



YOUR VOICE IN NORFOLK NEWSLETTER

of
Norfolk Older People's Strategic
Partnership (NOPSP)

December 2023- Edition 52

Word from the Chair

We've reached the last issue of *Your Voice in Norfolk* for 2023 and the streets in Norwich are thronged with people shopping for Christmas. But it's been a strange and at times disturbing year. The cost of living crisis is still with us. We are told that some prices are beginning to ease but rents and the cost of some foods are continuing to rise, and people are still having to decide between heating and food. And we still have fighting in Ukraine and now Israel.

Some of the strikes have eased off and as I write it looks as though the hospital consultants are close to an agreement. But there is still a lengthy waiting list for operations and the ambulance response times are still causing problems. The Covid enquiry has brought images of chaos in the government with worrying views on how older people should be treated, and honest accounts of discharges to care homes. There may be elements of logic in some parts of this and no real alternatives in others, but the government needs to be open and honest about their decisions rather than misleading people.

Meanwhile a study led by the University of Warwick in collaboration with the Society for Acute Medicine has found that younger patients with simpler problems are waiting less time for assessments than older and frailer patients with complex care needs. It suggests

that this is largely due to the national drive to prioritise same day emergency care without the need for admission to a ward. So, let's move on to talk about older people.

We are, first and foremost, individuals. People age differently for many, many reasons from their genetic make-up and the circumstances in which they live to lifestyle choices and the burden of caring. Treating us as a single group differentiated only by chronological age is not helpful and, for me at least, at times it's infuriating. By now we've built up a lot of experience, not just of living as older people but of how things have happened the past. I had to smile when I told a senior manager who was explaining the role of pharmacists as the first port of call that as a chemist in one of the poorest parts of Burnley in the 1960s my father had worked in partnership with the local GP to keep the local population safe.

So, in order to keep us living healthily and well in our own homes for as long as possible the health and social care professionals and the people from local government who provides other services that help us to go about our daily lives need to talk to us. They don't just need to ask us about existing services but involve us when they need to change them or develop new ones. And involve us from the beginning, not just when their ideas are already well developed.

I've even been told by a senior manager that older people won't talk; but they do. A group of Carers talking to each other about their experiences has resulted in a great success story. They were tired of having to explain every time they took the person they were caring for to appointments that they were Carers and ask to be involved in decisions. This led to them working with hospital staff to produce a Carers passport that can go on a card on a lanyard or on a mobile phone. More than 2,000 have been issued in the last year and news of the initiative is spreading across the country.

You'll hear more about you can make your voice heard in the New Year. In the meantime, keep well and best wishes for a Happy Christmas and a better New Year.

From Mary, David, and Janine

INDEX

Health articles

Norfolk and National

- Coping at Christmas
- Healthwatch -
Over-65's experience of Adult Social Services in Norfolk
Survey on digital tools
- Norfolk County Council - Shaping the Market webinar
- Norfolk and Waveney Integrated Care System - Improving lives together -
Stay warm and well
New look for emergency department

Information and advice

Norfolk and National

- National Trading Standards Scams Team launch #NoBlameNoShame campaign
- NASP - Scam Alert – Text messages claiming to be from 'Royal Mail'
- Broadland District Council and South Norfolk Council - Pride in Place Community Grant
- Norfolk & Waveney Later Life Provider Network (LLPN) - Transport in Norfolk & Waveney for older people
- Norfolk and Norwich Hospitals charity
- Carers Matters - How you can help people who care for a family member
- Anglian Water - Help with water bills
- Caring Together befriender scheme
- East Anglian DriveAbility
- Independent Age Winterwise guide
- NIDAS flyer
- The Deaf Health charity
- Norfolk Norwich & Waveney Motor Neurone Disease Connect team

- Independent Living newsletter
- Heriot-Watt University - Better streets and pavements will help us stay active, older people say in new study
- Royal British Legion
- NCAN Partnership meeting
- East of England Ambulance Service - Key safe postcards

East Norfolk

- Guide dogs volunteers

Activities and events

Norfolk and National

- Grief Awareness day
- White Ribbon - 16 days of action
- Age UK Norwich - Phonely
- Free event Heritage Hour
- GamCare - Women and Gambling Related Harms - Free Online Training
- Wellbeing updates
- The Conservation Volunteers updates

Norwich

- Be Santa to a Senior and gift wrapping event
- Norwich Open Christmas
- Priscilla Bacon Hospice Charity - Reflect and Remember Carol Service
- Christmas Lunch- Phoenix centre
- St Martins Christmas Carol Service
- NNUH - Carols by Candlelight
- Menscraft - Norwich Pit Stop Activities – New Venues
- Age UK Norwich - December clubs
- Norfolk Good Neighbourhood network event

South

- Star Throwers Christmas coffee morning

- Your Library - Just a Cuppa
- Wellbeing Café Catch up
- Creative Arts East
- Cup of Caring

Breckland

- Stay Warm in Dereham
- Watton library Autism friendly meet up
- Creative Arts East

East Norfolk

- Feathers Future –
Crafty Christmas
Own My Life
- Creative Arts East
- The Arc cinema open @ Christmas
- James Paget University Hospital - Veterans Coffee mornings 2024
- Catfield Community Christmas

North Norfolk

- Cromer - A Christmas concert
- Cromer Church - Follow The Star Join the Song
- Christmas Lunch - Sheringham
- North Norfolk Healthy Ageing Programme - Our Everyone Healthy Programmes
- Nancy Oldfield Trust - Festive cruises

West Norfolk

- Stroke Association - Tai Chi
- Creative Arts East

- Spotlight on Weybourne

**You are cordially invited
to the next Norfolk Older People's Strategic Partnership (NOPSP)
meeting**

Thursday 14th March 2024

School room, Diamond Centre School Lane, Sprowston Norwich NR7 8TR

10am to 1pm

Open to the public

Agenda to be advised in due course

Health

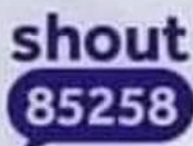
National and Norfolk

COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



📞 0300 123 3393
📞 Helpline
🌐 mind.org.uk



📞 Text SHOUT to 85258
📞 24/7 text service
🌐 giveusashout.org



📞 116 123
📞 24/7 helpline
🌐 samaritans.org



📞 Text YM to 85258
📞 24/7 text service
🌐 youngminds.org.uk



📞 0800 58 58 58
📞 Helpline for men
🌐 thecalmzone.net



📞 0800 068 4141
📞 Under 35s Helpline
🌐 papyrus-uk.org



Over-65's experience of Adult Social Services in Norfolk

If you are over-65, or look after someone over 65, and have used some kind of social service, then Healthwatch Norfolk would like to hear from you. They have been commissioned by Norfolk's Adult Social Services to try to understand the experience of older people when they use social services, and whether older people are listened to well by services. Using social services could mean that you have:

- Support to live in a residential or nursing home
- Care in your own home (domiciliary care)
- Help to make your home safe and comfortable to return to after hospital
- Reablement support (including Norfolk First Support)
- Visited Day Centres
- Received welfare or money advice from Norfolk County Council
- Assistive technology to help you live independently
- Used a service to help you to communicate with Norfolk County Council such as POhWER advocacy services, Age UK welfare advice, or Citizen's Advice

If you are willing to be interviewed for the project, then please contact John Spall, Research and Projects Manager, at john.spall@healthwatchnorfolk.co.uk or 0808 168 9669.

<https://healthwatchnorfolk.co.uk/get-involved/do-social-services-listen-to-you-or-your-loved-one/>

Survey on digital tools



Dealing Digitally with your Doctor

Who is Healthwatch Norfolk?

Healthwatch Norfolk is the independent voice for patients and service users in the county. We gather your views of health and social care services to ensure they are heard by the people in charge.

What is this survey about?

We are working with Norfolk and Waveney Integrated Care Board (ICB) to find out how patients in Norfolk and Waveney digitally access and attend primary care appointments with doctors and other healthcare professionals.

We would like to know more about your experiences of using your digital tools (for example your doctors' surgery website, the NHS app or the Airmid and Patient Access Apps) to:

- make appointments
- attend appointments at your doctors' surgery
- seek information and advice about healthcare
- order repeat prescriptions
- access any other information, advice, or support from your doctor's surgery

The survey can be found at: <https://www.smartsurvey.co.uk/s/dtyear3/>

If you would prefer to do this survey with us over the phone, please call Healthwatch Norfolk on 01953 856029 and we will arrange a time to ring you back to complete the survey. If you require an alternative format for the survey, please email: enquiries@healthwatchnorfolk.co.uk

How the survey results will be used

Survey responses are being collected and analysed by Healthwatch Norfolk. You can read our full privacy policy at: www.healthwatchnorfolk.co.uk/about-us/privacy-statement

All responses will be anonymous and will be used to make recommendations to health and social care providers. The report will also be publicly available on our website and may be used in other Healthwatch Norfolk communications.

Want to keep in touch?

To stay up to date with what we are doing at Healthwatch, you can sign up



to our newsletter via our website: www.healthwatchnorfolk.co.uk

If you do not use email, you can call Healthwatch Norfolk on 01953 856029 to ask to receive our newsletter via post.

Survey Closing date: 2nd January 2024



Norfolk
County Council

Shaping the Market webinar

Please see the information to follow; the links are repeated here-

<https://improvinglivesnw.org.uk/our-work/healthier-communities/mental-health/learning-disabilities-and-autism/>

<https://www.norfolk.gov.uk/business/supplying-norfolk-county-council/norfolk-care-market/market-position-statement-for-norfolk>

[Norfolk County Council Provider... | Norfolk & Suffolk Care Support \(norfolkandsuffolkaresupport.co.uk\)](#)

Shaping the Market webinar, 10.30am to 12pm, Monday 4 December. Please book via qaprovidersassd@norfolk.gov.uk to be sent the MS TEAMS link.

Dear Care Provider and Voluntary Community Social Enterprise provider involved in adult social care,

Join us at the Shaping the Market webinar on the 4 December to discuss 'Learning from Lives and Deaths - People with a Learning Disability and People with Autism' (LeDeR) and Norfolk's Market Position Statement (MPS).

There will be presentations from Andy O'Connell (Senior Nurse, Quality in Care team, Integrated Care Board) and Julia Philips, Market Development Manager, Norfolk County Council). The Let's have a conversation section will be an opportunity for you to share your experiences on issues such as:

- The annual health review for people with a learning disability
- Access to cancer screening
- What is useful in the market position statement?
- Where are the gaps for your business planning and service delivery in the market position statement.

If you are able to look at the:

- [LeDeR report and/or animation of the annual report 2022/23 on the ICS website](#)
- [Market Position Statement on the NCC website](#)

A section that is of relevance or of interest to you, this would be appreciated and assist with engaging group conversation in the webinar.

Your participation is invaluable. Your input will contribute to shaping the next steps and developments that support your care services and Norfolk's commissioning intentions.

I really hope many of you can give your vital time and join our webinar for 90 minutes. The slides and engagement report will be published on the [NSCS Ltd website](#) after the event. To book please RSVP qaprovidersassd@norfolk.gov.uk.

I look forward to seeing you on Monday 4 December at 10.30am.



Improving lives **together**

Norfolk and Waveney Integrated Care System

Improving lives together - Stay warm and well

Your health and well-being are important. There are things you can do to protect yourself and those around you. This winter it's more important than ever to take care of your health as we face a bad flu season and COVID-19 is still with us.

Are you winter-ready? Check you have everything you need to look after your health to prevent common winter illnesses from developing into more serious health issues.

If you do get ill and you're worried about your health, please don't put off getting help. Your NHS wants to see you before any health concerns become bigger problems.

<https://improvinglivesnw.org.uk/our-work/our-campaigns/warm-and-well/>

New look for emergency department

There is a new look to the emergency department at a Norfolk hospital. The refurbished area at the Queen Elizabeth Hospital in King's Lynn will create extra space for ambulance handovers, more room for walk-in patients to be assessed and treated, and an improved layout to monitor and care for patients.

Side-rooms will also have doors rather than curtains which is better for patients with potentially infectious conditions, more space for patients who may have mental health conditions, and more areas to treat children.

<https://healthwatchnorfolk.co.uk/news/new-look-for-emergency-department/>

Information

and

advice

Norfolk and National



Scams Team launch #NoBlameNoShame campaign

73% of UK adults – or 40 million people – have been targeted by scams, with 35% - or 19 million – losing money because of this criminal offence. The average amount lost by victims is £1,730, but fewer than a third (32%) report the crime to the authorities, according to new research, released by National Trading Standards (NTS).

Despite high numbers of scams and the huge financial and emotional impact on victims, these crimes are severely underreported. NTS's research showed that when people realised they'd become a victim of a scam, the most common feelings were being 'angry' with themselves, (46%), feeling 'stupid' (40%) and 'embarrassed' (38%). Fewer than a third (32%) then reported the crime to an authority such as the police, and 42% did not tell their bank. Two thirds didn't even tell a relative or friend they'd become a victim. For those that did report to the authorities, 47% were made to feel stupid or embarrassed. Only 34% felt fully heard and understood, and just 38% felt strongly that their case was taken seriously.

NTS believes it is victims' shame, combined with the worry that they will not be supported if they come forward, that prevents so many reporting these crimes. This underreporting means the scale and impact of fraud and scams is not fully understood, victim support services are not funded properly, and a sense of blame continues to fall on the victim – all of which effectively gives criminals the green light to keep offending. This vicious cycle of shame, underreporting and under resourcing may also be contributing to a sense of helplessness in society – an incredible one in five adults (20%) believe they are likely to become a victim of a scam in the next five years. That's why NTS is launching

its [#NoBlameNoShame](#) campaign urging people to talk about scams to reduce the stigma, making victims feel more able to talk and report.

The #NoBlameNoShame campaign is being launched with practical advice and support on how we should speak about fraud and scams, as well as a video -

[https://www.youtube.com/watch?v= v5abgDDLvU](https://www.youtube.com/watch?v=v5abgDDLvU) - and more information available

at www.friendsagainstscams.org.uk/noblamenoshame. Information is also being issued to the police, adult social care, local trading standards teams and banks on how to better support fraud, scams and financial crime victims. This is the start of work to ensure victims of fraud, scams and financial abuse are provided with effective, holistic victim support services and are treated the same as other victims of crime.

<https://www.nationaltradingstandards.uk/>



Scam Alert – Text messages claiming to be from ‘Royal Mail’

NASP are warning residents about text messages continuing to circulate claiming to be from the ‘Royal Mail’. One recent example reported states that ‘We are unable to complete the delivery due to incomplete address details’ and then offers a link to ‘view and modify your information’. Criminals are experts at creating spoof messages that then link to fake websites using official logos and branding of trusted organisations to trick you into taking urgent action without closer inspection.

Always be wary of unexpected messages received and **never** click on any links or attachments unless you know you can trust them. 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. If you have received a text message which you believe to be a scam you can also report it to the Citizens Advice consumer helpline on **freephone 0808 223 1133**

Royal Mail offer further examples of text and email scams using their name on their website- <https://www.royalmail.com/help/scam-examples>



Pride in Place Community Grant

The Pride in Place Community Grant, funded through the UK Shared Prosperity Fund, provides funding for town and parish councils and voluntary and charitable organisations to enhance the local community and area you live in. Proposals should foster a sense of local pride and belonging and build resilient, healthy, and safe neighbourhoods that people want to live and work in.

Applications must come forward from the district council, the town or parish council, a community organisation or voluntary organisation. Projects must be carried out within South Norfolk or Broadland District Council areas. Applicants must be able to demonstrate deliverability of the proposal. Application forms should be completed and submitted to the Pride in Place prideinplace@southnorfolkandbroadland.gov.uk. Round 3 funding will open in November 2023. Awarded funding will be able to be used from 1 April 2024, but must be fully spent by December 2024.

<https://www.southnorfolkandbroadland.gov.uk/communities/pride-place-community-grant-scheme>



Norfolk & Waveney Later Life Provider Network (LLPN) - Transport in Norfolk & Waveney for older people

The [Later Life Provider Network](#) (LLPN) is made up of organisations that deliver services, expertise or support to people aged 50+ in Norfolk & Waveney. It includes representatives from the voluntary sector, academics and business.

The network aims to promote the needs and experiences of later life, using its expertise and the views and experiences of older people, to help shape and design local services. These could be health services, community services or those provided by local councils.

The LLPN wants to help make Norfolk and Waveney more Age Friendly and ensure that people locally get what they want and need in later life.



Transport can be a lifeline in later life. Transport that is accessible, affordable and safe is a key pillar in an Age Friendly community.

Other Age Friendly cities and communities have been working on transport as a priority as it's an enabler to healthy ageing. It helps people to access employment or volunteering opportunities, healthcare services, shops and amenities, family and friends, plus social groups and leisure activities.

It has been proven to have an impact on health, happiness and wellbeing. A connected community with convenient transport options promotes better health, continued independence and tackles loneliness and isolation.

With all this in mind, we're keen to find out more about how people in Norfolk & Waveney view transport locally - what it's used for, what works and what doesn't. The information from the survey will be collated and a report produced which will create a snapshot of views on local transport, with recommendations for action.

The network organisations have connections with clients/residents across Norfolk & Waveney. We want all members to facilitate the circulation of this survey, run or promote focus groups, and engage other smaller organisations, local clubs and businesses that they work with in the community.

Dear Sir/Madam,

Can you share our short survey, to help improve transport locally?

I am writing from the Norfolk & Waveney Later Life Provider Network, a group of organisations that deliver services, expertise or support to people aged 50+ in Norfolk & Waveney. We work together to promote the needs of older people, their families and carers, to make Norfolk and Waveney a great place to age. It includes representatives from the voluntary sector, academics and business.

Until **December 15th**, we are running a short survey for over 50s on local transport and we wondered if you'd be able to help us, by sharing the survey with members. This can be done in person, by email or via a newsletter. The information from the survey will be collated and a report produced which will create a snapshot of views on local transport, with recommendations for action.

We'd be very grateful for your support if you could help us gather views.

The survey is available both digitally [here](#) and in a printable document which is attached. You can start sharing these and encouraging people to fill them in immediately. The closing date is Friday 15th December.

If you have an e-newsletter or social media channels, perhaps you could post the following for us?:

Over 50 & live in Norfolk or Waveney? We need your views! We're helping the Norfolk & Waveney Later Life Network gather views on local transport, which can be an absolute lifeline. Let them know what you think of services locally [here](#). It only takes 5 minutes and could help the network improve transport where you live.

If you share paper copies of the survey and have some for collection after the December 15th deadline, please could you call Age UK Norwich on 01603 496333 or email enquiries@ageuknorwich.org.uk

We hope this is something you feel able to help with. Many thanks in advance for any support you're able to give.

Yours faithfully,

Dan Skipper, CEO Age UK Norwich, on behalf of the Later Life Provider Network



<https://www.surveymonkey.co.uk/r/29VLYHP%20>



Norfolk & Norwich
Hospitals Charity



Would you like to help us to create a Dementia Friendly Garden?

Your donation could help us to enhance patient care, reduce agitation, and provide a calming outdoor haven for older patients and those living with dementia

Thank You.

With your help, we can do more.

To donate, please scan the QR code, send a cheque payable to N&N Hospitals Charity, use a donation point, visit our website, call 01603 287107 or visit the Charity Hub in the East Atrium Level 2



Charity Hub, East Atrium,
NNUH, NR4 7UY
01603 287107
charity@nnuh.nhs.uk

www.nnhospitalscharity.org.uk
Reg no. 1048170





How you can help people who care for a family member

Last month Carers Rights Day was held to raise awareness of the rights of unpaid carers. But Carers Matter Norfolk are asking people across the county to come together to address the biggest barrier to many carers getting support. While people looking after a family member or friend are entitled to support, more than 70% of people who are caring for someone, or have done previously, do not recognise themselves as a carer.

This often means they do not get support they need – impacting their health and wellbeing and affecting their ability to care for the person they look after. While people such as GPs do help people realise, they are a carer and can get support, research earlier this year showed friends or family members are the most likely people to help people realise they are a carer and can get support.

This is why Carers Matter Norfolk are asking people to think who they know – friends, family, neighbours, and colleagues - who provides support to someone, and to make sure they realise that as a carer they can get help. This can prevent people feeling they have to do it all by themselves, or reaching a crisis point where it all becomes too much.

While Carers Matter Norfolk take referrals from professionals, such as people working in health care, a referral from a professional isn't required. People can simply contact Carers Matter Norfolk to talk through the support they need.

You can contact Carers Matter Norfolk by visiting carersmatternorfolk.org.uk, emailing info@carersmatternorfolk.org.uk or calling 0800 083 1148. If you would like to request free leaflets or posters for use in letting people know about the support available from Carers Matter Norfolk you can visit carersmatternorfolk.org.uk/resources



Help with water bills

For people struggling to meet their water bills, financial and other support may be available. This could include being eligible for a reduced payment tariff and/or bill payment breaks, plus guidance on benefit entitlement and other household support. Anglian Water offers an 'extra care assessment', which can be completed online or by phone. An assessment can be completed on someone's behalf with a signed authorisation form.

Further information, including the different tariffs available, is available on [the Anglian Water website](https://www.anglianwater.co.uk/).

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



Befriender scheme

A new service is being launched in Norfolk to provide an invaluable service to people looking after a family member or friend. Being an unpaid carer can be an incredibly demanding role - more than 26,000 unpaid carers living in Norfolk, provide over 50 hours of care each week to a family member or friend who need help because of an illness,

frailty, disability, or a mental health issue. This can mean people become isolated and it is very hard for them to go out to enjoy the activities they once did.

This new service matches volunteers with unpaid carers so they can have companionship at home and get the chance to get out into the community – for example to get to see friends or do a hobby. Befriender volunteers can also give practical support such as collecting prescriptions, shopping or gardening.

If you are able to give some time to help people in Norfolk who are caring for someone, or know an unpaid carer who would benefit from receiving this service, please contact the team at Caring Together for more information on 0345 241 0954 or by emailing volunteers@caringtogether.org



Caring Together Charity
No unpaid carer in crisis

Help someone smile, become a Befriender

Join our volunteer team and help us provide companionship and support to unpaid carers in Norfolk.

Could you:

- Offer regular companionship to an unpaid carer feeling alone and isolated?
- Support an unpaid carer to access services in their community?
- Provide practical support such as dog walking, shopping or gardening?
- Offer an unpaid carer a break by supporting their loved one in their own home?



Please get in touch to see how you can help someone smile. Thank you.

Jane Hawkins 07843 327485
volunteers@caringtogether.org
caringtogether.org/befriender

East Anglian DriveAbility



East Anglian DriveAbility

The Centre for keeping you independent, offering advice and assessments in driving and outdoor mobility



Call 01787 222873

**mail@eastangliandriveability.org.uk
www.eastangliandriveability.org.uk**



Who are we?

An independent charity with Occupational therapists (OTs) and Approved Driving Instructors (ADIs) that specialise in maintaining and enabling outdoor mobility. Fully accredited by Driving Mobility and in partnership with the DVLA, Motability and Department for Transport

Are you concerned about your own or someone you know's driving?

We offer assessments to:

- Older people/people with a medical condition who aren't sure they are safe to drive due to a change cognitive or physical function
- People with a condition or disability affecting their mobility, who may require car adaptations to keep driving
- Those wanting to see if they could safely drive a mobility scooter

What do we offer

- Driving and Mobility scooter assessments which assess cognitive, physical, and in-car abilities
- Advice and support on car adaptations or next steps if driving safety is affected by medical condition
- Hubs mobility service creating a personalised transport plan for those who retire from driving
- For a full list of our services, see our website...

How to refer?

If you are concerned about someone's driving, or if they need advice on whether to keep driving...

- Your organisation can refer people for an assessment giving them a discounted rate
- Clients can self-refer to us through calling or emailing our team

Driving with Alzheimer's: Michael's Story

Alzheimer's affects more than memory, it also affects; decision making, multitasking, reaction times, concentration and judgement. As a progressive illness we offer driving assessments with regular follow-up assessment's.

Michael (pictured above) came to us for an assessment after being diagnosed with Alzheimer's to check his cognitive function still enabled him to drive safely. His wife remarks:

"We are happy that EAD will continue to assess his cognitive and driving abilities. It lessens the worry for both of us"



**Independent
Age**

Trusted
Information
Creator



Patient Information Forum

Winterwise

A guide to keeping
well this winter



Supported by

**UK
Power
Networks**



Winterwise guide

Independent Age, the older people's charity, have recently launched the latest version of their Winterwise guide– full of tips for staying warm, safe, and well this winter -

<https://www.independentage.org/get-advice/winterwise>

Organisations and individuals are able to order free copies of the guide; those who'd like up to 10 copies of the guide can order through the independent Age website -

<https://www.independentage.org/order-independent-age-guides> or by calling **0800 319 6789**.

If you would like a larger number of guides to distribute, please email nationalservices@independentage.org. Independent Age are happy to send bulk orders to ensure that as many older people who may be struggling this winter get the information and advice they need, so please take advantage of this offer!



Domestic abuse can happen to anyone.

1 in 4 LGBTQ+ people will experience domestic abuse.

Regardless of Gender or Sexuality, NIDAS wants to ensure that everyone has a voice and has easy access to support.

Our specialist LGBTQ+ IDVA is available to support anyone that is experiencing domestic abuse from the LGBTQ+ community, every step of the way.

Opening hours:

Weekdays: 9am – 6:30pm

Weekends: 9am – 3pm

Visit: www.nidasnorfolk.co.uk

Call: 0300 561 0555

Out of hours: 0808 2000 247

**If you're in immediate danger,
always call 999.**

Deaf people experience
domestic abuse.
This is wrong.
You are not alone and
you can ask for support.

A specialist Domestic Abuse
Service for Deaf adults, young
people, children and families.



Scan me



Contact and referrals

To make a referral or an enquiry, please contact us:

Email: da@signhealth.org.uk

Deaf people can contact us directly for advice or
support below:

Monday-Friday 9.30am-4.30pm

SMS : [07800 003421](tel:07800003421)

**THE DEAF HEALTH
CHARITY
SIGNHEALTH**

SignHealth is a charity registered in England & Wales (1011056), and Scotland (SC044122)



Free Workshops for Professionals

Domestic Abuse in the Deaf Community



Barriers: Experiences of the Deaf community when engaging with professionals



SignHealth Domestic Abuse Service: What we offer



How to support Deaf people who are experiencing domestic abuse



Delivered by Deaf trainers for Professionals



Some Deaf awareness to support interaction with a Deaf person

If interested, please contact da@signhealth.org.uk to discuss further

**THE DEAF HEALTH
CHARITY
SIGNHEALTH**

Norfolk Norwich & Waveney Motor Neurone Disease Connect team

The MND Connect team offers information and support on all aspects of motor neurone disease (MND), including symptom control, practical management, improving quality of life, clinical research, and signposting to other organisations.

Below is the Norfolk, Norwich, and Waveney branch leaflet. MND Connect is available Monday to Friday between 9am - 5pm and 7pm - 10:30pm. Calls to this number are free from landlines and mobile phones within the UK and do not appear on itemised bills. Call: **0808 802 6262**; Email: mndconnect@mndassociation.org

How we can help

Our branch can support you and those close to you

We provide:

- Regular meetings to provide you with the chance to meet others in a similar situation who can share their experiences and knowledge with you
- Where possible an Association Visitor who will stay in contact with you, supporting, advising and signposting you to other services
- Funding specialist equipment and services to meet your needs

Further information

Our online forum

A safe forum for people affected by MND to share experiences
forum.mndassociation.org

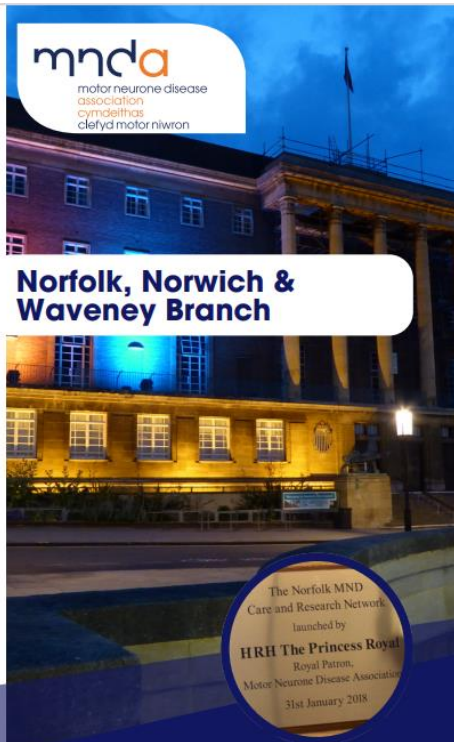
MND Association website


Our website mndassociation.org provides a wealth of information and most of our publications can be downloaded.

MND Connect

If you need advice, please contact our helpline team, MND Connect, who provide practical and emotional support.

mndconnect
0808 8026262
mndconnect@mndassociation.org



 @MNDANorwichWaveney
 @MNDANorWave

www.mndassociation.org
MND Association Francis Crick House,
6 Summerhouse Road,
Northampton, NN3 6BJ (Registered charity no. 294354
Created in Register - 24/05/2002 - 212645)

 Registered with
**FUNDRAISING
REGULATOR**

www.mndnorwichandwaveney.org.uk

We are volunteers here to help!
We provide a warm welcome and friendship. We also offer information, advice and support.

We are here to help

The Motor Neurone Disease Association has a network of **88 branches** and groups, run by volunteers, throughout England, Wales and Northern Ireland.

We provide a warm welcome and friendship. We also offer information and support.

Whether you are a person living with MND, a carer or a family member, we can help you.



'Our local group answered many questions, understood problems that we were encountering and offered advice how to overcome these'

A person living with MND



Contact Malcolm Chubbock
malchubbock@hotmail.co.uk

Our branch area is defined by all NR and IP21-27 postcodes inclusive.

We hold three open meetings annually.

There are monthly online support meetings on the third Wednesday of each month, email sueheal@btinternet.com for a link.

Coffee mornings are held in Norwich and Fritton - see our website for more details or phone Malcolm on 01603 960206.



Independent living newsletter

- Liam Flynn - Seeing Dogs Alliance
- Scope - an equal future
- AI, car brands and powerchairs
- Pharmacy First
- Pandemic effect on bone density
- Safety first at Platform Lift Co

<https://preview.mailerlite.com/r0j2m2l1n6>



Better streets and pavements will help us stay active, older people say in new study

Older people could benefit from getting outdoors more in their neighbourhoods if there were better pavements and roads, alongside some measures to reduce or slow traffic, such as one-way streets, a new study suggests. Research by Heriot-Watt University for walking, wheeling and cycling charity, Sustrans and funded by Transport Scotland, Scotland's national transport agency, found that older adults valued walking and staying active for their physical, mental and social wellbeing. This includes walking for everyday purposes, like walking the dog, and walking for leisure.

<https://www.hw.ac.uk/news/articles/2023/better-streets-and-pavements-will-help-us.htm>



Royal British Legion.

The Royal British Legion provide lifelong support to serving and ex-serving personnel and their families. Support starts after one day of service and continues through life, long after service is over. From providing expert advice and guidance, to recovery and rehabilitation, through to transitioning to civilian life – they can be by their side every step of the way. And it's not just members of the Armed Forces but their families too. The phone line is open 7 days a week, 8am-8pm, and this is the quickest way of getting support or finding out what is available - 0808 802 8080; <https://www.britishlegion.org.uk/>

NCAN Partnership meeting

Partnership meeting: 6th December 2023



NCAN Partnership meetings include speaker contributions on key topics, updates on the work of NCAN, a brief policy update and an opportunity to share news and information. The next online meeting on **6th December (10.00 – 11.30am)**, facilitated by **Shelter**, will have a timely focus on the new Social Housing Regulation Act and the ongoing housing crisis. If you would like to attend (or receive information about future meetings) please contact us at: info@ncan.co.uk

NCAN has contributed a comment piece for [Empowering Communities'](#) newsletter on the importance of building an effective collaborative network: *Building a robust network and having mechanisms for collaboration can help to mitigate some of the impact organisations are facing, but it can also be an effective tool for achieving systemic change.* The comment piece can be viewed [here](#).



Key safe postcards

The key safe postcards are now available to be downloaded from The Health Information Leaflet Service (HILS) website. The website is for professionals, but members of the public are very welcome to visit the website and view and download anything of interest.

<https://brochure.norfolklivingwell.org.uk/contact-us>



Fast secure access in an emergency

A police preferred key safe enables the emergency services to gain immediate access to help you if you are not able to get to the door after an incident.

There are 2 ways you can ensure the emergency services have access:

- 1 Share the key safe code with the emergency services over the phone when you call.
- 2 Register your key safe code with the emergency services when you install your key safe – this way they will be able to gain access in an emergency situation.
To register your key safe code, visit this secure website:
www.eastamb.nhs.uk/Keysafe-Access-Form

Please note: this is a secure website that cannot be accessed by anyone else. In the case of the ambulance or fire service being called, the key safe code would only be used/shared in an emergency situation.

East Norfolk

Guide dogs volunteers

Could you help people with sight-loss in Great Yarmouth feel part of their community?

Guide Dogs are currently looking for volunteers in the area who could give a couple of hours a week or fortnight to help someone locally, living with sight loss, get out and about.

Volunteer sighted guides support the person they are partnered with to feel part of the community. This could be grabbing a coffee, visiting a local attraction or simply going for a walk and getting some fresh air.

During lockdown our service was paused, so the need for volunteers is greater than ever before.

No previous experience is necessary, full training will be provided and the role is extremely flexible.

If you could help or would like more information, please email:

[laura.perkins@guidedogs.org.uk](mailto:laura.perkins@guidedogs.org.uk).

To apply for a role, or to find out more, please follow this link:

<https://www.guidedogs.org.uk/how-you-can-help/volunteering-for-guide-dogs/volunteer-role-descriptions/sighted-guide/>

<https://www.guidedogs.org.uk/how-you-can-help/volunteering/volunteer-with-our-dogs/>

Activities

and

events

Norfolk and National

Grief Awareness day

6th December 10am till 3pm
Grief Awareness Day
All Welcome
Location: NNUH, Colney Lane.

Explore the stands:
Charities, support services, local businesses all focussing on supporting people in Norfolk with loss and grief.

Enjoy Tea and Cake at our Grief Cafe supported by Butterfly Volunteers

Donations/Support from: Serco, Tesco, Sponge N&N Charity, Medical Illustration, Butterfly vols and all cake donations welcome!
THANK YOU

Star Throwers Cancer Support Charity
Registered Charity. 1162237

PETS AS THERAPY

Nelson's Journey
Helping back smiles to blossom again

Norwich ageUK
improving the quality of later life

agefriendly Norwich

NHS Norfolk Community Health and Care
NHS Trust

NIDAS

NORFOLK COMMUNITY LAW SERVICE

Norfolk & Suffolk Victim Care

White Ribbon - 16 days of action

Please find details below for an online webinar hosted by Norfolk Integrated Domestic Abuse Service, Norfolk & Suffolk Victim Care & Norfolk Community Law Service taking place on Thursday 7th December at 1:00pm-1:45pm via MS TEAMS. The theme for White Ribbon 2023 is: **Change the Story**. They will be speaking about the prevalence of violence against women and girls within Norfolk, and how each individual person and professional can respond to help end abuse.

Everyone is welcomed to join this free webinar; please see the below poster for your information and to share widely with your colleagues. No need to register for the webinar, please see below MS TEAMS link to join on the day. The webinar will start promptly at 1pm on the 7th of December. Please join 5 minutes early so you don't miss the start.

Microsoft Teams meeting

[Click here to join the meeting](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NmRIMGE3ZjMtODZiNS00NTViLTljYmItNjc3MDcxZTlmZjI1%40thread.v2/0?context=%7b%22Tid%22%3a%22a4a33651-b963-4d1d-9c95-19ba7bfef083%22%2c%22Oid%22%3a%220dd6a08f-1d81-41a1-a141-15cea3ee20d1%22%7d) https://teams.microsoft.com/l/meetup-join/19%3ameeting_NmRIMGE3ZjMtODZiNS00NTViLTljYmItNjc3MDcxZTlmZjI1%40thread.v2/0?context=%7b%22Tid%22%3a%22a4a33651-b963-4d1d-9c95-19ba7bfef083%22%2c%22Oid%22%3a%220dd6a08f-1d81-41a1-a141-15cea3ee20d1%22%7d
Meeting ID: 310 942 603 160
Passcode: zjtJTS



White Ribbon – 16 Days of Action
Eradication of violence against women and girls

Join us for a LIVE WEBINAR – Thursday 7TH December – 1:00pm-1:40pm

How can YOU help to

#Changethestory

How prevalent is abuse against women? How can we all help to end abuse & violence?

Hosted by:





FREE Workshop

Phonely

Phonely is a telephone service that has been designed to protect you against telephone scams.

In 2025, the traditional copper telephone lines that we are all familiar with, will be no more and for those wanting to keep their landline telephone number, a digital option like Phonely, is being offered.

To find out more about Phonely join our FREE workshop

Tuesday 12th December at 11:00-12:30 / 13:30-15:00*

BPIC Meeting Room, The Forum, Millennium Plain,
Norwich NR2 1TF

To reserve a space please email us at
activities@ageuknorwich.org.uk or call us on 01603 496333



Free event Heritage Hour

FREE Event Heritage Hour
In Person and Livestreamed
Tuesday 5 December 1pm
NORFOLK HERITAGE CENTRE *at the*
Norfolk & Norwich Millennium Library



in partnership with



**IN ANY BOX ON ANY SHELF:
SEARCHING FOR DISABILITIES
IN THE PICTURE NORFOLK ARCHIVE
WITH CATH CARTMAN**



It has been said that disability is everywhere, once you start looking for it, but mostly missing from the history books - and all too often, when we do see photographs of disabled people, they are anonymous medical images. Join Cath Cartman, photographer and researcher, as she shares her research from the Picture Norfolk archive, and introduces you to James, Robert, Dick and others whose stories she encountered along the way.

Booking essential: book online
at norfolkheritagecentre.eventbrite.co.uk
or email heritagecentre@norfolk.gov.uk





Women and Gambling Related Harms - Free Online Training

Free CPD accredited gambling awareness sessions are available on the following dates, all at 10am-

- Wednesday, 20 December 2023
- Thursday, 11 January 2024
- Thursday, 25 January 2024
- Wednesday, 7 February 2024
- Friday, 23 February 2024

There are around 500,000 problem gamblers in the UK, up to 20% of whom are women. For every person who has a problem with gambling, up to 10 other people can be affected, and women are disproportionately at risk of experiencing gambling-related harm. Gambling-related harm can include debt, relationship difficulties, housing issues, gender-based violence, depression and anxiety, feelings of isolation, and suicidality.

During this 2 hour FREE Zoom training session, they will cover more about gambling-related harm, risk factors, impacts, and how to identify and support people affected. Learn about the treatment network and how to refer clients to treatment services. This training is essential for any professionals or volunteers who work with women and families.

<https://www.eventbrite.co.uk/e/women-and-gambling-related-harms-free-online-training-tickets-420483687027?aff=oddtcreator>



Wellbeing updates

Looking back over 2023, Wellbeing would like to take a moment of reflection and say a massive **thank you** to everyone who have attended this year. They continue to be amazed by the resilience and support shown to others who have attended. Remember, all socials are free of charge and open for anyone over 16 years to come along and

Wellbeing Walks continue throughout the County, so wrap up warm, grab a flask of tea and join them for a stroll! They have walks in between Christmas and New Year, a chance to blow away the cobwebs and see the year out with a refreshing walk. Also included are new 'Café Socials' across the County, a chance to connect with others in the warm. All socials are staffed by two of the Community Team, and they love to see new faces amongst lovely regulars, come and have a chat.

Did you know the Wellbeing Service run free online workshops on a variety of subjects to help people with their mental health? From sleep, relationship breakdown and anxiety toolkit, all are free of charge and can be watched from a digital device. Completely confidential, these workshops are proving really popular across the County!

For more information check the website <https://www.wellbeingnands.co.uk/norfolk/get-support/courses/>



Festive Socials

Wednesday 13th 10.30am Strangers Hall Visit*

Friday 15th 9am Theatre Royal Tour*

Wednesday 20th 6pm Festive Quiz

Thursday 21st 10.30am Notcutts Cafe Social*

Wednesday 27th 6pm Big End of Year Quiz

Thursday 28th 10.30am Cromer Walk & Cafe

Friday 29th 10.30am Waterloo Park Norwich
Walk & Cafe

Socials marked with * require booking

socials@wellbeingandw.co.uk



The Conservation Volunteers updates from Mark Webster

It's that time of year when I shift abruptly from "Bah Humbug" to "IT'S CHRISTMAS!!!" (Noddy Holder style) so with apologies for its last-minute nature, here is December's programme, including almost 2 weeks off to enjoy the festive season, and a special trip for some to that-there London!

Plenty of conservation tasks to be done before then though, we have been called in at short notice to save the wetland habitat at Scarning Meadows (please help if you can) and we have been asked back to Mulbarton to complete the cutting back around the trees there. There's also a pond to clear out (I love a pond!), a couple of days of planting trees (in the right place), some fencing (not the type with swords) and the next stage of our exciting project to transform a neglected space on Rouen Road. We can also have some cheering bonfires this month as we clear some superb open heathland Queen's Hills of some trees which have been planted by developers very much in the wrong place.

Our trip to London on Mon 18th is very much booking essential, please contact me for details: places will be allocated according to number of tasks completed. Should be good fun, and a chance for our regular volunteers to wear something not muddy!

I hope you know someone who can join us at some point. Season's Greetings and Goodwill to you all! Mark, 07740 899 691, mark.webster@tcv.org.uk

<https://www.tcv.org.uk/eastern/tcv-norfolk/>

Norwich

Be Santa to a Senior and gift wrapping event

Be A Santa to a Senior



Home Instead are raising awareness of our annual *Be A Santa To A Senior* Campaign. This is where we provide gifts and donations to those who are elderly and may not be receiving any gifts otherwise this year.

Ways you can help:

- If you have anything suitable to donate, such as; blankets, hot water bottles socks, chocolates, hats, gloves, toiletries etc, please bring them into our office: Home Instead, Diamond House, Vulcan Road North, Norwich, NR6 6AQ or call Lauren and she will be able to arrange a collection from you.
- Can you think of anyone who could be referred as a recipient of such donations? If so, please contact lauren.pashley@homeinstead.co.uk

If you are unable to make it to our office, other collection points around Norwich are:

- Hellesdon Library
- Earlham Library
- Bread Source at the Refectory, Norwich Cathedral
- Cooperative Earlham Road
- St Stephens Gate Medical Practice

We will be holding a gift wrapping event on Thursday 7th December between 12-3pm at our offices: Diamond House, Vulcan Road North, Norwich, NR6 6AQ. We will have refreshments and mince pies along with some festive music.

If you would like to participate in the wrapping event, please email lauren.pashley@homeinstead.co.uk and please share this on to anyone else you think might be interested.



Norwich Open Christmas

Norwich Open Christmas is a yearly event which takes place on 25 December to give people who are alone, homeless, or in need a Christmas celebration. For over 30 years, guests and volunteers have been coming out in their droves for a Christmas celebration like no other. Yummy Christmas dinner and afternoon tea, terrific entertainment, food parcels, clothing, and a warm welcome are what to expect from Norwich Open Christmas. This yearly event gives hundreds of people in Norwich and the surrounding area a place to have fun and enjoy themselves on Christmas Day, whatever their circumstances may be.

<http://www.norwichopenchristmas.org.uk/>

Priscilla Bacon Hospice Charity - Reflect and Remember Carol Service




Priscilla Bacon Hospice Charity

14 m · 🌐



All are welcome to our annual 'Reflect and Remember' Carol Service, as it returns for its fifth year 🏛️ 🍷

 14 Thursday 7th December

 7:30pm

 Norwich Cathedral

Join us for a service to remember those known to us who have received hospice care and to celebrate the new Priscilla Bacon Lodge. Please stay to enjoy complimentary drinks and mince pies afterwards, kindly sponsored by [Leathes Prior Solicitors](#). This event is free to attend and no ticket is required, however an e-mail to events@priscillabaconhospice.org.uk to let us know you will be coming along would be much appreciated.

Christmas Lunch- Phoenix centre



**FOR THOSE STRUGGLING, WE ARE OFFERING
A FREE**

Christmas Lunch

**Turkey/Nut Roast with all the trimmings,
and Christmas Pudding or Chocolate
Brownie for dessert.**

**December 25th, pick up from the
Phoenix Centre between 1:30-2pm.
Delivery from 2pm.**

**To book please email
bookings@thephoenixcentre.org.uk or call 01603 403814**



St Martins Christmas Carol Service

 **St Martins**
more than a home
for the homeless

Christmas
Carol Service

Monday 11th December 7:30pm
at Norwich Cathedral
Refreshments served afterwards
Free entry - open to all



**Norfolk and Norwich
University Hospitals**
NHS Foundation Trust

NUH Carols by Candlelight

A decorative border of Christmas elements including green pine branches, red and gold ornaments, and red ribbons framing the central text.

NUH Carols by Candlelight

**At Norwich Cathedral
on Saturday 16 December
at 5.30pm**

For staff members, families and supporters

**Everyone welcome, no need to book.
Mince pies and mulled apple juice will
be available at the service.**



Norwich Pit Stop Activities – New Venues

(Until end of January 2024)

Mondays...

Pit Stop History Health Walk: meeting at Marzanos Café on ground floor of Norwich Forum for an 11am departure

Tuesdays...

Pit Stop Tai Chi – meeting in Charing Cross Centre (just across road from Maddermarket), 10:30-11:15am.

Ask for room at reception. Please note that there are no sessions on 28th November and 30th January

Pit Stop Yoga – meeting in Charing Cross Centre, 11:30am-1:00pm.

Ask for room at reception. Please note that there are no sessions on 28th November, December 12th, and 30th January

Pit Stop Social – meeting in Chantry Hall (Chantry Road, Norwich NR2 1RF), 2-4pm.

Please note because there is a group in the hall where we're meeting until 1:30pm, can you please arrive no earlier than **1:45pm**. The hall is on the road at the back of the Assembly House between that building and Wagamama's near the Chapelfield Shopping Centre entrance. For the first two weeks in the new place, a member of staff will be outside the Forum and, at **1:45pm**, will walk members over to the venue.

Wednesdays...

Pit Stop Table Tennis/Board Games: meeting in St Clement's Church, on corner of Colegate and Fye Bridge Street, 9:30-11am in the church. There will be no table tennis, but, in its place, we are hosting a games/social session.

Pit Stop Sound Connections: meeting in St Clement's Church, 11:30am-1:30pm.

Continuing at Maddermarket...

The monthly **Males' Tales** storytelling session will be held in the meeting room in our offices in 'The Cottage' (4th Wednesday of the month, 7:30-9pm)

Pete's **Walk & Talk** will continue to meet on Fridays in courtyard of Maddermarket at 9:30am

The **Photo Walking** group will also continue to meet in Maddermarket courtyard at 11am every two weeks

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



December clubs

Age UK Norwich provides a variety of activities and events to accommodate and celebrate individual interests and abilities.

Their range of clubs & trips in local communities across Norwich are open to those aged 50+, offering you the chance to learn new skills, socialise with new people and keep the mind and body active.

They also organise exciting fundraising events open to all ages, helping to raise funds to improve the quality of later life in Norwich whilst providing you with a memorable day and enjoyable experience.

If you would like to book or find out more information for any of the following, please do get in touch with the Health and Community Outreach Team via email activities@ageuknorwich.org.uk or call 01603 496333.

<https://www.ageuk.org.uk/norwich/activities-and-events/>

Norfolk Good Neighbour Network event



NORFOLK
GOOD NEIGHBOUR
NETWORK

DROP IN EVENT

TUESDAY 5TH DECEMBER
11.00AM-2.00PM

SPROWSTON DIAMOND CENTRE, SCHOOL LN, NORWICH NR7 8TR

**Advice and information on safeguarding, governance,
public liability, management and more...**

Please ring 01362698216 or email
steve.nunn@communityactionnorfolk.org.uk to register

South Norfolk

Star Throwers Christmas coffee morning



**CHRISTMAS
COFFEE MORNING**

FREE ADMISSION
REFRESHMENTS CRAFTS, RAFFLE,
TOMBOLA, TREASURE TROVE
OPEN AND MORE!

10 a.m. - 1 p.m.
Saturday 2nd December
Star Throwers Centre,
30 Melton Road, Wymondham

 **Star Throwers**
Cancer Support Charity
Registered Charity. 1162237

Your Library- Just a Cuppa

Welcome to
YOUR Library

Just a Cuppa

Come in for a free cuppa
and a chat

Wymondham Library
Every Friday
10.15—11.45am

borrow discover connect

 **Norfolk County Council**

Wellbeing Café Catch up



Café Catch Up

Join us to meet like minded people
and have a natter over a cuppa!

The Hideout, Queens Square,
Attleborough, NR17 1AF

2nd Wednesday of the month
1.30 - 3.00pm

Contact us at socials@wellbeingnandw.co.uk
for more info



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Creative Arts East



Dancing with Rosy May

Listen to a variety of music styles and allow yourself to be welcomed into a world where you can experience dance and joy in any way that you choose!

Friday 8th December
Thursday 14th December
Friday 15th December

Thetford Library 2-4pm
Attleborough Town Hall 1-3pm
Dereham Library 1-3pm

Fancy coming along to a Creative Social?

Creative Socials are free to attend. If possible, please contact us in advance to book a place and let us know your access requirements.

See our contact details on the reverse of this flyer!



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Want to come along?

All events are free to attend!

If possible, please contact us in advance to book a place on our Creative Socials and let us know your access requirements.

Find out more...

Call us on **01953 713390**, email **info@creativeartseast.co.uk** or visit **www.creativeartseast.co.uk**

Cup of Caring

Second and last Thursday
of each month between
10.30am and 12noon

If you are caring for someone,
you and the person you care for
are both welcome to join us for
our themed activities at The Hub,
Ayton Road, Wymondham, NR18 0QJ



Cup of
Caring



Contact Libby,
T: 07747616531
E: libby.creber@gmail.com

Cup of Caring Programme - June to December 2023

- June 29th..... Garden party in Morley St Botolph
- July 13th..... Songs from the Sixties with Margaret Smith and her choir
- July 27th..... Coffee morning and chat
- Aug 10th..... Visit to Letton Hall for coffee and lunches
- Aug 31st..... Coffee morning and chat
- Sept 14th..... Taster for singing with Clare
- Sept 28th..... Macmillan Coffee morning
- Oct 12th..... Visit to Gressenhall Museum
- Oct 26th..... Coffee morning and chat
- Nov 9th..... Medley of life with Graham McKay
- Nov 30th..... Christmas meal out
- Dec 14th..... Carols and mince pies. Secret Santa
- Decr 28th..... No meeting



www.hubproject.org.uk
Cup of Caring is part of Hub Community Project
Registered charity no 1131485

Breckland

Stay Warm in Dereham

Stay warm in Dereham

Made by:  A timetable of warm places in town. 

Love Dereham Community Fridge

Mon to Fri - free hot drinks served 9:30am to 11:30am. 20 Norwich Street. Community fridge open: 9:30am to 1pm but you don't have to use the fridge to come in. Sit in the warm for as long as you like. All welcome.

Salvation Army, St Nicholas Street

Tues: 9:30am to 1:30pm. A warm environment for friendship, games and other activities. Free hot drinks. Free lunch served at Midday. Fri: 8:45am - 11am. Mini-Market & Coffee Morning. Free hot drinks for those in need.

H H Aldiss Funeral Service (Co-op)

53 Baxter Row, Dereham, NR19 1AY. Mon - Fri 10:00am to 4:00pm
Call in - if there are no clients you can make use of their lounge as a 'warm space' and they'll even make you a free hot drink. Marvellous!

Dereham (Ukraine) Aid Centre

This venue is open to everyone regardless of nationality. Opening times: Wed & Fri from 10.00am to 3:30pm. Hang out in this friendly warm space on Wrights Walk, there's free hot drinks, snacks and a child's play area.

Dereham Library

Your local library is a warm place with a hot drinks station that's free and open 9:30am to 3:30pm from Mon to Sat. Pick up a free "warm and well" kit while you're there. A library card is required for computers and checking out items.

Cuppa Bus

The Cuppa Care Bus aims to bring people together and tackle loneliness. It will be at Age UK, Dereham, (opposite Roys) 1.30pm - 3.00pm on the following Weds: 15 November 2023 * 20 December 2023
17 January 2024 * 21 February 2024 * 20 March 2024



Stay warm in Dereham

Made by:
**Love
Dereham**

A timetable of warm places in town.



Dereham Cancer Care

Mon, Tues, Thurs, Fri: 10am to 2pm. Free drinks & biscuits (donations welcome if able). Puzzles, chit chat, crafting etc. Free talks on various topics that are open to all. It's a welcoming centre, open for everyone.

The Meeting Point

Mon to Fri : 8.30am to 4pm. A place for the disabled and over 55's to meet and socialise. Tea, coffee and snacks from the serving hatch are available throughout the day for a small charge. Lunch £5 (pre booked).

Baptist Church Coffee Morning

The Coffee Shop is open on a Friday from 10am to 1pm. Be warm & with friendly people. Homemade cakes, light-bites and drinks for sale.
No purchase necessary to come in and get warm.

Cowper Church Coffee Morning

Open door coffee morning on Fridays from 9.30am to 11.30am. All free of charge; people can leave a donation if they wish. A warm welcome to all.

Sunday Church Services, open to all:

Baptist Church: 10.30am - High Street (Portuguese service: 6-7pm Sat)

Salvation Army: 11am - 3 St Nicholas Street

Dereham Catholic Church: Masses: 9am & 11am - 35 London Road

Wellspring: 10:30am - 35 Neatherd Rd

St Nicolas Parish Church: 8am Holy Communion - Church Street

Dereham Methodist Church: 10:45am - Theatre Street



This timetable has been produced by **Love Dereham** and is supported by
the Norfolk Community Foundation. www.lovedereham.org.uk



Autism Friendly Meet Up For Adults



**The First Thursday Of Every
Month 3pm-4pm**

This is a free event with no need to book

If you would like more information please speak to a
member of staff or email: watton.lib@libraries.norfolk.gov.uk

Telephone: 01953 881671

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 contact us in advance to book a place and let us know your access requirements.

Find out more or book a place now...

Call us on **01953 713390**, email
info@creativeartseast.co.uk or visit
www.brecklandartsforhealth.co.uk



See what's coming
up overleaf!

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



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Upcoming Creative Socials...

**FUN | FRIENDLY
ADAPTABLE | INCLUSIVE**



DECEMBER 2023

Dancing with Rosy May

Listen to a variety of music styles and allow yourself to be welcomed into a world where you can experience dance and joy in any way that you choose!

Friday 8th December
Thursday 14th December
Friday 15th December

Thetford Library 2-4pm
Attleborough Town Hall 1-3pm
Dereham Library 1-3pm



JANUARY 2024

Singing & Songwriting with Tessa Wingate

Join Tessa for some singing and lyric-writing. The lyrics will be combined with those from other Creative Social groups to create original songs on the themes of winter comforts.

Thursday 11th January
Friday 12th January
Friday 19th January

Attleborough Town Hall 1-3pm
Thetford Library 1-3pm
Dereham Library 1-3pm

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

Find out more or book your place now...

Call us on **01953 713390**, email **info@creativeartseast.co.uk**
or visit **www.brecklandartsforhealth.co.uk**

BRECKLAND
AFTERNOON EVENTS

Live performances and
cinema screenings for
people aged 50+

THE SHOCK OF THE OLD

Written and performed by
Terence Blacker

**Mon 29th Jan, 1-3pm
Dereham Memorial Hall**

A laugh out loud show about
growing old with style!

"We need cheering up right now
and this singer-songwriter... is just
the ticket." - The Sunday Times

FREE TO ATTEND

Voluntary donations welcomed. Turn up
on the day or book online via

ticketsource.co.uk/creative-arts-east

Find out more...

Call us on 01953 713390

Email info@creativeartseast.co.uk

Visit www.brecklandartsforhealth.co.uk



We are
Dementia
Inclusive 

 Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Inspiring
communities 

creative
ARTS EAST 

"He speaks the truth. And he's terribly funny. And he brings a tear to your eye." - Audience member



About the show

In this hilarious and spirit-lifting new show, songwriter and author Terence Blacker celebrates one of the great challenges of life - the art of ageing with style. With songs described by Gyles Brandreth as "witty, wistful, wonderful", plus anecdotes and a dash of wisdom, he shows how getting old can be the best, most liberating - and funniest - part of your life.

Did you know we run high-quality arts workshops in Breckland too?

Run by professional artists, sessions are suitable for people aged 50+, including those with long-term health conditions, carers and people looking to create new connections!

Find out more or book a place now...

Call us on **01953 713390**, email **info@creativeartseast.co.uk** or visit **www.brecklandartsforhealth.co.uk**



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



East Norfolk



Crafty Christmas



Crafty Christmas

Monday 1-3pm at Feathers House - no need to book, just turn up!

From tree decorations to cards and gifts, our ladies love Feathers crafternoons with a festive twist. Come along to Feathers House and enjoy an afternoon of crafts, chat, and friendship.

Our Christmas Crafternoons are a great opportunity to enjoy learning new skills or ignite old craft passions. No need to book, no experience or skills needed, just come along and enjoy a Christmas Crafternoon!

<https://feathersfutures.org/our-groups/craft/>

Own My Life

GROUPS

Own My Life

A specialised course to help women who have been subjected to abuse to regain ownership of their lives.

Over 12 weeks you will have the chance to explore how women can regain ownership of our lives including owning our mind, body, choices, relationships, world, feelings.

The Own My Story Journal provides women with space for reflective practice, and includes all the information provided throughout the course. This becomes an ongoing resource for women after the course has finished.

For more information on the course www.ownmylifecourse.org/

To book a space on our next course please do [get in touch](#). Courses run January, April and September each year.

<https://feathersfutures.org/get-in-touch>



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Creative Arts East

GREAT YARMOUTH CREATIVE SOCIALS

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.

FREE hot drink
and cake at
all events!



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 contact us in advance to book a place and let us know your access requirements.

Find out more or book a place now...

Call us on **01953 713390**, email **info@creativeartseast.co.uk** or visit **www.creativeartseast.co.uk**



See what's coming
up overleaf!



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



Upcoming Creative Socials...

**FUN | FRIENDLY
ADAPTABLE | INCLUSIVE**



Tuesday 5th December

DECEMBER 2023

Dancing with Rosy May

Listen to a variety of music styles and allow yourself to be welcomed into a world where you can experience dance and joy in any way that you choose!

St George's Theatre Café, 1-3pm



Tuesday 2nd January

JANUARY 2024

Singing & Songwriting with Tessa Wingate

Join Tessa for some singing and lyric-writing. The lyrics will be combined with those from other Creative Social groups to create original songs on the themes of winter comforts.

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!

Find out more or book your place now...

Call us on **01953 713390**, email **info@creativeartseast.co.uk**
or visit **www.creativeartseast.co.uk**

The Arc cinema open @ Christmas

THE ARC CINEMA GREAT YARMOUTH & GY NET
COME TOGETHER TO BRING YOU
**THE ARC CINEMA
OPEN @ CHRISTMAS**

Are you looking for a warm space
and a bit of company on Christmas Day?

Open Christmas Day
5pm for invited Christmas Buffet
5.45pm screening of 'Spirited' or 'Elf'

For anyone who might otherwise be
alone, cold or on the streets or in need
of festive cheer.

**THE ARC
CINEMA**



SCAN ME

Scan with your smartphone to go to
GY NET NEWS Facebook page

The Royalty, Marine Parade
Great Yarmouth NR30 2DL
www.ArcCinema.co.uk

Veterans Coffee mornings 2024

**“Proudly Supporting
 Our
 Armed Forces”**



Veterans Coffee Mornings 2024





Louise Hamilton Centre

Drop in for a tea
or coffee and cake



The James Paget Hospital invites Armed Service Veterans to join our coffee and information morning at the Louise Hamilton center 1100-1400 on

17 th January 24	26 th June 24
27 th March 24	18 th September 24
15 th May 24	13 th November 24

**Hosted by our Armed Forces Advocate
Free food and refreshments**









OUR TRUST AMBITIONS

1 Deliver outstanding care for our patients



2 Work with and support our people to deliver the best for our patients



3 Make the best use of our physical and financial resources



4 Be a leader of collaboration and partnership working locally and across the system



#PROUD OF THE PAGET

Catfield Community Christmas



*Would you like some company this Christmas?
You are welcome to come to*

Catfield Community Christmas

Free Christmas Lunch
with afternoon entertainment and games

**Catfield Village Hall
Monday 25th December
12:30pm – 4:00pm**

Please book in advance by December 15th

Email: dianarackham@hotmail.com
Phone: Monica and Barry 01692 581587

*If you would like to help or support this event in anyway,
please also use the contact details above*

stationerytree.com

Catfield Village Hall, Village Hall, The Street, Catfield, NR29 5AA

North Norfolk

Cromer - A Christmas concert



A CHRISTMAS CONCERT
ON MONDAY 4th DECEMBER 2023
AT 7.00pm
FOR 60 YEAR OLDS AND OVER
IN THE
CROMER PARISH HALL
FEATURING
LOCAL ARTISTS
SINGERS, DANCERS,
FATHER CHRISTMAS

*** FREE ADMISSION ***



*** FREE COACH ***
Suffield Park Post Office 6.05 pm
Coach sponsored by Marett's Chariots

FREE CARS Available for those
who cannot get to coach
Phone Steve on **514469**

*** ***

Enjoy an Evening with Cromer Carnival
COMMITTEE WITH FREE LIGHT REFRESHMENTS

Cromer Church - Follow The Star Join the Song

CROMER  CHURCH
LOVING JESUS – SHARING HIS LOVE



Christmas at Cromer Church

10/12	Family Carols at St Martin's	4.00pm
17/12	Carols by Candlelight	6.30pm
23/12	Carols in the Churchyard	3.00pm
24/12	Christingle	2.00pm & 4.00pm
24/12	Midnight Communion	11.00pm
25/12	Traditional Communion	8.45am
25/12	All-Age Communion	10.30am
25/12	Communion at St Martin's	10.30am

 THE CHURCH
OF ENGLAND



Christmas Lunch - Sheringham



The poster features a dark green background with white stars and snowflakes. At the top, a white semi-circle contains a banner that reads "CHRISTMAS LUNCH" in green capital letters. Below the banner, the text "ALONE FOR Christmas?" is displayed, with "ALONE FOR" in gold capital letters and "Christmas?" in a dark green script font. Underneath, "OR KNOW SOMEONE WHO IS?" is written in dark green capital letters. The central date "25 DEC" is shown in gold, with "25" being significantly larger than "DEC". This date is flanked by two dark red rectangular boxes containing white text: "JOIN US FOR CHRISTMAS LUNCH" on the left and "ST ANDREWS METHODIST CHURCH SHERINGHAM" on the right. Below these boxes, the text "CALL TO BOOK" is written in dark green capital letters. Underneath this, three phone numbers are listed in dark green capital letters: "NICKY: 07733317034", "JOHN: 07492866242", and "JANE: 07961060680". The bottom of the poster features a row of stylized evergreen trees and a small yellow house with a dark roof and windows.

CHRISTMAS LUNCH

ALONE FOR
Christmas?
OR KNOW SOMEONE WHO IS?

JOIN US FOR
CHRISTMAS LUNCH

25
DEC

ST ANDREWS METHODIST
CHURCH SHERINGHAM

CALL TO BOOK

NICKY: 07733317034
JOHN: 07492866242
JANE: 07961060680



North Norfolk Healthy Ageing Programme- Our Everyone Healthy Programmes

Everyone Active understands the importance of activity and the positive impact it has on healthy ageing; specifically, our physical, mental and social wellbeing. Therefore, North Norfolk are dedicated in supporting the community access exciting programmes and activities at local level. They achieve the objective of “connecting EVERYONE to health” through collaboration with selective alliances. These passionate individuals and organisations aim to create a more accessible health and wellbeing system which develops the relationship between physical activity and healthcare sectors, resulting in better health for EVERYONE!

Regular physical activity:

Decreases the risk of depression and reduces stress and anxiety

Builds confidence and self-esteem

Enhance positive attitudes and social skills

Reduces the risk of heart disease and strokes

Improve your sleep

Helps reduce high blood pressure

Helps control body weight

Reduces the risk of colon cancer

Reduces the likelihood of brittle bone disease (osteoporosis) in later life

<https://www.everyoneactive.com/north-norfolk-healthy-ageing-programme/>

The Nancy Oldfield Trust - Festive cruises

Join us for a festive cruise this December

Trips running on December 7th, 12th and 18th at 1.30 from our base in Neatishead.

Our boats will be ready for Christmas with music, hot drinks and mince pies for you to enjoy.

To book your place, please call us on 01692 630572.

Suggested donation £17 per person



www.nancyoldfield.org.uk

West Norfolk

Tai Chi



Tai Chi -Gentle Movements to Aid Stroke Recovery

Thursdays 11.30am – 12.30pm

Reffley Community Hall

Reffley Lane, King's Lynn, Norfolk PE30 3EQ

(Free parking available)

This programme is for stroke survivors and people who have had a Transient Ischaemic Attack (TIA), their carers & family members

Our session leader, Glenn, is a Tai Chi teacher and will introduce you to a form of relaxation and gentle exercise to assist your recovery while helping to reduce stress, improving co-ordination and balance, it is neither energetic or strenuous.

Exercise is very important for health and wellbeing so each week we will be doing just this. We also occasionally discuss other issues which can affect health such as sleep nutrition.

All the movements can be tailored to meet individual needs, such as being seated rather than standing.

£4 per person, per session - first session free to all new attendees

For further information and to book a place, please contact:

Viv West- Tel: 07787797191

Or

Laura Mott– Stroke Association Support Coordinator

Tel: 07983 499510

Email: Laura.Mott@stroke.org.uk



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Creative Arts East

 **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 contact us in advance to book a place and let us know your access requirements.

Find out more or book a place now...

Call us on **01953 713390**, email
info@creativeartseast.co.uk or visit
www.creativeartseast.co.uk

**See what's coming
up overleaf!**

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

**LEVELLING
UP**

We are
Dementia
Inclusive 



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

**creative
ARTS EAST**

Upcoming Creative Socials...

**FUN | FRIENDLY
ADAPTABLE | INCLUSIVE**



DECEMBER 2023

Dancing with Rosy May

Listen to a variety of music styles and allow yourself to be welcomed into a world where you can experience dance and joy in any way that you choose!

Monday 18th December
Weds 20th December

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



JANUARY 2024

Singing & Songwriting with Tessa Wingate

Join Tessa for some singing and lyric-writing. The lyrics will be combined with those from other Creative Social groups to create original songs on the themes of winter comforts.

Monday 8th January
Weds 17th January

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!

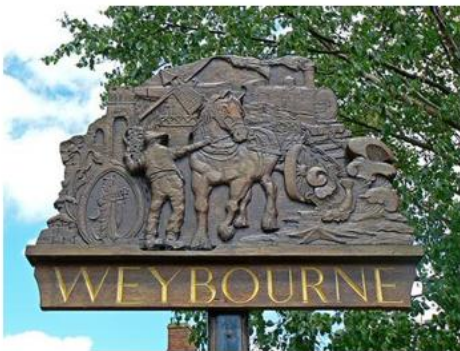
Find out more or book your place now...

Call us on **01953 713390**, email **info@creativeartseast.co.uk**
or visit **www.creativeartseast.co.uk**

Spotlight on Weybourne

WEYBOURNE

Weybourne, with a population of just over 500, lies on the North Norfolk coast road between Sheringham and Salthouse. The name, says the Parish Council, may derive from Old English "Wearg-Burna", the "Felon Stream", in which, long ago, criminals may have been drowned.



The stony beach shelves very steeply making it accessible to large ships. There were fears that the Spanish Armada could launch an invasion here and earthworks and fortifications were built. Fears of invasion continued throughout the Napoleonic wars and WW I and WW II.

On the site of a former Royal Artillery training camp is The Muckleburgh Collection, a huge exhibition of militaria from tanks and armoured vehicles to missiles and uniforms. Many of the vehicles are in working order and it is possible to book a tank driving experience.



The deep inshore water also provided an opportunity for smugglers to bring their ships close to the beach. Legend has it that smugglers buried themselves in the shingle to remain invisible until a ship had unloaded the contraband and they could carry their prize inland. In February 1837 Customs Officer Lt. George Howes from Weybourne captured a group of smugglers with five horses and carts carrying 540 gallons of brandy and 4,000 lbs of tobacco. The local landowner, William Bolding, appears never to have noticed smugglers crossing his land in exchange for the occasional gift of duty-free on his doorstep.

In the grounds of All Saints church are the ruins of a 13th century priory, founded by Sir Ralph de Meyngaren, or "Mainwaring" in modern parlance. This makes a [very tenuous] link with Capt. Mainwaring of the BBC TV series "Dad's Army". An episode called The Royal Train was filmed at Weybourne Station in 1973.



The carefully restored Midland and Great Northern station is still serving passengers on the North Norfolk Heritage Railway.

Kind regards

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



**Norfolk Older People's
Strategic Partnership**
(NOPSP)

Email: nospb@aol.co.uk
Tel: 07963 304015

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.

Your contact details are held to send you information from the NOPSP. Data may include your name, address, email address, contact telephone number, name and address of your organisation and any job title. None of your data is shared with a third party except for the claims and payment of expenses. Please advise if you do not want your details to be held by the NOPSP. **For any enquiries please email: nospb@aol.co.uk or ring 07963 304015 and leave a message.**



If you need this Agenda in large print, audio, Braille, alternative format or in a different language please contact nospb@aol.co.uk or ring 07963 304015