



YOUR VOICE IN NORFOLK
NEWSLETTER
of
Norfolk Older People's Strategic
Partnership (NOPSP)

January 2024- Edition 53

Word from the Chair

Let me start by wishing you all a Happy New Year from me, David, and Janine. 2023 has been a good year for Norfolk Older People's Strategic Partnership. We started our relaunch with presentations from the Integrated Care Board and adult social services about their plans for the year ahead and followed this with speakers on a range of services that contribute to the wellbeing and independence of older people from transport and housing to end of life care. The number of people who attend has grown, often through word of mouth; there were approximately 30 attendees in November. They really appreciate the opportunity to network with others they wouldn't necessarily meet in the course of their work.

We've produced 12 issues of our newsletter, *Your Voice in Norfolk*, including the 50th edition in October. We now have a circulation list of around 155 people and it's continuing to grow. In turn, people such as the Development team at Norfolk County Council, the Older People's forums, and sheltered accommodations distribute the newsletter much further. So, our newsletter reaches hundreds of Norfolk residents. *YVIN* started out as a local newsletter produced by the Breckland older people's forum and we're grateful to them not only for allowing us to use their format but also for giving us our first editor. The document has expanded steadily over the years and Janine, and I are now using your feedback to make it less unwieldy while ensuring that news and events cover all parts of the county.

Finally, we've spent a lot of time meeting organisations and individuals across the county who share our interests in supporting older people. We're building partnerships and joining in work on practical issues. But it hasn't been easy as a result of the complexities of having five Places working with the Integrated Care Board and the seven Health and Wellbeing Partnerships based on district councils, together with arrangements to bring the voluntary and community sector closer together. All these work differently, have different priorities, are at different stages in their development, and have not yet set up sound communications with the outside world. Our partnership needs to know their priorities so that we can communicate the views of older people effectively.

Looking ahead, 2024 will be a busy year. We will continue to build our relationships with the Places and Health and Wellbeing Partnerships, and the voluntary sector, but it's also time to develop the way we work across the county to learn what is important to older people. We've extended the meeting that was for forum chairs to include other people interested in working in the areas where they live. And we've decided to base our work on market towns and the surrounding areas, starting with a couple in each district, and to identify ambassadors who can help lead the work there. Eventually we will group the market towns into forums again but the priority for now has to be to find ways of going out to talk to people.

We are also planning to produce a revised version of *Living Longer, Living Well*, our strategic document. This is well overdue; the previous version was intended to cover 2019 to 2021 but we were overtaken by Covid, the changes to the health service and the financial problems that are affecting social care. Many of the objectives we set in 2019 are still valid while we need to add a small number of others to reflect changes to the way health, social care and wider services are delivered.

Best wishes,

Mary Ledgard, NOPSP Chair (Interim)

Help us to move to the next stage

To take the Norfolk Older People's Partnership forward we need more people to get involved in running it. As the Places and Health and Wellbeing Partnerships move from developing priorities to looking at how services will be provided, our workload is increasing.

There are three of us managing the partnership at present and we now need to bring in more people to help build working partnerships in the districts so that the voices of older people are heard at the right time to influence what happens. We used to have three vice-chairs and we would like to return to that position. We intend to advertise but we would also like to give an opportunity to people who are already working with us. We need people who understand health, social care or other relevant services, either through their work or personal experience, but also people who understand communities and communications.

If you are interested in helping or would like to discuss the possibilities further, please contact Janine, our partnership co-ordinator, at nospb@aol.co.uk.

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**You are cordially invited to 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

This meeting's topics are 'Information and advice'

Agenda and further details to follow in due course

Health

and care

National and Norfolk



Norfolk and Waveney Health Inequalities Conversation

This survey is intended to capture insights from Norfolk & Waveney's Integrated Care System to inform the development of a Health Inequalities Strategic Framework for Action. This survey will be open from Monday 13th November 2023 until Friday 12th January 2024. Completion of the whole survey will take around 15-20 minutes, but you do not need to provide feedback on every section, as some will be more relevant to you than others. You can provide feedback as an individual or behalf of a group/meeting/workshop.

Health inequalities are unfair and avoidable differences in health across the population, and between different groups within society. Health inequalities arise because of the conditions in which we are born, grow, live, work and age. These conditions influence our opportunities for good health, and how we think, feel and act, and this shapes our mental health, physical health and wellbeing.

<https://www.smartsurvey.co.uk/s/NW-healthinequalities/>

Are you winter ready?

- ✓ Medicine cabinet stocked with ibuprofen, paracetamol, and cold and flu remedies
- ✓ Food cupboards stocked with tinned fruit, vegetables and pulses
- ✓ COVID-19 and flu vaccinations
- ✓ Check you home's heating and energy efficiency, and that you're getting all the help you're eligible for



activeNoW

Supporting physical activity in Norfolk and Waveney

Exercise referral programme

The Active NoW exercise referral programme has been expanded, now encompassing a new referral pathway specifically designed for falls and frailty management. Active NoW are now accepting referrals from non-clinical organisations for falls prevention. Unlike long term condition referrals, falls prevention referrals can be made by any professional who supports a patient / service user in a non-clinical capacity. Active NoW is aimed at inactive patients

who do less than 30 minutes of moderate intensity exercise each week. Patients must be categorised as 3, 4 or 5 on the Rockwood Frailty-

cale [https://www.england.nhs.uk/south/wp-content/uploads/sites/6/2022/02/rockwood-frailty-scale .pdf](https://www.england.nhs.uk/south/wp-content/uploads/sites/6/2022/02/rockwood-frailty-scale.pdf)

The activity sessions on offer vary across the county but will include specific fall prevention groups, 1:1 home based sessions, gym based sessions and Dance to Health sessions. Referrals can be made via the online Active NoW referral form – <https://improvinglivesnw.org.uk/active-now/>

Referrals guides and leaflets can be ordered for free via The Health Information Leaflet Service (HILS) – <https://brochure.norfolklivingwell.org.uk/product/active-now-guide-to-falls-and-frailty-healthcare-professional-booklet>

Amy Story (Development Officer – Population Health) at Active Norfolk is happy to be contacted by anyone who has any questions or would like to discuss Active NoW in more detail. Her contact details are: amy.story@activenorfolk.org 01603 217715.

For more information about Active NoW, visit the Active NoW web page <https://improvinglivesnw.org.uk/active-now/>

Norfolk and Waveney Community Support



Norfolk & Waveney
COMMUNITY SUPPORT



Short-term, practical support for

- patients being discharged from hospital on Pathway 0 to help them return to the community safely
- people in the community who need help with temporary issues to help them stay safe at home

Our team of staff and volunteers can help with:



Pre and post discharge support



Well-being



Home and personal safety assessments



Support accessing services




Support with daily activities



Carer support

Referrals and further information:

-  www.communitysupportnw.org.uk
-  **01603 972 374**
-  referral@communitysupportnw.org.uk

Support is short-term (typically 2 - 4 weeks but can be extended where there is a need)

We cannot accept requests for personal care, respite or support for those with complex needs.

VOLUNTARY NORFOLK Services

 **Norwich ageUK**
Improving the quality of later life

In partnership with
 **BritishRedCross**



Norfolk and Suffolk NHS Foundation Trust

Recovery college

One in four people can experience mental ill health within a year. The Recovery College is open to all those aged 16 plus interested in mental health recovery in Norfolk and Suffolk. The Recovery College provides educational courses to equip you with the skills and strategies to move on with your recovery and/or to support others. All of the sessions are co-delivered with lived and learned experience of mental health. They are pleased to accept enrolments for courses starting over the next term: <https://www.nsft.nhs.uk/recovery-college>

To view the next timetable, see the weblink below-

<https://www.nsft.nhs.uk/download.cfm?doc=docm93jjm4n2694.pdf&ver=4491>

To view the prospectus, see the weblink below-

<https://www.nsft.nhs.uk/download.cfm?doc=docm93jjm4n2641.pdf&ver=4377>

There are some new courses such as Living Well with Bipolar Disorder and Understanding and Managing ADHD and Q & A. If you are not sure where to start, they can offer you a Learning Support call with an experienced Tutor. They can discuss any learning support you may need, help you choose the best courses and set learning goals. Many of their students start with our 'Beginning' and 'Building' courses before attending 'Understanding' and 'Growing' courses. However, this is not mandatory, and you can attend courses in any order of preference.

Newsletter- <https://www.nsft.nhs.uk/download.cfm?doc=docm93jjm4n2704.pdf&ver=4511>

Contact- Email RecoveryOnline@nsft.nhs.uk Telephone Number 0300 303 4419



Quit Smoking campaign

Quit smoking this January

When you quit smoking, good things start to happen – you can begin to see almost immediate improvements to your health.

It's much easier to quit when you get the right support and there are lots of options to choose from. Check out our free tools and tips to help you stay on track.

Let's do this and make 2024 the year you quit.



What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

<https://www.nhs.uk/better-health/quit-smoking/>

Winter Self-care advice

wellbeing
Helping you live your life

NHS
Norfolk and Waveney
Talking Therapies



Get yourself a hot water bottle and snuggle up on the sofa with your fav film or tv show



Wrap up and hit the park or your local woodland for a wintry walk! Keep an eye out for robins



Make a super fancy hot chocolate with all the trimmings



Have a go at making a comforting soup for dinner, soup can help warm you up. Why not make bread too!



Have a go at yoga or meditation to calm your mind



Make time to call up a friend or family member, or even get a date in the calendar to meet up

Winter Self Care

www.wellbeingnands.co.uk 0300 123 1503

Information

and

advice

Norfolk and National



Norfolk County Council

The Client Hardship Service



 Norfolk County Council

THE CLIENT HARDSHIP SERVICE

**INCORPORATING THE NORFOLK ASSISTANCE SCHEME
AND THE MONEY SUPPORT SERVICE**

Are you in crisis and worried about managing financially?

We can give you support to get back on track with information and guidance on a wide range of issues including budgeting. We can also support you financially as part of our holistic service.

Do you fall into any of these groups?

- Working on a low income
- Working and receiving a means tested benefit
- Claiming benefits
- Disabled/pensioner
- Caring for someone
- Trying to get back to work
- Unexpected expenditure

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The fastest way to apply is online: norfolk.gov.uk/chs
If you do not have internet access, call [0344 800 8020](tel:03448008020)
To discuss an open application, call [01603 306131](tel:01603306131) option [1](#)

Norfolk Against Scams Partnership (NASP) updates



NASP are warning residents to be on their guard after receiving reports of doorstep cold callers trying to sell household products. This follows a recent report of young men doorstep cold calling in the Lakenham area of Norwich.

Often this type of cold caller will claim to be an 'ex offender' or that they have 'been in trouble with the police' and that the work is part of their 'improvement' or to 'earn a reference'. They usually carry large holdall type bags or rucksacks containing a range of household products including packaged kitchen knives, scissors, dusters, tea towels and cleaning products. Previously there have also been reports of them offering seasonal products like wrapping paper at this time of year.

Advice is **never** deal with anyone who cold calls at your property offering to sell something. Anyone sighting these sellers or other doorstep cold callers in Norfolk should contact the Citizens Advice consumer helpline on **freephone 0808 223 1133** or Norfolk - concerned for vulnerable neighbours call **999**.



IMLT working in partnership with Responsible Finance

STOPLOANSHARKS
Intervention . Support . Education



Worried you may have borrowed from a loan shark?

Can't borrow from banks or other lenders?

CFDIs* may be the answer you are looking for

*Community Development Finance Institutions

[Click here to find out more](#)

Find out in 3 easy steps

1. Add your loan amount
2. Provide the reason for your loan
3. Say how long you wish to repay



For help call us on
0300 555 2222
www.stoploansharks.co.uk

Meet the lenders



FCA approved lenders, with a social mission, offering **safe, fair and legal loans** to help those struggling to get credit

Keep Warm and Well this Winter



At Norfolk Libraries

Visit your local library to pick up FREE Winter essentials

Keep Warm and Well

Help yourself to a blanket, hot water bottle and draught excluder

Free hot drinks are available (ask staff for times)



Toiletries Bag

Bag contains: deodorant, shampoo, bodywash and toothpaste

Adults and children's toothbrushes are available to help yourself to or ask a member of staff



Tricky Period

Bag contains: 1 x pack of regular and 1 x pack of super or night pads. Sustainable items are available while stocks last (including: period cups, washable pads, period pants).



If you can't see what you need, please ask a member of staff.
Free hot drinks available (ask staff for times).

Utilities Against Scams

What are scams?

Scams are fraud.
The aim of a scam is to get people to reveal their personal details, steal their information or even get them to willingly make a payment or hand over cash.

Scam facts

£5-10
BILLION A YEAR

Scams cost the UK economy £5-10 billion a year*

53%
5%

of people aged 65 and over have been targeted by a scam* of scam victims report the matter to law enforcement*

Anyone can be a victim of a scam no matter what their background.



To find out more about scams or take an online awareness session, visit:
www.FriendsAgainstScams.org.uk

*Statistics from Age UK

Priority Services Register

Energy and water companies offer a free Priority Services Register (PSR). Priority Services can help to support you and your loved ones by providing practical support when you need it.

Protection against scam callers:
Utility companies have a password scheme which adds an extra layer of security to your account. Remember, legitimate utilities will never say they're from the water, gas or electricity 'board'.

There are many more Priority Services which could help you, including support in the event of a supply interruption.

To sign up to the Energy PSR:

Call **0800 389 8000**
Email wecare@cadentgas.com
For further information, visit: cadentgas.com/psr

To sign up for Anglian Water's PSR:

Call **0800 232 1951**
Visit anglianwater.co.uk/priority
Scan the below QR code to be taken to Anglian Water's registration page:





Keeping you safe in your home



Anglian Water and Cadent are co-founding members of Utilities Against Scams, an initiative supported by the National Trading Standards Scams Team, which helps our colleagues and customers to spot and prevent scams.






What are the different types of scams?

Postal Scams 

Common types of postal scams include fake lotteries, prize draws, offers of investments, inheritance windfalls, health cures and clairvoyant letters.

Telephone Scams 

Common telephone scams include investment, pension or computer support scams. The person calling may pretend to be from a trusted organisation, such as your bank, the police, or another company you recognise.

Doorstep Scams 

Criminals pose as trusted people. They sell products or services that are faulty, unnecessary, overpriced, poor quality or that don't exist.

Online Scams 

An email may appear to be from your bank or other companies to trick you into revealing personal details. You may be asked to click on a link, which takes you to a fake website where you will be prompted to enter your personal details.

Signs of a scam

- The person contacting you is asking you for money in order to access your 'winnings'.
- Too good to be true offers, such as guaranteed lottery winnings.
- Pressure to respond quickly, "limited offer respond now, don't delay."
- You are encouraged to keep the communication secret from family or friends.
- You are told to send money abroad or move your money into someone else's bank account.
- You are encouraged to click on links or open attachments in emails from people you don't know.

Reporting and advice

If you have lost money to a scam, contact your bank in the first instance.

If you have (or almost) been scammed, it's important to report the incident and also seek advice:

To report a fraud, contact:
Action Fraud on **0300 123 2040**

To get advice, contact:
Citizens Advice Consumer Helpline on **0808 223 1133**

If someone is in immediate danger, call the **Police** on **999**

Practical tips

Say 'No' to unwanted, uninvited callers.

If an offer seems too good to be true, it probably is.

Don't feel pressured to make a decision - take your time and seek advice.

Check their ID card is correct: everyone calling on behalf of a utility company always carries an identity card which they'll let you inspect.

If you're unsure, don't open links or attachments in emails.

Four steps to remember

Lock - make sure your back door's locked before answering the front door.

Stop - think 'am I expecting anyone?'

Chain - secure the door chain, if you have one, before opening the door.

Check - always check their identity. If you're in doubt, don't let them in.






Better Together magazine



New stakeholder magazine from NSFT - Better Together

We are delighted to launch our brand-new stakeholder magazine, showcasing a range of stories, action, and delivery against our priorities as an organisation, together with our partner organisations across Norfolk and Suffolk.

We are working hard to make sure that we provide regular updates to you all, whilst at the same time, recognising and sharing examples of great practice led by staff across our organisation.

Better Together will be issued monthly, **you can read the first issue here.**

<https://www.nsft.nhs.uk/download.cfm?doc=docm93jjjm4n2732>

Age UK Norfolk Information

Winter Grants available for over 50's

Age UK Norfolk are delighted to have secured funding from the Norfolk Household Support fund which will enable us to provide grants (for those aged 50+) of up to £50 per household for essentials over the Winter period, including food and heating.

They further have a limited number of Tesco food vouchers that they are able to distribute to over 60's who may be struggling to make ends meet this Winter. They have vouchers available for various locations across Norfolk, with the most availability in in the following areas:

- Downham market
- Hunstanton
- Stalham
- Sheringham
- Swaffham
- Watton

If you or somebody you know could benefit from a grant or food voucher this Winter, please contact our advice team on 0300 500 1217 / advice@ageuknorfolk.org.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



Lead Organisation Age UK Norfolk Registered Charity Number: 1077097

<https://www.ageuk.org.uk/norfolk/about-us/your-norfolk-advice-network/>



CARERS CARD UK

Carers Card UK information

The carer card and app supports you when supporting someone. The card is for anyone that looks after someone that needs help and support. It provides reassurance by including your Emergency Contact details (ICE), whilst unlocking hundreds of online Discounts, our Carer Circle tool, Wellbeing Hub, and so much more through the app.

https://www.carerscarduk.co.uk/?utm_campaign=&utm_medium=ppc&utm_source=google&utm_term=carers%20card%20uk&gad_source=1&gclid=EAlaIQobChMIh-CUycLBgwMV_I9QBh2pvgLvEAAYASAAEgKtf_D_BwE



Reengage

Our recent report

Re-engage - The unseen price of a scam: the impact of scams and fraud on isolated older people

Re-engage recently delivered a virtual event launching their research paper: The unseen price of a scam: the impact of scams and fraud on isolated older people. The report is available via the Re-engage website where you can also register to access a recording or transcript of the webinar.

<https://www.reengage.org.uk/about-us/publications/the-unseen-price-of-a-scam/>



Vision Norfolk in the Magpie News

The winter 2023 edition of Magpie News has been published, featuring a round-up of our events and activities around the county as well as some of the latest Vision Norfolk news. ❄️

You can download the digital versions on our website

<https://www.visionnorfolk.org.uk/magpie-news-winter-2023/>

Magpie News is also available by mail in a printed format, in Braille, or in audio on a memory stick or CD. Please contact us if you would like to be added to one of our mailing lists or if you have any questions or feedback.

<https://www.visionnorfolk.org.uk/magpie-news-autumn-2023/>

East Anglian DriveAbility

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



Driving Assessment: Helping keep older people and those with medical conditions driving safely longer!

What is a driving assessment?

A driving assessment is different from a test, it's a review to assess whether medical conditions or older age is affecting safe driving. It is useful if someone:

- Wants to investigate vehicle adaptations because of a physical disability e.g. after a stroke they may have weakness in an arm or a leg down one side
- Wants confirmation they are able to drive after a recent medical diagnosis to see if it alters their ability to drive safely, such as Alzheimer's.
- Wants reassurance as they get older and their reactions slow that they are a safe driver

Carried out by an occupational therapist and approved driving instructor, they will look at cognitive, visual, physical and in-car abilities assessing changes that might affect driving.

How to refer?

If you are concerned about someone's driving or they would like a driving assessment...

- 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

Support we provide

Follow-up assessments

For those who are deemed 'fit to drive' but have a progressive condition like Alzheimer's that requires monitoring

Specialist Tuition

For those who may not have driven for a while, have lost confidence in driving or are learning to drive with car adaptations

Hubs Mobility Service

Support and advice for people who are retiring from driving or have never driven, creating a free individual transport and travel plan.

Mobility scooter assessment

Free scooter assessments for people who want to see if they could safely drive a mobility scooter, See next months article for more info on this...



Client Testimonial

"I went for an assessment to drive again after a long time due to operations and health concerns. They were very welcoming, and my nervousness soon went... Can't thank them enough for the help and support they gave me. I shall soon be back driving again after many years!"

How to contact us

Call 01787 222873

mail@eastangliandriveability.org.uk

www.eastangliandriveability.org.uk



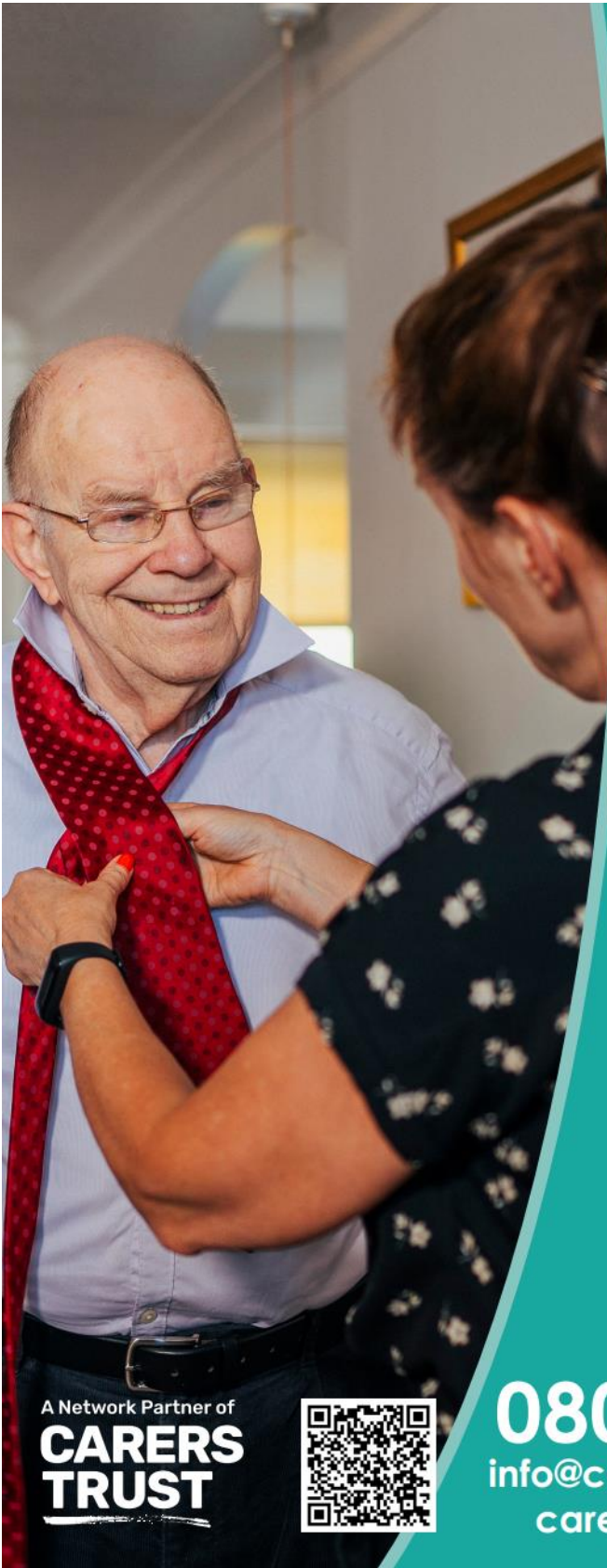


Expert Advice Service

NHAS provide free advice if you work for Citizens Advice, a local authority, a voluntary organisation, or a public authority such as prisons, probation, jobcentres or health services.

The specialist housing law advisers can help professionals with queries about local authority homelessness applications, rent arrears and housing debt and tenancy rights.

<https://www.nhas.org.uk/professionals/advice-service>



Are you looking after a family member or friend who could not cope without your support?

We are here to support you with:

- information and advice
- getting the support you need
- a break from your caring role
- your health and wellbeing
- self-help hub.

A Network Partner of
CARERS TRUST



0800 083 1148

info@carersmatternorfolk.org.uk
carersmatternorfolk.org.uk



Anglian Water:

Heavy rainfall advice - Where to get help with flooding

1

For high or overflowing rivers, contact the Environment Agency on 0800 80 70 60

2

For flooded roads, contact your local council (or the Highways Agency for major roads)

3

For flooding from sewers, get in touch with us. We'll do what we can to help



Cover those pipes

Covering or 'lagging' your external pipework with cheap foam tubes from your local DIY store will make sure your pipes won't freeze this winter.



Fix the drips

Putting a stop to dripping taps will also stop water freezing and blocking your pipes.



Protect any outside taps

Taps and pipes freezing can cause flooding inside your home. Keep your outside taps snug by covering them with an old towel or T-shirt secured with duct tape or an insulated tap cover (which usually cost under a fiver).



Find your stop tap

It's usually under your kitchen sink. But make sure you know exactly where yours is (and that you can turn it) in case you need to turn your water off in a hurry.

Get your home ready for the cold

What to do if your pipes freeze or burst



Turn off the water

Turn off your main stop tap, then run your cold taps to drain the pipes.



Turn off your heating

Switch off your heating and when you've done that, turn on your hot taps to empty the system.



Turn off nearby or wet electronics

Switch off your electricity supply immediately and call an electrician.



Ask a professional for help

Find a qualified plumbing or heating professional on [Watersafe](#).

Priority Services Register


**Do you need a
little extra help?**

love every drop
anglianwater 

Supported by

MACMILLAN
CANCER SUPPORT

Our **Priority Services Register** can help people with long term health conditions access free practical support, such as:



Help if your water goes off

Knock and wait, giving you longer to get to the door

Communicate in your preferred language

Help you nominate someone to manage your account

As well as many more **Priority Services** which could help you.

Find out more

 anglianwater.co.uk/watercare

 0800 011 3774

 WhatsApp 01522 341343

 anglianwater.co.uk/bsl

Scan here



Finding it hard to pay the bills?

love every drop
anglianwater

Supported by

MACMILLAN
CANCER SUPPORT

If you're living with a long term or serious illness, or caring for someone with one, we have lots of ways to help you and your loved ones



If you're finding it difficult to pay, we offer:

Discounted
tariffs

Assistance
schemes

Affordable
payment
plans

Find out more



anglianwater.co.uk/watercare



0800 011 3774



WhatsApp 01522 341343



anglianwater.co.uk/bsl

Scan
here:



24/7 Support

love every drop
anglianwater

shout
85258
here for you 24/7

Feeling low
or stressed?

Struggling
to cope?

Text WATER to 85258
for free and confidential support, 24/7

Texting 'WATER' to 85258 is anonymous and will not show up on your phone bill.



Helpline

Everyone needs someone to talk to sometimes; the need for connection whatever our age – especially if we live alone or further away from family. Age UK's Silver Line Helpline gives anyone aged 55 or over the opportunity to exchange a friendly word, access support, or enjoy a long enriching conversation.

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

Disability Energy Support



We know that not all disabled households can reduce their energy or water usage, and that many feel they've done all they can to cut back on costs. But we hope the steps below will help you get ready for winter.



Check you're getting the support you are **entitled to from government**



Sign up to the **Priority Services Register** for support from your energy and water companies



Work with your **energy and water suppliers** to help you with any debt and make bills more affordable

IE HUB

Get access to the IE Hub to check the benefits you are **entitled to** and **track your income and expenditure**



Get **accurate bills** and see how much energy you are using by having a **smart meter** installed



Make sure you are aware of **carbon monoxide** and how to stay safe at home

For more information visit www.scope.org.uk/winter

Or scan here ▾



SC1018 Scope is a registered charity, number 208231. Copyright Scope Sep 2023

In partnership with





Veterans in Action

To become the leading UK veterans, Post Traumatic Growth charity by helping veterans change negatives into positives and creating a 'safe place' where veterans can grow harnessing the skills they possess to improve the lives of all involved.

Improving the mental, physical, & social wellbeing of veterans through participation on long-term, centre-based projects, adventurous activities, and expeditions, to enable them to grow at their own pace working within a team of their peers.

Veterans In Action have steadily grown since it's conception in 2008 and after receiving charity status in January 2009 and throughout that time to the present date the charity has developed many projects that make up the ALIVE Programme.

It would be very easy for the charity to remain comfortable in the place they are and the niche they have carved out for themselves within the charity sector and of course there is nothing wrong with that, however, Veterans In Action want to continue to grow to become the leader in their field of helping veterans grow by immersing them in long-term projects that enable them to grow far beyond their own expectations.

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

Personal finance

Free online personal finance course - the Open University and MoneySavingExpert

The Open University and MoneySavingExpert (Martin Lewis) have a free online course on mastering personal finances; six sessions each taking around two hours to complete. Aims include understanding:

- effective budgeting and making good spending decisions;
- how income is taxed;
- borrowing money responsibly;
- savings and investment products – including different risks;
- planning for retirement and what to do if a projected pension is insufficient.

Further information and course entry [on the Open University website](https://www.open.edu/openlearn/money-business/msex-academy-money/content-section-overview?active-tab=description-tab).

<https://www.open.edu/openlearn/money-business/msex-academy-money/content-section-overview?active-tab=description-tab>



Lifeline

Lifeline (formerly Paws Protect) is Cats Protection's specialist cat fostering service for those fleeing domestic abuse. At Cats Protection, we offer a free and confidential fostering service for cats whose families are fleeing domestic abuse so they can rest assured their cat will be taken care of until they can be safely reunited. Referrals are handled by a specialist and experienced team, who support owners referring to the service, arrange to

collect cats, and organise foster placements through a wonderful network of dedicated Lifeline volunteers. Lifeline is currently available across the Southeast (London, Hertfordshire, Bedfordshire, Berkshire, Buckinghamshire, Essex, Kent, Sussex, Surrey and Hampshire), and throughout Yorkshire, East Anglia and the Midlands. If you live outside of these areas, please do get in touch with your nearest team and we'll chat through your options with you.

<https://www.cats.org.uk/what-we-do/cp-lifeline>



Kitche app

Kitche is a free food waste app designed to save you money and reduce your food waste at home-

- Keep track of what you have at home
- Find 1000's of tasty recipes, based on what you have
- Get exclusive chef hacks and food tips
- Be rewarded for positive impact!

Signing up to Kitche couldn't be simpler as you can use your Facebook, Google, or Apple details to sign up or create an account with email and password. When you've signed up, you land in the 'To buy list' of the Products app section. This is where you can add products to your shopping list by pressing the + button. You can search for recipes that use the products you have at home. Go to your Recipes section and select Your Products to pull up filters for your recipe search.

<https://kitche.co/>



Vivactive Shampoo Cap

The Vivactive Shampoo Cap allows you to shampoo and condition hair in just three minutes. No additional washing or rinsing is required. This makes it an ideal solution for hospital patients, older adults, dementia patients or those with limited mobility, where accessing a bath or shower might be difficult



https://www.ageukincontinence.co.uk/vivactive-shampoo-cap-conditioner.html?gad_source=1&gclid=EAlaIQobChMIk_illl3XggMVxdLtCh3PiiwwiEAQYAIABEgJYZPD_BwE



Are older people still Zooming and WhatsApping post-pandemic?

During the pandemic, many older people turned to digital devices to stay connected with friends and family, but are they still using digital technologies in their everyday lives? New research investigates.

Throughout the festive season, generations will gather together to celebrate and share in the joys of Christmas, but it wasn't too long ago that many of us were forced to endure a virtual Christmas away from friends and family.

The COVID-19 pandemic affected all of our lives, but it seriously impacted the everyday lives of older people. Older people were commonly viewed as being 'high-risk', and there was a heightened emphasis on their possible vulnerabilities.

During this time, many older people were forced to isolate and shield from the outside world, which affected their regular social engagements and interactions. Many of them were unable to see their loved ones and had to adapt to a temporary 'new normal'.

New research from Brunel University London explored the use of digital devices by older people during and since the COVID-19 pandemic, to identify barriers and facilitators to using digital technologies in everyday life.

<https://www.brunel.ac.uk/news-and-events/news/articles/Are-older-people-still-Zooming-and-WhatsApping-post-pandemic>

Norwich

Sprowston Community Garden



Veg Bank

What Do We Do?

We provide veg bags free of charge to those in need. All are welcome!

Where Are We?

The Veg Bank is run from the Sprowston Community Garden cabin on the grounds of Sprowston Methodist Church (corner of Cozens-Hardy Road and Wroxham Road).

If arriving by car feel free to use the car park whilst collecting.
If it is wet, please come to the Church main entrance instead of the cabin.

Tuesdays 1:30pm-3:00pm
Fridays 10:30am-12:00pm

For more info :
Go to the Sprowston Community Garden Facebook page.



Plus seasonal extras



TIM'S

TINS

Running alongside the Veg Bank

Dog food



&



Cat food

Help if you need it

Find us Sprowston Community Garden

Tuesdays 1.30pm to 3pm

or Fridays 10.30am to noon

<https://www.facebook.com/p/Sprowston-Community-Garden-100080414474703/>

East Norfolk

The logo features the words "IMAGINE", "NORFOLK", and "TOGETHER" stacked vertically in a large, bold, white, sans-serif font. To the right of the word "TOGETHER" is a white cross symbol enclosed within a circle. The entire logo is set against a solid orange background.

Great Yarmouth Borough Warm Spaces

Places you can go if you are looking for a warm space, warm welcome and warm drink - all for free! If your church / group /organisation offers somewhere which welcomes everyone, opens regularly and matches the criteria above then please contact Anna Heydon on anna.heydon@togethernorfolk.org.uk to have it added to the map.

<https://imagineorfolktogether.org.uk/resources/great-yarmouth-borough-warm-spaces>

North Norfolk



Cromer Community Centre
Wednesday and Fridays
between
10am and 1pm



People in Cromer can now benefit from a warm space this winter provided by Cromer Community Association CIO, located at Cromer Community Centre in Garden Street, right in the centre of Cromer. The Warm Space is open Wednesday and Fridays between 10am and 12.30pm. This 'Community Hot-Spot' is a space where the community can have a free hot drink, biscuit and a chat, plus an opportunity to take place in rag rugging and other craft activities. If you would like more information, please feel free to visit the warm space when it is open everyone is welcome. This warm space is on offer thanks to Norfolk Community Foundation funding, which is creating Community Hot-Spots all over Norfolk. – at Cromer Community Centre

<https://www.northnorfolknews.co.uk/news/23984082.new-cromer-warm-space-opens-centre-cromer/>



Based in North Norfolk, The Healing Harbour charity was founded in 2022. Its purpose is to bring people together to create and sustain a compassionate community that supports members of the community to come together and build relationships that support each other in times of 'health crisis' through to end-of-life and beyond. Enabling a culture where people have the skills, knowledge, and resilience to be alongside others in their community living with a life-limiting illness, their families, friends and carers. Through gardening, arts and crafts, Forest School activities, educational and therapeutic workshops, knowledge and skills development, and holistic therapies, they aim to increase awareness, support and knowledge for those living with life-limiting illnesses in the community.

As they started to connect with the community they realised that direct engagement proved significantly more impactful for building and sustaining community relationships, sharing skills and building resilience. With the support of the Norfolk Community Foundation Love Norfolk grant, this year they were able to engage a 'Compassionate Community Champion' who is actively and directly looking to connect, communicate and collaborate with people, community groups and organisations across North Norfolk. Through this work, they aim to raise awareness about life-limiting illness experiences and work together to help create and sustain a compassionate response for people living with a life-limiting illness, their families, friends and carers.

The Healing Harbour charity believe in creating a compassionate community together and would love to hear from you if you'd like to collaborate with them and find ways to widen the benefits for the community. Whether that's through co-creating workshops for well-being, sharing skills and learning, signposting people to the events and services they're offering or getting your hands dirty to help create a community well-being garden. Feel free to get in touch for a chat (perhaps over a coffee/tea) at: thehealingharbour22@gmail.com.

https://www.facebook.com/thehealingharbourcharity/?paipv=0&eav=AfakNNdaYLpsP1y-2qF9UtqQwpooQyH5ecMu3iLvDVdYgHQXam7xjKpRzqWK2hXwlZg&_rdr

West Norfolk



Tilney All Saints Village Hall Warm Hub

Thanks to various grants, Tilney All Saints Village Hall will once again become the local Warm Welcome Space / Warm Hub / Hot Spot. As a result, the hall will be open for three hours (11:00 to 14:00) on Wednesdays and Saturdays, until the end of March 2024 starting Wednesday 29th November 2023.

There will be a range of hot and cold food and drink on offer plus of course the infamous bacon butties, other hot foods will be available, and you won't have to spend a penny!!!

19 Church Road, King's Lynn, United Kingdom

✉ tasvillagehalljan@gmail.com

<https://www.facebook.com/TilneyAllSaintsVillageHall>



- Do your kids need to do their homework, but you haven't got a laptop or the internet at home?
- Do you need to book appointments, buy things online and apply for jobs, but you've run out of credit and your phone screen is too fiddly?
- Have you got a smartphone, but think you might not be getting the best out of it?
- Do you wonder if you're missing out because you're not on the internet?
- Are you worried about staying safe from online scams?

Tech Skills for Life is here to help!

The friendly Community Tech Coaches can make free laptops, free tablets and free data available, and can give advice about affordable broadband. They can also teach you new skills that will make technology easier to use and give you the confidence to use the internet safely.

A free session or series of sessions with a Community Tech Coach will help you make the most of the online world. You could be refreshing your skills or trying digital, internet-based, or “techy” things for the first time.

They aim to help you use tablets, computers, and smartphones, access the internet, and give you the skills and confidence to use technology in a way that works for you

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/policy-performance-and-partnerships/policies-and-strategies/corporate/digital-inclusion-strategy/tech-skills-for-life-west-norfolk>

Activities

Norfolk and National



Support groups

The Norfolk and Waveney Mind REST Community Wellbeing Hubs are walk-in services based in the heart of our communities. They provide 1-2-1 and group-based support to people who are experiencing mental health difficulties in a non-clinical environment.

<https://www.norfolkandwaveneymind.org.uk/community-support-groups>



The Conservation Volunteers (TCV) updates

‘Thank You’ to everyone who has helped this year, here are a few stats for the just the Norwich NEAT team (Norfolk Environmental Action Team)

Between 01 Jan 2023 and 31 Dec 2023...

- 221 tasks were delivered
- 53 different sites were worked on

- 15 sites (28.3%) are in the most deprived 20% of neighbourhoods
- 2046 workdays
- 109 different registered volunteers were involved
- Average of 8.4 individuals per task

For January's schedule , please see the website- <https://www.tcv.org.uk/eastern/tcv-norfolk/>

Green Light Trust

The Green Light Trust have a full diary of courses scheduled for 2024 across Norfolk in woodland sites. These courses are designed to improve mental and physical wellbeing, increase confidence and self-esteem, reduce anxiety and social isolation, improve social and communication skills, teach new practical and life skills and to build an appreciation and knowledge of the natural environment. The courses run one day a week for 12 weeks, from 10am – 3pm. A free cooked campfire lunch is included in the day. Participants will have the opportunity to learn a number of practical woodland management, green woodworking, woodland craft, and bushcraft skills.

You can register interest by completing the online enquiry form. You would need to select Adult Earth Rebuild and Support as Activity Type:

<https://www.greenlighttrust.org/forms/adult-pathway-enquiry-form>

If you have any further questions, please do get in touch louise@greenlighttrust.org



Course Dates 2024

"Building Health, Hope and Happiness through the Power of Nature"

Oxburgh Hall

King's Lynn PE33 9PS

Wednesday 10th January
12 weeks

Thursday 25th January
12 weeks

Tuesday 16th April
12 weeks

Friday 26th April
12 weeks

Monday 17th June
12 weeks

Tuesday 16th July
12 weeks



Blickling Estate

Norwich NR11 6NF

Tuesday 9th January
12 weeks

Friday 12th January
12 weeks

Thursday 8th February
12 weeks

Monday 26th February
12 weeks

Thursday 9th May
12 weeks

Wednesday 15th May
12 weeks

Tuesday 16th July
12 weeks

Friday 2nd August
12 weeks

Wednesday 14th August
12 weeks

Strumpshaw Fen

Norwich NR13 4HS

Friday 5th January
12 weeks

Wednesday 10th January
12 weeks

Tuesday 16th January
12 weeks

Monday 29th January
12 weeks

Tuesday 16th April
12 weeks

Friday 19th April
12 weeks

Wednesday 24th April
12 weeks

Thursday 2nd May
12 weeks

Monday 13th May
12 weeks

If you would like more information or to book on a course please contact us

📞 01284 830829

✉️ pecsupport@greenlighttrust.org

Registered Charity Number 1000977 | Registered Company Number 02550866



Wellbeing updates

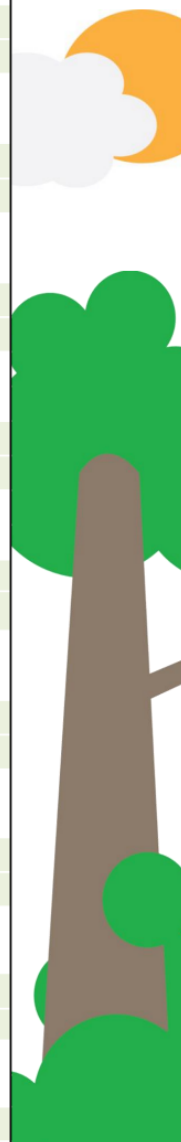
wellbeing Socials

Wellbeing Walks January 2024

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

NHS
Norfolk and Waveney
Talking Therapies

Tue	2nd	10.30	Diss Walk Frenze Beck Nature Reserve, Sawmills Road, Diss, IP22 4GG
Wed	3rd	10:30	Hunstanton Coastal Path Walk Meet outside Princess Theatre, 13 The Green, Hunstanton, PE36 5AH
Wed	3rd	13:00	Lowestoft Coastal Path Walk Meet at Kensington Gardens Boating Lake, Lowestoft, NR33 0HY
Thu	4th	10:30	Waterloo Park Walk Meet at Feed Café, Waterloo Park Pavilion, NR3 3HX
Fri	5th	10:30	Redwings Horse Sanctuary - Aylsham Redwings, Spa Lane, Aylsham, NR11 6UE
Mon	8th	10:30	Norwich City Centre Walk Meet at the steps in front of City Hall, NR2 1NH
Mon	8th	12:30	Castle Rising Walk (NEW!) Meet outside St Lawrence's Church, Castle Rising, PE31 6AG
Tues	9th	12:00	Sheringham Coastal Path Walk (NEW!) Meet at Sheringham Town Clock (opposite Little Theatre), NR26 8RE
Fri	12th	10:30	Cromer Coastal Path Walk Meet at Cromer Pier, Promenade, Cromer, NR27 9HE
Mon	15th	10:30	Dereham Walk St Nicholas Church, corner of Church Street/St Withburga Lane, NR19 1DN
Tue	16th	10:30	Downham Market Walk Meet at Downham Market Town Hall, Bridge St, PE38 9DW
Weds	17th	10:30	Felbrigg Hall Walk (FREE PARKING!) Meet at Welcome Hut, Felbrigg Hall Car Park, NR11 8PP
Fri	19th	10:30	Great Yarmouth Coastal Path Walk (NEW DAY!) Meet at Marina Centre (main entrance), Marine Parade, NR30 4ET
Fri	19th	10:30	Wymondham Walk Meet at Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
Mon	22nd	12:00	Carlton Marshes Walk Meet at Visitor Centre, Burnt Hill Lane, Carlton Colville, NR33 8HU
Tue	23rd	10.30	Thetford Walk Meet outside The Light Cinema, Bridge Street, Thetford, IP24 3AE
Fri	26th	10:30	Redwings Horse Sanctuary - Caldecott Caldecott Hall, Beccles Road, Fritton, NR31 9EY
Fri	26th	10:30	King's Lynn Riverside Walk Meeting at the Customs House, PE30 1HP
Tues	30th	12:00	Gorleston Coastal Path Walk (NEW!) Meet at Marine Parade Car Park, Gorleston-on-Sea, NR31 6EZ



Norfolk and
Waveney

Relate

Norfolk and Suffolk
NHS Foundation Trust

Wellbeing is commissioned by Norfolk and Waveney Integrated Care Board (ICB).

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

Norwich



Clubs and activities

Community Hotspot

We welcome you to join us on the second and fourth Monday of each month at 13:30-15:30 at Christ Church, Magdalen Road, New Catton, Norwich, NR3 4LA.

We will provide hot drinks and food, as well as information about our services at Age UK Norwich.

Second Monday of each month Community Hotspot: Reminiscence

Join us to talk about 'all things life' and your memories from back in the day.



Please feel free to bring in any old memorabilia that you would like to share with the group.

Fourth Monday of each month Community Hotspot: Storytime

Join us to listen to a short story, followed by an opportunity to swap your old books.



If you would like to discuss any of your old books during the session, please feel free to bring these along.

For more information, please call us on 01603 496333 or email activities@ageuknorwich.org.uk.

Community Hot-Spot funding has been awarded by:



Registered Charity Number 1094623

Clubs and Trips

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.

New Clubs

Get Together at the Garden Centre

Friday 26th January, from 14:00 - 16:00

On the last Friday of each month, we will be having a 'Get Together at The Garden Centre' which will include a wander around Notcutts garden centre, followed by something to eat or drink in the cafe. They have kindly offered our clients 10% off on any food and drinks.

Community Hotspot

We will be starting a Community Hotspot will be at Christ Church, Magdalen Road, New Catton, Norwich, NR3 4LA at 13:30-15:30 on the second and fourth Monday of each month with our first session on **Monday 8th January**.

For further details, please see flyer below.

To reserve your space at any of these new clubs, please get in touch.

Spaces available at the following clubs

Social Clubs:

St Stephens Cafe - St Stephens Church
Communi-Cake - The Boundary Pub
Veterans Recall - Pilling Park Community Centre

Physical Clubs:

Walking Football - GOALS
Walking Football - The Arena
Dance to Health - Pilling Park Community Centre
Dance to Health - The Norman Centre
MOVE by Hustle - Hustle Boxing Gym
Cardio Tone - Pilling Park Community Centre

***Please note our Clubs will be on Christmas break from 21st December and returning Tuesday 2nd January 2024.**

<https://www.ageuk.org.uk/norwich/activities-and-events/activity-groups/friends-of-age-uk-norwich/>

**Vision Norfolk will be at
Plumstead Road Library on
10th January
24th January
11am-12pm**



**Join us for friendly
tips and advice on eye care, living
with a vision impairment, tea,
coffee, chat & company.**




RunTogether

Couch to 5k

#RunTogether

Join us for a run at:
9:45am for 10am START
Tuesdays 9 January - 26 March
Outside the Cafe, Eaton Park
Bandstand

Download the app today



Available on the App Store | GET IT ON Google Play

Register to join the fun: www.runtogether.co.uk/UpTheTempo

Breckland



Audio Book Club
Thetford Library
Returning Wednesday
24th Jan 2024, 2PM.

4th Wednesday of the Month,



Every Month.
2PM - 3:30PM



Come along to discover a new book & have
a chat over a coffee.

Contact Mark at Vision Norfolk on:
mark.smith@visionnorfolk.org.uk



Norfolk County Council



What's On

Drop-in for a cuppa, chat, guidance or support.
Opening hours are...
Mondays, Tuesdays, Thursdays, Fridays
(Open Bank Holidays)
10:00 - 14.00
2nd Tuesday of the month 19:00 - 21:00

Regular Events

Arts and crafts at the centre	1 st Monday 10:00 – 12:00
Knit, natter, crochet and chat	1 st Thursday 10:00 – 12:00
Jewellery workshops – Booking essential	1 st Friday 10:00 - 12:00
Drop In Evening	2 nd Tuesday 19:00 – 21:00
Coffee mornings	2 nd Thursday 10:00 – 12:00
Wellbeing Walk	3 rd Monday 10.30 – 11.30 <i>(Refreshments from 11.30 @ DCC centre)</i>
Menopause Café @DCC Centre	3 rd Tuesday 19.00 – 21.00
Topical workshop	3 rd Thursday 10:00 – 12:00
Girls united	3 rd Sunday 16:00 – 18:00
Advice for your device	Last Monday 10:00 to 12:00
Bingo @ DCC Centre	Last Thursday 19:15 – 21:15

A local charity for local people and their loved ones whose lives are affected by cancer.

Baldings Yard, Cowper Road, Dereham NR19 2DA (behind World of Beds)
 01362 288089 - Out of hours 07710897498
 Email: enquiries@derehamcancercares.co.uk



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



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**





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**

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

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**



We are
Dementia
Inclusive 



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

Inspiring
communities 

creative
ARTS EAST 

East Norfolk

Tilley's - A Friendly Drop-in for Everyone

Tilley's is a partnership approach from GYBC and East Norfolk Medical Practice to provide vulnerable people in Great Yarmouth with a more wide ranging support service.

This is open to everyone and is there to support a variety of issues and worries, including:

- Those feeling low, isolated and worried
- Looking for support with alcohol, drug and other independence
- Looking for advice on managing finances
- Looking for support with your housing needs
- Health advice
- Needing help with training, employment, CV writing or volunteering
- Or whether a hot drink and a friendly ear is all that is needed

Located at Great Yarmouth Library, every Wednesday, 10am - 12pm.



https://allevents.in/mobile/amp-event.php?event_id=200025865851735

<https://www.facebook.com/GreatYarmouthLibraryNorfolk/>



Kingsgate Centre

Kingsgate Community Lunch



The Kingsgate centre are offering a warm lunch to all for just £2, including two tasty courses. This service can really make a difference in someone's life who is struggling financially and feeling the strain during these colder months.

This service is available every Wednesday between 12pm and 1:30pm, please make sure those wishing to attend one of these lunches make the Kingsgate centre know by Monday afternoons, availability can be confirmed [here](#) or called through to the Church on 01493 442861.

<https://www.wearekingsgate.org/kingsgate-community-lunch/>

VIP Reading friends



VIP Reading Friends

A NEW monthly group for blind and partially sighted adults

Relax and listen while library staff read stories, extracts and poems.

Refreshments provided.

To find out more and to book a place, please email libraries.iconnect@norfolk.gov.uk or call 01603 729224.



Yarmouth Library

Friday 19th January 1.30-3pm



READING FRIENDS



Norfolk County Council



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



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...

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

FREE hot drink and cake at all events!



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 6th February

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.

St George's Theatre Café, 1-3pm



Tuesday 5th March

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.

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

West Norfolk



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



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?

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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.

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ENGLAND**





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...

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or visit **www.creativeartseast.co.uk**

Upcoming Creative Socials...

**FUN | FRIENDLY
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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

Empowering

Communities

Connect • Collaborate • Champion



Developing your Volunteer Strategy

Developing your Volunteer Strategy 1: Scoping Your Strategy

11th January 10:00-11:30 via Zoom

Following the launch of the Norfolk Vision for Volunteering, Voluntary Norfolk is offering 3 free interactive webinars to support organisations in reviewing and developing their own volunteering strategy. Using a theory of change model, we'll work together to identify the overall changes we want to achieve in each of our organisations - such as more reliable delivery of services; the demographic of volunteers reflecting the client base, or increased capacity to develop new projects. We'll then focus on the long-term and intermediate outcomes and consider how we get there. Together we'll problem-solve and share creative solutions along the way, also exploring ways to embed a new strategy and evaluate its effectiveness.

This is session 1 of 3. Although it is not essential to attend all 3 sessions, we recommend you do as this will provide a framework and reference group for organisations looking to make real change and assess progress along the way. For further details & to book, click [here](#).

<https://www.eventbrite.co.uk/e/developing-your-volunteer-strategy-1-scoping-your-strategy-tickets-768328008757?aff=oddtcreator>

Norwich



Home Instead Charities will be hosting a **Companionship Cafe** in St Williams Way Library, Thorpe St Andrews on the 1st Thursday of every month starting in February.

There will be tea and coffee, yummy cakes, tablet technology to play games on and use the internet and there will also be great company!

Time: 10:30-12:00

When: Thursday 1st February, 2024

Your Volunteer: Lauren

For more information you can email

lauren.pashley@homeinsteadnorwich.co.uk or alternatively call 01603 482116

Dementia Workshop



Join Lauren for a free community dementia workshop which offers practical guidance for caring for a loved one with dementia.

The Workshops are also beneficial for those who come into contact with people with dementia through their work or volunteering.

knowing how to respond to behaviours and situations caused by dementia is unfamiliar to many. How do you learn about the different ways to successfully care and support a loved one in a dignified and confident way?

Places are limited to provide a friendly, comfortable and relaxed environment.

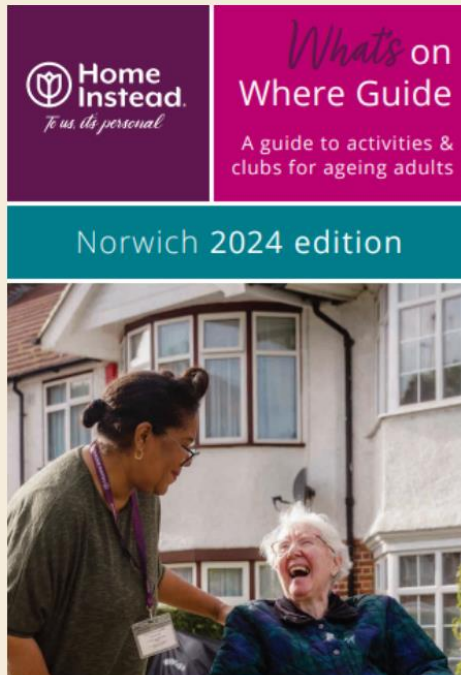
When: 11th January 2024 10:30 am-12:00 pm

Where: Diamond House, Vulcan Road North, Norwich, NR6 6AQ

For more information or to reserve a place, contact lauren.pashley@homeinsteadnorwich.co.uk or call 01603 963317.

Home Instead are the UK's Leading provider of care at home for older people. We've helped tens of thousands of families through every imaginable situation, with home care that is truly personal to them.

What's On Where Guide 2024



Home Instead Norwich have released our 2024 What's On Where guide.

This guide offers a range of different social groups and activity groups for older adults to stay active and engaged in our local community.

If you would like a copy of our 2024 What's On Where guide Email lauren.pashley@homeinstead.co.uk

Empowering Communities

Connect • Collaborate • Champion



VCSE Leadership Network session

VCSE Leadership Network Session

14th February 15:00-17:00 at The Forum, Norwich & online (hybrid event)

This Network supports those in leadership roles across Norfolk's VCSEs by creating a space for relationships to develop and experiences to be shared, providing peer support and strengthening collective influencing. Our next meeting will focus on collaborations and campaigns, with guest speakers sharing their experience and learning, plus time for connecting and networking with peers. Further details & booking link will be circulated shortly.

<https://www.ecnorfolk.org.uk/event/south-norfolk-broadland-networking/>

South Norfolk

Empowering Communities

Connect • Collaborate • Champion



South Norfolk & Broadland Networking for VCSE's

South Norfolk & Broadland Networking for VCSEs

17th January 17:30-20:00 at Hethersett Pavilion, NR9 3EN

This session is a chance to meet with others from across our networks of voluntary organisations, community groups & social enterprises, making connections over a cuppa and cake. There will be time for discussing the key issues our networks have raised with us – including volunteer recruitment & retainment; funding opportunities; and effective partnerships & collaboration. By sharing ideas, challenges and experiences we believe we can work together more effectively across the area.

All are very welcome to join us from across Norfolk's diverse voluntary & community landscape, particularly those working or volunteering in or around South Norfolk & Broadland. For further details & to book, click [here](#).

<https://www.ecnorfolk.org.uk/event/south-norfolk-broadland-networking/>



Star Throwers

Cancer Support Charity

JANUARY 2024 SUPPORT SERVICES & GROUPS

MONDAY 8TH / 15TH / 22ND / 29TH JAN MIND FULL MONDAYS (ONLINE)	11.15AM - 11.45AM
PILATES (IN PERSON)	8.15AM - 9.00 AM 9.00 AM - 9.45AM
TUESDAY 9TH & 23RD JAN CONNECTIONS GROUP BEREAVEMENT SUPPORT (IN PERSON)	10.30AM - 12PM & 1PM - 2.30PM
WEDNESDAY 10TH JAN NUTRITION Q&A (IN PERSON)	10.30AM - 12PM
THURSDAY 11TH & 25TH JAN CRAFT GROUP (IN PERSON)	10.30AM - 12PM
WEDNESDAY 17TH JAN MACRAME HEART WORKSHOP (IN PERSON)	10.00AM - 12PM
THURSDAY 18TH JAN WRITING FOR WELLBEING (ONLINE)	12PM - 1PM
WEDNESDAY 24TH JAN BREAST CANCER SUPPORT GROUP (IN PERSON)	2PM - 4PM
FRIDAY 26TH JAN PAPERCRAFTS GROUP (IN PERSON)	10AM - 12PM



✉ info@starthrowers.org.uk

☎ 01953 42304

🌐 www.starthrowers.org.uk

📍 Star Throwers
30 Melton Road
Wymondham
Norfolk
NR18 0DB

☎ 01953 423304
✉ info@starthrowers.org.uk

West Norfolk



West Norfolk VCSE Hub Invitation

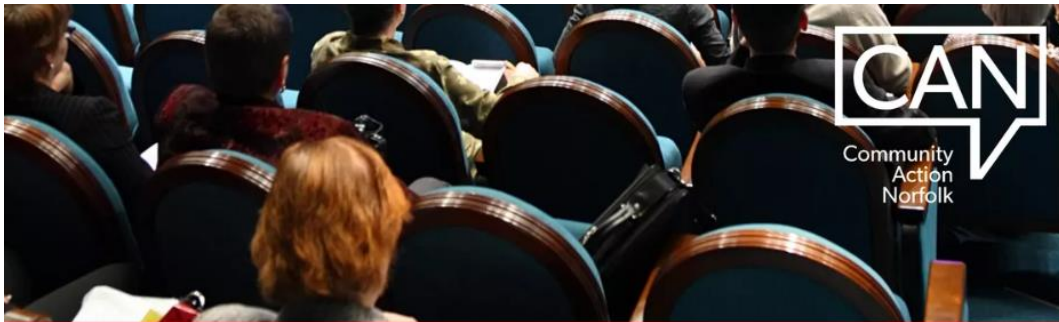
The West Norfolk VCSE (Voluntary, Community and Social Enterprise) Hub's next meeting is on Monday 15th January 2024 between 10:30 and 12:00 on the platform Microsoft Teams. The majority of this session will focus on the topic of '**Providing Food Based Support in West Norfolk**', and we will be inviting colleagues working in West Norfolk with expertise and knowledge on this topic to share their insights. While aimed at colleagues in West Norfolk VCSE organisations or those running West Norfolk specific projects, we also welcome local public sector partners who work closely with the VCSE sector in West Norfolk.

The West Norfolk VCSE Hub meets online every 6 weeks with each session focusing on a different topic that may be of interest to VCSE organisations working in West Norfolk, so members can choose to attend those of interest. For each topic we invite individuals from

West Norfolk organisations or projects to talk about aspects of their work that relate to the topic. The emphasis for each session very much being on sharing local developments and best practice, facilitating connections and interactive discussion and it enables organisations to explore opportunities to work together. By joining our mailing list, you can receive summaries of each of the sessions as well as information and updates specifically related to West Norfolk.

For more information or to receive the joining link email
jackie.cushing@communityactionnorfolk.org.uk

VCSE training sessions



West Norfolk VCSE Training

Introduction to Safeguarding Adults

The free Teams session is being delivered by Tonya Winsley from our Community Development Team and Jackie Cushing, our Locality Manager (West). It provides an opportunity for staff and volunteers to learn about:

- Identifying what constitutes an adult at risk
 - What is meant by abuse and neglect
 - Recognising signs of abuse
- Understanding your duty of care to adults at risk
- Key principles to assess whether someone has capacity to make their own decisions

Online: 10.30am-12.30pm Date: Mon 22nd Jan 2024

**To book, please e-mail
jackie.cushing@communityactionnorfolk.org.uk**

Please let us know any learning needs when booking



FREE In-person Menopause and Women's Wellbeing Workshop - for staff and volunteers in West Norfolk VCSEs

Menopause and Women's Wellbeing Free in-person workshop - Delivered by The Wellbeing Service and facilitated by CAN. This session is suitable for all who want to know more about the menopause whether you are going through it yourself or supporting someone who is. We will discuss the signs, symptoms and the impact of the menopause and introduce some techniques to help manage them. Most importantly it's about supporting women to talk about this stage of their life and shining a light on this area of women's health and wellbeing.

Menopause and Women's Wellbeing is designed to be interactive and reflective, but we do not ask people to talk personally or to say more than they want to about any issues they may have.

Attendees will be asked to complete a registration form at the start of the workshop. As the Wellbeing Service is part of the NHS, these details will help them evidence their work and will enable them to continue to provide this workshop free of charge.

Date: Thursday 29th February

Time: 10.00 – 12.00

Where: West Norfolk Deaf Association building - 32b Railway Road, Kings Lynn, Norfolk, PE30 1NF.

**To book, please e-mail
jackie.cushing@communityactionnorfolk.org.uk**

Please let us know any learning needs when booking

Spotlight on Downham Market

DOWNHAM MARKET

Sometimes called “The Gingerbread Town” Downham Market sits on the bank of the river Great Ouse in West Norfolk. “Gingerbread” refers to the colour of carrstone, a locally quarried sandstone, used in Sandringham House and in several buildings in Downham like the railway station and the Town Hall.



The town has at least 2000 years of history. Situated on high ground on the edge of the Fens, much of the surrounding land was subject to flooding until the middle of the seventeenth century when drainage and land reclamation started in earnest. From Saxon times it has been one of Norfolk’s oldest market towns trading mainly in agricultural produce. It has easy river access to Lynn, which became a major British port with the development of the Hanseatic League, making both Kings Lynn and Downham Market prosperous from the middle ages to the industrial revolution. The coming of the railway linked Downham with Lynn to the North and Ely, Cambridge, and London to the South.



The town sign represents the St. Winnaud's horse fair, moved to Downham in the 19th century and once one of the largest markets of its kind in Europe. It is celebrated traditionally with a parade in March. The sign also depicts butter making, for which Downham is certainly famous, and also Horatio Nelson who is said to have attended school here. The story was told by George William Manby, who *did* go to school here, and went on to invent the Manby Mortar, a device for projecting a line to a stranded ship to enable sailors to move to safety over the waves. Captain Manby's history and achievements are on display at Time and Tide museum in Gt. Yarmouth.



Other notable events in Downham include a visit by King Charles 1 following his defeat at the hands of Cromwell's New Model Army at the battle of Naseby. The King was said to have been given shelter in the town disguised as a priest. Later, in 1816, Downham Market was involved in another battle between the rich and powerful and the common people in the 'bread and blood riots'. Farm labourers and women from surrounding villages marched to the market place to confront magistrates with demands for a proper wage and to put a stop to profiteering.

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 NOPSP.

For any enquiries please email: nospb@aol.co.uk or ring 07963 304015 and leave a message.



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