities.

Don't miss out on this opportunity to become part of our community and learn about the impactful work we do! Mark your calendars and spread the word 

[#TheBackstageTour](#) [#CommunityEngagement](#)  
[#VolunteerOpportunity](#)





### **Event Invitation**

The event will include the presentations from Norfolk Citizens Advice and a knowledgeable MS benefits advisor. They will cover:

- Support and information available nationally and locally
- Top tips regarding concessions and entitlements
- Universal credit, new style Employment and Support Allowance, and PIP
- Plus, Access to Work and lots more!

Partners, family members, and friends are welcome too.

### **When**

Wednesday 24 April 2024

6 - 8pm

[This is a presentation style event.

Registration opens at 5.30pm and presentations will start at 6pm.]

### **Where**

Wensum Valley Hotel, Beech Ave,

Taverham, Norwich NR8 6HP

There will be refreshments, sandwiches, and chips!

It's free to attend but spaces are limited. **Booking is essential.**

<https://www.eventbrite.co.uk/e/benefits-advice-event-tickets-853617732617?>

If you have any questions, please contact [gina.rutterford@mssociety.org.uk](mailto:gina.rutterford@mssociety.org.uk) or call 07760 380941.

**North Norfolk**

**North Walsham Big Bash**

COMING  
SOON



**ARE YOU INTERESTED IN  
DISCOVERING WHAT'S AVAILABLE  
IN YOUR LOCAL COMMUNITY??**

**Come along to North Walsham Big Bash 2024  
North Walsham Community Centre  
1.30-4.00 on 20th April 2024  
FREE ENTRY / ALL WELCOME**



 @NWbigbash2022

West Norfolk



**FAMILY  
FUN DAY**  
WITH INDOOR CRAFTS

**Saturday 6th April**

**FREE ENTRY  
ALL WELCOME  
11am - 5pm  
At Hunstanton  
Community Centre,  
PE36 6BQ**

SPONSORED BY



**QEHL KING'S  
LYNN  
Charity**  
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**Princess  
theatre**

**For stall information:  
07591 732033**

# Spotlight on Snettisham

## Snettisham

The village sign [one of two], carved by craftsman Robert Lewis from Suffolk, features the main reason for Snettisham's prominence. The sign is topped with a large, golden torc, a representation of one of the items discovered in the village between 1948 and 1990, known as "The Snettisham Hoard". In all, 75 of these neck rings were found intact and over 100 more in pieces. Nearly 300 rings, bracelets, coins and ingots were also found. The Hoard dates from around 100 BC and is now housed mainly at the British Museum with some pieces at Norwich Castle Museum



.The two figures on the sign are smugglers, recalling the 18<sup>th</sup> and 19<sup>th</sup> centuries when Snettisham was a major drop-off point for sailors seeking to avoid paying excise duty if they continued their journey to Kings Lynn. One night in February 1822 smugglers landed here with 80 barrels of brandy and gin but their cargo was seized by waiting revenue men. Local interest in the illegal trade was so strong that villagers managed to recapture every barrel for duty-free distribution as far away as Norwich.

Another sad episode of Snettisham's links with the sea was the 1953 floods which took 25 lives of the 100 lost in Norfolk. They are remembered on a memorial at Hunstanton and on a plaque in the village. Some of the victims were buried in the churchyard of St. Mary's.

The church has a spire 175 feet tall; second in Norfolk only to Norwich cathedral and visible as a navigation mark from way out at sea.



The west-facing coast provides habitats for all kinds of wildlife. During the winter months as the tide ebbs and flows, tens of thousands of wading birds take flight in a dramatic display known as the "Snettisham Spectacular". The RSPB bought this site in 1922 and have developed it for the benefit of wildlife and the public ever since. RSPB publishes a timetable of the most likely time when the "spectacular" can be seen. It is now the most important inter-tidal wetland site in the country.

Rather more domesticated, Snettisham Park Farm is a 329 acre working farm where the public can see at close quarters red deer, sheep and lambs, horses, goats and poultry.

Many people will have seen the BBC Springwatch nature programmes broadcast live from Wild Ken Hill, site of the first finds of the treasure hoard. Ken Hill is 4000 acres of privately owned land, now seeking to restore nature, fight climate change and grow healthy foods. The BBC series is introduced by Chris Packham and Michaela Strachan.



Kind regards

Janine, Partnership Coordinator, Norfolk Older People's Strategic Partnership (NOPSP)

**Email: [nospb@aol.co.uk](mailto:nospb@aol.co.uk)**

**Answerphone: 07963 304015**

**Website: <http://www.norfolkolderpeoplespartnership.co.uk>**

**Have you seen our Facebook page?**

**<https://www.facebook.com/profile.php?id=100091329240994>**

**We do our best to ensure the accuracy, reliability and availability of the information contained in this newsletter but cannot be held responsible for this or for the views expressed.**

#### **UK General Data Protection Regulations (UK GDPR)**

This came into force on 1 January 2021 and is the UK version of the GDPR legislation that was brought in during 2018 to replace the Data Protection Act 1998.

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