



YOUR VOICE IN NORFOLK NEWSLETTER

of
Norfolk Older People's Strategic
Partnership (NOPSP)

February 2024- Edition 54

Word from the Chair

Last month I wrote about our search for vice-chairs to build up our partnership's management team. We haven't had any success so far and we now need to widen our search. Our terms of reference say that vice-chairs should be drawn from within the partnership, so we need your permission to do that. I'll raise this for discussion at our meeting in March.

Meanwhile work of the place boards, the health and wellbeing partnerships (or districts) and the voluntary sector services is moving forward. Only North Norfolk has older people as a specific priority, but parts of other priorities relate to matters that concern us. Health inequality is a key area, and the Integrated Care Board is launching a strategy in April to help people who live in the most disadvantaged areas. It's important to remember that while most of those areas are in Norwich and the large towns, there are also pockets of deprivation in the countryside.

At the beginning of the year there was an NHS report that Norfolk and Waveney has the highest level of malnutrition in the country. One of the local commentaries suggested that one of the problems might be difficulties in accessing nutritious food as a result of a lack of transport. Meanwhile bank branches are continuing to close. The latest is in Sheringham.

A “no cash” service will be put in place, but the nearest full service branch of the bank concerned will be in Norwich.

In sum there's a lot of food for thought and we need to start going out around the county to talk to people about how the changes are affecting them and what is important to them if they are to stay healthy and well, and independent. We have a small group of people who are interested in taking this work forward, and we already work in partnership with some of the voluntary hubs, but we need more people in the partnership to get involved. We also need to identify leaders in communities where a lot of older people live so that we can start working with them. If you are prepared to help yourself or know somebody who will please contact Janine.

Best wishes

Mary Ledgard

NOPSP Chair (Interim)

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Norfolk Older People's Strategic Partnership (NOPSP) meeting

Thursday 14th March 2024

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

Agenda

- 0930am Tea and coffee on arrival
- 1000am Welcome and housekeeping
Topic- Information and Advice
- 1015am Talk from Ben at Norfolk Community Advice Network (NCAN)
- 1100am Comfort break
- 1115am Talks from Sarah Walsgrove: Information and Advice Assistant Manager, Age UK Norfolk; and Paula Doran: Information, Advice & Welfare Lead, Age UK Norwich
- 1200pm Comfort break
- 1215pm Talk from Kaitlin Ferguson from Creative Arts East on Arts for Health programme
- 1230pm Update on NOPSP's work and 'Living Longer, Living Well'
- 1300pm Close and sandwich lunch

RSVP to nospb@aol.co.uk by 21/2/2024 if you are attending. Please advise on any special requirements - dietary, sensory, access etc. We look forward to seeing you.

Health

and care

National and Norfolk

Healthwatch Surveys

Take a couple of minutes to share your experiences

NHS and social care staff are doing the best they can in difficult circumstances, but there might be things about your care that were great or that could be improved. Please take a moment to share your story.

The below survey is confidential and giving feedback will not affect your care. See the “How we use this information” at the end of the page for more information.



Living in a rural area can make
accessing healthcare services harder.

We want to hear about your
experience.



<https://www.healthwatch.co.uk/have-your-say>



Healthwatch England

1 h · 🌐



It's [#CervicalCancerPreventionWeek](#).

Cervical cancer is the 14th most common cancer in the UK yet life-saving screening uptake has been dropping year-on-year in England. We know some appointments are not accessible for everyone, such as disabled people, and some of you experience fear of discomfort and embarrassment.

Our new campaign will look into those barriers in more detail to improve prevention. If you have had cervical screening lately or have missed one, or decided to not attend it, we want to hear from you.

<https://bit.ly/3HmDVqm>



<https://www.healthwatch.co.uk/blog/2024-01-22/barriers-and-inequalities-cervical-screening>



Improving lives **together**

Norfolk and Waveney Integrated Care System

Norfolk and Waveney data survey - Take part now

NHS Norfolk and Waveney Integrated Care Board (ICB) has launched **a survey to identify how much people understand about data** and how it can help improve health and care services. Open to all staff and the public, the survey seeks valuable insights into how people perceive the use of their data in healthcare planning and delivery. This initiative aligns with the ICB's commitment to transparency, compliance with Data Protection protocols, and the statutory (legal) requirement known as risk stratification.

You can read more about risk stratification and how data helps improve care in a new booklet which you can find here.

To participate in the data survey **please click here**. The survey will be open until 5pm on Friday 1 March 2024.

<https://www.smartsurvey.co.uk/s/SEC251/>

Warm and Well

**Look out
for others
this winter**

Winter can be an isolating time.
Check in on older friends and family
who may need support.
winterwellnorfolkwaveney.co.uk

**warm
and
well**

 Improving lives **together**
Norfolk and Waveney Integrated Care System

NHS – Get Vaccinated



The advertisement features a background of torn paper. At the top left is the HM Government logo, and at the top right is the NHS logo. In the center, two virus-like particles (one green, one red) are shown inside orange prohibition signs. Below this, the text reads: "If you have an ongoing health condition, find out if you're eligible and book now at [nhs.uk/wintervaccinations](https://www.nhs.uk/wintervaccinations)". At the bottom left, it says "www.nhs.uk Get vaccinated". At the bottom right, there is a "Book Now" button and a speaker icon.

HM Government

NHS

If you have an ongoing health condition,
find out if you're eligible
and book now at
[nhs.uk/wintervaccinations](https://www.nhs.uk/wintervaccinations)

www.nhs.uk
Get vaccinated

Book Now

<https://www.nhs.uk/conditions/covid-19/covid-19-vaccination/getting-a-covid-19-vaccine/>

East of England Ambulance Services comes out of 'Special Measures'

This week, NHS England recognised the significant improvements that East of England Ambulance Service has made. The trust has been removed from the National Recovery Support Programme for challenged providers and systems. The programme was formerly known as Special Measures.

In 2020, the trust was placed into Special Measures. This happened following concerns about culture, leadership, and governance.

The latest CQC report, published in July 2022, showed significant improvements on long-standing cultural issues. The report recognised the trust's efforts to improve leadership, culture, and safety for staff.

Since February 2023, the CQC has also lifted four conditions on EEAST's license. There are three remaining which it is hoped will be lifted soon.

The CQC recognised that the Trust has expanded its safeguarding team. It also strengthened its safeguarding policies and HR processes.

An improvement in the way allegations are handled was also recognised. This happened after processes were strengthened and standardised.

Training has also been provided for managers investigating allegations. This improves the quality of decision making and monitoring of any themes and reduces the risk of similar cases in the future.

The Trust has also been recognised for its work in improving the visibility of the Freedom to Speak Up Guardian. Making it easier for people to give feedback and raise concerns.

NHS England has now confirmed EEAST will leave the Recovery Support Programme with immediate effect.

You can read more here – <https://canvas.vuelio.co.uk/2253/press-releases-january-2024/view/east-of-england-ambulance-services-comes-out-of-special-measures/item>

World Cancer Day event at NNUH on 2 February

Members of the public, patients, carers and NHS staff are invited to a special event at the Norfolk and Norwich University Hospital on Friday 2 February 2024 ahead of World Cancer Day.

World Cancer Day takes place every February and aims to raise awareness of cancer and to encourage its prevention, detection and treatment. The NNUH talk, organised by the NNUH Cancer Services team, titled 'Reflecting Together on Cancer Care' aims to demystify the cancer process. Visitors will follow a fictional patient through a generic cancer pathway from GP referral, to investigation, diagnosis and on to treatment.

The event will take place at The Benjamin Gooch Lecture theatre in the East Atrium from 12pm. Refreshments will be provided. The talk will start at 12.30pm and there will be an opportunity to ask questions at the end from 2pm.

You can find out more about World Cancer Day here.

For more information, email cancerservices@nnuh.nhs.uk or call 01603 647721 or 01603 647717.

<https://www.worldcancerday.org/about/2022-2024-world-cancer-day-campaign>

Information

and

advice

Norfolk and National



Adult Social Services Department Update

Following a review of the referral route to Norfolk County Council Adult Social Services Department the decision has been made to close the SCCE.norfolk.gov.uk email address from 31/01/2024.

To support making referrals to the Norfolk County Council Adult Social Services Department they have an existing web referral system which is fully supported for adult referrals and overseen by the Customer Service Centre Team.

This can be accessed via the online web form which has a public and professional option and can be accessed via the following

link; <https://adultsocialcare.norfolk.gov.uk/web/portal/pages/assess#start>

Alternatively, the Customer Service Centre can take referrals over the phone on 0344 8008020.

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

Library News

As from Monday 5 February the Library Service will be re-introducing overdue charges for items that are returned late. For overdue items borrowed on most adult cards, there will be a charge of 10p per item per day up to a maximum of £4.90 per item.

Children under 16, Equal Access, Housebound, Early Years customers and Reading Groups are exempt from these charges.

To help you manage your account, they will still be sending reminder emails. These changes are helping the libraries to return to what was in place before the Covid pandemic. Sign up below to have the latest news, event updates and reading recommendations from Norfolk Libraries delivered straight to your inbox.

<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/libraries-newsletter>

Digital exclusion

Free SIM cards through Norfolk libraries

Norfolk Libraries are part of the [National Databank scheme](#), created by the Good Things Foundation and supported by Virgin Media O2, Vodafone and Three. The scheme offers completely **free** mobile data for six months for people struggling to afford their mobile tariff or have inadequate access to the internet.

Assessing eligibility takes only a few minutes and involves a few simple questions including obtaining contact details. The questions are not intrusive. Once a request/referral has been processed a SIM will be sent to the person's local library and they will be notified once it is available to collect. To find out more visit a local branch or email: libraries.iconnect@norfolk.gov.uk.

<https://www.goodthingsfoundation.org/national-databank/>

At your Library

From Monday 2nd January the library service returned to our maximum loan limits of 20 books for adults and 2 for lite members. Full borrowing entitlements are set out below.

- Adults can borrow up to a maximum of 50 items, made up from up to 20 books, 4 junior non-fiction books, 10 music CDs, 6 DVDs, 20 audiobook CDs, 4 jigsaws, 3 assistive technology devices, 2 reminiscence kits, 2 story sacks, 1 laptop for loan.
- Under 5s can borrow up to a maximum of 30 items, made up from up to 20 children's books, 6 Junior DVDs, 20 children's audiobook CDs, 4 jigsaws, 2 story sacks.
- Children (aged 5 to 11 years) can borrow up to a maximum of 50 items, made up from up to 20 books, 10 music CDs, 6 DVDs (age restrictions apply), 20 audiobook CDs, 4 jigsaws, 2 reminiscence kits, 2 story sacks.
- Young Adults (aged 12-15 years) can borrow up to a maximum of 50 items, made up from up to 20 books, 10 music CDs, 6 DVDs (age restrictions apply), 20 audiobook CDs, 4 jigsaws, 2 reminiscence kits, 2 story sacks.
- 16+ customers (aged 16 – 18 years) can borrow up to a maximum of 50 items, made up from up to 20 books, 10 music CDs, 6 DVDs (age restrictions apply), 20 audiobook CDs, 4 jigsaws, 2 reminiscence kits, 2 story sacks, 1 laptop for loan.
- Customers with "lite membership" are restricted to borrowing a maximum of two books.

In addition, customers can borrow up to 6 ebooks or eaudio books from Libby, and 4 eaudio books from Borrowbox.

These changes are helping us to return to what was in place before the Covid pandemic. Thank you for your continuing support and custom.

Writing for Wellbeing

Awaken to Possibilities for New Beginnings

Six Creative Writing Workshops
to inspire and encourage feelings
of wellbeing and compassion

Mondays 5pm - 6pm
beginning 12th February

Wymondham Library

24/7 Free Travel to all Disabled Bus Pass Holders in Norfolk

From 1 February 2024 all Norfolk residents who hold a disabled concessionary travel pass will be eligible for free bus travel 24 hours a day, seven days a week when travelling within the county.

The decision means that more than 14,500 people across the county who hold a concessionary bus pass due to disability, and their eligible companions, will now be able to travel on any bus at any time free of charge across Norfolk.

<https://www.norfolk.gov.uk/news/2024/01/24-7-free-travel-to-all-disabled-bus-pass-holders-in-norfolk#:~:text=04%20January%202024,when%20travelling%20within%20the%20county.>

Queens Road Area

Work will start on the Queens Road area in Norwich, in January 2024, to improve bus journey times and reliability on the approach to the bus station. There will also be improvements to the bus station area itself for pedestrians. Both projects are funded through the Department of Transport (DfT) and will be carried out together to help minimise disruption.

The project includes a short new length of bus lane on Queens Road for buses turning into the bus station, as well as new road markings on the Chapelfield Road approach to St Stephens roundabout to encourage vehicles to get into the correct lane. These changes are designed to help the general flow of traffic towards the station entrance, while sections of widening to the carriageway will mean that the number of lanes for general traffic will remain the same on both stretches of road.

Expected completion: April 2024

https://www.norfolk.gov.uk/roads-and-transport/major-projects-and-improvement-plans/norwich/city-centre-improvements/improvement-projects/future/queens-road-area?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo

Volunteering

“It’s an amazing feeling to help people.”

As a Hospital Trolley Volunteer, I offer cold drinks, healthy meals and treats, as well as a warm welcome and a friendly face for patients on hospital wards.

It has been a nice way to play my part, give back to others and learn new things.

Royal Voluntary Service believes volunteering is for everyone. Get involved to volunteer, like Fui, and start playing your part today.

playingmypart.co.uk

#PlayingMyPart



<https://www.royalvoluntaryservice.org.uk/volunteering/>



Welcome to the Virtual Village Hall, brought to you by Royal Voluntary Service and supported by players of People's Postcode Lottery.

The Virtual Village Hall is an online activity hub and community, designed to help people stay physically and mentally active, connected and having fun. Sessions are led by expert tutors and some well-known faces and require very little space or equipment. You'll find over 1400 sessions available to take part in, like creative arts and crafts, music and singing, cooking and baking, dance and exercise, and technology skills. Join in with live sessions or catch up on demand later at a time that suits you.

<https://virtualvillagehall.royalvoluntaryservice.org.uk/>



Volunteering

Our army of volunteers are the backbone of our charity, and play a central role, whether supporting our retail operation, fundraising, or in the hospice and gardens. Volunteers are absolutely vital in allowing us to carry out our work supporting patients and their families who are receiving care from Priscilla Bacon Lodge. We have the following roles available.

☀️ Event Volunteers

☀️ Retail Volunteers for our charity shops across Norfolk.

☀️ Van Driver for our warehouse which is located in Drayton.

For the roles above contact Helena Scott
helenascott@priscillabaconhospice.org.uk

☀️ Priscilla Bacon Lodge Ward Volunteers.

☀️ Priscilla Bacon Lodge Reception Volunteers for Weekends and evenings.

☀️ Chaplaincy Volunteers within many Community Hospital settings around Norfolk.

For roles above contact Catherine Wilson
Catherine.Wilson@nchc.nhs.uk

Here is the link below for further information & volunteer descriptions.

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

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



East Anglian DriveAbility

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



What are the options after retiring from driving?

Giving up driving doesn't mean you have to give up your independence...



Services we offer:

Mobility scooter assessment

We offer FREE mobility scooter assessments, where an occupational therapist will assess cognitive, visual and physical abilities to check someone is safe to operate a scooter. We can also offer impartial advice on what scooter would be right for you.



Mobility Hubs advice service

Our mobility hubs advice service will create an individualised travel and transport plan taking into account the persons accessibility needs. Our team have extensive knowledge on the options available for transport including public and community transport, accessible taxis etc.. They can also suggest suitable activities and groups for the person in their area. You can refer someone for FREE through our website, or call us on 01787 222873

Vehicle access and equipment

Many people as they age and develop health conditions might need help getting in and out of the vehicle, and or loading their mobility equipment. We offer an access assessment, carried out by an occupational therapist. They will assess the individuals physical ability, medical condition and individual needs to recommend potential solutions. These adaptations can be viewed and trialled at our assessment centres.

How to refer

If you know someone who has retired from or is giving up driving your organisation can refer them to us for a scooter or access assessment to enable them get out again into society, helping to reduce isolation and loneliness.

- Clients can also self-refer to us through calling or emailing our team
- To access our FREE hubs service, a referral form is available on our website.

Contact us



mail@eastangliandriveability.org.uk



01787 222873



Visit our website:

www.eastangliandriveability.org.uk



REST

Recover
Eat
Support
Talk

CHIME

CHIME is the approach used to mental health recovery – here's what it involves.

At REST, they're there to support you with your recovery. Recovery doesn't mean you'll be 'cured' of your mental health problems and never have any symptoms again. Rather, it means that you will have the tools to live well most of the time, connecting with friends, managing work and/or caring responsibilities, and making key decisions about your life for yourself.

They use a holistic approach called CHIME which stands for Connection, Hope, Identity, Meaning, Empowerment. This approach acknowledges that we are all different and have different things that are important to us, but there are common ways that we can approach our interactions with the people, places, and things in our lives that will help us to cope with daily life and see a positive future ahead.

<https://restnorwich.co.uk/resource/introduction-to-chime/>

 mind Norfolk and Waveney



REST Recover
Eat
Support
Talk

CHIME Recovery Programme

CHIME Recovery Programme brings together different tools and skills from both clinical and non-clinical approaches that people may use in their recovery. This includes things such as Cognitive Reframing Skills, Automatic Negative Thought Process, Biopsychosocial Models, Exploration Exercises, Self-Care Models and more. All of this is done in a digestible and accessible way whilst encouraging group work and the sharing of lived experience to ensure a person centric approach.

Each core subject (Connectedness, Hope, Identity, Meaning & Empowerment) has its own workbook that you will receive on the first day to work through while attending the programme.

The sessions are run in maximum groups of 8, this offers a personal approach whilst allowing a good number of people to access the service. There is always a facilitator and multiple staff members available in the room for assistance.

For further information and to refer into this programme, please email: chimereferrals@norfolkandwaveneymind.org.uk



0300 330 5488
norfolkandwaveneymind.org.uk

Norfolk Autism Partnership – Have Your Say

Have your say to refresh the Norfolk All Age Autism Strategy for 2024 – 2029



NORFOLK
AUTISM
PARTNERSHIP

We want to hear more about what is important to autistic people and their parents and carers, to refresh the autism strategy. Join us for a one-to-one or group chat, at a library listed below. Or register to join an online group discussion via Zoom, using one of the links below.

Library sessions (no need to book – just come along)

Wednesday 17 January 11 am to 1 pm	Thefford Library Raymond Street, Thefford IP24 2EA
Monday 5 February 1 pm to 3 pm	Wroxham Library Norwich Road, Wroxham NR12 8RX
Thursday 8 February 1 pm to 3 pm	The Shoebox Community Hub 21 – 23 Castle Meadow, Norwich NR1 3DH
Friday 9 February 4 pm to 5 pm	Gaywood Library Gaywood River Lane, Gaywood, King's Lynn PE30 4HD
Tuesday 13 February 4 pm to 6 pm	Cromer Library Prince of Wales Road, Cromer NR27 9HS
Monday 19 February 4 pm to 5 pm	Fakenham Library Oak Street, Fakenham NR21 9DY
Friday 23 February 10.30 am to 11.30 am	Great Yarmouth Library Tolhouse Street, Great Yarmouth NR30 2SH

Online sessions (registration required)

Monday 15 January 3 pm to 5 pm	Zoom session for autistic people. To register visit: https://tinyurl.com/4mppm99h
Monday 22 January 10 am to 12 pm	Zoom session for parents/carers. To register visit: https://tinyurl.com/5x6afc45
Tuesday 6 February 6.30 pm to 8.30 pm	Zoom session for all. To register visit: https://tinyurl.com/4mw7nc4p
Thursday 15 February 3 pm to 5 pm	Zoom session for all. To register visit: https://tinyurl.com/mrx4wuak

Research on support for autistic adults in Norfolk: take part in a survey

The University of East Anglia, Norfolk County Council and the Norfolk Autism Partnership Board are working together to identify how to evaluate the new Norfolk Autism Adult Support Service. This is a new short-term support service for autistic adults.

We would like autistic adults to help shape how we evaluate the service, by taking part in a short survey, which is:

- Open to all autistic adults (18+) in Norfolk.
- About your needs, wellbeing and quality of life, and how we can measure this to evaluate effectiveness of the service.
- Anonymous – we do not ask for your name or contact details.

The survey opens on Wednesday 17 January and closes on Wednesday 14 February 2024.

For more information and to take part in the survey:

<http://tinyurl.com/afjkh47b>





Sea-Changers Coastal Fountain Fund 2024

Sea-Changers are pleased to announce the launch of the 2024 Coastal Fountain Fund. It is the fourth year they have been enabled to run this fund.

The purpose of the fund is to reduce the impact of single-use plastic water bottles on coastal habitats by funding communities to purchase water drinking fountains and install them for use by the public in busy or environmentally important areas. So far, they've funded over 30 fountains around the UK with more coming soon!

Grants of up to £2,500 are available, per applicant, towards the cost of a fountain.

The closing date for applications is 23rd February 2024.

https://www.sea-changers.org.uk/coastal-fountain-fund?utm_campaign=4138d8f7-b820-44ab-bb3c-c5ff1d349597&utm_source=so&utm_medium=mail&cid=4a765392-7fd1-4a42-b8f1-598c451e9a8f



Support Groups

Our support groups are busy planning their 2024 meetings, head to our website to find your local group, or join an online meeting today:

<https://theros.org.uk/information-and-support/support-in-your-area/>
#osteoporosis #supportgroups



<https://theros.org.uk/information-and-support/support-in-your-area/>



Compare How Much Electrical Appliances Cost to Use

You can use this calculator to get an estimate of how much electrical appliances cost to run and compare energy costs for different appliances. This can help you reduce your energy costs and save money.

<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/check-how-much-your-electrical-appliances-cost-to-use/>



A grant is a financial donation or contribution. Unlike loans they do not have to be repaid.

Many UK charities or trusts provide grants for the disabled, each with their own criteria for providing funds.

Grant money from charities and trusts is mainly provided to pay for things that cannot be paid for by Government or Local Authorities.

<https://www.disability-grants.org/neurological-disorders.html#tavistocktrustforaphasia>



Great Yarmouth Borough Church Foodbanks

Each of these food banks is run by or with a church but is set up for the benefit and support of the whole community. Food is provided to anyone who needs it.

Please locate which food bank is appropriate from the home address of the person you are referring using the map below. The food banks have different referral systems so please use the information given to ensure you use the right system.

<https://imagine-norfolk-together.org.uk/resources/foodbanks>

MoneySavingExpert
Cutting your costs, fighting your corner

The Great British Insulation Scheme

How to get free insulation – it could save you over £300 a year. There are freebies on offer from energy providers and local authorities to make your home warmer and more energy efficient. The most common are loft and cavity wall insulation, but there are plenty of other improvements up for grabs. So, if you're on benefits and/or live in a home with a low energy performance rating, you might be eligible for free insulation. Here's how to find out...

<https://www.moneysavingexpert.com/utilities/free-cavity-loft-insulation/>



Help with Hardship

Age UK Norfolk is on hand to support those aged 50+ living in Norfolk who are experiencing hardship, particularly in the wake of the current increases to cost of living. The local charity's Information and Advice team are able to provide information about local hardship grants, provide confidential and free benefit checks and have a (limited) number of Tesco food vouchers for those in need of more immediate financial support. Contact Age UK Norfolk on 0300 500 1217 or advice@ageuknorfolk.org.uk



Your Norfolk Advice Network (YNAN)

Do you need Information, Advice or support for a client but you're not sure which organisation to turn to? The Your Norfolk Advice Network (YNAN) is here to bridge the gap and help you. The trained advisors will signpost/refer you to the relevant Norfolk organisation so that you and your client get the right help at the right time. Contact YNAN on 0333 996 8333 or email helpline@ncan.co.uk

Looking for advice?

Your Norfolk Advice Network connects you with the right advice for you or your clients

Call us

Your Norfolk Advice Network
Lines open Monday - Friday 10am to 4pm

0333 996 8333

helpline@ncan.co.uk

Are you a professional? Call our line between 8am-6pm to make a referral

NCAN, Norfolk age UK, MAP, Norwich age UK, Norwich Community Law Service, Equal Lives

New Report From Age UK Reveals the Enormous Challenges Millions of Older People Face this Winter

Over 13 million people are worried about being able to afford to heat their homes and/or eat adequately.

Age UK launches new 'Spread the Warmth' campaign calling for everyone's support to help older people get through the colder months

A new report '*We have to take it one day at a time*', launched today by Age UK as part of their new campaign 'Spread the Warmth', shows the enormous challenges faced by many millions of people aged 50 and over this winter -

https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/health--wellbeing/we-have-to-take-it-one-day-at-a-time/age-uk_we-have-to-take-it-one-day-at-a-time.pdf

<https://www.ageuk.org.uk/latest-press/articles/2024/new-report-from-age-uk-reveals-the-enormous-challenges-millions-of-older-people-face-this-winter/>

POST & PARCEL

Royal Mail's New Option Gives Posties More Information About Customers With Additional Needs



Royal Mail has introduced an option for households to register their accessibility needs for parcel deliveries or collections via Parcel Collect. For example, customers with a disability or other accessibility need can request that posties 'knock louder' or take more time when waiting for the customer to come to the door. This can be set-up on the Royal Mail app or via phone with Royal Mail's customer service team.

Customers can also set up a safe place delivery preference in the Royal Mail app for future parcel deliveries. This enables customers receiving parcels to tell Royal Mail where to leave them on occasions when they are not going to be in when the postie delivers.

<https://postandparcel.info/154386/news/e-commerce/royal-mails-new-option-gives-posties-more-information-about-customers-with-additional-needs/>



‘A National Scandal’: Nearly 5,000 Deaths Caused by Cold and Damp Homes Last Winter

Campaigners are calling for change to protect people from cold and damp homes and the damage it causes to their health. Nearly 5,000 excess deaths were caused by cold and damp homes in winter last year, according to new research -

<https://www.bigissue.com/news/housing/what-to-do-if-you-have-damp-and-mould-in-your-home/>

The End Fuel Poverty Coalition has estimated that 4,950 people died because of such conditions in their home in winter 2022 to 2023.

It comes after The Big Issue reported that a baby has been hospitalised six times due to damp, mould and overcrowding in a rental home medical professionals described as a “disaster waiting to happen” - <https://www.bigissue.com/news/housing/dareen-nuru-baby-hospital-damp-mould-home-lambeth-protest/>

These new figures prove that this is far from an isolated incident. Around 8.3m adults are living in cold, damp homes this winter, according to the campaign group Warm this Winter - <https://www.endfuelpoverty.org.uk/millions-spending-winter-in-cold-damp-homes/>

<https://www.bigissue.com/news/housing/winter-deaths-cold-damp-homes-uk/>

CARE HOME PROFESSIONAL

Daughters Usually Left to Find Care For Parents, Research Shows

New data released by reviews website carehome.co.uk has revealed a significant gender disparity among children seeking care for their parents. Carehome.co.uk has found that out of 10,718 care seekers who enquired about a care home for their parents between May to December 2023, almost two thirds (65%) were women. This means daughters are disproportionately taking on the responsibility of organising their parents' care, a task which can be very time-consuming and emotionally challenging.

<https://www.carehomeprofessional.com/daughters-usually-left-to-find-care-for-parents-research-shows/>



Life Expectancy Decline Hits Economy and Workforce

Life expectancy for people aged over 50 has started to fall, new research from the International Longevity Centre – UK (ILC) reveals. The think tank finds that changes to the health and life expectancy of people over 50 will have a significant impact on the economy.

The fall in healthy life expectancy will result in more people dropping out of work earlier than anticipated. The analysis conducted by Professor Les Mayhew, Associate Director of Global Health ILC-UK and Professor of Statistics at Bayes Business School (formerly Cass), shows that:

- Life expectancy for fifty-year-olds is now 2.3 years less than it would have been had the long-established trend continued.
- Every year of lost life expectancy results in 2.6 years less spent in good health.
- A UK man dying at age 80 could expect to spend on average 64.5 years in good health, but if his life expectancy is only 78, he will spend less than 60 years in good health.

<https://theageactionalliance.org/2023/12/22/life-expectancy-decline-hits-economy-and-workforce/>



Are You Ageist? England's First Ever Anti-Ageism Campaign Launches

The Centre for Ageing Better is launching Age Without Limits, a hard-hitting new campaign highlighting the issue of ageism. The charity warns of the 'scarring' impact of ageism on us as we get older – on our health, job prospects and the way we live our lives with a knock-on effect on our society and the economy.

Are you ageist?

Research has found that a third of the population hold ageist beliefs.

We all have views that have unknowingly taken root in our minds. Our research found that:

- Nearly half of the public sees older people as less tolerant.
- Many people believe that older people have less relevant views and that it is acceptable to ignore their views.
- More than a quarter (28%) agree that it's acceptable to assume older people can't understand complex information
- One in five (21%) of people think that old people have less fun*

You can find more about this research and other facts and statistics about ageism on our new [Age Without Limits website](#).

The first step to challenging ageism is to reflect on and question your own attitudes towards age and ageing.

<https://www.agewithoutlimits.org/challenge>

Activities

Norfolk and National



Wellbeing Updates

Wellbeing have had a fantastic turn out to socials so far this year, wonderful to see so many new and familiar faces, even if they were wrapped up from the icy winds! They will keep the momentum going with more favourites and new opportunities across the county throughout February to help you get out about and shaking off the January cobwebs!

All of their 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!

Remember, these socials are open to everyone 16+, with no need to book (full details of all events can be found on their website: <https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/>)

If Wellbeing have any bookable events, these will be advertised on the Eventbrite page, so make sure you check us out on there to ensure you don't miss any exciting opportunities!

<https://www.eventbrite.co.uk/cc/workshops-593089>

Café Socials

When it's cold out, why not join us at one of our café catch ups around the county?

Halesworth - Tues 6th February

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

Norwich - Thurs 8th February 10.30am

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

Attleborough - Weds 14th February 1.30pm

The Hideout, Queen's Square, Attleborough, NR17 1AF

Fakenham - Mon 19th February 1.30pm

Pensthorpe Cafe, Pensthorpe Rd, Fakenham, NR21 0LN

Theatre Royal Norwich - Tues 20th February 10:30am

Theatre Royal Cafe, Norwich, NR2 1RL

Caister - Thur 29th February 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 or scan the QR code for more info, more events and to subscribe to our mailing list



Coastal Path Walks

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 line.

Open to anyone over 16yrs. All abilities welcome, mixed terrain paths at some points. We will do our best to accomodate all and walking times will vary depending on group and weather.

Weds 7th Feb 10.30am - Hunstanton

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

Weds 7th Feb 13:00pm - Lowestoft

Meet at Kensington Gardens Boating Lake, NR33 0HY

Fri 9th Feb 10.30am - Cromer

Meet at Cromer Pier, Promenade, Cromer, NR27 9HE

Tues 13th Feb 12 noon - Sheringham

Sheringham Town Clock (opposite Little Theatre) NR26 8RE

Fri 16th Feb 10.30am - Great Yarmouth

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

Any queries please email us on socials@wellbeingandw.co.uk

Scan for more events, more info and to subscribe!





Later Life Planning Campaign

Throughout the week commencing 26th February, Age UK Norfolk will be running a 'Later Life Planning' campaign, aimed at encouraging awareness and discussion around topics such as addressing your housing and care needs, making a will, Lasting Power of Attorney and more. To follow the campaign, keep an eye on the Age UK Norfolk website (www.ageuknorfolk.org.uk) and follow their social channels Facebook (@ageuknorfolk) and Instagram (@ageuknorfolkofficial). Age UK Norfolk will also be attending a number of events between January – March in the West Norfolk area covering the topic of Later Life Planning alongside general information and advice.

The poster is blue with a white circular area at the top containing the Norfolk ageUK logo. Below the logo, the text 'Information and Advice' is written in large white font. Underneath, it says 'Join us in West Norfolk for Later Life Planning and Info and Advice for the over 50's.' The event schedule is listed in three rows, each with a date, location, and time slot. The time slots are highlighted in dark blue bars.

JAN 23rd	The Place, King's Lynn 10am - 12pm
FEB 27th	The Hub, Hunstanton Town Hall 10am - 12pm
MAR 26th	The Clock Room, Downham Market Town Hall 10am - 12pm

Registered Charity No: 1077097



Headway Norfolk and Waveney is delighted to share the news of two incredible support groups designed to make a positive impact on the lives of individuals impacted by brain injuries and their caregivers. Additionally, the organisation hosts various other peer and carer support groups, contributing to a comprehensive network of understanding and assistance. To explore the full range of offerings, visit their website <https://headway-nw.org.uk/help-and-support/support-groups>

New Walking Support Group in Great Yarmouth: Every 4th Wednesday, 10:30 am - 12:30 pm

Embark on a Collective Journey with "Together Towards Tomorrow" Support Groups! Headway Norfolk and Waveney is excited to announce a new walking support group in Great Yarmouth aimed at making a meaningful impact on the lives of those impacted by brain injuries and their caregivers. Join every 4th Wednesday from 10:30 am to 12:30 pm for a nurturing environment where experiences are shared, valuable insights are gained, and solace is found among those who truly understand. Whether you come as a caregiver, a survivor, or part of a caregiver-peer combination, let's navigate the path towards a brighter tomorrow together. For details and RSVP, contact ot@headway-nw.org.uk or call 01603 788114.

Brain Injury Networking Group in King's Lynn: Every 4th Thursday, 6:00 PM - 7:30 PM at The Globe Hotel

Discover Support and Empowerment at Headway Norfolk and Waveney's Brain Injury Networking Group! If you've faced the challenges of brain injury including stroke, traumatic

brain injury, or concussion impacting your confidence, join every 4th Thursday from 6:00 PM to 7:30 PM at The Globe Hotel, King's Lynn. Guided by a Neuro-Specialist Occupational Therapist, this safe and inclusive space is designed for forging connections, cultivating friendships, and constructing a support network as they navigate life after brain injury. Whether you're re-entering the workforce or exploring new activities, let's embark on this transformative journey together. RSVP at ot@headway-nw.org.uk or call 01603 788114. Together, you can empower and uplift!

<https://headway-nw.org.uk/help-and-support/support-groups>

EARLY SUPPORT PEER SUPPORT GROUP

ABI connections is a project funded by the National Lottery Community Fund. Our team provides expert early support for those impacted by brain injury by in-reaching into hospitals, supporting with the next steps of the recovery journey and running support groups within the community.

We support adults over 18 who have sustained an acquired brain injury though:

- Stroke
- Trauma due to RTA
- Attacks, trips and falls
- Brain tumour and surgery
- Viruses and infections, including covid and meningitis
- Drug and alcohol abuse

ABI Connections Face to Face	Norwich- The Forum Cafe	Every Tuesday (10:30 am-12 midday)
	Diss- Greggs Diss	Every fortnight on a Wednesday (10:30 am-12 midday)
	King's Lynn- Steam House Cafe	2nd Tuesday of every month (10am-11:30am)



To book a place or to find out more get in touch:

OT@headway-nw.org.uk | 01603 788114

SUPPORT GROUPS

FOR THOSE IMPACTED BY
BRAIN INJURY



Registered Charity Number: 1040706

Whether you are an individual living with a brain injury or a caregiver, it helps to know you are not alone.

We understand the frustrations people face in the local community when living with the effects of brain injury and that being with others who understand helps to feel a little less alone.



Our Peer and Carer Support group's allow friendships to be made and experiences to be shared, in a supportive, safe and non-judgmental environment.



Online Peer Support Groups

Peer Support Groups (Online)	One Wednesday a month (10:30-11:15 am)
	4th Thursday of every month (11-11:45 am)
Women's Peer Support Group (Online)	Every 4 weeks on a Friday (11-11:45am)

Face-to-Face Peer Support Groups

Peer Support Groups (Face-to-Face)	Great Yarmouth- Kings Centre	One Tuesday a month (1:30-3:30 pm)
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Face-to-Face Carer Support Groups

Carer Support Groups	Great Yarmouth- King's Centre	Once a month on a Tuesday (11am-12:30pm)
	Norwich- Charing Cross Centre	4th Thursday of every month (1-3pm)
	Kings Lynn- Dobbies, Tesco's	4th Tuesday of every month (1:30-3:30pm)



Norfolk Environmental Action Team

From Mark at TCV-

Well February made me shiver, with every task day I deliver...good news though, as whatever the weather TCV will be out and about looking after local green spaces, keeping warm by keeping active and eating the odd biscuit - although if it looks *really* odd we can leave it for the birds.

So nice to see lots of new faces in January (new year's resolutions perhaps?) and some rejoining us after being away for a while, but whether you have joined us recently or not,

everyone will be very welcome in February. This month we have a couple of new sites to work on, some big ongoing habitat transformation projects to get stuck into, and quite a lot of tree and hedge planting to fit in (with more to follow in early March).

We also have two free courses this month: winter tree ID on the morning of Friday 16th (with the option to do go on and do some bulb planting in the afternoon) and task leadership on Wednesday 7th. I will be running this latter one (whilst Bex leads the team for the task at Longham). Anyone who might be interested in running their own practical conservation group at some point should contact me for details.

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

Norwich

Age UK Norwich Falls Prevention Service

Falls Prevention Service

Stay Steady with Age UK Norwich

Do you have a history of falls, or a health condition putting you at risk of a fall? Would you like to improve your strength, balance and confidence to reduce your risk of a fall?

We are offering two community-based falls prevention group exercise classes starting on the following dates:

Monday 26th February 2.00 – 2:45 pm

followed by 30 mins social time.

St Andrews Church Hall

41 Church Lane

Eaton

Norwich, NR4 6NW

Tuesday 27th February 2:30 – 3:15pm

followed by 30 mins social time.

Frere Road Community Centre

47 Frere Road

Heartease

Norwich, NR7 9UT

Classes are run by fully qualified exercise professionals and involve 45 minutes of chair-based exercise, followed by refreshments and a chance to socialise.

Each session is specifically designed to help reduce the risk of falls occurring by working on strength, balance and flexibility, with an overall aim to improve mobility and quality of life.

Classes are free of charge and last for 17 weeks, booking is essential.

To register your interest and for more information, please email

group-exercise@ageuknorwich.org.uk

or call Kelly on

07442 549683



Age UK Norwich, Registered Charity Number 1094623.



Norwich Aphasia Choir

The Norwich Aphasia choir is being run by Elissa Manzi, a speech and language tutor from UEA and is supported by Heather Edwards from “Come Singing” on the keyboard. It will be a first for Norfolk and will support people to improve their language skills following on from a stroke. Anyone is welcome to attend.



Norwich Aphasia Choir



When? 2nd and 4th Friday of the month **11am-1pm**



Starting on the 9th February

Where? The Millennium Library, The Forum
Family/ carers are welcome.



We have a break for **tea and coffee**

For more information, contact **Elissa**
at **e.manzi@uea.ac.uk**



South Norfolk

Warm Space



WARM SPACE

From the 24th January Wymondham Town Football Club will be opening every Wednesday lunchtime as a warm space for anyone that needs it.

WEDNESDAYS
10AM - 2PM

Stay warm, have a cuppa, chat to others...kids crafts available, bring your own games/entertainment with you or just sit & watch some tv

Free tea/coffee/hot chocolate available



Wymondham Town Football Club
Kings Head Meadow
Back Lane
Wymondham
Norfolk
NR18 0QB
01953 607326
admin@wymondhamtownfc.co.uk

This project has been supported by a grant from South Norfolk District Council's Warm Space Fund.

Breckland

Creative Arts East Workshops

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.



Upcoming Creative Socials...

**FUN | FRIENDLY
ADAPTABLE | INCLUSIVE**



FEBRUARY 2024 **Natural Leaf Printing with Rachel Burchell**

Join Rachel for a relaxing, absorbing workshop exploring the inherent beauty of leaves using natural inks, from foraged or discarded natural materials.

Thursday 8th February
Friday 9th February
Friday 16th February

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



MARCH 2024 **Egyptian Dancing with Kay Wheatley**

Join Kay to explore different moves, seated and standing, and music relating to Egyptian dance, to promote a sense of wellbeing and creativity whilst increasing fitness and flexibility.

Friday 8th March
Thursday 14th March
Friday 15th March

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!

Find out more or book your place now...

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

East Norfolk

Great Yarmouth Library

We are a friendly bunch of people who meet every Wednesday in the library for a chat and a cuppa, we would love some new members to join us. If you, or anyone you know need a reason to get out of the house, or would like to meet new people come along today at 2pm.

[#NoLonelyday](#) [#loveyourlibrary](#) ❤️



Monday

Job Club Drop In 9.30am - 3.30pm (not 28/1/24)
Friendly Craft Group 10am -12pm
Bounce & Rhyme 10.30am -11am
Stay and Play 11am -11.30am
Great Yarmouth Time Travellers 2pm -3.30pm
(Last Monday of the month)

Tuesday

Volunteer Garden Group 10am-12pm
Tilley's Drop in 10am -12 noon
Advice and support Drop in (Fortnightly)
English Conversation Exchange Just a Cuppa
12.30pm-1.30pm
Drop in and Draw 2pm-3pm

Wednesday

Ofcom Online, Safe and In Control 9.30am -1.00pm
Mend with Friends 10am -12pm
(First Wednesday of the month)
Creative Kids 10.30am -11.30am
Stay and Play 11.30am -12pm
Norfolk and Waveney MIND Drop in 1pm – 3pm
(Last Wednesday of the month)
Just a Cuppa 2pm

Thursday

Board games for Adults 2pm-4pm
Reading Pathway Just a Cuppa 11am-12pm
(2nd Thursday of the month)
Between Friends Reading Group 5.30pm-6.30pm
(Last Thursday of the month)

Friday

Home Educators Lego and Craft 10am-11am
(First Friday of the month)
Lego Club 4.30pm-5.30pm
Autism Friendly "Just A Cuppa" 10.30am-11.30am
(Last Friday of the month)

Saturday

Family Crafts 1.30pm-3pm
All ages welcome

Sunday

Colouring and Lego Club (Drop In)
10.30am-3pm (all ages)



Great Yarmouth Library



7 h · 🌐

Every Thursday at 2pm, the board games group meet. Enjoy a game or two, no need to book just come along. [#noloneday](#) [#loveyourlibrary](#) ❤️



Address: Tolhouse Street, Great Yarmouth, NR30 2SH

<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/visit/locations-and-opening-times/great-yarmouth-library>

AGE+CONNECTED



JOIN US

EVERY TUESDAY
10.00AM – 12.00PM
COME IN AND GET
'WARM & TOASTIE'

FREE

TEA OR COFFEE
TOAST AND JAM
BEANS ON TOAST

GOOD CONVERSATION,
FUN & FRIENDSHIP
FOR EVERYONE 50+

THE FREE FUN CONTINUES
FROM 12-3PM

WITH OUR FRIENDLY
'CRAFTERNOON' &
BOARDGAME SESSIONS

WITH ALL CRAFT MATERIALS SUPPLIED OR BRING
ALONG YOUR OWN CRAFTY CREATIONS TO SHARE
WITH OTHERS. SELECTION OF BOARDGAMES TOO

OR ENJOY AN AFTERNOON AT
THE MOVIES AT OUR VERY OWN
IN-CENTRE MINI CINEMA

STARTING AT 12.00PM
FEEL THE WARMTH AND WELCOME
FOR THE COMMUNITY @

FIND US AT

AGE CONNECTED
THE ACORN CENTRE
8-9 REGENT STREET
GREAT YARMOUTH
NR30 1RN

01493 262052



AGE+CONNECTED
270251



Age Connected Great Yarmouth



2 h · 🌐

The Acorn Pantry is open to bring support for anyone age 50+ on Monday Wednesday and Friday mornings 10am - 11.30am and run by our amazing volunteers! Here for you and stocked with daily essentials , helping to make a difference to the community and to those in need.

10 items only £4





**COME AND JOIN
US FOR**

Art & Crafts

**AT THE DIAL
WARM SPACE**



EVERY
MONDAY 1-3PM
WEDNESDAY 1-3PM
FRIDAY 10-12PM



See you there!

FREE TEA AND COFFEE

THE DIAL WARM SPACE

ARE YOU STRUGGLING OR CONCERNED ABOUT MONEY/BENEFITS/BUDGETING?

COME ALONG FOR A FRIENDLY CHAT, ANYONE WELCOME!



ANY QUESTIONS? 01493 856900

COMPLIMENTARY

DAYS & TIMES

SOUP & ROLL

Mon-11-12.30, Tues-11-1,

TEA & COFFEE

Weds-11-12.30 & Thurs-11-1

AVAILABLE



**WHERE? 26/27 KING STREET,
NR30 2NZ**



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.

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...

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FREE hot drink
and cake at
all events!



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up overleaf!



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



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ADAPTABLE | INCLUSIVE**



FEBRUARY 2024

Natural Leaf Printing with Rachel Burchell

Join Rachel for a relaxing, absorbing workshop exploring the inherent beauty of leaves using natural inks, from foraged or discarded natural materials.

Tuesday 6th February

St George's Theatre Café, 1-3pm



MARCH 2024

Egyptian Dancing with Kay Wheatley

Join Kay to explore different moves, seated and standing, and music relating to Egyptian dance, to promote a sense of wellbeing and creativity whilst increasing fitness and flexibility.

Tuesday 5th March

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**

Feathers Future



Feel Good February

Come along to these one off sessions with activities, aimed to help you feel better about yourself, focussing on self-care, being kind to yourself and positive self talk.

Wednesdays February 7th-28th 1-2.30pm



Sole Sisters

Weekly walking group will restart after Easter.



Crafternoons and evening craft groups

Come and long and have a go at crafting, there are plenty of activities on offer to try or you can bring your own project in to do.

Tuesdays 1-3pm

Evening craft 6-8pm



Drop-in/Coffee morning

Pop in and find out more about what we do, have a cuppa and a chat, every Friday morning between 9.30-12.

<https://feathersfutures.org/contact-us/>

North Norfolk



THE HEALING HARBOUR CHARITY

**HAVE YOU GOT A HEALTH CONDITION?
ARE YOU A CARER?
HAVE YOU EXPERIENCED LOSS/BEREAVEMENT?**

**THE HEALING HARBOUR
INVITES YOU TO DROP IN
TO SUPPORT YOUR WELL-BEING
TEA AND CHAT**

**TAKE CARE
OF
YOURSELF**

**AT THE LIBRARY, SHERINGHAM
LAST MONDAY OF EACH MONTH 2-4PM
ALL WELCOME**

**ANY QUESTIONS? TEL: 07585586469
EMAIL: THEHEALINGHARBOUR22@GMAIL.COM**

**ARE YOU A CARER?
OR
DO YOU HAVE A
HEALTH CONDITION ?**



**WE ARE OFFERING FREE DRUMMING
WORKSHOPS IN NORTH NORFOLK TO
SUPPORT YOUR WELL-BEING**



SUPPORTED BY THE RED SOCK CHARITABLE TRUST

**EXTENSIVE RESEARCH PROVES THE
POTENTIAL OF DRUMMING PROGRAMMES
FOR IMPROVEMENTS IN MENTAL, SOCIAL
AND PHYSICAL WELL-BEING**

**IF YOU OR SOMEONE THAT YOU KNOW
WOULD BENEFIT FROM DRUMMING
PLEASE GET IN TOUCH**

THEHEALINGHARBOUR22@GMAIL.COM

TEL:07585586469



Starts ~~20th~~ 20th January 2024



Deaf Café comes to North Walsham

Where: The Salvation Army Hall, Hall Lane, North Walsham, NR28 9DT

When: 10am-12noon 3rd Saturday of the month

Cost: Free (donations for refreshments welcome)

A welcoming place for those who are Deaf, have hearing impairments, are BSL users, improvers, learners. A hub in which to enjoy one another's company. Adults, children and families all welcome.

For more information, contact Wendy at wpmurphy@gmx.com

West Norfolk

King's Lynn Activities Group

A ASD Team building & activities group

The New Kings Lynn Activities Group will be starting Thursday 1st February 2024. And then Alternate Thursdays During term time.



We Organise / Plan / Do !



For more information, please contact Jade at j.saint-laurent@asperger.org.uk or by phone on 07985 504835.



FOOD FOR THOUGHT

Free live cooking
demonstrations by
a professional chef

FREE
TO
ATTEND

MONEY
SAVING

FAMILY
FRIENDLY

TASTING
SESSIONS

SWAP
RECIPE
IDEAS



01553 616200
asklily.org.uk



King's Lynn &
West Norfolk



Come and join us for live cooking demonstrations where we exchange ideas, embrace mealtimes and enjoy plenty of tasters prepared by our professional chef!

Week 1 – 30/1
Bread and pizza dough

Week 2 – 6/2
Lunches

Week 3 – 13/2
Dinners

Week 4 – 20/2
Low cost snacks

Week 5 – 27/2
Healthy eating/fruit & veg

Week 6 – 5/3
Dried and tinned foods

Week 7 – 12/3
Batch cooking

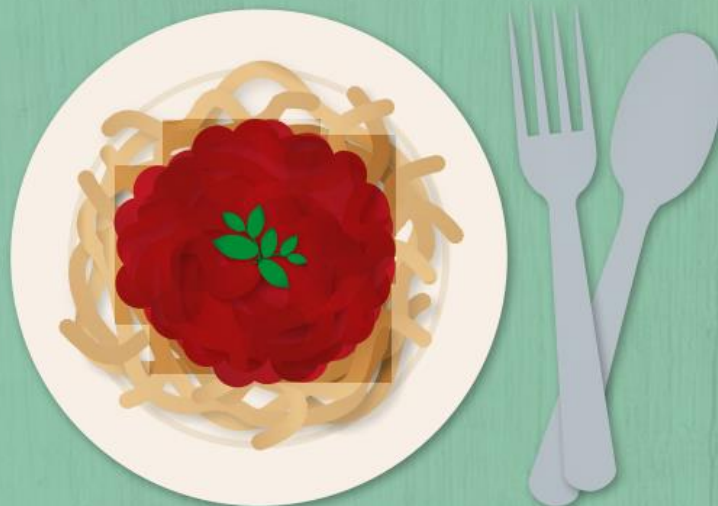
Week 8 – 19/3
Dietary alternatives

Week 9 – 26/3
Seasonal savings

Week 10 – 2/4
Low cost desserts

Week 11 – 9/4
Fakeaway meals

Week 12 – 16/4
Low calorie cooking



Sessions run 9:30am–11:30am at Hunstanton Town Hall, Community Hub, The Green, Hunstanton PE36 6BQ. Pick and choose the sessions that interest you, and there's no need to book in advance, just turn up! Call 01553 616200 or email asklily@west-norfolk.gov.uk for more information.

01553 616200
asklily.org.uk



Borough Council of
King's Lynn &
West Norfolk





WEST NORFOLK CREATIVE SOCIALS



FREE hot drink and cake at all events!

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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**



FEBRUARY 2024

Natural Leaf Printing with Rachel Burchell

Join Rachel for a relaxing, absorbing workshop exploring the inherent beauty of leaves using natural inks, from foraged or discarded natural materials.

Monday 12th February
Weds 21st February

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



MARCH 2024

Egyptian Dancing with Kay Wheatley

Join Kay to explore different moves, seated and standing, and music relating to Egyptian dance, to promote a sense of wellbeing and creativity whilst increasing fitness and flexibility.

Monday 11th March
Weds 20th March

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**

Events

Norfolk and National

Shelter

Fundraising Events

Shelter

Shelter (Eastern) fundraising events

Shelter are holding a number of local fundraising events over the next few months:

- **Step for Change** is a series of walking events across Norfolk and Suffolk including: Sea Palling, 20th January; Hunstanton, 10th February; and Cromer, 3rd March. You can sign up on [Eventbrite](#);
- **Shelter Norfolk Spring Banquet**, 23rd March (from 5.00pm), sign up on [Eventbrite](#). (Please contact Shelter if you know any business that may want to sponsor the event or are able to provide auction and raffle prizes);
- **GEAR 10k in aid of Shelter**, Kings Lynn, 5th May 9:30am, sign up at the [event registration page](#).

<https://www.eventbrite.co.uk/cc/step-for-change-series-2831679>

<https://www.eventbrite.co.uk/e/shelter-spring-banquet-tickets-765238698547?aff=oddtcreator>

<https://runforcharity.com/shelter/gear-10k/register>

Volunteering Workshops

Vision for Volunteering

Volunteer strategy workshops

Following the launch of the Norfolk Vision for Volunteering, [Voluntary Norfolk](#) is hosting free online workshops to support not-for-profits in developing a volunteer strategy, including engaging young people. The workshops are:

- Developing Your Volunteer Strategy 1: Scoping Your Strategy - 11th January;
- Engaging Young People in Volunteering - 1st February;
- Developing Your Volunteer Strategy 2: Sticking Points & Creative Solutions - 22nd February; and
- Developing Your Volunteer Strategy 3: Embedding & Measuring Impact - 27th March.

Further details and registration [on Eventbrite](#).

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

<https://www.eventbrite.com/cc/bringing-the-vision-for-volunteering-to-life-2905049>

Online Norfolk Volunteer Passport Training



Voluntary Norfolk and Adult Learning have partnered to deliver The Norfolk Volunteer Passport programme. This training programme helps volunteers gain foundational knowledge and skills to help them find new roles more quickly and move more easily between volunteering roles.

The programme includes 5 Level 1 core training modules, covering:

- Introduction to Volunteering
- Equality, Diversity and Inclusion
- Health and Safety
- Safeguarding Adults and Children
- Person-centred working

The next course will be delivered online, starting with an introductory session **on Tuesday 27 February at 10am-12pm**

Please note the course will consist of an introductory session, and four x 2-hour sessions (one session per week).

The dates and times for sessions are as below:

Tuesday 27 February 10am – 12pm

Tuesday 5 March 10am – 12pm

Tuesdays 12 March 10am – 12pm

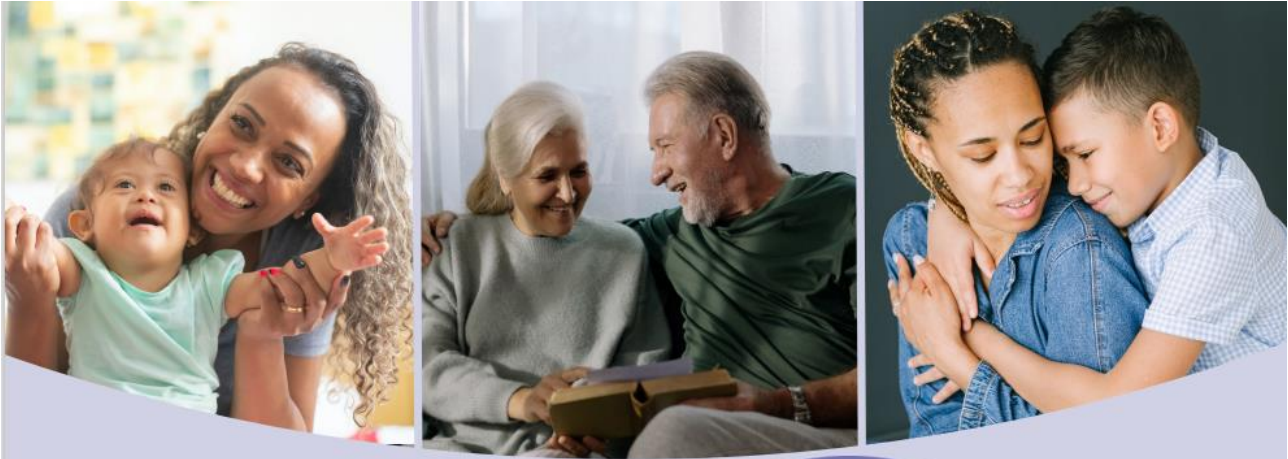
Tuesday 19 March 10am – 12 pm

Tuesday 26 March 10am – 12pm

You need to attend all training sessions to complete the Passport Training.

For more information and to book, click on this link –

<https://www.getinvolvednorfolk.org.uk/o/Norfolk-Volunteer-Passport>



Carers Voice

Norfolk & Waveney

Ensuring Carers are valued, recognised and supported

Are you looking after someone? Join Carers Voice!


Our Mission	Free Newsletter	Involvement Opportunities
<p>To improve the health and wellbeing of all Carers in Norfolk & Waveney. Through partnership working, we ensure the voice of Carers is heard and listened to, meaning support and services are designed and delivered to reflect Carers' needs and interests</p>	<p>You will receive a bi-monthly emailed newsletter which will help keep you and the person you are caring for informed of our work, local & national items of interest and policy changes that may affect you as a Carer.</p>	<p>Have your voice heard! You will receive opportunities to become involved in the co-production of service and policy development and to give feedback on services you use.</p>


The voice of Carers is stronger together!




Scan this QR Code to become a member or use the contact details below

 carersvoice.org

 info@carersvoice.org

 07932095260

 [@carersvoicenorfolkandwaveney](https://www.facebook.com/carersvoicenorfolkandwaveney)

 [@CarersVoiceNW](https://twitter.com/CarersVoiceNW)

Registered charity number 1162438 (England & Wales)

You are invited to your Local Carer Involvement Meetings

These meetings are an opportunity for Carers to come together with people and organisations working in the local area. They take place four times a year and are based on five locations in Norfolk & Waveney: West, East & Waveney, South, North and Norwich/Central Norfolk. They are currently taking place online via Zoom.



Have your
voice heard



Influence
change



Find out about
local services
and support



Speakers on
topics requested
by Carers



Connect with
other Carers
including Carers
Ambassadors



Meet people &
organisations
working in your
local area

For more information email
info@carersvoice.org



Carers
Identity
Passport

Have you got your Carers Identity
Passport? Visit **carersvoice.org** or
scan the QR code.



These meetings are based on 5 areas across Norfolk and Waveney (North, South, East & Waveney, North and Norwich/Central Norfolk).

They currently take place on Zoom and are an opportunity for Carers and practitioners/organisations working in the local area to discuss feedback and share information.

We also have speakers at these meetings on topics requested by Carers. I have attached our leaflet with further information about our Carer Involvement Meetings (second page).

West Norfolk	East Norfolk & Waveney	South Norfolk	Norwich/Central Norfolk	North Norfolk
28 th February	6 th March	13 th March	20 th March	27 th March
19 th June	26 th June	3 rd July	10 th July	17 th July
4 th September	11 th September	18 th September	25 th September	2 nd October
6 th November	13 th November	20 th November	27 th November	4 th December




You can sign up to our membership to receive the information about these meetings including the agenda and link-
<https://www.carersvoice.org/carers-voice-membership/>



Building Resilience to Modern Slavery in the Care Sector

Free training webinar for managing the risks of Modern Slavery in the Care Sector

Details

-  Tue, 27 Feb
-  14:00 - 15:30 GMT
-  Online

Details

Increasing demand for carers has given rise to exploitation in supply chains. Recent reports highlight Modern Slavery and Human Trafficking as a rising concern from within the care sector attracting the attention of both the CQC and Gangmasters Labour and Abuse Authority. Learn how to protect your business and the staff that work for your care practice in this fast-paced online seminar, with guest speakers from the GLAA, Norfolk Police, victim support and care sector leaders.

This event is hosted by the Norfolk Anti-Slavery Network and is aimed at Norfolk Care Managers, employers in the Care Sector, Care Agencies, Labour Providers, relevant procuring organisations as well as key local government stakeholders.

<https://events.teams.microsoft.com/event/8e7162b8-6ea7-4b92-b26c-667428b6f2f1@63c6bc72-b093-42db-bf8a-14e2a998e211>

Norwich

Samaritans - Volunteer Opportunity

Volunteering

Volunteer for Norwich Samaritans

The demand for the Samaritans' listening service is growing and they are in urgent need of more volunteers. Norwich Samaritans are holding volunteer information events (for shop, support or listening volunteers) on **Saturday 20 January (1:30pm); Tuesday 19th March (10.00am) and Saturday 8th June (10.00am)**. To register your interest email volunteering@norwichsams.org.uk

Cost of Living Event



Funded by
UK Government



We are here to help support you through
the cost of living crisis



Join the **Multiply** Team and partners to discover the available support with money, debt, bills, council tax, benefits, wellbeing, food and more. Come along and see how we can help.

Wednesday 21st February, from 10am - 3pm
Waterloo Park, Norwich, NR3 3HX
(above the cafe, a lift is available)



South Norfolk

Coffee and Chat Sessions



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
or our 'Keeping Abreast – Norwich' Facebook page
Jane may be contacted through Star Throwers**

Registered Charity No. 1129522 Registered Company No. 6891388

Breckland

Celebrating Disability Event



The banner features a purple background with four individuals: a woman with a bookshelf icon, a man with a person icon, a man with a keyboard icon, and a woman with a cat icon. Logos for 'Business & IP Centre Norfolk', 'Norfolk County Council', 'BRITISH LIBRARY HS/LIBR', and 'NATIONAL NETWORK BIPC THETFORD LIBRARY' are present. The text 'CELEBRATING DISABILITY' is written in large white letters on a dark blue bar at the bottom.

Employment Fair Thursday 15th February, Thetford Library

We are celebrating those with disabilities by hosting a platform for local employers to find out more about the benefits and support available for hiring from the disabled community, plus the opportunity to meet with jobseekers.

This will be a drop-in event for attendees.
But as a local employer, we can provide you with a free stall.

Order of the day:

10.30: Introduction and presentations
11.15 - 13.00: Disability Employment Fair

To book your free stall, or for more information, email:
bipcnorfolk@norfolk.gov.uk

norfolk.gov.uk/bipcnorfolk



Launch of the 'Worrying About Money?' Leaflet for Breckland

Monday, 5 February 2024 from 10:00 to 11:00 (GMT)

Foodbank have made us aware of the launch of the new 'Worrying About Money?' leaflets. The main purpose of the leaflets is to encourage agencies to refer people to advice organisations and those that can support with income maximisation. Food banks aren't on the leaflets as the idea is they should be a last resort. The leaflet is for agencies but can also be given directly to people facing financial hardship; it will be a useful tool to use regarding the importance of providing support and advice to people so they can move out of their crisis situation.

The idea of the launch event is to provide an opportunity for frontline workers and volunteers in Breckland to hear more about the leaflet and how to use it. Types of support available will be highlighted and awareness will be raised about the local services that can help someone facing financial crisis or money worries.

A more detailed explanation of the event can be seen through the link if you click on it and you need to sign up to attend-

https://www.eventbrite.com/e/launch-of-the-worrying-about-money-leaflet-for-breckland-tickets-780670665977?utm_source=eventbrite&utm_medium=email&utm_campaign=event_reminder&utm_term=eventname

North Norfolk

Carer Coffee and Chat

Give Yourself a Break
Carer
Coffee and Chat

Cromer Hospital Cafe

Wed. 7th February

10-12



FREE

Spotlight on Strumpshaw

STRUMPSHAW

As the river Yare leaves the growing commuter village of Brundall it flows through Strumpshaw on its way to Cantley, Reedham and Gt Yarmouth. It is home to about 700 people and the village is traversed by a busy road and the Wherry Railway line as well as the tidal river. There is evidence of continuous habitation from Neolithic times.

Strumpshaw Fen is part of the Mid-Yare Nature Reserve, owned and managed by the RSPB. Volunteers [and farm animals] help with reed cutting, clearing dykes, removing scrub, and mowing to maintain a habitat as natural and welcoming as possible for the wide variety of plants, fungi, insects and mammals. Perhaps most important are birds, both resident and migratory, which can be seen here. In winter thousands of starlings gather here and form spectacular murmurations, ever-changing, co-ordinated cloud-like flying displays



It is thought starlings behave in this way to protect themselves from predators like kestrels, sparrowhawks, peregrines and harriers all of which live on the fen.

Strumpshaw Fen is normally open from dawn to dusk and is fully accessible. There is a small charge for entry.



The Strumpshaw Steam Museum and the Steam Rally are held every summer in the grounds of Strumpshaw Hall



The museum has a collection of more than two dozen steam engines, the oldest of which dates back to 1898. There are also fairground rides and organs, cars, farm machinery and a narrow gauge railway. The rally attracts enthusiasts from miles around and offers interest and fun for all ages.

Many Norfolk places have their own ghosts and myths. Strumpshaw is no exception, a legend having been woven around a goat called Old Capricorn. The story starts in 1908 when the landlord's wife at The Goat pub bought a white goat from an itinerant pedlar. The goat's short life in the pub garden ended when its severed head was hung in the bar. Decades of misfortune were to be visited on village residents and their livestock. These were attributed to the evil eye of Old Capricorn and included death, illness, apparitions and accidents. Although the head "disappeared" from time to time, it always came back to haunt the village. In 1984 Old Capricorn was again reported missing, the pub changed its name to The Huntsman and now both goat and pub are no more.



Kind regards

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

Email: 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.

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