



## YOUR VOICE IN NORFOLK NEWSLETTER

of  
Norfolk Older People's Strategic  
Partnership (NOPSP)

March 2024- Edition 55

### **Word from the Chair**

We have some good news. Adult Social Services is going to continue to fund us for 2024/25.

With our partnership meetings and *Your Voice in Norfolk* newsletter thriving we now need to focus our activities on talking to more older people across the Norfolk. We've decided to start by focusing on a couple of market towns and their surrounding areas in each district council area but there are a lot to choose from. They will, naturally, be places with a higher than average proportion of older people, and a mix of rural and urban areas to take account of the differences in accessing services. We also need some places with health inequalities because that is a priority of health and social care. We would really appreciate it if you can tell us about any vibrant communities you know of which might be prepared to work with us.

The rurality of Norfolk was brought home to me a few weeks ago when a colleague gave me a lift from Norwich to Sheringham. We passed through a string of small villages and only one town of any size in 20 miles, and this was on a main road. I got to thinking about what access the people who live there have to local services and how far they have to

travel to get what they need. By contrast, the Sheringham Helps event was lively with a community centre full of stalls run by local organisations that support people who live in the town and the surrounding area.

While February has brought good news about pharmacies starting to provide seven services that were previously provided by doctors to reduce the pressure on surgeries (see below, page nine), it has also seen further service closures. Sheringham is losing a bank branch which means that the nearest one will be in Norwich. At the same time Lloyds will be ending its mobile bank van service which visited towns once a fortnight, because more people are moving to digital. LINK, the company that provides cash machines, can organise banking hubs which are staffed by the staff of the major chains. We only have two at present, both on the southern borders of Norfolk. In addition, one of the post offices in Wymondham has closed because the Post Office was unable to find a new postmaster. At the same time one of the energy companies has told its customers that they will no longer be able to pay them by cheque directly. If they want to continue to pay in that way, they will have to do so at their nearest post office. If they have a post office nearby, that is.

And finally, there are three consultations this month that affect older people:

The adult social services consultation on the level of the Minimum Income Guarantee at which people of working age will be charged for services -

<https://norfolk.citizenspace.com/health/non-residential-care-charging-policy>

One from the county council on the detail of some budget cuts –

[https://norfolk.citizenspace.com/consultation/savings-proposals-2024/?utm\\_source=Facebook&utm\\_medium=social&utm\\_campaign=Orlo](https://norfolk.citizenspace.com/consultation/savings-proposals-2024/?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo)

and one from Healthwatch on delayed hospital appointments –

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

Please find time to look at them if you can.

Best wishes

Mary Ledgard, NOPSP Chair (Interim)

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## **Norfolk and National**

- Wellbeing Events and Socials
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- Age UK Norwich Updates
- Home Instead – Companionship Café
- EPIC Norfolk - Activity Afternoons for Over-50's
- The Walled Garden
- Mind Norfolk and Waveney sessions:
  - Crops in Pots Course
  - Forest Bathing Sessions
- Duncan's Club – Supporting People with Dementia

## **South Norfolk**

- Wymondham Methodist Church Open Door
- Poringland Women's Shed

## **Breckland**

- Creative Arts East Socials

## **East Norfolk**

- Age Connected Mid-Week Morning Quiz
- DIAL's Hot Spot and Cafe
- Network East Norfolk - Bradwell Church Starts New Dementia Group
- Creative Arts East Socials

## **North Norfolk**

- Salvation Army – What's On
- Tuesday Grief Café

## **West Norfolk**

- Creative Arts East Socials

## **Events**

### **Norfolk and National**

- Age Without Limits – See and be Seen Action Day – 20th March 2024

## **Norwich**

- N&W Compassionate Communities Event - March 27th - Invitation and Booking Link
- Home Instead – Free Dementia Workshop
- Intergenerational Activities and Learning in Older People's Care Homes (LARCH) - Knowledge Exchange Conference
- St. Elizabeth's Hospice - Attend Online & in Person Events with Compassionate Communities

## **South**

- U3A Wymondham
- Tibenham Village Hall – Rural Loneliness and Isolation Event
- Star Throwers Coffee morning
- Harleston & Waveney Valley Veterans and Serving Forces' Breakfast Club

## **North**

- PositiviTea Event

## **Spotlight on Thorpe Hamlet**

## Norfolk Older People's Strategic Partnership (NOPSP) meeting

Thursday 14<sup>th</sup> March 2024

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

### Agenda

0930am Tea and coffee on arrival

1000am Welcome and housekeeping

#### **Topic- Information and Advice**

1015am Talk from Ben Scarlett, Director, at Norfolk Community Advice Network (NCAN)

1100am Comfort break

1115am Talks from Sarah Walsgrove: Information and Advice Assistant Manager, Age UK Norfolk; and Paula Doran: Information, Advice & Welfare Lead, Age UK Norwich

1200pm Comfort break

1215pm Talk from Kaitlin Ferguson from Creative Arts East on Arts for Health programme

1230pm Update on NOPSP's work and 'Living Longer, Living Well'

1300pm Close and sandwich lunch

**Please ensure you have emailed [nospb@aol.co.uk](mailto:nospb@aol.co.uk) if you are planning to attend so we can ensure correct numbers for seating, catering etc.**

**Health**

**and care**

## **National and Norfolk**



### **Over 10,000 NHS Pharmacies Begin Treating People for Common Conditions**

Patients in England will be able to get treatment for seven common conditions at their high street pharmacy from today without needing to see a GP, as part of a major transformation in the way the NHS delivers care. More than nine in ten community pharmacies in England – 10,265 in total – will be offering the ground-breaking initiative, with the health service making it easier and more convenient for people to access care.

Highly trained pharmacists will be able to assess and treat patients for sinusitis, sore throat, earache, infected insect bite, impetigo, shingles, and uncomplicated urinary tract infections in women (under the age of 65) without the need for a GP appointment or prescription.

The major expansion of pharmacy services will give the public more choice in where and how they access care, aiming to free up 10 million GP appointments a year.

<https://www.england.nhs.uk/2024/01/over-10000-nhs-pharmacies-begin-treating-people-for-common-conditions/>

## Boots Pharmacist



Boots now offers the NHS Pharmacy First Service\* in England for seven common conditions.

The service helps make patient care for minor ailments more accessible and convenient.

The NHS estimates the service will help save 10 million GP appointments by next winter.\*

Patients can now see a pharmacist first and do not need a GP appointment or a prescription to get advice and treatment for sinusitis, sore throat, earache, infected insect bites, impetigo, shingles or an uncomplicated urinary tract infection in women.

- Treatment may be an over-the-counter medicine or prescription medication, depending on the clinical needs of the patient.†
- No appointment is needed.
- Private consultation rooms are available for confidential discussions.

<https://www.boots.com/healthhub/a-z-services/pharmacy-first>

Other pharmacies will offer this service- More than 10,000 pharmacies have already signed up to Pharmacy First – that’s over 95 per cent of all those in England.

<https://healthmedia.blog.gov.uk/2024/02/01/pharmacy-first-what-you-need-to-know/>

## NHS Health Check

Recently had an invite for an NHS Health Check?

There are lots of ways you can book at a time and location convenient to you.

Don't put it off, book today

[https://orlo.uk/nhs\\_health\\_checks\\_iGoZA](https://orlo.uk/nhs_health_checks_iGoZA)

[ToHealth Community Health Checks](#)



The poster features a black and white dog with its paws on a ledge, looking over. At the top, there are four logos: Norfolk County Council, Improving lives together (Norfolk and Waveney Integrated Care System), Reed Wellbeing, and the NHS logo. The main text is in white on a black background.

**Don't shy away!**  
Stay healthy. Book your free NHS Health Check today.

<https://www.nhs.uk/conditions/nhs-health-check/>



**Read the latest issue of NSFT's stakeholder magazine 'Better Together'**

This digital magazine, shared every two months, showcases a range of NSFT stories, action, and delivery against our priorities, together with partner organisations across Norfolk and Suffolk. NSFT are working hard to make sure that they provide regular updates to you all and all who support them, whilst also recognising and sharing examples of great practice led by colleagues across the organisation.

Please do find time to read and share this issue. NSFT would love to hear your feedback too – please email [nsft.communications@nsft.nhs.uk](mailto:nsft.communications@nsft.nhs.uk) with your thoughts.

<https://www.nsft.nhs.uk/download.cfm?doc=docm93jjm4n2861>





### Patients fast-tracked home in new scheme

Some Norfolk patients are getting the chance to recover at home faster thanks to a new fast-track service. More than 150 patients have so far taken advantage of the project after having either knee or hip replacement surgery at the Queen Elizabeth Hospital in King's Lynn. Usually, they would need to spend between three and five days on the ward but now, if judged suitable, they get extra support prior to their operation in special physio 'joint schools' which make sure they are fully prepared and have a full recovery.

When asked about it afterwards, it scored an average 9/10 score.

<https://healthwatchnorfolk.co.uk/news/patients-fast-tracked-home-in-new-scheme/>

### Norfolk County Council - Ready to Change

**Are you ready to change?**

**If you'd like to**

- **stop smoking**
- **maintain a healthy weight and a balanced diet**
- **get more physically active**
- **drink less**

A free online tool can help you make small changes to improve your health.



Try it out at  
**[www.norfolk.gov.uk/readytochange](http://www.norfolk.gov.uk/readytochange)**

 Norfolk County Council Public Health

 ready to change  
your way to better health

The poster has a dark blue background with colorful geometric shapes in the corners. The text is white and bold. The QR code is black and white.

**Norfolk NHS Audiology Service**

Hearing loss affects you and your loved ones. NHS hearing aids are here to help. Contact us now for an appointment.



**NHS**  
Norfolk NHS Audiology Service

**NHS-Funded Hearing Aids now with Bluetooth**

**NO GP REFERRAL REQUIRED**

**BOOK NOW: 01603 964441**

Service provided by Audiological Science

|| FORM ON FACEBOOK

**NHS Hearing Aids Now with Bluetooth Technology**

Book Now



Like



Comment



Share

 207

Most relevant ▾



Author

**Norfolk NHS Audiology Service**

Hello Everyone, Audiological Science is a provider of NHS Hearing Aids. We are committed to offering Hearing Aids and Hearing Tests at no cost to you. You can find more information about our services on the NHS website:

<https://www.norfolk-nhs-audiology.com/>

# Hear for Norfolk Adult Audiology Service



Supporting people with hearing loss  
and related conditions



## Do you have trouble hearing?

If 'yes', then we are here to help!

We are very proud to be providing an Adult Audiology Service, which offers **free** (NHS funded) hearing assessments and hearing aids fitting service to people age 50 and over with age related hearing loss. The service is delivered by fully trained, registered and experienced Audiologists from our community-based and mobile hearing clinics, and domiciliary and care home visits for people who are housebound.

There are two ways you can get a **free** hearing assessment appointment with us:

- You can self-refer to us directly by phoning us on 01603 404440 or by emailing [audiology@hearfornorfolk.org.uk](mailto:audiology@hearfornorfolk.org.uk), or via our website [www.hearfornorfolk.org.uk](http://www.hearfornorfolk.org.uk)
- You can contact your medical practice and request a referral for a hearing assessment at Hear for Norfolk (patients registered with Medical Practices in the Central Locality of the NHS Norfolk & Waveney ICB).

**We have appointments available. Contact us today!**

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Hear for Norfolk is the operating name of **Norfolk Deaf Association (NDA)**, a Charitable Company Limited by Guarantee registered in England & Wales No. 07966408, Registered Charity in England & Wales No. 1146883  
14 Meridian Way, Meridian Business Park, Norwich, NR7 0TA

**Information**

**and**

**advice**

## **Norfolk and National**



**Norfolk**  
County Council

### **Free electrical fire safety events being held by Norfolk Fire and Rescue Service**

Three electrical fire safety events will be held at different locations in the county in March, delivered by Norfolk Fire and Rescue Service.

Members of the public are invited to bring along their electric blankets and portable heaters to be tested and will also be able to speak to the fire service about fire safety in the home.

The events will also be attended by Trading Standards and Healthwatch Norfolk. This will give people the chance to find out about product safety and advice and accessing help with health and social care.

The electrical safety days will take place from 10.30am to 4pm each day at:

North Earlham Fire Station on Tuesday 5 March

Great Yarmouth Fire Station on Wednesday 6 March

King's Lynn North Fire Station on Thursday 7 March

There is no need to book – just turn up with your electrical items.

<https://www.norfolk.gov.uk/article/56991/Free-electrical-fire-safety-events-being-held-by-Norfolk-Fire-and-Rescue-Service>

## **Scam Alert – Emails Claiming to be from ‘TV Licensing’**

Norfolk County Council are highlighting a warning from Action Fraud about TV Licencing scam emails after they received over six thousand reports in the first two weeks of 2024. Common themes for these emails are claims that your licence is about to expire or there was an issue with your latest payment or direct debit. The emails also provide a link to enable the recipient to resolve the ‘issue’.

These emails are **not** from TV Licencing and any links contained within the message are likely to go to a genuine looking fake version of the TV Licencing website which will attempt to gather personal 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.

TV Licensing offer the following advice to help spot scam TV Licence emails:

- **Check the sender** - Genuine TV Licensing emails are sent from donotreply@tvlicensing.co.uk or donotreply@spp.tvlicensing.co.uk.
- **Partial Postcode** - If you have provided us with your postcode details, our emails will include part of your postcode and/or the name on the licence
- **Look for your name** - If you’ve given us your name, then we’ll always address you using your last name and title. The scammers won’t normally have that information about you. So, watch out for emails that only address you as “Dear client” or “Dear customer” – or just use your email address (or part of it)
- **Check the spelling and grammar** - Because scammers can’t use our genuine TV Licensing web addresses or email addresses, they’ll try to use slightly different spellings – look out for things like hyphens and full stops in odd places. Be suspicious too if there are mistakes in the email with capital letters or other grammatical errors, like missing full stops – this could be a scam
- **Check the links** – Be wary of emails promising money/refunds. For example, phrases such as, “click below to access your refund”, followed by a request to provide your credit card or bank details (we would never process a refund in this way). Always check links in an email before clicking or tapping them.



- **If you're on a computer** hover over the link (but don't click it). This will reveal the name of the web address that you are being sent to.
- **If you're on a smartphone or tablet** press and hold on the link (don't release while you are on the link). This will reveal the name of the web address that you are being sent to.

You can report scams to the Citizens Advice consumer helpline, online on the Citizens Advice website 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 or by calling 0300 123 2040.

<https://www.norfolk.gov.uk/business/trading-standards/scams/consumer-alerts>

### **Trusted Trader**

Jobs for the weekend? Need a trader you can trust?

Norfolk Trusted Trader, the only approved trader scheme from Norfolk County Council, has a directory of more than 200 quality local businesses from cleaners to carpenters, builders to boiler repairs.

It's your way to choose with confidence and avoid rogue traders.

Find the link to our website in the comments below 📌



<https://www.norfolk.gov.uk/business/trading-standards/trusted-trader>

*Help us help*

# SHERMAN

Smoker

Hoarder

Elderly  
or lives  
alone

Reduced  
mobility,  
hearing  
or visual  
impairments

Mental  
health  
issues

Alcohol  
misuse,  
drugs/  
medication  
dependence

Needs  
care or  
support



People who show these characteristics could, potentially, be more at risk of a fire; so it's very important to get them the help they need.

Norfolk Fire and Rescue Service can provide free home fire safety advice and offer an in person home visit to those most at risk.

By scanning the QR code, you could help improve the safety of those most at risk.



Norfolk County Council

*So if you know a*  
**SHERMAN**

GAIN THEIR PERMISSION AND REQUEST A VISIT FROM NORFOLK FIRE AND RESCUE SERVICE BY SCANNING THE QR CODE, VISITING OUR WEBSITE [WWW.NORFOLK.GOV.UK/FIRE](http://WWW.NORFOLK.GOV.UK/FIRE) OR VIA 0300 123 1669



## Norfolk County Council Budget Consultation

The proposals we are consulting on are:

- ➔ The Reduction of opening hours at some recycling centres to deliver a more consistent approach, in line with neighbouring authorities.
- ➔ Reduction in streetlight provision
- ➔ Changing the opening hours and Introducing pre-booking of visits and new paid services at the Norfolk Record Office

To find out more about each proposal, and to take part in the consultations please visit

[https://orlo.uk/savings\\_proposal\\_MukfG](https://orlo.uk/savings_proposal_MukfG)



**Closes 22 March 2024** [https://norfolk.citizenspace.com/consultation/savings-proposals-2024/?utm\\_source=Facebook&utm\\_medium=social&utm\\_campaign=Orlo](https://norfolk.citizenspace.com/consultation/savings-proposals-2024/?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo)



**Healthwatch :**

**Delayed Appointment or Treatment**

Have you had a hospital appointment or treatment delayed recently? Tell us whether it's been rescheduled.

Have you recently had an appointment or treatment at your local hospital cancelled?  
Tell us your experience...

**healthwatch**

healthwatch.co.uk  
Tell us if you've experienced delays or cancellations

Learn more

The banner features a dark teal background with white text. At the bottom left, there are two overlapping semi-circles, one pink and one green. The Healthwatch logo is in the bottom right corner of the banner. Below the banner is a light grey bar containing the website URL, a call to action, and a button.

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

### **Experiences of Carers of Adults with Serious Mental Illness (SMI)**

This survey is aimed at people who care for an adult (18+) with Serious Mental Illness (SMI). Common diagnoses associated with SMI include:

- Schizophrenia/ Schizoaffective Disorder
- Bi-polar disorder
- Psychosis
- This can also include other diagnoses such as major depressive disorder, personality disorder and eating disorder, (when they are long-term and severely impact the person's life).

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



### **The Sanctuary Scheme**

The Sanctuary Scheme is part of a new Norfolk-wide initiative which helps survivors of domestic abuse to continue living in their own homes when it is safe to do so. If you live outside of the South Norfolk and Broadland area, you will need to contact your local Council to find out how to apply. Funded by the Department of Levelling Up, Housing and Communities through a grant made possible by Norfolk County Council.

Our Sanctuary trained officers will assess each property and install any suitable target hardening measures to improve security. They can install extra security measures, such as new locks, security lights, alarms to ensure survivors feel secure and smart/ camera doorbells.

<https://www.southnorfolkandbroadland.gov.uk/help-hub/sanctuary-scheme>



## Befriending Volunteers

Age UK Norfolk's Befriending service makes over 13,000 befriending calls a year to lonely older people.

Sign up as a volunteer today and make a difference to the life of an older person this year.

- Requires as little as 30 minutes per week
- Make calls from the comfort of your own home
- Make new connections & meet new people



<https://www.ageuk.org.uk/get-involved/volunteer>



# SMS VERA



**When you need us, we'll be in the palm of your hand.**

Age UK Norwich is encouraging over 50s to sign up for its new text service, SMS Vera. It will allow people to seek help or support, hear about new clubs or services, or give feedback to the charity.

The service doesn't require a smartphone and is free of charge!



To sign up to this service, contact us here:

 [enquiries@ageuknorwich.org.uk](mailto:enquiries@ageuknorwich.org.uk)

 01603 496333

Age UK Norwich, Registered Charity Number 1094623.



## Commissioner for Older People & Ageing

Dear Ms Hagon-Powley,

So many older people have told me that they don't feel listened to by decision makers. We all deserve better. We need a Commissioner for Older People and Ageing in England. Even if you don't live in England, I need your help as they could influence decisions that affect the entire UK.

**Not everyone is having the retirement they'd hoped for.** So many of the problems that older people face need an independent voice in Government to champion older people's rights and hold the Government departments to account. **I'd like your help to make this happen.**

**Do you agree there should be a Commissioner to champion older people?**

Yes

No

I think we need a Commissioner for Older People and Ageing now – and it's only getting more important. There are already more than 11 million people over 65, and in less than 20 years, this will be 1 in 4 of us.

There's already a Commissioner in Wales and Northern Ireland – and Age Scotland is campaigning for one in Scotland. Our campaigning community needs to work together across the nations to make sure the whole UK is a great place to grow older.

Please, sign this [open letter](#), launched in coalition with 70 other organisations including Independent Age, the National Pensioners Convention, and the Centre for Ageing Better.

Best wishes,

**Eorann**

Age UK Campaigns



**Keep up to date**

Website: [www.ageuk.org.uk/campaigns](http://www.ageuk.org.uk/campaigns)

Twitter: [@aaeukcampaions](https://twitter.com/aaeukcampaions)

[https://campaigns.ageuk.org.uk/page/142001/petition/1?ea.tracking.id=Email1/?utm\\_source=campaigns\\_newsletter\\_080224&utm\\_medium=email&utm\\_campaign=campaigns\\_newsletter](https://campaigns.ageuk.org.uk/page/142001/petition/1?ea.tracking.id=Email1/?utm_source=campaigns_newsletter_080224&utm_medium=email&utm_campaign=campaigns_newsletter)



## The Priority Services Register



**Energy Networks Association**



Sponsored ·

If you need additional support, you can get help when help is needed with the Priority Services Register Find out if you are eligible here.

[#BeWinterReady](#)

**Are you eligible  
for the Priority  
Services Register?**

Go to  
**[thepsr.co.uk](https://www.thepsr.co.uk)**



Prepare Care Share

The Priority Services Register (PSR) is a free UK wide service which provides extra advice and support, including when there's an interruption to your electricity, gas or water supply.

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

## **Mind Free Mental Health Training**

### **Mental health**

#### **Free mental health training**

Norfolk and Waveney Mind are hosting a series of workshops for those working with people with mental health problems. In collaboration with the Integrated Care Board (ICB), the training (for those in a client/service user facing role) will be on:

- Mental health awareness (a half-day online session);
- Mental health first response (a two-day course);
- Suicide awareness and prevention (a half-day online session); and
- Eating disorders (a one day in-person course).

There are a number of dates for each over the next few months. For further information and to book visit the Norfolk and Waveney Mind [website](#).

<https://www.norfolkandwaveneymind.org.uk/ics-training#enhanced>



**Brain Health**



**Alzheimer's Research UK**



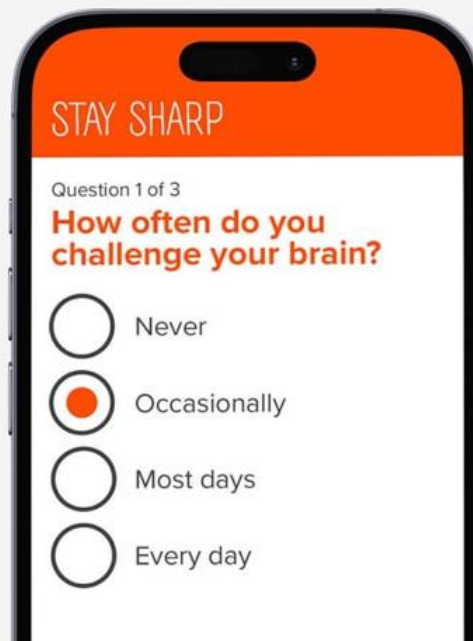
Sponsored ·

Your brain is incredible. Did you know that you can take simple steps to protect it?

We created the Think Brain Health Check-in to help you look after your brain and reduce your dementia risk.

# TAKE PART IN THE BIG BRAIN HEALTH CHECK-IN

Take our quick  
Check-in and  
find ways to  
reduce your  
risk of dementia



[www.alzheimersresearchuk.org](http://www.alzheimersresearchuk.org)

**It's time to Think Brain Health.**

[Learn more](#)

<https://www.alzheimersresearchuk.org/brain-health/check-in/>

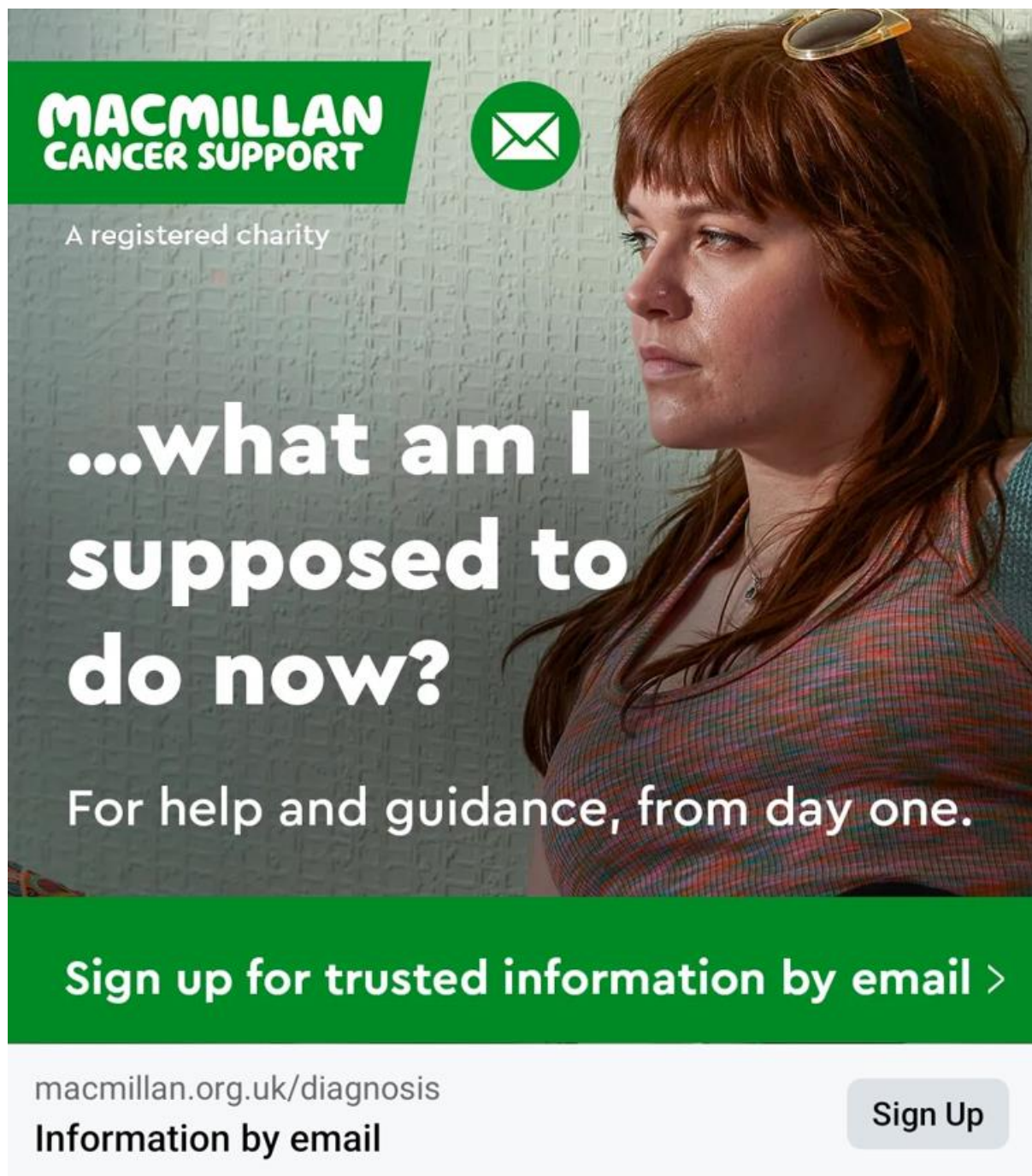
## Become a Dementia Friend



A Dementia Friend is somebody that **learns about dementia** so they can help their community.

Too many people affected by dementia feel that society fails to understand the condition they live with. Dementia Friends help by raising awareness and understanding, so that people living with dementia can continue to live in the way they want.

<https://www.dementiafriends.org.uk/register-digital-friend>



**MACMILLAN  
CANCER SUPPORT**

A registered charity

**...what am I  
supposed to  
do now?**

For help and guidance, from day one.

**Sign up for trusted information by email >**

macmillan.org.uk/diagnosis  
**Information by email**

**Sign Up**

<https://www.macmillan.org.uk/diagnosed-with-cancer>

# BREAST CANCER NOW

The research &  
support charity

## **Back Our Call For a National Breast Screening Awareness Campaign**

Screening finds most breast cancers early, when survival is almost 100%. That means if more women attend screening, we can save more lives from breast cancer.

But the NHS target for how many women should be screened for breast cancer has just been missed for the fourth year in a row. If we want to save more lives from breast cancer – things urgently need to change.

<https://action.breastcancernow.org/back-our-call-national-breast-screening-awareness-campaign>



### **Talking About Cancer Together Project**

What does your organisation know about the support available to people affected by cancer? Would your staff or volunteers benefit from knowing more about the range of cancer support available to people in Norfolk and Waveney?

Community Action Norfolk (CAN) are delivering a Talking About Cancer Together Project which aims to increase awareness amongst the voluntary and community sector of the support available to people affected by cancer in Norfolk and Waveney. Having developed a detailed understanding of the landscape of cancer focused organisations, services, and support groups, over the next two years they want to share this knowledge with as many of Norfolk's voluntary and community organisations as possible. So that your staff and volunteers are more knowledgeable, empowered, and confident when speaking to people affected by cancer regarding the support available to them, enabling as many people as possible to access the advice and support they need.

They would really value voluntary and community organisations / groups completing a short survey to help inform the free training offer for 2024 and the resources they are developing. Hearing your views on the support and information that would be of most value to your organisation or group is essential. With so many of us likely to be affected by cancer in our lifetimes, they want to work with colleagues and communities to increase their awareness of the support available and knowledge of cancer so they can feel confident in supporting others to access available support.

Please click here <https://www.surveymonkey.com/r/RW3RBBM> to access the survey which closes on **11th March 2024**. If you would like to know more about CAN's Talking About Cancer Together Project or discuss any of the above, please contact Kate at [kate.doe@communityactionnorfolk.org.uk](mailto:kate.doe@communityactionnorfolk.org.uk)

**Get Involved; Help Campaign for a Fairer Deal for Norfolk's Rural Communities**

The Rural Services Network (<https://www.rsnonline.org.uk/>) is the national voice for rural areas, campaigning on their members behalf for a fairer deal for rural communities. Read more about the work that they do and how you can get involved by writing to your MP and telling them about your frustrations and the impact on your communities here –

<https://www.rsnonline.org.uk/help-us-campaign-for-rural-fair-funding>

<https://www.communityactionnorfolk.org.uk/sites/content/get-involved-help-campaign-fairer-deal-norfolk%E2%80%99s-rural-communities>



# LIVING WITH LOSS

**North Norfolk Macmillan Cancer Support Centre, Cromer Hospital**

At some point in all our lives we are affected by loss, bereavement and grief. Each experience is different and very personal. It can be very difficult to understand and manage the way we feel and cope.

If you would like to explore the feelings and coping strategies of loss, as well as debunking the myths that surround this subject you can sign up to one of our loss recovery sessions. The small group sessions are run by a specialist grief recovery facilitator who can support you as you learn more about loss. This will be a session lasting about one and a half hours.



We create a safe setting in which attendees are encouraged to share their personal experiences and are supported in sharing as much or as little as they feel comfortable with.

Any information about experiences shared in these sessions remains confidential to those attending and must not be shared outside the group.

If you are interested in booking a place or finding out more about these sessions, please contact a member of centre staff to discuss.

**Please drop in to the Cromer Macmillan Information Centre, or call**

**Tel: 01603 641559, or you can send a message via**

**Email: [CromerMacInfoCentre@nnuh.nhs.uk](mailto:CromerMacInfoCentre@nnuh.nhs.uk)**



### **Garden Kit**

Saving water doesn't mean we have to cut down on our cuppas or wear our socks two days on the trot, but there are lots of ways we could all use a little less water around the home and garden whilst also saving energy. Did you know 46% of people think their household uses under 20 litres a day? In fact, the average person in our region uses 136 litres of water per day! Let's work together to save more water for our environment, wildlife and future generations. Order your Water Saving Garden kit here!

<https://www.anglianwater.co.uk/help-and-advice/save-water/water-saving-tips/in-the-garden/order-a-garden-kit/>



### **Independent Living Newsletter**

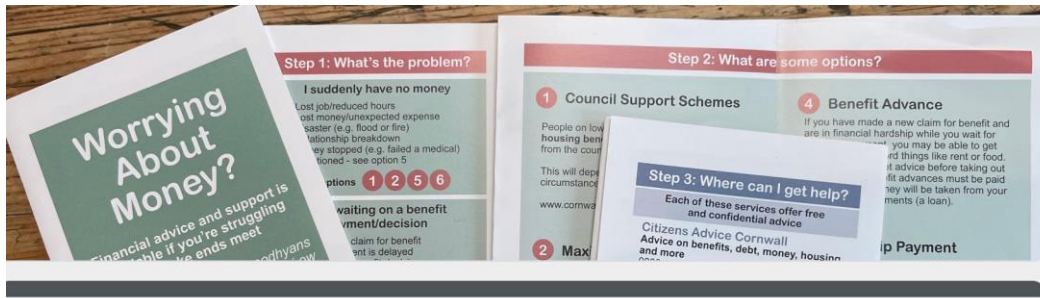
Contents include –

- CASCAIDr's last hurrah
- Euan's Guide survey results
- Visually impaired audio describer
- Digital discovery at any age
- Homecare medicines services
- DWP and financial data

<https://preview.mailerlite.com/a2b5h0p9z3>



## Breckland 'Worrying About Money?' Leaflet Launch



## Printing Request: Cash First Referral Leaflets

You can use this form to request free copies of the 'Worrying About Money?' cash first referral leaflets currently in circulation or in the process of being co-developed in Scotland, England, Wales and Northern Ireland.

Find out more at [www.foodaidnetwork.org.uk/cash-first-leaflets](http://www.foodaidnetwork.org.uk/cash-first-leaflets).

If you have any questions please contact IFAN at [admin@foodaidnetwork.org.uk](mailto:admin@foodaidnetwork.org.uk). Thank you.

<https://www.worryingaboutmoney.co.uk/breckland>

[https://docs.google.com/forms/d/e/1FAIpQLSdHU6\\_dF\\_Tt0FST4mLPitKNm\\_mv0Kpwlx68WrDgaHCrtcZ0A/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdHU6_dF_Tt0FST4mLPitKNm_mv0Kpwlx68WrDgaHCrtcZ0A/viewform)

## Which? Food and Health Newsletter



<https://www.which.co.uk/about-which/which-newsletters-akBCD7z3vqqS#food-health-newslette>



## **Signs of Radicalisation**

It can be hard to know what to do if you're worried someone you know is expressing extreme views or hatred, which could lead to them harming themselves or others. In Norfolk the County Council and Norfolk Police, working closely with other organisations, protect vulnerable people from being exploited by extremists through a Home Office programme called Prevent - <https://homeofficemedia.blog.gov.uk/tag/prevent/>

The Prevent Strategy, first published in 2015, has just been refreshed and aims to stop people from becoming terrorists or supporting terrorism. The 2023 strategy has three objectives:

- Tackle the ideological causes of terrorism
- Intervening early to support people susceptible to radicalisation
- Enabling people who have already engaged in terrorism to disengage and rehabilitate.

If you have concerns someone is being radicalised, please contact [preventreferrals-NC@Norfolk.police.uk](mailto:preventreferrals-NC@Norfolk.police.uk) for a referral form.

If you have any general questions about the work of the Norfolk Prevent team please email Russ Cole, Norfolk County Council Prevent Coordinator on [russell.cole2@norfolk.gov.uk](mailto:russell.cole2@norfolk.gov.uk). If there is immediate danger, always call 999.

# Signs of radicalisation- what to look for

There are many factors that can make someone **vulnerable to radicalisation**. They can apply to any age, social class, religion, ethnic or educational background.

More important than any one specific sign is the sense that something is not quite right with the person you're worried about. You could spot **one sign or a combination of signs** that are increasing in intensity.

Sometimes they can be indicators of other underlying issues or challenges that are not connected to radicalisation. If you are concerned, trust your instincts and contact us or one of the organisations listed on the website for advice.

<https://actearly.uk/spot-the-signs-of-radicalisation/what-to-look-for/>



# Autism central is here to help!

Sometimes talking to people who share similar experiences to yours means you're more likely to feel understood and get the support you need.

The Autism Central Peer Education Programme is for parents, carers and Personal Assistants of autistic people of any age. They do not need a diagnosis to access the service. Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others.

#### What we can offer:

- A constantly growing range of information and resources is available on the Autism Central website [www.autismcentral.org.uk](http://www.autismcentral.org.uk)
- Weekly online groups sessions - drop-ins and themed sessions covering a range of topics
- 1:1 support via a telephone or Teams call. This can be requested via the QR code below

[www.autismcentral.org.uk](http://www.autismcentral.org.uk)



Funded by



Delivered by



Wymondham Heritage Museum - Volunteering

**Wymondham  
Heritage  
Museum**

**WE  
NEED  
YOU!**

**VOLUNTEER  
WITH US TODAY!**

*CAN YOU SPARE A FEW HOURS  
A MONTH? CONTACT US VIA OUR  
SOCIAL MEDIA OR WEBSITE NOW!*

*volunteers@thewhm.org.uk  
tearoom@thewhm.org.uk*





Carers  
Identity  
Passport



Carers Voice  
Norfolk & Waveney



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

# Are you looking after someone?

Get your FREE Carers Identity Passport

For unpaid Carers of all ages in Norfolk & Waveney



Carers  
Identity  
Passport



# Carers Identity Passport

**Be recognised, valued and respected in your caring role**

Unpaid Carers have told us they want to be identified in healthcare settings. We have co-produced a Carers Identity Passport to ensure Carers of all ages, including Young Carers and Parent Carers, in Norfolk & Waveney are recognised. **The Carers Identity Passport is for identification only.** It enables Carers, the people they care for and staff to work together as a team.

Available digitally and/or as a card and lanyard.



To request a Carers Identity Passport, scan the QR code or visit: [carersvoice.org/carers-identity-passport](https://carersvoice.org/carers-identity-passport)  
If you need support to complete the online form, please call **07932095312**.

This Carers Identity Passport is currently recognised within the:

- Acute Hospitals
- Community Healthcare Trusts
- Norfolk and Suffolk Foundation Trust



Visit [carersvoice.org/passport-info](https://carersvoice.org/passport-info) for current information about where the Carers Identity Passport is recognised and list of FAQs.



Scan the QR code for more information about the support available for Carers in Norfolk and Waveney, or visit: [improvinglivesnw.org.uk/carers](https://improvinglivesnw.org.uk/carers)

Please contact [carersidentitypassport@carersvoice.org](mailto:carersidentitypassport@carersvoice.org) or call **07932095312** if you have any questions.

# What is the 'MUST' score & how it can be used in care homes?



**Download your FREE ebook here**

<https://www.caredocs.co.uk/what-is-the-must-score-and-how-can-it-help-assess-the-risk-of-malnutrition/>



### **Small Grants Made Available to Village Halls in England**

A Defra funded grant scheme has reopened to new applicants who wish to undertake smaller projects such as disability access, toilet upgrades and new kitchens, and make improvements to their rural community building. Grant awards of between £2,000 to £5,000, and up to 20% of eligible project costs are on offer. Project expenditure must take place before 31st March 2025. The fund will remain open until available funding is fully allocated. Details about how to apply can be found here - <https://acre.org.uk/village-halls-small-grants-fund/>

### **Jelly Drops**



Jelly Drops are an innovative sugar-free treat, made of 95% water with added electrolytes & vitamins, designed to increase fluid intake. Popular with people with dementia, the elderly & others who struggle to stay hydrated. To find out more please see the links to follow-

<https://www.alzheimers.org.uk/blog/jelly-drops-sweets-tackle-dehydration-dementia>

<https://www.healthline.com/health/dementia/jelly-drops-for-dementia>

[https://www.jellydrops.com/?gad\\_source=1&gclid=EAlaIQobChMI7q6elpiXhAMVI5hQBh16jgMdEAAAYASAAEgL-B\\_D\\_BwE](https://www.jellydrops.com/?gad_source=1&gclid=EAlaIQobChMI7q6elpiXhAMVI5hQBh16jgMdEAAAYASAAEgL-B_D_BwE)



## **More People Face Self-funding Care as Means-testing Thresholds Frozen for 14th Consecutive Year**

More people face self-funding their care in England after the government froze means-testing thresholds for a 14th consecutive year.

The capital limits governing access to care in England in 2024-15 will remain at levels set in 2010, the Department of Health and Social Care (DHSC) confirmed today in its annual social care charging circular - <https://www.gov.uk/government/publications/social-care-charging-for-local-authorities-2024-to-2025/social-care-charging-for-care-and-support-local-authority-circular>

This means people with assets worth more than £23,250\* will continue having to fully fund their care unless their council sets a more generous threshold for services other than permanent care home placements, which very few do.

*\*The capital thresholds include the value of the person's home if they are in a permanent care home placement and their home is not occupied by their partner, a relative aged 60 or over or who is incapacitated or a child.*

<https://www.communitycare.co.uk/2024/02/09/more-people-face-self-funding-care-as-means-testing-thresholds-frozen-for-14th-consecutive-year/>

# The King's Fund >

## **Call for Radical Refocusing of Health and Care System to put Primary and Community Services at its Core**

The health and care system in England must be radically refocused to put primary and community care at its core if it is to be effective and sustainable, according to a major new report published by The King's Fund - <https://www.kingsfund.org.uk/insight-and-analysis/reports/making-care-closer-home-reality>

The report authors argue that the failure to grow and invest in primary and community health and care services, despite successive governments stating a commitment to this agenda, is one of the most significant and long-running policy failures of the past 30 years.

<https://www.kingsfund.org.uk/insight-and-analysis/press-releases/radical-refocusing-primary-community-services>

# **Activities**



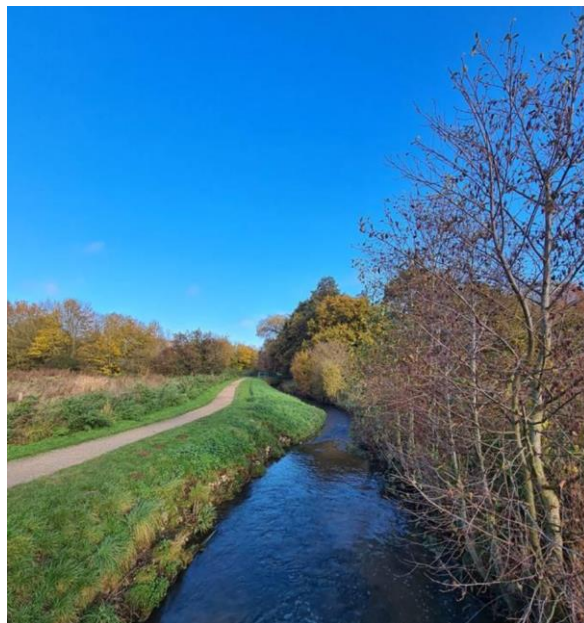
## Norfolk and National

### Wellbeing Events and Socials

**wellbeing Socials**



**Norfolk and Waveney  
Talking Therapies**



*Photo taken on the Dereham Wellbeing Walk*

The days are starting to get warmer, brighter, and seeing the first shoots of spring! Why not take advantage of this and join one of the Wellbeing Walks? Wellbeing have walks all over the county from Coastal, Town, City & Countryside, a chance to meet like-minded people for an amble and a chat then a cuppa!

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!

# Cafe Socials

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

**Halesworth - Tues 5th March 12 noon**

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

**Attleborough - Weds 13th March 1.30pm**

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

**Norwich - Thurs 14th March 10.30am**

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

**Fakenham - Mon 18th March 1.30pm**

Pensthorpe Cafe, Pensthorpe Rd, Fakenham, NR21 0LN

**Theatre Royal Norwich - Tues 19th March 10:30am**

Theatre Royal Cafe, Norwich, NR2 1RL

**Caister - Thurs 28th March 12.30pm**

The Rabbit Hutch, Caister On Sea, NR30 5ET

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

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

**Weds 6th March 10.30am - Hunstanton**

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

**Fri 8th March 10.30am - Cromer**

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

**Tues 12th March 12 noon - Sheringham**

Sheringham Town Clock (opposite Little Theatre) NR26 8RE

**Fri 15th March 10.30am - Great Yarmouth**

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

**Thurs 21st March 13:00pm - Lowestoft**

Meet at Kensington Gardens Boating Lake, NR33 0HY

**Tues 26th March - Gorleston**

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

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



### **News from Mark at TCV**

Spring is in the air (“boing”, said Zebedee) so it’s time to get our tree planting finished (at Sprowston, Hingham and Horsford, where ‘urricanes ‘ardly ever ‘appen) and then we move on to pastures new. Well, strictly speaking its *meadows* new as we will be planting new wildflower meadows\* at two sites in central Norwich. We will also move from cutting willow at East Ruston to teasing out little gorse seedlings from the young heather. There’s also a new woodland path to make, the first steps towards an exciting new network linking miles of little open spaces into an exciting green corridor for everyone to enjoy exploring. And before you know it, it will be Easter, after which tasks will resume again, so that you can burn off all those extra calories from crème eggs.

\* incredibly geeky point, but officially a pasture is grazed, whereas a meadow is cut for hay. You learn something new every day, even if you don’t want to!

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



## Norwich

### Age UK Norwich Updates



## Over 50's Bingo with Age UK Norwich

Norwood Rooms, 285 Aylsham Rd, Upper Hellesdon,  
Norwich NR3 2RE

**2** Tuesday 12th March 2024 at 15:15-16:30.

**4** Session is free of charge! Donations are welcomed.

**10** Refreshments will be provided.

**1** A variety of non-cash prizes to be won!

### To book:

☎ 01603 496333

✉ [clubsandtrips@ageuknorwich.org.uk](mailto:clubsandtrips@ageuknorwich.org.uk)



Registered Charity Number 1094623





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

There will be tea and coffee, yummy cakes, tablet technology to play games on and use the internet (*only if you want to*) and there will also be great company!

**Time:** 10:30-12:00

**When:** Thursday 7th March, 2024

**Your Volunteer:** Lauren

For more information you can email [lauren.pashley@homeinstead.co.uk](mailto:lauren.pashley@homeinstead.co.uk) or alternatively call 01603 963317





**Over 50's  
Activity  
Afternoons**



**The first Friday of every month!**

Join us anytime between 1-3pm

(or from 12pm if you wish to have lunch in the café first – lunch will need to be purchased)

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

**FREE to attend, including a free drink and cake!**

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](mailto:info@epicnorfolk.com)**



supported by Norfolk Community Foundation through the  
Connecting Older People Fund



The Walled Garden is a community shop and café, located in the beautiful village of Little Plumstead, in Norfolk. The address is Old Hall Road, Little Plumstead, Norfolk, NR13 5FA

Parking and secure cycle storage are available. If you would like to visit to shop for essentials, enjoy the café or explore the Victorian walled garden. Dogs are welcome on the terrace and in the garden as long as they are on leads (assistance dogs only are allowed in the cafe and shop).

<https://www.thewalledgardenshop.co.uk/events?category=All&month=March>

## Mind Norfolk and Waveney sessions



# Crops in Pots Course with Nature Connect

**When:** Thursdays 22nd February to 28th March,  
2pm - 3.30pm.

**Where:** Mile Cross Library, NR3 2RJ – in the garden if the weather allows.

The course is an introduction to sowing seeds, through to growing delicious fresh microgreens, herbs and salads. Together each week, we will learn how to care for seedlings, take cuttings, explore composting techniques and pass on the knowledge for you to continue growing at home. No gardens necessary! Come every week or on the sessions that you can.

Book your place with Lucy on **07719971911** or at [natureconnect@norfolkandwaveneymind.org.uk](mailto:natureconnect@norfolkandwaveneymind.org.uk)  
[norfolkandwaveneymind.org.uk/nature-connect](http://norfolkandwaveneymind.org.uk/nature-connect)

Generously supported by the Empowering Communities Fund.

 **mind** Norfolk and Waveney  
Registered charity - No. 1118449



# Monthly Forest Bathing Sessions Second Tuesday of the month Meeting at Sloughbottom Park



To book a place contact Lucy on  
07719971911 or at  
natureconnect@norfolkandwaveney  
mind.org.uk

 **Mind**  
Norfolk and  
Waveney



# COMMUNITY SPORTS FOUNDATION

## **Duncan's Club – Supporting People with Dementia**

Duncan's Club, the new support programme for people with dementia, is a 90-minute session every Thursday morning and afternoon at The Nest, in Horsford. It is the only weekly session of its kind for people in Norfolk with dementia.

Over 12,000 people in Norfolk are living with dementia, and there is a lack of regular support, with most groups only able to meet every 2-3 weeks.

Duncan's Club, named after Norwich City's iconic former captain Duncan Forbes, is a weekly session that includes mild activity, which has been proven to slow shrinkage of the part of the brain that deals with memory.

Sessions are split into three delivery elements: Activate – to help participants stay physically active, Reminisce – using Norwich City as a stimulus to memory, and Talk – a social session in The Nest's café.

Sessions take place on Thursdays from 10:00am to 11:30am and 12:00pm to 1:30pm and are free to join.

<https://www.communitysportsfoundation.org.uk/programmes/duncans-club/>

South Norfolk

Wymondham **Methodist** Church 

Open Door

Refreshments and Conversation  
All are welcome



Colouring ★ Jigsaws ★ Crosswords  
Word Search ★ Sudoku

**IN THE TOWN GREEN CENTRE  
EVERY TUESDAY  
10AM - 12 NOON**

Address - Town Green, Wymondham NR18 0PW





# PORINGLAND WOMEN'S SHED



Wellbeing through craft and DIY.

## Opening Times



Tuesday Evenings 7pm-9pm  
Crafty Catch-up

At The School Bungalow,  
Framingham Earl High School, NR14 7QP



Wednesday Mornings 10am-1pm  
Woodworking & Crafty Catch-up  
At The Community Workshop  
The Footpath, Poringland NR14 7RF



Friday Afternoons 1pm-6pm  
Woodworking & Crafty Catch-up  
At The Community Workshop



For more information.

Website: [womensshedporingland@gmail.com](mailto:womensshedporingland@gmail.com)

Email: [womensshedporingland.wixsite.com](http://womensshedporingland.wixsite.com)



Poringland Women's Shed  
is a division of the  
Poringland and District Men's Shed



**Fight those Winter blues**  
**The Shed is now also open**  
**Fridays 1-6pm**

**Don't forget fish and chip Fridays**  
**Last Friday of the month!**

# Breckland

## Creative Arts East socials

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

FREE hot drink and cake at all events!



# BRECKLAND CREATIVE SOCIALS

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

-----

## Want to come along?

**All events are free to attend!**

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

**Find out more or book a place now...**  
Call us on **01953 713390**, email **info@creativeartseast.co.uk** or visit **www.brecklandartsforhealth.co.uk**



See what's coming up overleaf!

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







## MARCH 2024

### **Egyptian Dancing with Kay Wheatley**

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

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

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

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

**Find out more or book your place now...**

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

Live performances and  
cinema screenings for  
people aged 50+

## BRECKLAND AFTERNOON EVENTS

Spitz & Co Presents...

# ELVIS IN BLUE HAWAII

**Bawdeswell Village Hall**  
**Thurs 21st Mar, 1-3pm**

### FREE TO ATTEND

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

'Original, witty and great fun!'  
- Audience member

A musical  
comedy that  
will leave you  
all shook up!

### Find out more...

Call us on 01953 713390

Email [info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk)

Visit [www.brecklandartsforhealth.co.uk](http://www.brecklandartsforhealth.co.uk)

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

**SCAN  
TO BOOK**



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





A musical comedy which will leave you all shook up. So dig out your best Hawaiian shirt and escape to Paradise!



### About the show

Award-winning Elvis impersonator Joe Reeve (Best Sideburns: GlosVegas 2014) stars in his version of the classic Elvis film 'Blue Hawaii'. His long-time (and long-suffering) tour manager, Josephine Cunningham, is there to keep the show on the road... next stop: Vegas!

Expect audience interaction, plus your favourite Elvis songs.

-----  
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](http://www.brecklandartsforhealth.co.uk)**



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



**AGE+CONNECTED**

**MID-MORNING QUIZ**

**EVERY WEDNESDAY 10-12**

**FUN AND FRIENDLY  
QUIZ FOR ALL  
WEEKLY CASH  
PRIZE**

**AGE CONNECTED  
8-9 REGENT ST  
NR30 1RN**

**£4pp INCLUDES TEA-COFFEE-BISCUITS**





**LOCATION**  
ST. GEORGES CAFE

# DIAL'S

# HOT SPOT & CAFE

Are You Struggling Or Concerned About  
Money/ Debt/ Budgeting?

Come Along For A Friendly Chat, Anyone Welcome!



## HOT SPOT

MON & FRI (10:30AM - 12PM)  
TUE & THU (2:30PM - 4:30PM)



## CAFE

MON & FRI (12-2:30PM)  
TUE & THU (11AM-2PM)  
WEDNESDAY (1PM-3:30PM)

## FOOD & DRINK AVAILABLE:

SOUP & ROLL,  
TEA & COFFEE  
+ MORE!

## ANY QUESTIONS?

01493 856900  
[info@dial-greatyarmouth.org.uk](mailto:info@dial-greatyarmouth.org.uk)



Limited Time: Breakfast baps available  
on 6th Feb & 5th March 9:30-11am



COME AND JOIN  
US FOR

Art & Crafts

AT THE DIAL  
WARM SPACE



EVERY  
MONDAY &  
FRIDAY 10AM-3PM



See you there!

FREE TEA AND COFFEE

DIAL Great Yarmouth  
26-27 King Street  
Great Yarmouth  
NR30 2NZ  
TEL:01493 856900

Funded by

NOrfolk  
COmmunity  
FOundation



Calling all ladies! Come and join DIAL @ St. Georges Café for fun activities and find out about what services are on offer. (once the list of services is confirmed we will post again) there will be free tea/coffee and biscuits. And the café will be open for light bites at a small charge. Any questions? call our office on 01493 856900.

[#stgeorgescafe](#) [#internationalwomensday](#) [#dial](#) [#free](#)

# International Woman's Day

Hosted by DIAL and St Georges Theatre on  
Thursday 7th March from 11.00am-  
2.00pm

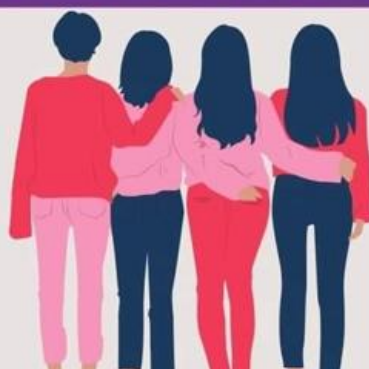
@ St. Georges Theatre Café

Come along and find out about our support  
services and join in with some activities!

Complimentary Tea/Coffee and  
biscuits. And DIAL/St. Georges Café will  
be open for light bites at a small charge.

Further Details To Follow

Charity No 299909.



# network east norfolk

The Norfolk and Norwich Christian community website

## **Bradwell Church Starts New Dementia Group**



*St Nicholas Church in Bradwell has started a Forget-Me-Nots group for people with dementia and their carers or families*

Forget-Me-Nots runs on a monthly basis, offering support, friendship and fun for people with dementia and their families. The group has been set up by Lesley Baillie from St Nicholas Church in Bradwell, near Great Yarmouth and meets monthly at the church.

[https://www.networknorwich.co.uk/Articles/681032/Network\\_Norwich\\_and\\_Norfolk/Regional\\_News/East\\_Norfolk/Bradwell\\_Church\\_starts\\_new\\_dementia\\_group.aspx](https://www.networknorwich.co.uk/Articles/681032/Network_Norwich_and_Norfolk/Regional_News/East_Norfolk/Bradwell_Church_starts_new_dementia_group.aspx)

# GREAT YARMOUTH CREATIVE SOCIALS

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

-----  
Want to come along?

**All events are free to attend!**

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

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

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

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

FREE hot drink  
and cake at  
all events!



See what's  
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overleaf!



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



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





## Upcoming Creative Socials...

**FUN | FRIENDLY  
ADAPTABLE | INCLUSIVE**



Tuesday 5th March

### MARCH 2024

#### **Egyptian Dancing with Kay Wheatley**

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

St George's Theatre Café, 1-3pm



Tuesday 2nd April

### APRIL 2024

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

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

St George's Theatre Café, 1-3pm

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

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

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



## North Norfolk

### Salvation Army – What's On



## WHAT'S ON

AT YOUR LOCAL SALVATION ARMY  
Cremer Street, Sheringham | 01263 826059



### Sunday

**COFFEE & FELLOWSHIP** 10:15am | **WORSHIP** 11:00am

### Monday

**QUEST** 2:00pm-3:30pm Exploring faith in modern life  
(2<sup>nd</sup> & 4<sup>th</sup> Monday each month)

### Tuesday

**PILATES CLASSES** 9am/10:15am/11:30am (Booking Required)  
**SEWING SISTERS** 2:00pm-4:00pm Sewing, quilting & knitting group  
**OPEN WORD** 7:30pm Bible study group

### Wednesday

**CONNECT CLUB** 10:00am-12:00pm Adult multi activity club

### Thursday

**CARERS' GROUP** 10:00am-11:00am Friendly & informal support  
**OPEN DOOR** 10:00am-1:00pm Community drop-in  
Parish Nurse, Employment & Benefits advice, Digital Champions,  
In-Work Support, Training, Wellbeing, Money Management, Food Bank  
**WARM SPACE** 10:00-1:00pm Warm & welcoming  
Board games, Newspapers/Books, Free Wifi, Chat/Meet New People,  
Pastoral Support/Prayer, Free Tea/Coffee/Snacks Available

### Friday

**BEREAVEMENT CARE** 10:00am-12:00pm Support group

### Saturday

**SOLOLINK** 10:00am-12:00pm Social group for those who live alone  
(Fortnightly) For more info call Erica 01263 663427

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**FOOD CLUB** (Discounted shopping - No appointment needed)  
Mon 10:00am-1:00pm | Thurs 10:00am-1:00pm | Fri 1:00pm-5:00pm  
**FOOD BANK** (Emergency provision - Weekday mornings by appointment  
except Thursdays during Open Door)

**YOU ARE VERY WELCOME TO ANY OF THESE**

For more information see our Facebook page and/or our website  
[www.salvationarmy.org.uk/sheringham](http://www.salvationarmy.org.uk/sheringham)

The Salvation Army is a Christian Church & Registered Charity, No: 214779 and in Scotland SC009359

Updated: Jan 2024 / SF



# Open Door



Cremer Street, Sheringham NR26 8DZ  
Thursdays 10:00am - 1:00pm



## Community Drop-In

Free, confidential & person-centered support

### Employability

- Motivation & Confidence
- CV & Interviews
- Job Searching

### Training

- IT Skills / Digital Champions
- Online Courses
- Qualifications

### Spiritual/Emotional

- Pastoral Support
- Relationships
- Prayer

### Health & Wellbeing

- Parish Nurse
- Medical Support
- Mental Health

### Household Support

- Food Bank/Club
- Money Management/Debt
- Benefit Advice / Guidance

### In-Work Support

- Confidence Building
- Performance Support
- Career Development



*Plus access to additional support/agencies...*

For more information see our Facebook page and/or our website

[www.salvationarmy.org.uk/sheringham](http://www.salvationarmy.org.uk/sheringham)

[sheringham@salvationarmy.org.uk](mailto:sheringham@salvationarmy.org.uk) | 01263 826059

The Salvation Army is a Christian Church & Registered Charity, No: 214779 and in Scotland SC009359



# Open Door



Cremer Street, Sheringham NR26 8DZ  
Thursdays 10:00am - 1:00pm



## Warm Space

A safe space to stay warm, have a hot drink/snack and meet new people. You're welcome to join in with board games, read the newspaper, bring a book, your knitting, use our Wifi, chat or simply enjoy the warm space to sit & have space to be quiet. Just drop in - no need to book.

Starting 11<sup>th</sup> January 2024 | All Welcome



For more information see our Facebook page and/or our website  
[www.salvationarmy.org.uk/sheringham](http://www.salvationarmy.org.uk/sheringham)  
sheringham@salvationarmy.org.uk | 01263 826059

The Salvation Army is a Christian Church & Registered Charity, No: 214779 and in Scotland SC009359





# Sheringham Food Club

The Salvation Army, Cremer Street NR26 8DZ

## Opening Times

**Mon - 10am - 1pm**

**Thurs - 10am - 1pm**

**Friday - 1pm - 5pm**

Sheringham Food Club is a 'not for profit' social enterprise set up by Sheringham Corps of The Salvation Army in partnership with Norfolk Community Foundation and other partners/donors. Its purpose is to help people during the current Cost-of-Living crisis by providing food and a limited selection of household goods for sale at a substantially reduced price. Membership (£5) isn't means-tested and is being prioritised for households within the NR26 postcode and surrounding villages.

Application forms are available at the Salvation Army Hall & Charity Shop  
For further information contact Simon Fenn (Community Manager)  
01263 826059 | [simon.fenn@salvationarmy.org.uk](mailto:simon.fenn@salvationarmy.org.uk)  
[www.salvationarmy.org.uk/sheringham](http://www.salvationarmy.org.uk/sheringham)



# Tuesday Grief Café

12pm at Cromer Library Drop in Sessions

This is a chance to meet others who are grieving. A chance to share as much or as little as you wish about your own experiences of loss and grief over a hot drink



Would you like to come to a friendly and safe space where you can sit and talk and find new connections with others, who will have also experienced a death of someone close to them? You may choose to mostly listen or to talk openly about the person you have lost – both are OK.

No need to book - for more information call the library on 01263 512850 or email [cromer.lib@norfolk.gov.uk](mailto:cromer.lib@norfolk.gov.uk)

**borrow discover connect**



**Norfolk** County Council



# West Norfolk

## Creative Arts East Socials

 Funded by  
UK Government

Borough Council of  
King's Lynn &  
West Norfolk 

# WEST NORFOLK CREATIVE SOCIALS



FREE hot drink and  
cake at all events!

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

-----  
Want to come along?

**All events are free to attend!**

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

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

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

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



See what's  
coming up  
overleaf!

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

**LEVELLING  
UP**

We are  
Dementia  
Inclusive 

 ARTS COUNCIL  
ENGLAND

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ENGLAND**

**creative**  
ARTS EAST

## Upcoming Creative Socials...

**FUN | FRIENDLY  
ADAPTABLE | INCLUSIVE**



### MARCH 2024

#### **Egyptian Dancing with Kay Wheatley**

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

Monday 11th March  
Weds 20th March

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



### APRIL 2024

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

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

Monday 8th April  
Weds 17th April

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

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

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

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

# **Events**

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## Norfolk and National



### See and be Seen Action Day – 20<sup>th</sup> March 2024

The Action Day is an important opportunity for all of us - individuals and communities, workplaces, friends, and families - to do something to change or challenge the way we think and act about age and ageing. This year's Action Day theme is See and be Seen, reflecting the lack of realistic representation of older age groups across society. Where we do see older people, they are often portrayed in a way that reinforces negative stereotypes and ageist attitudes.

Get involved by downloading an online Action Day pack and materials for lots of ideas and suggestions from holding a quiz, a 'walk and talk' event, to creating a 'commitment board' where people can pledge to change their way of thinking about ageing.

<https://www.agewithoutlimits.org/resources/action-day-resources>

You can also help take a stand against ageism by supporting one of the many activities already taking place across the country for the Action Day. Find out more on the Age Without Limits website - [https://www.agewithoutlimits.org/action-day?utm\\_source=Age+Without+Limits+Newsletter](https://www.agewithoutlimits.org/action-day?utm_source=Age+Without+Limits+Newsletter)



**Age** without  
limits  
action day

**#SeeAndBeSeen**



# It's time to **See and Be Seen**

Our upcoming Action Day is a chance for individuals, communities and workplaces to learn, take action and help change the way we think about ageing.

Get involved at  
**AgeWithoutLimits.org**





## Norwich



### N&W Compassionate Communities Event - March 27th - Invitation and Booking Link

Imagine if everyone across Norfolk and Waveney knew where to find support if they experience serious illness, sudden loss, or bereavement. Together we can spread the word about what is available across our region and find new ways to work alongside each other as a Compassionate Community.

If you would like to find out about how we can .....

- map and advertise our local community treasures for palliative and end-of-life care
- increase a concept known as Death Literacy in our schools, workplaces, and across our neighbourhoods
- evaluate our work in a meaningful way that tells a story about what has been achieved and learned
- extend our Compassionate Communities network wider across Norfolk and Waveney

.... then this event is for you.

Please join us on **Wednesday, 27th March, 10:00-16:00** at the **Thomas Paine Study Centre, University of East Anglia**.

You will hear from representatives from TimeNorfolk, Off the Twig, Healing Harbour, Music Mirrors, MensCraft, the Norfolk Hospice, Rosedale Funeral Home, Compassionate Communities – East, Norfolk and Waveney NHS Integrated Care Board, as well

as Childhood Bereavement Specialists, and others. We will provide free lunch and refreshments.

If you choose to join us, we ask that you:

- Come ready to participate
- Adopt the mindset of 'everyone a teacher, everyone a learner' throughout the event
- Make a pledge to tell others about what we discuss.

[Click here to register](#)



For more details contact: [g.peryer@uea.ac.uk](mailto:g.peryer@uea.ac.uk)



## Free Dementia Workshop



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

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

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

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

**When: Wednesday 20th March 2024 2pm - 4pm**

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

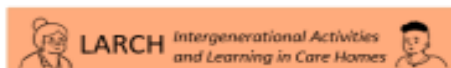
For more information or to reserve a place, contact [lauren.pashley@homeinstead.co.uk](mailto:lauren.pashley@homeinstead.co.uk) or call 01603 963317.

Find our more [here](#), on dementia support for a loved one

<https://www.homeinstead.co.uk/care/specialist/dementia/>

## Intergenerational Activities and Learning in Older People's Care Homes (LARCH) - Knowledge Exchange Conference

Summary – LARCH Knowledge Exchange Conference (UEA Ethics reference, ETH2324-0145)



### **Intergenerational Activities and Learning in Older People's Care Homes (LARCH) Knowledge Exchange Conference to co-produce guidance on intergenerational activities in older people's care homes and promoting social learning and community cohesion**

The LARCH project has spoken with older care-home residents and staff and held a two-hour collective discussion with family members and community-dwelling adults who have taken part in intergenerational activities. Their views have provided a sense of key experiences, benefits, downsides and learnings on intergenerational events in older people's care homes.

These perspectives have been collated in a **draft guidance document**.

Participants will be invited to a Knowledge Exchange Conference to discuss and co-produce the LARCH draft guidance

*When:* Friday, 8th March 2024

*Time:* 10:00 - 15:00 (refreshments on arrival; light lunch provided)

*Venue:* UEA, Queen's Building, Room 01.09 (wheelchair-accessible)

*Facilitators:* Esther Priyadharshini and Kathleen Lane, the two UEA researchers conducting the LARCH study, will facilitate the event

#### ***What is planned for the day***

The Knowledge Exchange event will be a mutual discussion, valuing each person's input. The goal is to help co-produce materials to be made available to people who live in, work in or visit care homes and to people interested in increasing the links between care homes and the community through intergenerational activities. Activities and discussions will take place at individual tables; for some tasks, participants will be encouraged to rotate among themed tables. Feedback will be shared with the whole group.

***If you can attend for only part of the day, you will be welcome – feel free to stay for what suits you.***

*Draft material available one week in advance:*

- a copy of the draft guidance will be available to participants one week beforehand
- Cannot attend, but would like to give feedback?*
- if anyone cannot attend the Knowledge Exchange event but wishes to comment on the draft guidance, they are welcome to return their feedback by 8th March 2024

We are seeking up to 25 attendees with experience or interest in one or both of:

- experience of intergenerational activities in an older person's care home or in community settings over the previous 12 months; this includes university/college students, families and adults living in the community
- professional, practitioner or voluntary interests in the well-being of older adults, families or young people, in social cohesion and/or in informal learning

Access needs: the venue in the Queen's Building at UEA is wheelchair-accessible



Summary – LARCH Knowledge Exchange Conference (UEA Ethics reference, ETH2324-0145)

**I might consider taking part – what do I do next?**

Full Invitation and Information details are available from Kathleen, one of the LARCH researchers (*contact details below*).

In addition, if you have questions that you would like to ask about the Knowledge Exchange event (without any obligation to attend), please feel free to contact Kathleen:

[kathleen.lane@uea.ac.uk](mailto:kathleen.lane@uea.ac.uk) or Tel: 01603 597218

(If you leave a message, Kathleen will ring you back)

**Thank you for reading this summary on the LARCH Knowledge Exchange  
Conference to be held on 8th March 2024**

January 2024

Dr Esther Priyadharshini  
Dr Kathleen Lane  
School of Education and Lifelong Learning  
University of East Anglia

The researchers at UEA are promoting inclusivity and really value input and decision-making from older people during the co-production of intergenerational guidance and fostering links with the community.



### **Attend Online & in Person Events with Compassionate Communities**

Accessing support can help you connect with others and open up conversations. Take a look at what training and social events are on offer from the hospice on the links below. Being able to talk with and comfort people who are experiencing end of life, loss or bereavement can be a daunting prospect - but it needn't be that way. Compassionate Conversations is a free awareness training session delivered by St Elizabeth Hospice.

It is aimed at helping people (aged 18+) build the skills and confidence to enable open, honest, and sensitive conversations around end of life, loss and bereavement, whilst identifying ways to help and support others.

<https://www.stelizabethhospice.org.uk/compassion/events/>

<https://www.stelizabethhospice.org.uk/compassion/compassionate-workplaces/>

## South Norfolk



**Wymondham Central Hall**

**8th March 9.30 to 4.00**

**A One Day Conference**

**Engineering our Future Energy Requirements**

**Speakers will be**

**A vision for the Norfolk Research Triangle**

George Freeman MP

**Sizewell C—East Anglia's Next Nuclear Power Station**

Jack Raven

**Managing Eroding Coasts—approaches to transition and working Coastal Change in North Norfolk**

Dr Sophie Day UEA

**Fusion—powering our future?**

Chris Warrick United Kingdom Atomic Energy Authority

Open to all. £20 including lunch. Tickets available at u3a coffee mornings Central Hall on Thursdays and Sundays or email [courses@wymondhamu3a.org.uk](mailto:courses@wymondhamu3a.org.uk)

For more information about Wymondham u3a  
[www.u3asites.org.uk/Wymondham](http://www.u3asites.org.uk/Wymondham)

Tibenham Community Hall



Website: <https://hall.tibenham.org.uk/> Email: [hall.booking@tibenham.org.uk](mailto:hall.booking@tibenham.org.uk)  
Telephone: 07774 308343 or 01379 674427

# **Rural Loneliness and Isolation**

## **THURS MARCH 21**

**FOLLOWING OUR SUCCESSFUL EVENTS  
2017 - 2023**

Come and see what has changed,  
how to get help and what more we can do

**10am start for 10.30**

free refreshments - lunch 1pm - 3.00

**EVERYONE IS WELCOME**

**More details to follow  
as support services book in.**

**CARERS INFORMATION WILL BE AVAILABLE  
plus lots more**

Contact: [lornapyke@btinternet.com](mailto:lornapyke@btinternet.com) 07786 568073

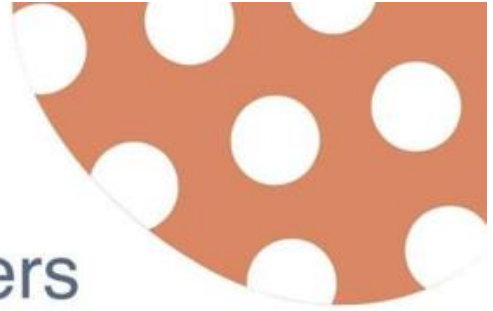
Charity No. 1064012

Pristow Green Lane, Tibenham, Norfolk, NR16 1PX





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



# Spring Coffee Morning & Easter Egg Hunt

**MARCH 23 • 10 AM - 1 PM**  
at the **Star Throwers Centre,**  
**30 Melton Road, Wymondham**

Join us for a very special Easter celebration!

There will be a raffle, tombola, stalls, refreshments, the Treasure Trove shop will be open and this year there will be an egg-hunting activity organised by the Wymondham Rotary Satellite Group.

To donate a raffle/tombola prize  
or baked goods please contact:  
[victoria@starthrowers.org.uk](mailto:victoria@starthrowers.org.uk)



**Wymondham Rotary**  
**Satellite Group**





### **Harleston & Waveney Valley Veterans and Serving Forces' Breakfast Club.**

A number of Armed Forces Veterans have voiced an interest in meeting up in an informal manner (with likeminded (ex-forces / Serving Personnel), to have a chat over a breakfast / brunch and a beer or a brew.

This initiative is to allow a place of camaraderie and friendship without the formality of a club affiliation. Swan Hotel in Harleston has been chosen for the inaugural meeting on Saturday 9<sup>th</sup> March 2024. The Owner Robin Twigge supports this initiative and believes that it is important to have such a meeting place for all Veterans and Forces personnel, living within the towns and villages of the Waveney Valley.

No prior booking is necessary, however it is advised to send an email to Mr Sean Fairfield( [fairfield\\_sean@hotmail.com](mailto:fairfield_sean@hotmail.com) ), to ensure that enough food and seating are made available.

**Where:** Swan Hotel, Harleston

**When:** Saturday 9<sup>th</sup> March 2024, between 11:00 -13:00

**Who:** All Armed Forces Personnel, Veterans, Widows and dependants of Forces Personnel.

**Menu:** Breakfast / Brunch menu with full bar service.

I look forward to meeting all those interested and hope to see you there.

Best Wishes

Sean Fairfield

## North Norfolk

# PositiviTea

Come along, chat & connect

**Thursday 21<sup>st</sup> March from 2-6pm**

**North Walsham Community Centre, NR28 9DE**

Have a cuppa, chat with people, join in with activities & find out about support services and community groups in your area!

## Everyone is welcome!

There will be stand holders there to offer support on the following areas:

Debt & Advice  
Skills & Employment  
Maximising Income  
Mental Health  
Digital Inclusion

As well as staff and volunteers from various community activities & libraries





# Spotlight on Thorpe Hamlet

## THORPE HAMLET

Rail passengers arrive in and leave Norwich at Thorpe Station. The present Grade II listed building was designed by John Wilson and William Ashbee in 1886 replacing the original 1844 station. It was constructed by Sir Samuel Morton Peto who, as a Victorian entrepreneur, is also remembered for building much of London's brick sewer network, Nelson's column and railways around the world.



To the north of the station along the bank of the river Wensum there are reminders of Thorpe Hamlet's rich history. Lollards' Pit, now represented by a pub of that name, was a chalk quarry, probably dug to provide materials for building the cathedral, where heretics were executed. There are no records of the actual numbers of people burned here but most deaths occurred during the attempt of Queen Mary to reverse the reformation.

Almost next-door is the site of Norwich Gas Works. Built in the 1830s Norwich Gas Co. produced coal gas to supply the whole city including the gas street lighting. The two huge gasometer storage tanks were demolished in 2019 and replaced with flats.



A little further along the river the land rises to a spot now enjoyed by dog walkers, painters and photographers called St. James's Hill. In the

summer of 1549 Robert Kett and about 16,000 people protesting against the enclosure of common land, would have looked over the city which they stormed and held for a month. Sadly, it was not a great result for Mr Kett.

Between St James's Hill and the station the 19<sup>th</sup> and 20<sup>th</sup> centuries saw large scale residential development. A wealthy lawyer called Isaac Bugg Coaks built terrace housing naming six of the streets after his daughters, Ella, Ethel, Florence, Beatrice, Marion and Primrose. Mr Coaks was eventually struck off the roll for defrauding his clients.

These streets lead towards The Rosary Cemetery, the first non-denominational burial ground in the country. It was founded in 1819 by a non-conformist clergyman called Thomas Drummond, who is buried there with his wife. Other significant Norwich people buried here include the architect Thomas Boardman, Jeremiah James Colman of mustard fame, Richard Hanbury Gurney, a partner in Gurney's Bank [now Barclays] and railwaymen John Prior and James Light from the 27 killed in the Thorpe Railway Disaster of 1874. Today the cemetery is a peaceful park, the last resting place of many Norwich citizens and home to diverse wildlife.



There is so much more of interest in Thorpe Hamlet, like the GPO sorting office where UK postcodes were first used, major industries like Boulton & Paul and Laurence & Scott nor is there space for a chorus of "On the ball, City" to celebrate Norwich City FC's ground at Carrow Road. Another time, perhaps.



Kind regards

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

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

Answerphone: 07963 304015

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

Have you seen our Facebook page?

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

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

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

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

Your contact details are held to send you information from the NOPSP. Data may include your name, address, email address, contact telephone number, name and address of your organisation and any job title. None of your data is shared with a third party except for the claims and payment of expenses. Please advise if you do not want your details to be held by NOPSP.

**For any enquiries please email: [nospb@aol.co.uk](mailto:nospb@aol.co.uk) or ring 07963 304015 and leave a message.**



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