



YOUR VOICE IN NORFOLK NEWSLETTER

of
Norfolk Older People's Strategic
Partnership (NOPSP)

July 2024- Edition 59

Word from the Chair

When you receive this there will be four days to go to the general election. The results will be followed almost immediately by Parliament's summer recess so uncertainty around many of the policies that affect older people's lives is likely to continue until the autumn. This provides a good opportunity to reflect on what the Partnership has achieved since we relaunched after Covid.

I've had a conversation with Adult Social Services about the future of Norfolk Older People Strategic Partnership and they are happy with how we are progressing and our plans for the future. They have agreed to reinstate our regular meetings between senior managers and to send a representative to Partnership meetings. At the same time, we've agreed that the Partnership will update its terms of reference to bring it into line with other modern voluntary organisations.

Our Partnership meetings have gone from strength to strength. Our speakers have ranged from the leaders of the Integrated Care Board and Adult Social Services, to bus transport and housing with care, to aspects of safeguarding. This last was a brilliant session two weeks ago giving an overview of safeguarding and my sincere thanks to all those who contributed. We've now covered at least one aspect of each of the priorities in

'Living Longer Living Well' except loneliness and isolation which we hope to cover in September. If there is a subject that you'd like to hear about at a future meeting, please let us know.

The nature of the people attending the meetings has changed somewhat over time with fewer very senior representatives and more people who lead services either at county or district level. The breadth of sectors represented has also increased to include, for example, housing associations. The voluntary sector and older people are still there too. People who attend stress the importance of the opportunity to network with others who they would not see elsewhere, which is why meeting face-to-face is so important.

'Your Voice in Norfolk' newsletter continues to thrive. It has become rather long and unwieldy but we're continuing to develop it as we go, for example by separating activities and events under district headings so that people can find them more easily. It remains, however, a useful means of getting messages out to the public.

We've been looking at *'Living Longer, Living Well'*. It needs updating, badly, but the level of change and problems facing health and social care at present, and that yet to come following the general election, means that any rewrite is going to be out of date before it's been printed. However, we've discovered an earlier summary version, and we need to discuss whether this is a more sensible approach in the short term to tide us over until things become more stable.

At present the voice of older people is coming from those we work with across the county, but we're planning to choose two market towns and their surrounding villages in each district council area where we can talk to people about what it's like to live there. We're basing our decisions on the proportion of older people in the population, but also on levels of deprivation to fit in with health priorities. Rather than re-establish the old forums for now we're looking to work with organisations already operating there.

I hope that you all have a great summer now that the weather's improved.

Janine

Some of you may have already heard, but our partnership co-ordinator, Janine, has gone off on a year's secondment working full time teaching people to use IT. I'd like to thank her wholeheartedly for all her hard work supporting me and my predecessors, and the Partnership as a whole, over the past few years. She will still be around, and our email and phone number will remain the same so that you can still get in touch with us. In the meantime, we are looking for someone to stand in until her return. If you know anybody who might be interested, please let us know.

Best wishes, Mary Ledgard, NOPSP Chair (Interim)

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- Norfolk Learning Disability Locality Groups

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East

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North

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- Norfolk Learning Disability Locality Groups

West Norfolk

- Norfolk Learning Disability Locality Groups

Spotlight on Mile Cross

Thank you to everyone who attended the NOPSP meeting on 20th June at a new venue for us, the Magpie Suite at Dereham Football Club- Aldiss Park - in Dereham. Fantastic presentations on safeguarding, modern slavery, and domestic abuse & older people.

Minutes and PowerPoint presentations will be sent out in due course.



Please do complete the survey if you attended so we can keep improving our meetings –

Scan the QR or
use link to join



<https://forms.office.com/e/nSnSNQ0fFS?origin=IprLink>

**The next Norfolk Older People's Strategic Partnership
(NOPSP) meeting will be on
Thursday 12th September 2024 from 10am**

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

<https://www.sprowston-tc.gov.uk/>

Further details to follow in due course.

Health

and care

National and Norfolk



Norfolk
County Council



Ready to Change

It's never too late to make a change. Be a healthier you this year and get started with Ready to Change. Make positive changes to your life, whether it's eating healthily, drinking less, quitting smoking, or moving more. Get started today!

If you want to make a behaviour change, it means you're hoping you can change something or make something different about yourself and your actions.

You can define behaviour as: "The way in which one acts or conducts oneself, especially towards others."

And you can define change as: "Make (someone or something) different; alter or modify."

You may have specific reasons why you want to change your behaviour. But you may be wanting to do this for the good of:

- Your health - you might want to lose weight to improve your health.
- Your friends - to spend more time with them and act as a support network for them.
- Your family - so you can have more energy to run around with your children and grandchildren.
- Your community - you want to cycle more rather than drive to protect children walking to school.
- The environment - to help protect it by recycling more


<https://www.norfolk.gov.uk/article/42128/Ready-to-Change>



www.getsafeonline.org

From prescription drugs to slimming aids, painkillers to skincare products... make sure you buy medicines and remedies safely online.

When you buy medicines, remedies and similar products from anything but reputable, legitimate websites, you could be risking much more than your money. Read our advice at www.getsafeonline.org/medicines

#medicines   @getsafeonline

Safe Online Purchase of Medicines

Buying medicines, remedies, and similar products online is convenient and popular. However, it is crucial to ensure that what you are buying is safe, fit for purpose, and from a legitimate and reputable source. If not, the potential consequences could range from fraud to serious illness.

Here are some essential tips to help you make safe online purchases:

- **Expert Advice:** Before searching and buying medicines or remedies online, read expert advice on how to do it safely. For comprehensive advice and information, visit <https://www.getsafeonline.org/medicines> .
- **Risks of Unreliable Websites:** Buying from unreputable sites can risk more than just your money. Ensure you are buying from legitimate sources to avoid potential health risks.
- **Key Questions to Consider:**
 - Is the online pharmacy registered?
 - Is the medicine or remedy fit for purpose?
 - Have you sought advice from a medical professional or registered pharmacist?
- **Buy Prescription Drugs Safely:** Make sure the site you buy from is UK-based and registered by the General Pharmaceutical Council (GPhC).
- **Verification:** Look for the green logo on websites and check the General Pharmaceutical Council's Pharmacy Register. You can verify registration below:

<https://www.pharmacyregulation.org/registers>

Change Grow Live

Nitazenes

New synthetic opioids (nitazenes) can be hundreds of times more potent (stronger) than heroin.

They have caused overdoses and deaths across the UK.

The safest thing to do, is to not take illicit substances. If you would like support with this, contact Change Grow Live Norfolk.

If you are going to take substances, this leaflet can support you in reducing the risk of overdose.

The drugs in the UK seem to be changing lately.

These contaminated opioids called nitazenes have been found:

- Mixed with Heroin
- Sold as illicit Oxycodone pills
- Xanax powders
- Benzodiazepines
- Pregabalin

Signs someone may have taken synthetic opioids

- Small, narrowed pupils
- Cold or clammy skin
- Reduced or loss of consciousness
- Blue or grey lips and fingernails
- Dizziness or drowsiness
- Low blood pressure or decreased heart rate
- Difficulty breathing
- Nausea or vomiting

Anyone who has consumed synthetic opioids or experienced the symptoms above should seek urgent medical treatment.



Drugs in the UK seem to be changing lately...

New synthetic opioids (nitazenes) have been found across the UK



Always carry Naloxone

Naloxone is a drug that **reverses** an opiate **overdose** it saves lives everyday, including in Norfolk.

If you would like free Naloxone kits and training, contact Change Grow Live Norfolk.

If you encounter someone experiencing overdose symptoms, administer Naloxone immediately and call **999**.

Continue to give Naloxone at 2-3 minute intervals until the patient becomes responsive or emergency services arrive.



How else can you reduce the risk of an overdose?

Taking any illicit drugs is always risky, but these actions can help to reduce the risk of overdose.

- ✗ Avoid using drugs alone**
Take turns using with other people so that if someone does overdose, there is somebody there to help you.
- ✓ Start with a smaller dose**
Start with a smaller dose, it is better to take it slow and stay in control.
- ✓ Smoke a test batch**
Before you inject, try smoking a test batch first.

How to receive help and free Naloxone

Change Grow Live Norfolk is the commissioned adult Alcohol and Drug Behaviour Change Service for Norfolk.

They can provide anyone with free Naloxone, drug and alcohol awareness training, and clean works in their needle exchanges located in each of their hubs. They also offer substitute prescribing and psychosocial interventions for those who would like support with their substance use. There is support available for friends and family too.



Change Grow Live

Drug and Alcohol service for adults living in Norfolk.

- Norwich - Adobe House, 5 Barton Way, Norwich NR1 1DL
- Thetford - Breckland House, St Nicholas Street, Thetford IP24 1BT
- Great Yarmouth - 148 King Street, Great Yarmouth NR30 2PA
- King's Lynn - 33 Railway Road, King's Lynn PE30 1NF

Telephone: 01603 514096

Email: norfolk.info@cgl.org.uk

Website: www.changegrowlive.org/alcohol-drug-behaviour-change-norfolk

The Matthew Project/Unity

Drug and alcohol service for children, young people and their families across Norfolk.

Address: 70-80 Oak Street, Norwich, NR3 3AQ

Advice Line: 0800 970 4866 (office hours)

Unity Office: 01603 216420.

Text: 07797 800 966 (office hours)

Email: unity@matthewproject.org

Website: www.matthewproject.org



Information

and advice

Norfolk and National



Norfolk

County Council

Norfolk First Response (NFR)

Norfolk First Response (NFR) is part of Adult Social Services at Norfolk County Council.

Norfolk First Response has three teams working across Norfolk, helping to improve people's independence so they can return home, or remain at home for as long as possible.

Norfolk First Support (reablement) - The Norfolk First Support team helps people in their own homes to regain skills and confidence they may have lost due to illness or hospital admission. We call this reablement. People are referred to this service.

Norfolk Swift Response - The Swift Response team provides a 24 /7 one-off minor emergencies service for people who have an urgent social care need. Perhaps someone has fallen and cannot get up, has a minor medical equipment issue or needs urgent personal care, or maybe an alarm provider cannot make contact with the person.

Supported Care - They also work with NHS & CARE colleagues to help prevent people being admitted to hospital.

You can download the NFR leaflet and other leaflets from HILS; they also have hard copies of some leaflets that you can order for free and have delivered to your GP surgery, Acute hospital or nearest library: <https://brochure.norfolklivingwell.org.uk/product/norfolk-first-response-leaflet>

Long Stratton Bypass News

Norfolk County Council have announced that the main construction work on the new bypass for Long Stratton is set to begin from the end of May 2024. This follows the approval of the full business case from government.

The approval means the government funding for the project is now confirmed and the main work can start. This follows the preparatory works undertaken over the last few weeks.

<https://www.norfolk.gov.uk/article/59151/Construction-on-long-awaited-Long-Stratton-bypass-to-begin-next-week-following-funding-announcement>

Norwich Western Link Planning Application

The planning application for the Norwich Western Link is now available. The Norwich Western Link is a 3.8-mile dual carriageway to connect the Broadland Northway from the A1067 Fakenham Road to the A47 west of Norwich.

<https://norwichwesternlink.oc2.uk/document/7>

A hard copy of the application is also available for inspection by appointment at county hall. To book an appointment email nwlplanning@norfolk.gov.uk or phone 0344 800 8020. Interested parties currently have until 18 July to submit comments.

Bus Improvement Plan for North Norfolk

Residents living in the North of the county are set to benefit from the latest bus service improvements which will see more frequent buses, and later buses, operating between Norwich and Cromer/Sheringham and Holt.

The increased services which are all operated by Sanders Coaches will begin in June and are funded by money that Norfolk County Council secured from the Department for Transport (DfT).

<https://www.norfolk.gov.uk/article/59229/More-buses-between-Norwich-and-the-North-thanks-to-bus-service-improvement-plan>



Norfolk County Council



ARE YOU COMFORTABLE DRIVING IN MODERN TRAFFIC?

STILL DRIVING WELL?
LOST CONFIDENCE?
MEDICAL CONDITION?



WE ARE HERE TO HELP

DRIVE SAFER FOR LONGER

One of our team of professional and considerate trainers will come to your home.

- You drive your own car
- The session will be tailored to your needs and concerns
- You drive on the type of roads that you normally drive



How long does it last?

1hr at a mutually convenient time

How much does it cost?

£39

Do I get written feedback?

YES

**IT'S NOT A TEST, IT'S AN ASSESSMENT
DESIGNED TO HELP YOU**



HOW DO I BOOK?

Contact us on
 **0344 800 8020** and ask for
Road Safety and the GOLD scheme.

 **Alternatively, please email:
roadsafety@norfolk.gov.uk**

 **We will discuss the process with you, in confidence and
explain everything clearly.**

**If you prefer, please post this form to: Norfolk County Council
Road Safety (GOLD), County Hall Martineau Lane Norwich, NR1 2SG**

Name D.O.B.....

Address

Post Code Contact Phone Number(s).....

Email

Name, if applying on behalf of the person named above
.....

Relationship to client

Signed



If you would like this information in large print or in an alternative version, please contact us on 0344 800 8020 and we will do our best to provide it.



Norfolk County Council

www.norfolk.gov.uk/roadsafety

Consumer Scam Alerts

Investment Scams

Investment scams can often be difficult to spot as scammers will design them to look like genuine investments. Initial contacts will often be by email or telephone cold call and will claim to be from well-known financial organisations like high street or investments banks. Common investment scams include savings bonds, fake shares, cryptocurrencies, gemstones, and fine wines. Scammers also frequently make posts or place paid for adverts often linking to fake news articles which claim that the celebrity or well-known 'media expert' named is promoting online investments after making large amounts of money from doing so themselves.

Trading Standards are warning residents about several scam emails circulating claiming to be from 'NatWest' stating that 'your personal information needs to be updated'. It goes on to state that 'every customer needs to upgrade in order to safeguard their account'. The email then provides a 'continue' button to proceed. These emails are not from NatWest and anyone following the link will be taken to a website which will attempt to gather personal, account and financial details. Advice is **always** to be wary of claims made in unexpected email approaches and **never** click on links or open attachments if approached in this way.

Emails claiming to be from 'ASDA'

Action Fraud have received almost 1,800 reports in two weeks of emails claiming to be from ASDA stating that 'you have been chosen' for a free prize. The email contains a link to 'take the survey' to claim the item. Anyone following the link will be taken to a phishing website which will attempt to gather personal and financial information to claim the fictional offer. Advice is **always** to be wary of claims made in unexpected email approaches and **never** click on links or open attachments if approached in this way.

You can report any suspicious email received by forwarding it to report@phishing.gov.uk

Scam Text Messages

Trading Standards are warning residents who are Vodafone customers to be alert for scam text messages that are circulating. The messages claim that you have 'Vodafone points' that will expire in '3 working days'. The message then provides a link to 'redeem the points for available rewards'.

These messages are not from Vodafone and anyone following the link will be taken to a website which will attempt to gather personal, account and financial details. Suspicious or scam text messages can be reported by forwarding the message to 7726. More information on this free reporting service and how to forward messages from your device is available on <https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/scams/7726-reporting-scam-texts-and-calls>

Doorstep Cold Callers in the Eaton Area of Norwich

Trading Standards are warning residents to be on their guard after receiving reports of doorstep cold callers in the Eaton area of Norwich offering 'home improvements' work. The cold caller was claiming that they could offer 'green allowances' for any work.

The advice is **never** deal with doorstep cold callers which includes:

- **never** allowing a cold caller access to your property or gardens
- **never** agreeing to further visits from them or other people
- **never** agreeing to have work done on or around your property if approached in this way no matter what claims or 'special offers' are made to try and persuade you.

Looking for a Trader you can Trust? Try a Norfolk Trusted Trader. To search our directory and read feedback from their customers visit - <https://trustedtrader.team/Norfolk/>

Telephone Cold Calls Offering 'SOS Alarms'

Norfolk residents should be cautious about telephone cold calls which claim to be offering 'SOS Alarms'. This follows an incident where a resident received a cold call during which

the caller stated they could offer alarms to 'those over 70 or with health issues'. The cold caller then attempted to get the call recipient to reveal personal and financial information.

Advice is always be very wary of any approach made in a telephone cold call and **never** give or confirm any personal details, make purchases or agree to someone visiting your home if approached in this manner.

Telephone Cold Calls Claiming to be From Banks

Trading Standards are warning residents after receiving reports of telephone calls which claim to be from banks making claims of 'compromised debit cards', 'unauthorised transactions', 'attempted withdrawals' or applications for financial products, like personal loans, on your account.

In a recent report a resident received a cold call claiming to be from 'Barclays'; the cold caller then attempted to gather personal and account information before stating that the resident needed to post their card to 'their office' in London.

They always advise people to be very wary of claims made during telephone cold calls. If you receive this or a similar call, advice is do not interact with the call and **hang up**.

Please note -

- Your bank will **never** ask you to withdraw money or transfer it to another 'safe' account.
- They will **never** ask you to reveal your full banking password or PIN.

If you are concerned about the security of a bank account, contact your bank directly using the Customer Service number printed on the card, on a recent statement or via information available on their genuine website or app. Never use details provided in a cold call.

Remember these steps if you are approached:

- **Stop** - take a moment to think before parting with your money or information.

- **Challenge** - Could it be fake? It's ok to reject, refuse or ignore any requests, only criminals will try to rush or panic you.
- **Protect** - Contact your bank immediately if you think you have fallen victim to a scam. Report it.

You can report scams to the Citizens Advice consumer helpline online - <https://www.citizensadvice.org.uk/consumer/get-more-help/if-you-need-more-help-about-a-consumer-issue/> or by calling 0808 223 1133 (freephone), or you can report a scam to Action Fraud, the UK national fraud office using their online fraud reporting tool - <https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime> or by calling 0300 123 2040.

<https://www.norfolk.gov.uk/43618>

Which?

Scam Alerts Service – Sign Up, It's Free

Which? scam alerts can help you:

- Stay ahead of the latest scams
- spot scams and protect yourself
- take steps if you've been scammed
- understand the way scams work.

<https://act.which.co.uk/page/103781/data/1>



Norfolk Safeguarding Adults Board

Links and Resources

The Local Government Association have worked with NHS England, the Care Quality Commission (CQC) and the National Police Chiefs Council, to launch a guide to roles and responsibilities in safeguarding adults (published November 2023). The guide focuses on the roles and responsibilities of agencies involved in health and social care, including providers, commissioners, clinicians, social workers and managers, police, and regulators.

Below are useful links and resources in regards to safeguarding adults -

<https://www.norfolksafeguardingadultsboard.info/publications-info-resources/resources/useful-links/>

If you need to raise a concern then please see below -

<https://www.norfolksafeguardingadultsboard.info/protecting-adults/abuse-and-neglect/raising-a-concern/>



Norwich Health and Wellbeing Partnership

Norwich Health and Wellbeing Partnership will bring together colleagues from county and city council, health services, local voluntary, community, and social enterprise (VCSE) organisations, and other partners to make a positive impact on people's health and wellbeing in Norwich. Their goal? To make Norwich a place where everyone has the chance to live a happy and healthy life.

Here's how they're working together to achieve that:

- **Promoting healthy communities**
- **Tackling health inequalities**
- **Building better services**

<https://gettalking.norwich.gov.uk/healthandwellbeing>

Accessible voting at the General Election on Thursday 4 July

Everyone can be confident about voting in person in Norwich.

All polling stations in Norwich have:

- step-free access
- trained staff to help you vote independently
- a large-scale copy of the ballot paper
- a magnifying glass
- a tactile voting device
- a McGonagle reader (available on request)
- table-top polling booths
- pencil grips.



For more information, visit
www.norwich.gov.uk/AccessibleVoting



Inclusive Norwich





Police Launch Right Care Right Person

Norfolk Police, working with health and social care organisations, will launch the Right Care Right Person initiative next week to better target help and welfare support for people in Norfolk from the right agency. Right Care Right Person (RCRP) will start in Norfolk on Wednesday 29 May 2024.

RCRP is a new approach in Norfolk but has already been running successfully in several other forces and is set to be rolled out across all forces in the UK.

Developed by Humberside Police, RCRP is supported by partnership work between police forces, health providers and the Government, and is recognised by the College of Policing and National Police Chiefs' Council as good practice.

The aim is for the right agency and appropriate professionals to deal with health-related calls rather than police being the default first responder.

https://www.norfolk.police.uk/news/norfolk/news/news/2024/may/police-launch-right-care-right-person/?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo



Norfolk & Suffolk Victim Care

Norfolk and Suffolk Victim Care

Norfolk and Suffolk Victim Care are the local branch of the national charity Victim Support. They provide free, confidential, and independent help and support to anyone affected by crime – whether someone has been a victim, witness, or impacted by crime, e.g. the wider community.

They are contracted and funded by the Norfolk and Suffolk PCCs to provide this service. However, they are independent from the police, meaning that a crime does not have to be reported to the police for someone to access our service. Nor do they share information with the police – they are completely confidential.

They deal with any crime type – ASB (Anti-Social Behaviour), DA (Domestic Abuse), fraud, hate crime, blackmail, assault, violent crime, stalking, sexual violence. It does not matter whether the crime is recent, or historic – it is the impact of the crime that they look to support, to help someone cope and recover, and move through the experience to increase their confidence and ability to live well. With DA, they support standard risk, and they have a direct referral pathway with NIDAS (Norfolk Integrated Domestic Abuse Service), who support medium-high risk victims. But they always take a referral and will assess each case.

Norfolk and Suffolk Victim Care offer emotional support and reassurance, as well as practical help, helping people to understand their rights, next steps, advocacy, and help through the justice system if appropriate. They take a holistic view and will seek to support with whatever is going on in an individual's life, and/or signpost them to other relevant services if they need help outside of our remit. They stay with the service user as long as they feel they need us – they

don't have a cut off time. And they are person centred, so the support will be based around what they need – by telephone or face to face; weekly or fortnightly.

They support adults, and children and young people from 4yrs-18yrs. They have specialist CYP caseworkers who work with children, whether they have been a victim or a witness to any kind of crime.

<https://nsvictimcare.org/>



**Norfolk & Suffolk
Victim Care**

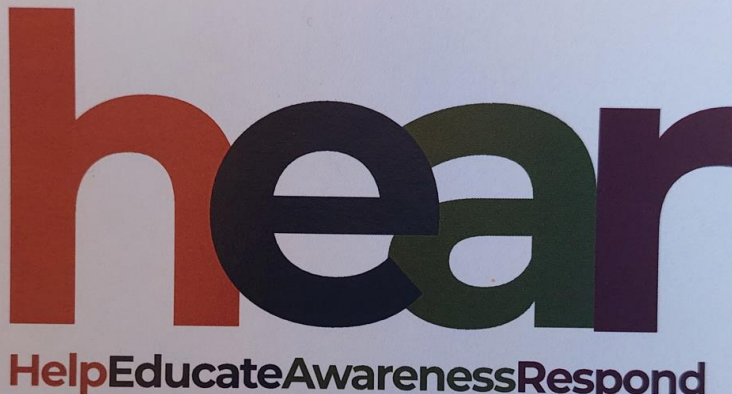
**If you've been
a victim of crime
We're here to help**

Visit: www.nsvictimcare.org

Tel: 0300 303 3706

**Free, confidential help and support for
victims and witnesses of crime.**

Hear Campaign



hear
HelpEducateAwarenessRespond

Have you signed the pledge to HEAR, help and provide support to your employees around domestic abuse?

#NoToDomesticAbuse

Employers' pledge to help domestic abuse victims in the workplace

Organisations across Norfolk are being asked to sign the HEAR Pledge to help employees who might be suffering domestic abuse.

The HEAR campaign calls on employers to break the silence around domestic abuse and HEAR, help and provide support to their staff on this important issue.

The campaign was launched by the Domestic Abuse and Sexual Violence Group in Norfolk in 2020. Thanks to its success tens of thousands of employees now have access to the right help and support.



hear } **Have you pledged...?**
HelpEducateAwarenessRespond



www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/hear-campaign



Extra Help To Travel Card

First Buses know that for some of their customers, travelling by bus can be a little daunting, so they've been working with many disability groups around the UK to design some journey assistance cards that you can show your driver as a way of discretely asking for a little extra help if you'd rather not ask them out loud.

If you don't have access to a printer, you can take a screen grab of the 'Extra Help To Travel' card (Journey assistance card) on your mobile phone and show this to the driver instead.

For example, maybe you're a little unsteady on your feet so need time to get to your seat before the driver pulls away from the stop or you lip read so need the driver to face you when they speak. Whatever the help you need, these little cards will either already have an appropriate message for you to use, or you can fill in one of the blank ones with your own request for help.


Then just cut out the any cards you want to use and keep them with you when you travel so that you can show them to the driver as you board and they will do all they can to help. Of course you don't have to use these cards, they are simply there if you'd like to use them.

<https://www.firstbus.co.uk/help-support/special-assistance/extra-help-travel>

Extra help to travel cards



Please cut out and use these cards to let your driver know if you need any help with your journey.

Please be patient 	Please be patient 
I have had a stroke	I'm visually impaired
Please be patient 	Please be patient 
I have difficulty in speaking	I have a hidden disability
Please be patient 	Please be patient 
I have memory problems	I have dementia
Please be patient 	Please be patient 
<input type="text"/>	I am completely deaf

Add any special instruction

**Please
face me &
talk clearly**



I lip read

**Please
be direct**



I'm autistic

**Please
talk slowly**



I'm hard of hearing

**Please
count out
my change
with me**



**Please
wait for me
to sit down**



In case I fall

**Please
scan my
pass for me**



**Please
help me
find a seat**



**Please tell me
when we get to**

**If I am lost
please contact**

Add your destination

Add a name and contact details



The Casting Away Trauma Project

Trauma Veterans and Blue Light workers PTSD Trial are looking for participants - The Casting Away Trauma (previously Angling for Good) project is being run by the University of Essex and iCARP CIC. The project is funded by NIHR (NHS Research) and its aim is to investigate a nature-based, social activity (such as angling) as a means of helping military veterans and blue light service personnel dealing with PTSD and other after-effects of trauma exposure.

Participating involves attending a two-day, one-night fishing trip and completing a series of online questionnaires to assess the impact of the fishing trip. The trip, food and the fishing are all provided free of charge. More information about the project and how to join is available on their website at <https://www.essex.ac.uk/research-projects/A-nature-based-intervention-to-improve-mental-health>



Age UK Norfolk Welcomes Telephone Switchover Delay

BT had originally planned to replace all traditional, copper telephone lines with internet connections by the end of 2025. Following concerns about its impact on vulnerable people, the deadline has been pushed back until January 2027

(source: BBC News, 22nd May <https://www.bbc.co.uk/news/articles/cn00dnryyy4o>).

Digital landlines will not work in a power cut, with concerns that older or vulnerable people could be isolated. Nearly two million people in the UK use personal alarms which rely on landlines. Responding to the announcement, Ann Donkin, the interim chief executive of Age UK Norfolk, said: “There’s a long way to go in terms of getting a universal level of confidence in this new system...So 2027 sounds far more realistic to me.”

Norfolk has one of the highest populations of older adults in the UK, with 1 in 4 residents aged over 65. Nationally, about 2.7 million people aged 65 and over do not use the internet.

(source: Community Action Norfolk, 3rd June

<https://www.communityactionnorfolk.org.uk/sites/content/why-rural-equality-more-important-ever>)



Dementia UK Online Summer School

Dementia UK is hosting its free annual Summer School from Tuesday 2nd to Friday 5th July 2024, with the aim of improving practice in and knowledge of dementia care. The charity invites all health and social care practitioners to take part, including students, volunteers and allied professionals interested in improving care and support for families living with dementia.

Webinars include: i) Assessment and diagnosis; ii) Learning disabilities and dementia; iii) Sport and dementia; and iv) The meaning of person-centred care. For further information and to register for webinars visit the Dementia UK website.

<https://www.dementiauk.org/for-professionals/admiral-nurse-academy/annual-summer-school/dementia-uk-summer-school-2024-booking-form/>



Music for All is offering small grants to local organisations using music making to support people living with dementia and their carers. Please note that applications from underrepresented communities, including from the Global Majority will be prioritised. The National Academy for Social Prescribing (NASP) launched The Power of Music Fund in 2023 to promote music as a social prescription for people living with dementia and their carers. It is supported by The Utley Foundation, Arts Council England, alongside other investors, and private donors. So far, the fund has awarded small grants to 70 grassroots music and dementia projects across the UK, as well as launching the UK's first Centre of Excellence for Music and Dementia hosted by Manchester Camerata. Together, these grants will support more than 5,500 people.

This music making activity will be targeting people living with dementia and their carers and the application will need to illustrate how the grant will provide a musical moment(s) of joy for a person or people living with dementia (supporting, for example, costs associated with rehearsals/performance(s) including transport for participants, spaces, equipment, music, musicians and workshop leaders). Grantees will be supported beyond their funding by connecting grassroots groups to the health system, improving access to activities and strengthening community connection. They will have access to support including training, peer support, resources, development opportunities, and evaluation through NASP's national music and dementia network.

Applications will only be accepted via this online application form –

<https://www.musicforall.org.uk/power-of-music-fund/>

ATTENTION

ALL MEN AGED 16 AND OVER

Are you feeling alone? Stressed? Depressed?
Unable to share your private problems?
Bottling things up and feeling
like life is no longer worth living?

Then join us in **The Man Cave** – an online group providing a private, safe, non-judgemental community for men aged 16 and over who are struggling with mental health illnesses. You are NOT alone and talking really CAN save lives.

Formed in late 2022 as a confidential Facebook group, **The Man Cave** already has more than 2,000 members from across the UK and beyond – men who are sharing their problems, feeling able to express their innermost fears and supporting one another in a friendly, safe and totally private online community.

From the stresses and strains of relationships and family breakdowns to job worries, unemployment, money problems and addictions, men of all ages are opening up in **The Man Cave** about their mental health and personal demons.

Men are often made to feel that they shouldn't talk about their problems. By being told to "Man up!" or "Try not to think about it!", many men end up feeling worse – lost, alone, broken and not knowing where or who to turn to.

The Man Cave is a growing global brotherhood – a group of online friends who will show you that it's OK and perfectly normal not to be OK. That it's OK to open up and not feel ashamed or embarrassed by what you're going through.

The amazing level of support and interaction in our group is already helping to save lives: men who could otherwise have become just another suicide statistic.



Find us in
The Man Cave
on **Facebook**



You'll be among friends.



Macular Society

Beating Macular Disease

My Macular and Me Webinars

Every month the Macular Society host two webinars to bring you closer to the experts. They are joined by experts in macular disease who discuss the latest in treatments and research and answer your questions -

<https://www.macularsociety.org/support/events/webinars>

Supporter Badge

“My mum wore her badge today for the first time and it worked immediately! The shop assistant was great, offering to help her read the labels on the tins.”

You can get your badge today for just £3. Wear it when you're out and about to let people know you have a visual impairment.



<https://www.macularsociety.org/shop/everyday-essentials/supporter-badge/>

R N I B

See differently

Blind Person's Allowance

Blind Person's Allowance is an extra amount of tax-free allowance, find out below whether you are entitled. The Blind Person's Allowance is added to your tax-free Personal Allowance and increases the amount of income you can have each year before you start paying tax. The Blind Person's Allowance for the tax year 2024-25 is £3,070, regardless of your age or income.

If you're in England and Wales, you can claim Blind Person's Allowance if you're registered with your local council as blind or severely sight impaired and you have a certificate that says you're blind or severely sight impaired (or a similar document from your doctor).

If you're in Scotland and Northern Ireland, you can claim Blind Person's Allowance if you cannot do work for which eyesight is essential and you have a certificate that says you're blind or severely sight impaired (or a similar document from your doctor). You have to claim the Blind Person's Allowance – it won't be given to you automatically.

Claims can be backdated by up to four tax years, so if you were registered blind or severely sight impaired in or before the 2020-21 tax year you could benefit by up to £2,588 if you pay tax at the basic rate of 20 per cent. You can transfer the Blind Person's Allowance, or the unused part of it, to your spouse or civil partner if you don't pay tax or can't use all of it. This can be done whether they are blind. If both you and your spouse or civil partner qualify for Blind Person's Allowance, you can claim an allowance each.

Claims for tax allowances are allowed in cases where a partner has died before the claim is made. Such claims can be backdated by up to four years provided all other conditions for the allowance are met. For information and help with claiming, call the Tax Advice Service on 0303 123 9999 or email tax@rnib.org.uk.

<https://www.rnib.org.uk/living-with-sight-loss/money-and-benefits/money-banking-and-taxes/blind-persons-allowance/>

BRITISH WIRELESS FOR THE BLIND FUND

KEEPING BLIND PEOPLE IN
TOUCH WITH THE WORLD



Free Alexa scheme

People living with sight loss in the UK can apply for a free Alexa device, under a new scheme from sight loss charity British Wireless for the Blind Fund (BWBF).

Please note that people applying for free devices must meet the following criteria:

- Have access to a smart phone or tablet, and the internet at home.
- Be resident in the UK.
- Be living with sight loss.
- Be over the age of eight.
- Receive Personal Independent (PIP) / Attendance Allowance (AA) or Adult Disability Payment (ADP) in Scotland or receives a means-tested benefit (or parent/guardian if under 18).

Here's the announcement post: <https://blind.org.uk/news/free-alexa-scheme-launches/> You can apply for an Echo Dot or an Echo Show – online, by email, or over the phone.



Individual Technology Solutions for vision impaired people

Individual Technology Solution for Vision Impaired People (Charity)

The charity was originally set up to provide telephone landlines for Blind and Vision Impaired people who could not otherwise afford them. After consultation with the stakeholders, they have expanded the offering to include mobile phones and tablet computers. These have specialist access software installed or use the in-built accessibility. The charity uses a referral system and by working with partners in the sector, both Local and National Blind Societies along with professionals such as Eye Clinic Liaison Officers, Rehabilitation Officers for the Vision Impaired and Social Workers, the charity provides grants in the form of communication equipment and services. As part of the grant for equipment they also include device specific product training. The current criteria for eligibility are that the applicant must:

- be a resident in the UK
- be registered with your local authority as blind (“severely sight impaired”) or partially sighted (“sight impaired”)
- have savings of less than £10,000
- be in receipt of a means tested benefit such as Income Support; Pension Credit; Housing Benefit; Council Tax support; Income related Employment and Support Allowance; Income-related Job Seeker’s Allowance; and Universal Credit.
- Successful applicants may not apply again within a three-year period

<https://itsvip.org/what-we-do/>



Mobile Services are Closing.

Plusnet Mobile services will be closing from June 2024. They'll confirm your closure date at least 30 days before your mobile plan ends. Please act and move your service as soon as possible. Once your account is ceased you won't be able to make or receive calls (other than emergency 999 calls) send texts or use your data. You'll have 40 days from your cease date to move your service to another provider. After 40 days your account will automatically be closed. You will lose all your services and it will not be possible to transfer your mobile number once your account is closed.

If you want to keep your mobile number when you switch, you'll need to request a PAC code. Just text PAC to 65075. You'll get your code in less than a minute and it's valid for 30 days.

<https://www.plus.net/help/mobile/closure-of-mobile-services/#:~:text=From%20June%202024%20we%20will,texts%20or%20use%20your%20data>



Greening Our Communities

Grants of up to £5,000 are available to support communities across Norfolk to take action to improve their local environment while providing people with the benefits of connecting with nature. To find out more and apply by the closing date of **12th July 2024**, see the website –

<https://www.norfolkfoundation.com/funding-support/grants/groups/greening-our-communities/>



OXFAM

We won't live with Poverty

Donate By Post For Free

It's easy to donate items by post to Oxfam, extend the life of your pre-loved items, and help support life-changing projects for people living in poverty.

<https://www.oxfam.org.uk/donate/donate-by-post-for-free/>

Order a bag here -

<https://www.oxfamapps.org.uk/donate-clothes/>



Counting The Cost: The Case for Making Older People's Homes Safe

Ageing Better's new report found that by removing the most serious risks to people's health and safety from the country's poorest quality homes where the head of household is 55 or over would result in savings to the NHS of nearly £600 million per year.

Despite a growing understanding that a safe home is the foundation for a good life and a critical factor in extending our years spent in good health, England has a shortage of warm, damp-free and suitable housing. Years of national underinvestment in improving the quality of our homes means that the number of non-decent homes – a government-defined minimum standard – increased last year (EHS, 2024).

<https://ageing-better.org.uk/resources/counting-cost-case-making-older-peoples-homes-safe?>



MPs Hear that Community Pharmacy Funding Model is ‘Broken’.

Government must urgently reform the funding framework for community pharmacy if more clinical services are to be delivered and increasing demands for medication are to be met. The Committee’s report finds the current Community Pharmacy Funding Framework not fit for purpose and urges an overhaul to reduce its complexity. A new framework is necessary to deliver adequate funding and prevent damaging cross-subsidy between clinical services and prescription dispensing as is currently the case. Reductions in core funding to community services of 30% since 2015 equates to an annual shortfall, per pharmacy, of between £67,000 and £100,000. Meanwhile, 1,100 pharmacies have closed in that time, more than a third of which were serving the most deprived areas.

<https://committees.parliament.uk/committee/81/health-and-social-care-committee/news/201769/mps-hear-that-community-pharmacy-funding-model-is-broken/>



Loneliness Slashes Healthy Years in Older Adults, Study Reveals

A recent study published in the journal BMC Public Health determines the impact of loneliness on healthy life expectancy (HLE) and identifies ways to improve subjective well-being and health in a population of older adults.

<https://bmcpublikealth.biomedcentral.com/articles/10.1186/s12889-024-18975-z>

<https://www.news-medical.net/news/20240606/Loneliness-slashes-healthy-years-in-older-adults-study-reveals.aspx>

Norwich



The Feed Social Supermarket

Did you know that you can make referrals to The Feed Social Supermarket on Hall Road? They accept referrals from professionals for people you are supporting, if you feel they need some help to access affordable groceries, and support projects to help them to move forward.

It's free for people to join and you can fill in an online form on the website. They will then be contacted by the Community Project Lead, who will explain how it works and make them feel welcome. The food hub is now open to all Norwich residents and provides a dignified and supportive solution for people struggling to afford essentials. The aim of the hub is to help people to avoid reaching crisis points, by enabling their money to go further by spending less on food.

For more details, visit the website, where you will also see the link to the online form. Alternatively, you can also make a NCAN referral by searching for The Feed Social Supermarket. <https://ncan.co.uk/listing/the-feed-test/>

lucy@thefeed.org.uk

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

South Norfolk



Star Throwers charity offer support to those with cancer and their families across Norfolk. They are based in Wymondham so they may have to travel to the support centre.

One service they offer is the Finance Support Navigator for information about the financial assistance that might be available for those affected by cancer and who can support with:

- Navigating the benefit system
- Filling in forms
- Attendance Allowance information
- Carers allowance information
- Blue Badge applications

By appointment – please contact for availability.

Star Throwers Cancer Support Centre
30 Melton Road,
Wymondham,
NR18 0DB

Email info@starthrowers.org.uk or call 01953 423304

www.starthrowers.org.uk

East Norfolk

Can You Help?

If you work or volunteer for an organisation, please share the information in this leaflet with your colleagues.

If you or one of your colleagues would like to volunteer as a Carer's Buddy, or would like more information, please contact us using the details below.

Contact Us



07932 095312



CCNecarersvoice.org



carersvoice.org/carerscommunitynetwork

A Project by:



Carers' Community Network

East Norfolk & Waveney

Can you help us create a network where unpaid Carers can make connections to reduce their isolation, access opportunities and overcome barriers?



About the Project

The Carers' Community Network will create a bank of Carers' Buddies, who will connect with Carers living in East Norfolk & Waveney. The aim of the project is to rebuild support networks, which in some cases were lost following the pandemic and its social restrictions.

Carers will be supported to develop friendships with other Carers, join peer groups and access work and volunteering opportunities.

This is your opportunity to be a part of a new network, as a Carer's Buddy, working to improve connections for Carers.



The role of a Carers Buddy

Carers' Buddies may already hold positions within, or be members of, local groups or organisations.

The Carers' Buddies will connect with Carers on a 1:1 basis, including in person, by telephone, and online. Carers' Buddies will be given the training, guidance, localised information and administrative support to carry out the role.

The Carer's Buddy volunteering role would be ideal for those that wish to upskill within the community care and peer support sector and wish to make a real difference to the lives of Carers in East Norfolk & Waveney.





Opening Doors Easy Read Newsletters for Activities in East Norfolk.

For those unfamiliar with Opening Doors, they are a user led organisation run by people with learning disabilities for people with learning disabilities. Please see their 'Out and About in East Norfolk' newsletter below-

<https://www.openingdoors.org.uk/uploads/images/815.pdf>



WAITING WELL SERVICE

Great Yarmouth and Waveney

This free service from DIAL Great Yarmouth is to provide support to patients awaiting orthopaedic surgery.

We aim to support people to arrive for surgery and appointments in the best possible physical and mental health. Surgery is a big life event and research shows that people who keep mentally or physically active feel happier and live healthier. Patients taking advantage of this service can be helped to maintain and improve overall wellbeing and have a faster recovery post surgery.

WHAT WILL DIAL DO?

Each individual will receive wellbeing support from a Waiting Well Connector in the form of calls and/or visits to:

- Connect people who may be at risk of isolation, loss of independence or increasing physical or mental illness as a result of isolation to community-based activity such as activity/ hobby clubs and social networks.
- Connect people to DIAL's accredited welfare advice and advocacy services including benefit entitlements and money & budgeting support.
- Encourage and facilitate participation in safe activity that can help keep joints healthy.
- Provide support to engage with outpatient support i.e. GP appointments and tests.
- Raise health concerns or decline in health to their GP.
- Connect people to appropriate partner services to get the support they need.

DIAL Great Yarmouth
 KINGSIDE
 26/27 King Street
 Great Yarmouth
 Norfolk NR30 2NZ
 Tel: 01493 856900

Opening Hours:
 Monday to Saturday
 9.30am to 4.00pm

e-mail:
info@dial-greatyarmouth.org.uk

Website:
www.dial-greatyarmouth.org.uk

Find us on Facebook
facebook.com/DIALGYarmouth

and Twitter
twitter.com/DIALGYarmouth

Registered Charity: 299909

Financial Conduct Authority:
 711136



DIAL Great Yarmouth

Services Offered:

Benefits:

- Benefit Entitlement Checks
- Better-off Calculations
- Assistance with completing forms
- Appeals Support

Money & Debt:

- Debt Counselling
- Negotiating with Creditors
- Debt Management Plans
- Household Budgeting
- Debt Relief Orders

Other Services:

- Employment Support
- Waiting Well
- Message in a Bottle - Emergency Information Scheme
- Radar Keys
- Leisure Information & more



ELIGIBILITY

Who is this service for?

- Patients aged 18 and over, awaiting admission to hospital for an orthopaedic operation.
- Patients who reside in the Norfolk and Waveney CCG Area.
- Patients who may be at risk of social isolation, loss of independence or increasing physical or mental illness as a result of isolation.
- Patients who have little or no support at their place of residence.
- Patients registered with a Great Yarmouth or Waveney GP.
- Patients needing advice, support or advocacy with welfare matters including benefits, money and budgeting
- Patients who need connecting into community based services for non clinical matters.

WHO WE UNABLE TO WORK WITH

- Patients under 18.
- Patients who are considered to require a higher level of support or care needs such as those receiving physical care from a Carer.

HOW CAN I REFER A PATIENT?

- Patients can self refer at anytime and for professionals and partner agencies we offer a number of easy entry points into getting help and support to patients.



01493 856900



info@dial-greatyarmouth.org.uk



www.dial-greatyarmouth.org.uk



DIAL
Kingside
26/27 King Street
Great Yarmouth
Norfolk
NR30 2NZ



Registered Charity 299909

Drop In's

- **at DIAL:** Money & Debt
Tuesday 10.00am-12.00pm
Wednesday 1.00pm-3.00pm
- **at Gorleston Library:** Money & Debt
Friday 2pm-3pm
- **at Peggotty Road:** Money & Debt
Monday 10am-12pm
- **at Rabbit Hutch Caister:** Money & Debt
1st Wednesday of the month 10am-12pm
Benefits
3rd Wednesday of the month 10am-12.30pm
- **at John Green Institute, Belton:** Money & Debt
Every 2nd Wednesday of the month
10.30am-12.30pm

Outreach DIAL advisors work from other locations across the Borough including:

- **MESH Office in Gorleston:**
Benefits & Employment Support - Wednesday 9am-4pm
Money & Debt - Friday 9am-3pm
- **Gorleston Library:**
Employment Support - Friday 9.00am-1.00pm
Money & Debt - Friday 3pm-5pm
- **Vision Norfolk:**
Benefits - Tuesday 10.00am-1.00pm
- **JCP:**
Employment Support - Monday & Tuesday 9.00am-5.00pm

We are an independent local Charity offering free confidential information and advice to disabled and vulnerable people across the Borough. Anyone can access our service by making an appointment either by phone, or by visiting our Office, or via email.

We also have volunteering opportunities either in our Charity Shop or in our Office. Please contact the Office for further details.

DIAL Charity Shop - This is run by Volunteers with all funds raised from the sale of donated goods helping to support the continuation of our service. We accept good quality clothing, shoes, bed linen, toys, games, CDs, DVDs, bric-a-brac and kitchenware. We do accept small electrical goods and we are always happy to collect donations.



SHRUBLANDS COMMUNITY FOODCLUB

Located in the car park of the Shrublands Youth & Adult Centre

Please contact us to find out more information

☎ 07544 551670 ✉ foodclub@shrublandstrust.org.uk



NEW OPENING TIMES

WE ARE NOW OPEN -

Mon 10 am - 12 pm

Tues 10 am - 1 pm

Wed CLOSED

Thurs 5.30 pm - 7.30 pm

Fri 10 am - 12 pm

Sat 10 am - 12 pm

The Shrublands Community Food Club provides good quality, affordable food to residents within Gorleston. With a proof of address and an annual fee of £4.00 per household, you are eligible to become a member.

Our members can buy a range of fresh, dried and canned food, alongside toiletries and personal care items.



The Beaches Medical Centre and
Millwood Partnership



SOCIAL PRESCRIBING SERVICE

**We can help support your
social, emotional and
practical concerns**
.....

A social prescriber can help you:

- Get you back into work/volunteering
- Improve your overall mental wellbeing
- Access social groups and support groups to become more socially connected
- Access bereavement support
- Gain support with finances and benefit support

.....
To self refer, email us on:

nwicb.sp.hwbc@nhs.net



Or contact your GP surgery



Kingsgate Community Church

The coffee shop is at the heart of most of the community support, providing a safe, friendly, and welcoming space for anyone to come and have some tasty food, a chat, join in with an activity or access training. Through all the activities, they are looking to make a positive difference in the local community, especially blessing those who find themselves living in need. Activities include 'Coffee and Chat', community lunch, craft group, The Kitchen Garden, Lillies, and laundry and shower facilities.

For further information, please contact Julia@wearekingsgate.org

By Email: hello@wearekingsgate.org

By Phone: 01493 442861

By Post: Kingsgate Community Church, 30 Queen Anne's Road, Great Yarmouth, NR31 0LE.

<https://www.wearekingsgate.org/community/>



FREE MEAL LIST

GREAT YARMOUTH BOROUGH CHURCHES
MAY 2024



'THE WELL'
GORLESTON BAPTIST
CHURCH
Lowestoft Road, Gorleston,
NR31 6LY

BRUNCH
8.00 - 10.30, Mon,Thurs

'THE BRIDGE'
ST MARY MAGDALENE
CHURCH
Magdalen Square,
Gorleston, NR31 7BZ

LUNCH
12.00 - 1.30 Tues

ST NICHOLAS CHURCH
Church Walk, Bradwell, NR31 8QQ

LUNCH
11.30 - 14.00 on 4th Wednesday
of the month. Please book in
advance: 01493 663219 /
admin@stnicholasbradwell.org



KINGSGATE COMMUNITY
CHURCH
Kings Centre, 30 Queen
Anne's Road, NR31 0LE

LUNCH
12.00 Wed
Free for those on low incomes.
Otherwise £2

PATHWAY CAFE
Minster Mission, Admiralty
Road, NR30 3DG

LUNCH
11.30 - 1.00 Mon, Wed, Fri



Sally's Store



Located at the Peggotty Road Community Centre
Please contact us to find out more information.

Telephone: 01493 844 909

Great.yarmouth@salvationarmy.org.uk



Sally's Store provides good quality, affordable food to residents within Great Yarmouth, with a proof of address you are eligible to become a member.

Our members can buy a range of fresh, dried and canned food, alongside toiletries and personal care items.





Sally's Store



Everyday food discounted for the community.
By sourcing fresh, tinned and household goods in bulk
to make these discounts possible.

Helping you eat well on a budget.

Making your money go further.

Weekly special offers.

Monthly tasters and recipe cards.

Pre-made meals.

Saving scheme available.



North Norfolk



CAN Connect is a service covering North Norfolk supporting people who are experiencing loneliness and isolation, either through 1:1 support from a Life Connector to reengage with hobbies and interests (up to 3 months support) and make community social connections or through the support of a volunteer befriender.

They currently have Life Connector capacity to take further referrals across the North Norfolk and have available volunteers in the Cromer and Fakenham areas. Please make a referral through the online referral form: <https://www.canconnect.org.uk/get-support/> including as much detail about the client as possible health conditions, support network currently in place and what they would to achieve through CAN Connects support.

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

Activities

Norfolk and National



Photo taken on our Great Yarmouth Wellbeing Walk

Wellbeing Social Updates

It might be approaching the summer holidays, but Wellbeing socials don't take a break! So why not dig out the bucket and spade and join one of the Coastal Wellbeing Walks? If the seaside isn't your thing, they've got plenty of other walks and cafes where you can connect with others, get some fresh air and enjoy a good chat!

This month they also have an amazing tour of The Bridewell Museum, a craft session with Re-Do, an Origami workshop, the ever-popular Dungeons & Dragons evening and even a Drumming Workshop and Owl Sanctuary visit! As these are very popular, these places are booking only so move quickly to reserve your spot at socials@wellbeingnandw.co.uk

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

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



Volunteering Activities July 2024

From Mark Webster at TCV-

Oh, Oh July...summer days make me fine, blowing through the balsam in my mind.

As well as the regular practical conservation tasks this month, we have two free courses people can attend if they wish:

- **Saturday 20th** we have local expert Adrian showing us **how to find insects and identify them**. All welcome, suitable for all ages, beginners as well as those who already know their bugs and beetles. A great opportunity to see some minibeasts up close, and hopefully find some real rarities. Whether or not you usually come out at the weekend, I hope you can join us for this – bring family and friends!
- **Tuesday 30th** we will be running a **task leader's** course, giving you all you need to know in order to run a safe and happy conservation task day. Great for the CV, especially for those looking for a job working with wildlife.

I am also delighted that we are returning to Oulton Broad's Monckton Avenue site with a new hope, as the Parish Council have now re-committed to implementing the proposed management plan, meaning that we will be running new community engagement events on site as well as installing interpretation boards to encourage visitors. Task days here will also become part of a wider Lowestoft project that will aim to recover some of the town's Lost Gardens – exciting times ahead...

As for the rest of the month, people can enjoy a day out along the peaceful upper reaches of the Wensum pulling up Himalayan Balsam or pulling up bracken on one of our internationally important heathlands. We are also weeding two of the lovely new wildflower meadows (and

one new woodland) that we have planted, and it's also the beginning of the cutting and raking season, with two churchyards: our old favourite the splendidly isolated Barmer, and a colossal new site (as churchyards go) down at Redenhall.

Lots to enjoy, I hope you know someone who can join us at some point.

Mark Webster 07740 899 691 mark.webster@tcv.org.uk www.tcv.org.uk/norfolk TCV,
Centrum, Norwich Research Park, NR4 7GJ.

Norwich

STORYTIME

Interested in books?

Come along to listen to a short story, followed by a group discussion to stimulate interesting conversations

This session also offers an opportunity for you to bring along your own books, poems or any literature that you would like to share.

13:30-15:30

Fourth Monday of each month

Free hot drinks and cakes

To reserve a space:

☎ 01603 496333    

✉ clubsandtrips@ageuknorwich.org.uk

Age UK Norwich, Registered Charity Number 1094623

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

LUMi A brighter way to share

British Sign Language Taster

Join us for our British Sign Language Taster session on Thursday 18th July 2024 at Norwich Deaf Centre. 🕒 At 7pm, there will be a 90 mins Taster Session for anyone interested in learning BSL. 💷 Sessions are only £2 per participant for the hour and are available for booking or dropping in on the day. 📄 For more information, please contact us by email or message, and visit our website at www.shbsl.co.uk for all the latest information on courses available in Norfolk.



The poster features a circular inset photograph of a woman in a black top and patterned scarf signing to a group of people. The background is a blue and yellow gradient. The text is in white and yellow. A QR code is located in the bottom left corner, and a small green icon with three yellow symbols is at the bottom left of the poster area.

BRITISH SIGN LANGUAGE TASTER

**Thursday 18th July 2024
at 7pm to 8.30pm.**

£2 per person

<https://www.lumi.org.uk/activities/view/british-sign-language-taster/>

<https://shbsl.co.uk/>



Over 50's Activity Afternoons

The first Friday of every month!

Join us anytime between 1-3pm

(or from 12pm if you to have lunch or refreshments in the café first*)

The Norman Centre, Bignold Road, Norwich, NR3 2QZ

FREE to attend (*lunch and refreshments will need to be purchased and are not free)

There will be lots of activities you can try such as Boccia, New Age Kurling, Bowling, Table Tennis, Foam Frisbee and Gentle Exercise sessions.

Contact: info@epicnorfolk.com



supported by Norfolk Community Foundation through the
Connecting Older People Fund

Below are the details of the online classes. They are free to attend and suitable for anybody. The exercises can be done seated or standing.

Topic: Monday – Over-50's Exercise

Time: 10-10.45am

Join Zoom Meeting

<https://us06web.zoom.us/j/93137401336?pwd=N0dJTzllWDFvL1ZjY1ZhdmFVZnE2Zz09>

Meeting ID: 931 3740 1336

Passcode: 397104

Topic: Thursday – Over 50's Exercise

Time: 3-3.45pm

Join Zoom Meeting

<https://us06web.zoom.us/j/95879993009?pwd=U2xxQlYxdGcvVFVoSk53eEowYXk1dz09>

Meeting ID: 958 7999 3009

Passcode: 810993



Pit Stop Social

Building on the success of the Tuesday Pit Stop Social gathering in Norwich, MensCraft have started another social gathering that meets weekly on Thursday mornings, 10am-12pm. This is a space of men (aged 18+) to connect socially and, if they wish, do some self-directed activities like art or board games.

An important part of these gatherings is the 'check-in', where members are invited to say how they are doing, but with the option to 'pass' if they wish. Refreshments are provided free of

charge, but donations are encouraged. This group is open for female professionals to attend if they are accompanying a potential new member or if they wish to come and meet our members.

They meet in the new activities room (the 'Dojo') at the Maddermarket Theatre site (Saint John's Alley, Norwich, NR2 1DR – nearest carpark, Duke Street), which is through the black double-doors on the right hand-side of the courtyard as you face the main theatre entrance.

If you have any questions relating to this group, please contact Colin Howey via

colin@menscraft.org.uk

<https://menscraft.org.uk/groups-and-activities/pit-stop/>



**CASTLE
QUARTER**
SHOP. DINE. WATCH. PLAY.

Emergency Services are coming to Castle Quarter!

This summer, the Emergency Services are coming to Castle Quarter!

Join us at Castle Quarter every Tuesday from 23rd July to 27th August to meet with and learn more about the fantastic Emergency Services available in Norfolk!

- 23rd July – Norfolk Accident Rescue Service (NARS)
- 30th July – Norfolk Police
- 6th August – Norfolk Fire & Rescue Service
- 13th August – Norfolk Fire & Rescue Service
- 20th August – Norfolk Police
- 27th August – RNLI

Come and say hello!

<https://castlequaternorwich.co.uk/event/emergency-services-are-coming-to-castle-quarter>

Breckland

Creative Arts East



**BRECKLAND
AFTERNOON EVENTS**

A feature film documentary
screening of...

THE NETTLE DRESS 12

Woven from tragedy, magic and love

**Attleborough Town Hall
Thursday 1st August, 1-3pm**

FREE TO ATTEND
Advanced booking
essential, limited tickets
available on the door.
Voluntary donations
welcomed.

Live performances and
cinema screenings for
people aged 50+

'Exquisite, beautiful
and inspiring.'
- Sir Mark Rylance

**Book tickets
online by visiting:**
[ticketsource.co.uk/
creative-arts-east](https://ticketsource.co.uk/creative-arts-east)

**SCAN
TO BOOK**



Find out more...

Call us on 01953 713390

Email info@creativeartseast.co.uk

Visit www.brecklandartsforhealth.co.uk



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



'A husband's grief becomes a thing of beauty
in this lyrical documentary'
- The Guardian



About this documentary film

Textile artist Allan Brown spends seven years making a dress by hand just from the fibre of locally foraged stinging nettles. This is 'hedgerow couture', the greenest of slow fashion and also his medicine. It's how he survives the death of his wife and finds a beautiful way to honour her. A modern-day fairytale and hymn to the healing power of nature and slow craft.

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





DAISY PROGRAMME WHATS ON IN THE COMMUNITY



Our coffee and craft sessions provide a friendly, non-judgemental space to chat for anyone over 16 affected by domestic abuse in Breckland. **To join us, please book your space by emailing help@daisyprogramme.org.uk**

Dereham Library 1:00-3:00pm

13th May, 3rd June, 1st July, 5th August, 2nd September,
7th October, 4th November, 2nd December

Thetford Library 12:00-2:00pm

5th June, 3rd July, 7th August, 4th September, 2nd
October, 6th November, 4th December

Swaffham ECFS Base, White Cross Road 10:30-12:30

10th June, 8th July, 12th August, 9th September,
14th October, 11th November

Attleborough Library 12:00-2:00pm

11th July, 8th August, 12th September, 10th October,
14th November, 12th December

Call: 01953 880903

Visit: www.daisyprogramme.org.uk

If at anytime you feel in danger please call 999

We **believe** you. You **can** have a life after abuse.

We're here to **help** you on your **healing** journey.



Support Hub

Help from People From Abroad Team
(Norfolk County Council), library service
& other community groups



at

The Salvation Army

Magdalen Street

Thetford, IP24 2BN

1st, 3rd (& 5th) Thursday of each month



10am - 12.30pm



For more information, contact:



thetford@salvationarmy.org.uk



or call **Captain Diane** on **01842 750315**

Salvation Army is a Christian church & registered charity 215174 (SCO37691 in Scotland)

borrow discover connect



Norfolk County Council

Broadland



Fire Circles

Over the summer MensCraft is offering a new and different kind of opportunity for men to meet up and to enjoy nature: Fire Circles. These are open to all men, and they warmly welcome those men who've not previously attended a MensCraft activity.

They're holding these events at Bramley Lakes, Horsford (details below) where they'll sit together around a secluded open fire. The invitation is to check-in, share a meal together, and have an opportunity to discuss things at a deeper level. In each session there'll also be an activity that will enable connections with one another and nature.

When: Three Fire Circles over the summer: Saturday 13th July; Saturday 17th August.

Timings: arrive from 11.30 am to start at 12pm and finish at 4 pm.

Lunch: vegetarian – please advise if you have any specific dietary requirements.

Cost: they're asking for donations – pay what you can afford to attend.

What to bring: you'll need to bring your own eating and drinking utensils; a camp chair to sit on; clothing for all types of weather, including an umbrella and sun protection (there is no indoor option; there'll be gazebos to hide under if it rains or the sun shines too brightly!)

To book: send an email or text to Andy Wood: andy@menscraft.org.uk; 07584 253 441... no later than 24 HOURS IN ADVANCE.

Location: XAdventure site, Bramley Lakes, Dog Lane, Horsford, NR10 3DH.

<https://menscraft.org.uk/event/menscraft-fire-circles/2024-06-15/>

East Norfolk

 mind Norfolk and Waveney



Photography Group

Mondays 1:30-3:30pm
@ REST Great Yarmouth

Explore the local area taking photos with a different theme each week then head back to the Hub to review the images and print/display them. Bring your own phone/camera or cameras can be provided!

Walking and Talking

→ **Gorleston Tuesdays 11-12:30pm**
from Beaches Medical Centre NR31 6QB

Enjoy some fresh air and a walk around the local area. Chat to new people or discuss mental health concerns with social prescribers or recovery workers.

Walking and Talking

→ **Great Yarmouth Thursdays 1-2:30pm**
from café in Marina Centre NR30 2ER

Enjoy some fresh air and a walk around the local area. Chat to new people or discuss mental health concerns with social prescribers or recovery workers

Games & Puzzles

Tuesdays 1:30-3pm

Do you enjoy a board game or puzzle? Fancy having some fun with like-minded people? We have a wide selection of puzzles and games and would love for you to come and join us!

Film and Music Club

Wednesdays 1:30-3pm

Come along to discuss your favourite bands, music genres, films or TV shows! A safe space to share opinions and your love of all things film and music. Weekly quizzes too!

Arts & Crafts

Thursdays 10-12pm

Feeling creative? Pop along for a quiet place to get arty. Diamond art, painting, colouring, stencils, crafts, the choice is yours! Supplies provided or bring your own!

Everyone Matters

Thursdays 12:30pm-2pm

Do you provide ongoing support for someone close to you? This is a group for like-minded individuals to share support/advice or just unwind and find you again within your supporting/caring role. Come along for a cuppa and a listening ear.

Sports Chat Club

Fridays 10-11:30am

Sports fan? Join in with us weekly and have a good discussion on your favourite team or sport whatever that may be! Watching classic clips of sporting legends and weekly quizzes too.

Knit and Crochet Group

Fridays 1pm - 2:30pm

Come along to work on your knit or crochet projects! Learn the basics and develop your skills to read patterns allowing you to create your own projects! Supplies provided or you are welcome to bring your own!

All groups with the exception of 'Walking and Talking' are at:
REST Great Yarmouth, 28-31 Deneside, NR31 3AX and will have refreshments provided.

All groups 18+ only. No booking required.

For further info please call us on 0300 330 5488
or Email rest.greatyarmouth@norfolkandwaveneymind.org.uk
Registered charity no. 1118449

Feathers Futures offer a range of support to women to enable them to create a brighter future.

Founded in 2018, Feathers Futures is unique in its easy-to-access location, instant caring, safe haven and ongoing support it offers women across Great Yarmouth. We aim to be a friendly place for women to come together, make friends, socialise, learn new skills and receive support.

Over the years, the team of staff and volunteers have created enjoyable small groups, including drop-in sessions, domestic abuse recovery courses, peer support, craft groups, book club and counselling services, as well as many other activities working in collaboration with other organisations such as exercise classes, walking groups, cooking and creative writing workshops.

Through our unique blend of services, Feathers Futures are proud to have helped create a better future for many women.

Our mission and commitment

To provide a safe space for women to come together and support each other at their own pace.

We aim to help women build confidence and resilience and develop friendships in ways that work for them.

Our collaborative, co-produced services include social groups, specialist support, peer mentoring, signposting and courses.

"I think Feathers Futures is an excellent community resource, and I signpost many women to your service.

Thank you for being such an excellent service in our community, I refer ladies to you often, and I know they will get the endless kindness and care they need to get back on their feet."

Health care professional



Get involved

We are a small charity making a BIG difference in women's lives across Great Yarmouth.

As a registered charity, we rely on kind support from the local community and supporters like you. Community support plays a big part in our success. If you'd like to plan an individual event or your group wants to support a local charity, your business is buzzing about making a difference, or your community fancies a new challenge, everyone at Feathers Futures truly appreciates all your fundraising activities.



Find out more and download our fundraising pack here.

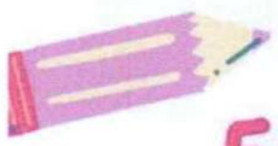
Or, you may have a few hours to spare and would like to volunteer while learning new skills, making friends and impacting your local community.

Volunteering can be a great way to do this. We believe everyone has different skills and can make a difference!



We openly welcome volunteers and have a fantastic volunteer and mentor programme. Please scan or click for more information.

www.feathersfutures.org




FEATHERS FUTURES SOCIAL GROUPS TIMETABLE FROM 2ND APRIL



Tuesday
Crafternoon
1-3pm
Evening Craft
6-8pm



Wednesday
Zumba
Primeyarc
1-2pm




Thursday
Re-make Treasure
1-3pm

Wednesday
Time for Tea & Me!
Call Sandra to book

Friday
Feathers Friends &
Toiletries Bank plus
Drop-in for new enquiries
9.30am-12pm



Book Club
Last Friday of
every month.
Please call to book!
Starts 26th April



25-26 Hall Quay, Gt Yarmouth, NR30 1HP
01493 268222

What's on at



Crafternoon | Every Monday, 1pm – 3pm

Meet in the Marina Leisure Centre cafe, Great Yarmouth, NR30 2ER

Bring the creative project you're working on or try out one of ours and craft in great company! No need to book or call ahead, just come along! Find the Facebook event here. Open to anyone aged 18+. Free to attend. Free parking. Wheelchair accessible. Tea and coffee available, £1.50 each.

Stitching at Sundown | Every 4 weeks on Monday, 6pm – 8pm

Meet at Peggotty Road Community centre, Peggotty Rd, Great Yarmouth NR30 3EF

A group for people with all levels of crafting ability who would like to have a go and spend time with others who enjoy knitting, crocheting and stitching!



No Shoebox community groups currently running on this day



Traditional Games Group | Every Wednesday, 10am-12pm

Meet at the Shrublands Youth and Adult Centre, Magdalen Way, Gorleston NR31 7BP

Play traditional games in a fun, friendly environment. Bring your own games or play some from our board games library. Open to anyone aged 18+. Free to attend. Community cafe on site with hot drinks available from 70p. Free parking.

Creative Writing at the Pavillion | Every Wednesday, 1pm – 3pm

Meet at the Pavillion Theatre and Bandstand, Gorleston-on-Sea NR31 6PP

Come and join us during the Pavillion's Warm Hub for a warm welcome. Enjoy a lovely atmosphere to meet new friends and explore your creativity through writing!

(cont overleaf)

Membership Contributions

Shoebox Membership has a suggested contribution of £10 a month or £2 per group. Chat to the team or use our honesty box to make your contribution today!

No experience is required, this group welcomes anyone who would like to put pen to paper and see where it takes them! Free tea and coffee available. Parking available.

Meet & Greet | Every 4 weeks on Wednesday, 6pm – 8pm

Meet at the Shrublands Youth and Adult Centre, Magdalen Way, Gorleston NR31 7BP

Come and join us in a warm and friendly place to meet new friends and have a cuppa. Games and Puzzles will be out for everyone to enjoy. Open to anyone aged 18+, Free Parking.



Knit, Stitch and Natter | Every Thursday, 10am – 12pm

Meet at the Pavillion Theatre and Bandstand, Gorleston-on-Sea NR31 6PP

Come and join us in a warm and friendly atmosphere to make like minded friends. This group is for people with all levels of crafting ability who would like to have a go and spend time with others who enjoy knitting, crocheting and stitching! Free tea and coffee. Parking available.

Board Games at the Marina | Every Thursday, 1pm – 3pm

Meet in the Marina Leisure Centre cafe, Great Yarmouth, NR30 2ER

Play board games in a fun, friendly setting! Bring your own games or play some from our board games library. No need to book. Find the Facebook event here. Open to anyone aged 18+. Free to attend. Free parking. Wheelchair accessible. Tea and coffee available, £1.50 each.



No Shoebox community groups currently running on this day

Get in Touch

www.theshoebox.org.uk

01603 850309 | team@theshoebox.org.uk

21 - 23 Castle Meadow, Norwich, NR1 3DH

Last updated: 14/05/24



Shrublands Community Trust Activities



Monday to Friday

9.30-12.30 pm **Community Café**
(Can open extra hours with prior agreement)

Monday

10 am-12 noon **Gardening Club** Free
9.30 am **Walking Football** £2.50 including a hot drink in the Café
10 am-12 noon **Shrublands Community Food Club**

Tuesday

10 am-1 pm **Shrublands Community Food Club**
10 am **Craft** Free bring your craft and enjoy some company
11 am **Community Circuits** £2.50
12.30 pm **Seated Exercise** £2.50

Wednesday

10 am-12 noon **Cycle Hub** Free alternating weekly cycle rides and maintenance

Thursday

10 am-12 noon **Chit Chat & That**
11 am **Yoga** £2.50
12.30 -1.30 pm **Tai-Chi** £2.50
5.30-7.30 pm **Shrublands Community Food Club**
6-8 pm **My Youth Group** 50p activities for 6-12 year olds

Friday

10 am-12 noon **Shrublands Community Food Club**
11 am **Dance Fit** £2.50
12.30 pm **Sit Well** £2.50

Saturday

10 am-12 noon **Shrublands Community Food Club**

For further details call Julie on 07544551670

Shrublands Community Trust



DIAL AT SHRUBLANDS CENTRE

**Free,
Independent,
confidential
advice!**

- **Money & Debt Advice and Support**
- **Household Budgeting**
- **Welfare Benefits (Including recent/forthcoming changes)**
- **And much more!**

DIAL are available at Gorleston Shrublands Youth & Adult Centre on the following days:

Wednesday:

9am - 4pm

Friday:

9am - 11:30am

Call 01493 856900 for an appointment or for further information visit us at:



www.dial-greatyarmouth.org.uk



facebook.com/DIALGtYarmouth



North Norfolk



Life Begins at... Friendship Group

Thursdays 10am to 12 noon. A friendship group for older people. Join us for chats, board games and much more. Coming in July a Trip to Felbrigg, a member of the team from RAF Air Defence Radar Museum at Neatishead will be talking about this fascinating site and there will be an art activity. For more information call 01263 519454 or email info@merchantsplace.co.uk

<https://merchantsplace.co.uk/whats-on/>

West Norfolk

WHAT'S ON

at Downham Market Library for adults

VETERANS CAFÉ 10.30am - 12.30pm - **FREE** - drop in.

Tuesday

LIBRARY BOOK GROUP 5.30 - 7pm - **£1** - drop in - 1st Tuesday of month.

CRAFT CONNECTION 2 - 3.30pm - get together & have fun with different weekly crafty projects - £3 per week [\[Booking Essential, pay at session\]](#)

INTERNATIONAL CLUB 5.30 - 7pm - **FREE** - drop in - 2nd Tuesday of each

STITCH HAPPENS 2 - 3.30pm - **FREE** - drop in - 1st/3rd Weds of each month - All needlecrafters welcome. [\[Term Time Only\]](#)

Wednesday

ESOL CLASSES - Improve your English skills - **FREE** - drop in sessions at 10.30am [beginners] & 11.30am [improvers]. [\[Term Time Only\]](#)

Thursday

BEREAVEMENT CAFÉ 12 - 1.30pm - **FREE** - drop in café for the bereaved.

JUST A CUPPA - 10.30am - 12.30pm - **FREE** - drop in and meet others for a friendly chat over a brew.

Friday

[Library Opening Hours](#)

Staffed hours:

Tues - Fri 10am - 7pm
Sat 1pm - 4pm

Open Libraries:

Mon 8am - 7pm
Tues - Fri 8am - 10am
Sat 8am - 10am
Sun 10am - 4pm

Multiply Maths Support
10.30am - 12pm
FREE maths support &
signposting.
4th Friday of month.

To book events:



SCAN ME

or go to
bit.ly/3Jw52QA



WEDNESDAYS

No need to book just drop in between
1:30pm – 3:00pm

CONVERSATIONS IN COLOUR

Spend time with others, chat, and make new
friends through mindfulness colouring

Starts Wednesday 3 July

Refreshments available – donations welcome

borrow discover connect

Would you like to
relax, unwind,
and connect with
others?

Are you interested
in making new
friends?

Want to do
something simple
but creative?

DOWNHAM MARKET
LIBRARY

The Priory Centre
Priory Road
Downham Market

Norfolk
PE38 9JS

01366 383073

 Norfolk County Council

What's happening



Barton Bendish Events 2024

Look out for further details on these and other events throughout the year:

In Aid of:

Community Breakfast	Sat 11 th May	9.30am Hall	
Pop Up Café	Fri 24 th May	12-3pm	Gaza
Pop Up Café	Fri 14 th June	12-3pm Hall	Guide Dogs for Blind
Open Gardens	Sun 23 rd June	11.00am – 5.00pm	
Community Breakfast	Sat 20 th July	9.30am Hall	
Pop Up Café	Fri 26 th July	12-3pm Hall	Tapping House
Pop Up Café	Wed 4 th Sept	12-3pm Hall	Macmillan
Community Breakfast	Sat 14 th Sept	9.30am Hall	
Art Exhibition	Sat/Sun 21 st /22 nd Sept	ALL DAY	

There is also a Community Hub which is held every week on a Tuesday afternoon from May 7th onwards from 2 – 4pm. This event offers you a chance to chat and meet people and to bring hobbies and craftwork with you. There is no charge.

ALL WELCOME

Look out for our new Facebook page: St Andrew's Church, Barton Bendish

Enquiries to bartonbendishevents@gmail.com

Updated 10/05/24

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.



A

Diagnosed with Autism/Asperger's?

Want to connect with other adults with
Autism?

We meet 11.30 am - 2.30 pm Wednesdays

The Steam House Cafe, Kings Lynn
102 High Street, PE30 1BW

If you would like to attend our
Wednesday social groups,
please contact / register with
j.saint-laurent@asperger.org.uk



Events

Norwich

Norfolk County Council Co-Production Event



COPRODUCTION WEEK 2024

NORFOLK

The Real Care Deal - Over A Brew

FACE TO FACE

3RD JULY

11.00am-12:30pm

[Click here to book](#)
[for Over A Brew](#)

2.00pm-4:30pm

[Click here to book for](#)
[The Real Care Deal Workshop](#)

directors of
adass
adult social services
eastern region
connecting innovating improving

**CURATORS
OF CHANGE**

**OVER
A
BREW**

COPRODUCTION WEEK 2024

EVENTS

Join Curators of Change Collective, and ADASS Eastern Region Over A Brew as part of SCIEs National Co Production Week 2024.



“Coproduction week 2024 invites us to look at the need to go beyond familiar voices and increase equity and diversity in co-production and spark discussions and innovations to address those gaps and improve people’s experience of co-production in social care” - SCIE

Event 1 – Over A Brew - The Value of Coproduction/What’s missing - 11am-12.30pm

More human approaches to social care are what sit at the heart of Norfolk’s Real Care Deal. The Real Care Deal has been coproduced with people with lived experience in response to the tragic deaths of three young people at Cawston Park Hospital (now closed)

The ADASS Eastern Region Over A Brew Crew invites you to the launch of Over A Brew Norfolk, as part of the ongoing work to ensure The Real Care Deal, becomes a natural part of the everyday conversations we have in relation to social care. This session will be an opportunity to hear a bit about Over A Brew, and to experience how it works, and the difference it can make.

Event 2 - The Real Care Deal – The next phase - 2-4pm

In the afternoon – there is a further opportunity to get involved in the conversation about The Real Care Deal. This interactive session will tell the story of how The Real Care Deal came to being, the difference it is starting to make – and be an invitation to people to contribute their thoughts and ideas about where we go next!

BONUS Event – 10am - 5pm – A Camerados Public Living Room and #DunkOff

in the Marble Map area – for people to drop into throughout the day, regardless of their involvement with the 2 events, and to leave comments and thoughts about The Real Care Deal, and find out more about the upcoming Norfolk Season of Over A Brew. This is a no agenda space, and will not be ‘staffed’ – come and be alongside the whoever else finds the space, and have a conversation about The Real Care Deal #OverABrew

Bonus event
Camerados #DunkOff

County Hall, Martineau Lane, Norwich NR1 2DH



Lord Mayor's Weekend

The Lord Mayor's Weekend is Norwich's biggest free weekend street party. Hosted by Norwich City Council, the Lord Mayor's Procession takes place on 13 July (from Norwich Cathedral at 3,00pm), continuing with entertainment in Chapelfield Gardens.

On Sunday, the Great Norwich Duck Race starts at 2.30pm from Lady Julian Bridge down the River Wensum. Further information on the Norwich City Council website –

<https://www.norwich.gov.uk/lmw>



📍 Save the date! The Priscilla Bacon Lodge Summer Fair is back! ☀️

Join us on Saturday, 20th July, from 11.00am to 3.00pm at Priscilla Bacon Lodge for a fun-filled day, whilst supporting the Priscilla Bacon Hospice Charity!

We have an exciting range of activities including:

- 🎟️ Raffle
- 📦 Tombola
- 📖 Book stall
- 🎨 Face painting
- 🐛 Bug hotel activity
- 🎨 Arts and Craft stalls
- 🛒 Priscilla Bacon Hospice Charity Retail pop-up shop
- 🎯 Traditional games like "hook a duck", "tin can alley", and "splat the rat".
- 🍦 Ice creams

Don't forget our fabulous Friends Café, who will be serving up BBQ delights, scrumptious cakes, and refreshing drinks!

Parking:

- 🅅 Disabled car parking on site
- 🚗 Parking available off-site at the Quadram Institute. Just a 10-minute stroll from Priscilla Bacon Lodge

For further information or if you are interested in booking a stall at our fair, please contact lousearcher@priscillabaconhospice.org.uk

We can't wait to welcome you to fun and games at the Priscilla Bacon Lodge Summer Fair!


Priscilla Bacon
Hospice Charity

SAVE THE DATE

Priscilla Bacon Lodge Summer Fair

Join us on Saturday 20th July from

11.00am to 3.00pm

**for a fun-filled day with traditional games,
stalls, refreshments and activities!**



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

Norfolk Learning Disability Locality Groups



Norfolk Learning Disability Partnership Locality Meetings



The **Locality Groups** are for People with a Learning Disability and the families and carers.

For More Information



01362 685860

contact@norfolkldpartnership.org.uk



At the **Locality Groups** you can find out about the Norfolk Learning Disability Partnership and help us make Norfolk better for people with a Learning Disability

Norwich Locality Group

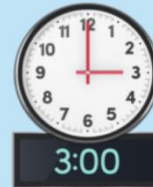


The Norwich Locality group covers areas such as Norwich and the surrounding areas.

Time and Date



Venue:
The Willow Centre, 1 Willowcroft
Way, Cringleford, Norwich NR4 7JJ





Star Throwers
Cancer Support Charity
Registered Charity. 1162237

Star Throwers Garden Party

**SATURDAY 20TH JULY 2024
11AM - 3PM**

**STAR THROWERS CENTRE,
30 MELTON ROAD, WYMONDHAM**

Grand Raffle, Tombola, Chocolate
Tombola, Guess the Weight of the
Cake*, Entertainment,
Refreshments, Crafts, Jar Tombola,
and much more...

- Kindly donated by High Delights Ltd

To donate a raffle/tombola prize
or baked goods please contact: teresa@starthrowers.org.uk

www.starthrowers.org.uk

Norfolk Learning Disability Locality Groups



Norfolk Learning Disability Partnership Locality Meetings



The **Locality Groups** are for People with a Learning Disability and the families and carers.



At the **Locality Groups** you can find out about the Norfolk Learning Disability Partnership and help us make Norfolk better for people with a Learning Disability

For More Information



01362 685860
contact@norfolkidpartnertship.org.uk

South Norfolk Locality Group



The South Locality group covers areas such as Watton, Thetford, Wymondham, Dereham and surrounding areas

Time and Date



Venue:
Breckland Business Centre,
Dereham, Norfolk, NR19 1FD



Broadland

What local councils can do for us. A public meeting, everyone welcome!

2.00pm Friday 19th July 2024

Gage Road Chapel, Sprowston, NR7 8BN

Programme

2.00pm -2.10pm Welcome

2.10pm -2.55pm Louise Simmonds, Talk: Handyperson Service in Broadland

2.55pm-3.15pm Free Refreshments

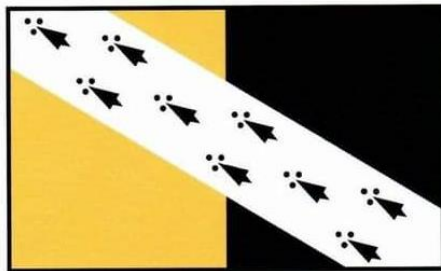
3.15pm-3.30pm Bill Couzens, Talk: Provision for older people in Sprowston

3.40pm-4.15pm BOPP AGM



Norfolk Day Festival

Saturday July 27th



10am - 4pm

Hoveton Village Hall

Free entry & Free car parking

Hosted by the Friends of Hoveton Village Hall

Sundowners Bar 4pm - 8pm with



Food trucks - Ice cream - Artisan stalls - Gifts - Crafts

FREE KidZone - 3 Magic shows - Balloon animals

Face painting - Games - Raffles & Tombola

Motorbike exhibition - Live music - Bar

The Broadland Ukes

Cafe - History exhibition

East Norfolk

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For More Information



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Great Yarmouth and Waveney Locality Group



The Great Yarmouth & Waveney Locality group covers areas such as Great Yarmouth and Waveney and the surrounding area.

Time and Date



Venue:
Independence Matters, Suffolk Rd,
Gorleston-on-Sea, Great Yarmouth
NR31 0LJ

North Norfolk



23rd July Fakenham Salvation Army 9am-1pm **Living with long-term health conditions**

9th August 10-1pm The Reef, Sheringham-**Nature connections**

13th August 9am-1pm New Life church, North Walsham-**Back to school**

16th August 12-4pm Stalham Town Hall-**Mental health, social connections and volunteering**

6th September 9-1pm The Venue, Holt-**Dying matters**

24th September 12-4pm Stalham Poppy Centre-**Living with long-term health conditions**

8th October 3-7pm Old Cottage Hospital, Wells-**Men's mental health**

24th October 12-4pm North Walsham community centre-**Living with long-term health conditions**

6th November 12-4pm Old cottage hospital, Wells-**SEND (up to 25 yrs)**

26th November 1-5 Cromer Parish Hall -**Living with long-term health conditions**

5th December 1-5pm North Walsham Community Centre- **Grieving matters**

There will be cost of living and preparing for winter, Women's health(Holt and Cromer), Adults with learning disabilities, New year, new start, Employment and dementia specific(potentially Cromer) which are yet to be confirmed.

If you would like to be added to the invite list for the above events, please contact the community connectors:

community.connectors@north-norfolk.gov.uk

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North Norfolk Locality Group

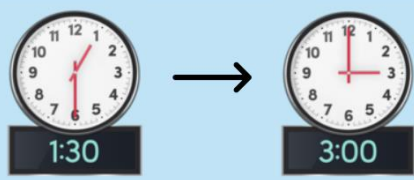


The North Locality group covers areas such as Aylsham, Cromer, North Walsham, Sheringham, Fakenham, Holt, Blakeney, and Wells Next-to-sea.

Time and Date



Venue:
About With Friends, 22D Holt Rd
Cromer, NR27 9JW



West Norfolk

Norfolk Learning Disability Locality Groups



Norfolk Learning Disability Partnership Locality Meetings



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For More Information



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contact@norfolklpartnership.org.uk

Kings Lynn and West Norfolk Locality Group



The Kings Lynn and West Locality group covers areas such as Kings Lynn, Wisbech, Hunstanton, and surrounding areas.

Time and Date

Thursday	July	2024
18		

Venue:
Park View Resource Centre, Birch Tree Cl, London Rd, King's Lynn PE30 5QD



→



Spotlight on Mile Cross

MILE CROSS, NORWICH

Mile Cross is a roughly triangular area of Norwich to the north of the medieval city wall with the river Wensum to the west, Aylsham Road to the east and Boundary Road to the north. It seems uncertain where the name came from, but there are two main suggestions. One is the presence of two ancient stone crosses, the flaw in the argument being that neither is a mile from any significant point. Another possibility is that there were several windmills in the area before the land was built on and the sometimes erratic old English spelling of "mill" was "myle".



Mile Cross is probably best known for the council housing estate built by Norwich Corporation. In 1919 David Lloyd George said the Country should build "homes fit for heroes" for those surviving the carnage of the Great War. The 1919 "Addison" Housing Act promised government funding for half a million new homes within three years. Norwich immediately engaged four local architects to design the first garden suburb to provide high quality housing with facilities like shops, pubs, allotments, schools, churches and gardens.



Slum clearance further boosted the need for housing in the city and by 1935 the city council had built 5,000 new homes, Mile Cross containing a significant number of these. World War II provided further impetus and development continued, including the three tower blocks built on Bowers Avenue in the mid-1960s. Employment was provided through direct labour to build the estate and later on by FW Harmer, one of the country's biggest clothing manufacturers located on Havers Road after their city centre factory was bombed, and by Edwards and Holmes, manufacturers of high quality footwear, especially ladies' fashion shoes. Entertainment was provided just across the Aylsham road by the Crystal Lido indoor swimming pool and the Capitol cinema. The pool could be covered to provide a dance floor and both were merged into The Norwood Rooms. More physical sports are still available on the pitches of Sloughbottom Park.



These two houses have been rebuilt to the original George Skipper design after being bomb damaged. This refurbishment is typical of a modern, thriving community adapting to changing times. Mile Cross is a great example of the difference local government can make and a tribute to the residents of the area, past and present, who have been meeting the challenges of more than 100 years.

The history and development of Mile Cross has been dramatised and publicised by a wonderful community theatre group, THE COMMON LOT, and there is also a mass of fascinating information in a blog written by Mile Cross Man.

Kind regards,

Janine, Partnership Coordinator

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>

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