



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

May 2024 - Edition 57

Word from the Chair

Stuck inside because of the rain and longing to get outside into my garden so that I can at least make it look reasonably tidy until the ground is less sodden, my thoughts have turned to the nature of ageing.

I'm a poor judge of people's ages and I'm often surprised when people tell me; because of the nature of the work we do it emerges naturally in the course of conversations. I only notice when people have aged when I haven't seen them face to face for some time; perhaps it's in their face or they're moving more slowly or even walking with a frame. Mental changes are more difficult to spot. But I know we have people in their 80s who attend our partnership meetings on a regular basis. One thing is clear to me; people age differently.

The Integrated Care System (ICS) sees health inequalities, which include healthy life expectancy and lifelong health outcomes, as a priority and this is reflected in the work of the Place boards and the health and wellbeing partnerships. There are 42 communities across Norfolk and Waveney that fall within the 20% most deprived areas in England, and by no means all of these are in the three largest towns.

The NHS uses different ages as cut-offs for providing different services: 74 for health checks and screening for bowel cancer; 70 for breast cancer screening, despite a recent warning that a third of the women diagnosed are over 70; and 64 for cervical screening. The age at which people are eligible for sheltered housing varies from 55 for some housing associations to 60 for Norwich city council and retirement age for some charitable institutions. Age UK supports anyone who is 50+. It's complicated.

Moving on to what people need, Age UK's vision is a world where everyone can love later life. Its focus is to support "the older people who need us most". The UK Network of Age Friendly Communities, a concept in its early stages in Norfolk, says: "An Age-friendly Community is a place that enables people to age well and live a good later life. Somewhere that people can stay living in their homes, participate in the activities they value, and contribute to their communities, for as long as possible." Closer to home the aim of the ICS Ageing Well Programme Board's strategic plan is to help residents live longer, healthier happier lives. It goes on to talk about providing support for older people to experience the best quality of life and maintain their independence.

Norfolk Older People's Strategic Partnership's aim of supporting older people to live well and independently is clearly in the right territory but the above demonstrates the importance of being open-minded and looking at the full breadth of what's happening in the areas we look at. One size definitely will not fit all.

Best wishes

Mary Ledgard
NOPSP Chair (Interim)

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- Wellbeing Service - May Socials Update
- Cuppa Care Project
- Mental Health Carer Support Groups

Norwich

- Norfolk County Council - Millennium Library Sing-Song
- Age UK Norwich:
May Clubs and Trips Planner
Drinks at Dunelm
- The Pit Stop - Norwich Activities
- Over 50's Activity Afternoon

Breckland

- Age UK Drop-In Support Sessions
- Vision Norfolk Coffee Drop-Ins
- Creative Arts East

East Norfolk

- Golden Threads Club

North Norfolk

- RAF Coltishall Heritage Centre

West Norfolk

- Big C - King's Lynn Support Centre
- Mind Norfolk and Waveney – REST in the Community

- Vision Norfolk – Swaffham Drop-In

Events

Norfolk and National

- Norfolk Palliative Care Conference
- NHS - NNUH Dementia Fayre
- VCSE Leadership Network
- Centre for Ageing Better - An introduction to Age-friendly Communities
- Gas Safe Charity - Think CO - An Introductory Workshop to Carbon Monoxide (CO) Risks at Home

Norwich

- Age UK Norwich:
 - Arty Party
 - Reminiscence Group
- UEA Death Cafe

South Norfolk

- Writing for Wellbeing
- Spring Arts Festival
- Spring Fair
- Wymondham Summer Fete
- Costessey Fete

East Norfolk

- Norfolk Home Library Service - Meet and Greet at Great Yarmouth Library
- Carers Voice – Save the Date

North Norfolk

- Crab and Lobster Festival

West Norfolk

- The Norfolk Hospice Tapping House – Kicked The Bucket
- Sandringham Festival
- **Spotlight on Colney**

The next Norfolk Older People's Strategic Partnership (NOPSP)
meeting will be held on Thursday 20th June 2024

Venue - Aldiss Park, Norwich Road, Dereham, NR20 3PX

Time - 10am to 1pm

Lunch included

Topic - Safeguarding

Detailed agenda to follow in due course

Health

and care

National and Norfolk



Spring COVID-19 Vaccinations

You can now book your spring COVID-19 vaccine online or on the NHS App if you are eligible.

Appointments will start from 22 April. You don't need to wait to be invited.

Find out more about who is eligible and how to book here: <https://nhs.uk/book-vaccine>

Top Tips to Improve Your Mental Health

It is not long to go now until Mental Health Awareness Week, which will be running 13-19 May, on the theme of 'movement: moving more for our mental health'.



Top tips to improve your mental wellbeing

There are little things we can all do to take care of our mental wellbeing.



Just like our physical health, it is important to look after our mental health. This can help us to learn new ways to cope with life's challenges and lead happier, healthier lives.

Simple changes can make a big difference – here are six areas that can help you look after your mental wellbeing:

- 1. Being aware of unhelpful thoughts**
Learn to ask yourself whether your thoughts are helpful or not? Is there a different way to see the situation? What would you say to a friend?
- 2. Focus on now**
Spend time focusing on the present instead of getting stuck on the past or worrying too much about the future. You could try relaxation techniques and mindfulness.
- 3. Getting enough rest**
Make sure you have enough down time before bed and a good sleep routine with a regular bedtime and wake up time.
- 4. Connecting with others**
Make time for socialising with friends and family or online communities where you are able to talk about the way you feel.
- 5. Living a healthy lifestyle**
Eating well and getting enough exercise for your physical health can help to boost your mental wellbeing too.
- 6. Do something for yourself**
Have some 'me time' by spending regular time on the things that make you happy, whether that's a hobby, trying something new or relaxing.



Better Health every mind matters

If you or someone you trust has a smart phone or computer and can access the internet, do visit www.nhs.uk/every-mind-matters/ for more tips and information on caring for your mental health, and find what works for you. You can also get access to the internet at most local libraries.



Healthwatch Norfolk Want to Hear Your Experiences of Social Services – Survey

Healthwatch Norfolk is the independent voice for patients and service users in the county. They gather people's views of health and social care services in Norfolk and make sure they are heard by the people in charge. They are working with Norfolk County Council (NCC) to understand the experiences of people over 65, and their Carers and relatives, of adult social services. The survey results will be used to make recommendations to NCC on how people's experiences can be improved.

Examples of using Adult Social Services include (but are not limited to):

- Support to live in a residential or nursing home
- Carers coming to your own home (domiciliary care)
- Help to make your home safe and comfortable to return to after hospital
- Carers helping you at home after a stay in hospital
- Assistive technology or home adaptations to help you live independently

You can fill in the survey here: <https://www.smartsurvey.co.uk/s/O20K4U/> If you would prefer to fill out the survey over the phone, or would like the survey in Easy Read or large print formats, call Healthwatch Norfolk on 0808 168 9669 or email them on enquiries@healthwatchnorfolk.co.uk

Survey closing date: 15th May 2024

Digital Boost at Norfolk Hospital

Technology is helping improve patient communication and care at a Norfolk hospital. People can now look and change appointment information via the NHS App, and staff can do some patient checks and communicate with each other on a new digital system, at the Queen Elizabeth Hospital in King's Lynn. The hospital is going live on the NHS App alongside the Norfolk and Norwich University Hospital.

This means those who have the app downloaded on their phone or tablet can check their appointments, appointment letters, and clinical information, and have a single point of contact for any question for those appointments.

<https://healthwatchnorfolk.co.uk/news/digital-schemes-at-queen-elizabeth-hospital/>

Dental Recovery Plan

The dental recovery plan aims to make it easier for people to access NHS dentistry by introducing new patient payments, mobile dental vans in remote areas and increasing the minimum payment all dentists get for NHS work.

Find out what the changes mean for you -
<https://www.healthwatch.co.uk/advice-and-information/2024-02-21/what-new-dental-recovery-plan-means-you>








Bowel Cancer Screening

The hospital offers bowel screening to people across Norfolk aged between 56 and 74. They are sent an easy to use test kit in the post every 2 years. If the sample is positive, patients are contacted by a Specialist Screening Practitioner to explain what the test result may indicate, and assess if the person is fit for, and agrees to have a colonoscopy. Nine out of every ten colonoscopies following a positive kit do not show any evidence of cancer, If you're concerned about symptoms contact your GP. Do not wait until your next bowel screening test.



Knowing the symptoms of bowel cancer could save your life

-  Bleeding from your bottom and/or blood in your poo
-  A persistent and unexplained change in bowel habit
-  Unexplained weight loss
-  Extreme tiredness for no obvious reason
-  A pain or lump in your tummy

If you have **any** of these symptoms or if things just don't feel right, go and see your doctor. You may need to visit your doctor more than once if your symptoms don't get better.

Find out more at [bowelcanceruk.org.uk/symptoms](https://www.bowelcanceruk.org.uk/symptoms)

[bowelcanceruk.org.uk](https://www.bowelcanceruk.org.uk)  @bowelcanceruk  /bowelcanceruk

Respiratory Conditions

Do you have a respiratory condition? We want to hear about your experiences with your GP or consultant.

Do you get the care you need to support you?



www.healthwatch.co.uk



Improving lives **together**

Norfolk and Waveney Integrated Care System

Carers in Norfolk and Waveney – Support and Information

Unpaid Carers of all ages play a vital role in keeping people safe and well at home who would otherwise need ongoing care from local services. Local and national data consistently shows that caring can have a significant negative impact on Carers' own health and wellbeing. All GP practices have a carers' register – a list of patients who are providing unpaid care to someone with a long-term health condition. If your practice knows that you are an unpaid carer they can offer you support.

Read on to see what support and information is available in Norfolk and Waveney -

<https://improvinglivesnw.org.uk/our-work/healthier-communities/carers-support/>

Information

and advice

Norfolk and National



Norfolk
County Council

Non- Residential Charging Policy

Norfolk County Council want to make you aware of an important consultation on the Non-Residential Charging Policy, in particular the Minimum Income Guarantee. Residents from across the county can get involved by **filling in an online survey** (large print and easy read versions also available) or taking part in a drop-in session at one of libraries across the county. The Council faces difficult decisions to deliver on its ambitions for the people of Norfolk against a difficult economic climate and more than a decade of reduced funding. Each year, the Council reviews its budget and proposes the savings it will need to make for the following year to balance its budget. They conducted their annual budget and council tax consultation for 2024/25 between October and December 2023. However, the Government's autumn statement and provisional funding settlement, which followed the budget consultation, set out a worse funding position for local authorities than had previously been anticipated.

As a result, the Council is £4m worse off than it had expected to be. They are now running consultations and one of them is about the Minimum Income Guarantee. The consultation will run from Monday 19th February until **Friday, 17th May** and the council is asking people for their views on two proposed changes to the Minimum Income Guarantee. They would value your feedback on the proposals, and they would also value your help in highlighting the consultation and encouraging people to feed back.

You can take the survey and find details of the drop-in sessions by visiting <https://norfolk.citizenspace.com/health/non-residential-care-charging-policy>

or you can email charging.policy@norfolk.gov.uk or phone the Call Centre 01603 306864 for help and support with the consultation.

They have various library sessions available across the county, where they will have the team available to support on submitting responses to the proposals, along with giving guidance to individuals on the impact any proposed changes would have.

Tuesday 7 th May	King's Lynn Library	10:30am – 3:30pm
Tuesday 7 th May	Holt Library	10:30am – 3:30pm
Wednesday 8 th May	Great Yarmouth Library	10:30am – 3:30pm
Thursday 9 th May	Thetford Library	10:30am – 3:30pm
Friday 10 th May	Diss Library	10:30am – 3:30pm
Friday 10 th May	Wymondham Library	10:30am – 3:30pm
Monday 13 th May	Dereham Library	12:00pm – 4:00pm
Tuesday 14 th May	Norwich Library	10:30am – 3:30pm
Wednesday 15 th May	Downham Market Library	10:30am – 3:30pm
Friday 15 th May	Diss Library	10:30am – 3:30pm

Scam Alerts:

Automated Telephone Cold Calls

Trading Standards are warning residents about automated telephone cold calls which make claims about court action due to non-payment of tax. This follows a report from a Norfolk resident who received a call which stated, 'This is a notice of court action due to non-payment of tax' and went on to claim that 'failure to acknowledge this urgent issue will lead to the suspension of your National Insurance number. The call then gave the option to 'press one to speak to our investigations department'.

If you receive one of these calls, advice is **do not** interact with the call, give, or confirm any personal information and **hang up**. If genuine court action was taking place against you, you would be informed formally in writing and given sufficient notice for you to obtain advice before attending. His Majesty's Courts & Tribunals Service advise that they do not make unsolicited phone calls, demand money in advance to prevent a court hearing from taking place or seek payment through gift vouchers bought in local shops.

Telephone Cold Callers Regarding Solar Panels

Trading Standards are warning residents with solar panels on their property to be on their guard for telephone cold callers who call making claims regarding existing systems and checks which they will state are needed. The cold callers will then attempt to make an appointment for someone to visit and inspect the system. In a recent report a Norfolk resident received a cold call during which the caller stated they would be visiting their property in '10 minutes' to 'check the solar panels and meter'. A short time later a male arrived at the property but when challenged by a member of the resident's family to show some identification or who he worked for the male left the property.

Advice is always to be very wary of any approach made in a telephone cold call and **never** agree to services, to having work done or for someone to visit your home if approached in this manner. They also advise that solar panel owners should always talk to their supplier before allowing any work or 'maintenance' to take place on their panels. Generally, a solar panel system does not need servicing, but it may benefit from being cleaned if the panels are dirty. Any work on the electrics of a solar panel system should only be carried out by a qualified electrician, suitably qualified electricians can be found on <https://trustedtrader.team/Norfolk/> or via <https://www.electricalsafetyfirst.org.uk/find-an-electrician/>

Cold Calling Alert - Doorstep Cold Callers

Trading Standards are warning residents to be on their guard after receiving reports of doorstep cold callers attempting to sign consumers up to broadband contracts. This follows a report from the NR2 area earlier this week. During the incident the resident reported that the cold caller claimed they were 'working on behalf of the local council'.

Our advice is never deal with anyone who cold calls at your property offering to sell something or asking you to agree to a contract.

Scam Alert - Facebook Messenger

Trading Standards are warning Facebook users to be aware of messages which appear to be from existing Facebook friends sent via the Messenger service which claims that they have recently been successful in claimed a grant from the 'International Money Fund' and encouraging you to do the same. The message tells you to contact another person on Facebook to 'claim your grant' via a link in the text.

These messages are a scam and are a variation of an 'advance fee fraud'. Anyone contacting the person named will be asked to pay 'fees' or 'charges' to receive the grant that does not exist. If you receive this or a similar message via Messenger our advice is do not interact with the message and contact the friend via another route, if you have one, and advise them their Facebook profile may have been compromised.

Scam Alert - Fake DVLA emails

Trading Standards are warning residents about fake communications which claim to be from DVLA. One recent example shared with them states 'Our records show that you are not up to date with your current vehicle tax' and that 'This is your last (v11) reminder from us'. The email goes on to claim that 'Your Vehicle is not permitted to legally be on the road'. These emails are not from DVLA, anyone clicking on the link provided in the text will be taken to a fake version of the DVLA website which will attempt to gather personal and financial information.

How To Report a Scam

If you receive any email, you are suspicious about, or think is a scam, you can report it to the National Cyber Security Centre by forwarding the message to report@phishing.gov.uk If you have received a message which you believe to be a scam you can also report it to the Citizens Advice consumer helpline on freephone 0808 223 1133.

If you think you've fallen for a scam message and provided financial details, contact your bank immediately on a number you know to be correct, such as the one on the back of your bank card. You can also report suspicious messages and posts to Facebook via their Help Centre, you can find out more at www.facebook.com/help/reportlinks

Library International Welcome Sessions

Norfolk County Council has an updated website for the International Welcome sessions running in libraries and community spaces, with all new sessions marked:

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

Please refer to this when finding relevant information and support for your service users, as they now cover many more areas across Norfolk than previously.

They are contactable through the email migrantsupport@norfolk.gov.uk for support across Norfolk even if people cannot come to physical meetings.

Making the Most of Library Apps

Making the most of the library apps



Manage your library account, renew books, make reservations, and update your personal details using **Spydus**



Read and download newspapers and magazines with **PressReader**



Access a huge range of eBooks, eAudio and eMagazines, to read, listen to and download with **Libby by OverDrive**



Listen to hundreds of eAudio titles to download and listen to from **BorrowBox**

For more information on how to access the library apps

Please visit :

www.norfolk.gov.uk/ebooks



Reading Well for Mental Health

READING WELL

reading-well.org.uk

**Reading Well
for mental health**

Find helpful books
at your local library

Recommended by health professionals
and people with mental health needs

W welcome

SCL Leading & Managing
Public Libraries

ARTS COUNCIL
ENGLAND

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

Norfolk County Council

**THE
READING
AGENCY**

Reading Well for mental health

Reading Well helps you to understand and manage your health and wellbeing using helpful reading available from public libraries. The scheme is endorsed by health professionals and people with mental health needs.

The books provide helpful information and support for managing common mental health conditions, or dealing with difficult feelings and experiences. Some books also include personal stories from people who are living with or caring for someone with mental health needs.

The books have been recommended by mental health professionals and people with experience of the conditions covered. They have been tried and tested and found helpful.

To find out more go to reading-well.org.uk

How does it work?

As part of your treatment, you may have been recommended a book by a health professional. The books are also available for anyone to borrow from the local library.

Where do I find the books?

- Go to your local library where you can borrow the book for free
- If the book is not available, you can reserve it

Joining the library

It is easy and free to join your local library. Library book loans and borrower details are treated as confidential. Some libraries may ask for proof of your name and address.

How can books help?

There is evidence from the National Institute for Health and Care Excellence (NICE) that self-help books can help people to understand and manage common mental health conditions, including depression and anxiety.

Although books can sometimes work on their own, research has shown that self-help approaches often work best alongside support from a health professional. Some of the books have been recommended by health professionals for use as part of treatment. These can be found in the Self-help books to support mental health section of the booklist.

About the scheme

Reading Well has been developed by The Reading Agency in partnership with the Society of Chief Librarians. The programme is funded by Arts Council England, Wellcome and the Welsh Government.

What if the book doesn't help?

If you find the book you are reading is not helping, you should contact your GP or a health professional. You can also visit:

NHS Choices

- nhs.uk
- Helpline: 111

England Improving Access to Psychological Therapies (IAPT)

- england.nhs.uk/mental-health/adults/iapt

Wales

- nhsdirect.wales.nhs.uk

Community Advice & Listening Line (CALL)

- callhelpline.org.uk
- Helpline: 0800 132 737
- Text 'help' to 81066

Other Reading Well lists

You can find other Reading Well lists to support people with dementia and their carers, young people's mental health and people living with long term conditions at your local library.



How We're Improving Bus Services

Norfolk County Council is committed to improving bus services in Norfolk and has developed a bus service improvement plan. The aim is to have a public transport network that customers choose first for most journeys over other modes of transport and which offers simple and affordable fares and ticketing.

In March 2022 Norfolk received the sixth highest allocation in the country from the DfT for our Bus Service Improvement Plan and the funding consists of £30.9m of capital funding and £18.6m of revenue funding.

Continue reading to find out how the money is being spent and the latest updates -

<https://www.travelnorfolk.co.uk/how-were-improving-bus-services/>



AI Voice Scams – How to Avoid Voice Clone Calls

Derbyshire Constabulary are sharing a call that one of their cyber officers received – with a warning to always consider who you're talking to. The voice in this call isn't someone called Jo, it's a voice created with Artificial Intelligence (AI) to make you think you're talking to a real person. You can hear the call on their You Tube Channel -

<https://www.youtube.com/watch?v=tcefyC5S8d0>

If you receive a cold call, or someone asks you for money urgently, remember: Stop. Think. Fraud.

<https://www.derbyshire.police.uk/news/derbyshire/news/campaigns/2024/march/ai-voice-scams--how-to-avoid-voice-clone-calls/>

Which?

Scam Adverts - Are You Still Being Targeted?

Despite major legislative changes to make the internet safer, scam advertisers continue to escalate online. Last year the law toughened up on scams with two major pieces of new legislation, yet a Which? investigation has found that scam adverts continue to litter social media feeds and online search results. In November and December 2023, after the passing of the Online Safety Bill, we combed the biggest social media sites; Facebook, Instagram, TikTok, X (formerly Twitter) and YouTube, as well as the two biggest search engines, Google and Bing, and found blatant fraudulent advertising.

<https://www.which.co.uk/news/article/scam-adverts-are-you-still-being-targeted-a4jj68Q8cQcm>

Age UK Norfolk

Food Vouchers

With the rising cost of living, we know that money worries are a real concern for many older people, particularly for those living on small, fixed incomes. In fact, welfare benefit entitlements are consistently a top enquiry to our Helpline.

We have a (limited) number of Tesco food vouchers for anybody over 60 who is worried about affording their next food shop. Vouchers are available for a variety of locations across Norfolk, with the most availability for those living in Watton, Swaffham, Stalham, Downham Market, Hunstanton, and Dereham.

Please contact our Advice team, who are also able to support with free and confidential benefit checks, for more information on 0300 500 1217 or advice@ageuknorfolk.org.uk.

[#FoodVouchers](#) [#LaterLife](#)



Travelling Companionship

Age UK Norfolk - Travelling Companionship

This Age UK Norfolk service matches lonely and isolated older people with a trained volunteer travelling companion. It aims to help older people reconnect with their local communities, friends, and family, and to help take steps to use public transport, community transport, and taxis. It will also help address barriers in going out, such as anxiety and a lack of confidence. Their companion will accompany them on journeys and provide empowering support to enable them to be able to take the journey alone eventually. Further details on the Age UK Norfolk [website](https://www.ageuk.org.uk/norfolk/our-services/travelling-companionship-c97dd541-a311-ed11-b5cf-0003ff552688/).

<https://www.ageuk.org.uk/norfolk/our-services/travelling-companionship-c97dd541-a311-ed11-b5cf-0003ff552688/>

West Norfolk Carers News



JOINT STATEMENT FROM THE QUEEN ELIZABETH HOSPITAL AND WEST NORFOLK CARERS

To Whom it may concern:

I am delighted to be able to share the attached joint statement from the Queen Elizabeth Hospital and West Norfolk Carers.

West Norfolk Carers remains an independent charity, and will continue to provide its Young Carer Groups, Dementia Groups and support to Carers of all ages.

Our office is currently in the process of moving from Thoresby College to the Hospital premises. We are hopeful that our telephone number will remain the same, though there will be no service for a few days while we wait for this to be arranged.

We are still contactable via email and accepting referrals.

Our new address for any correspondence will be:

West Norfolk Carers
C/O The Queen Elizabeth Hospital
Gayton Road, King's Lynn, Norfolk, PE30 4ET

Please share with your networks.

[westnorfolkcarers.org.uk](https://www.westnorfolkcarers.org.uk)

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



Can We Bank on The Banks? Voluntary Sector Banking Challenges Survey

Since 2022, the Civil Society Group and partners have been working to improve bank account services for charities and voluntary organisations across the UK.

Please complete the survey to help them understand the challenges the sector is facing so that they can advocate on your behalf to the respective charity regulators, government, and the banking sector –

https://forms.office.com/pages/responsepage.aspx?id=yODnZ9Ae0UWwzMq7UCDgNI_7AqxxathPmOppDcSPHtxUQ1Q3NldRWjUyRUIwMDQ4TktISVhBUU8xVy4u#msdyntrid=amcChnz6Qg_7q-CJ6xMyNBc-V7d3UnYIC1qtFAWscpl

The deadline for completion is 12pm on Wednesday 15th May 2024.

<https://www.communityactionnorfolk.org.uk/sites/content/can-we-bank-banks-voluntary-sector-banking-challenges-survey>

Stroke Recovery Service



Each year, over 100,000 people in the UK have a stroke. It continues to be one of the leading causes of death in the UK.

Who is the service for?

Our Stroke Recovery Service is here for stroke survivors, their families and carers to ensure they have the support they need to rebuild their lives post-stroke and into the longer-term.

The impact of stroke can last a lifetime, affecting a person's physical health, emotional wellbeing, family and finances. Our Stroke Recovery Service takes a person-centred approach, working closely with stroke survivors, to understand what is important to them, tailoring to their changing needs over time to help them achieve the best possible outcomes.



What we offer through our service

The Stroke Recovery Service makes sure that people affected by stroke have their **needs placed at the centre** of their recovery journey. Working in collaboration with others across the stroke pathway and within the wider community, we help ensure people have an integrated and seamless experience of care and that they receive the support they need, when and where they need it.

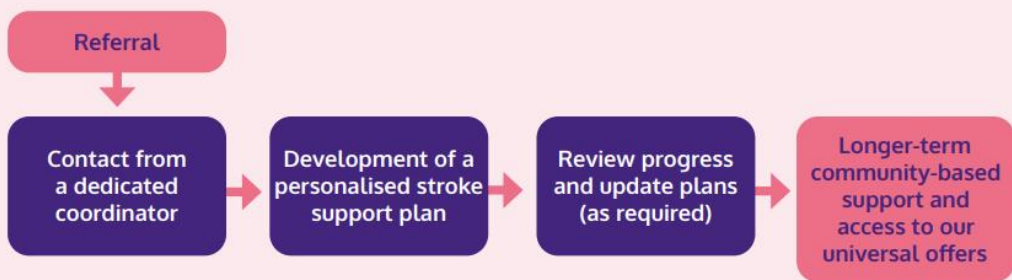
Upon referral to the service, we'll work alongside stroke survivors, their families and carers to develop and deliver a **personalised stroke support plan**. This is based on what they tell us is important to them, including secondary prevention, emotional needs, and their goals.

The service also provides **high quality personalised information and tools** for individuals to support recovery and life after stroke. Throughout the service, we'll connect people to other sources of volunteer and community-based support to build their social connections and networks, taking on a social **prescribing approach** and supporting people to **self-manage**.

"I felt listened to, understood and able to explain the things that I was worried about. The reassurance and information provided was wonderful. I feel more confident now and understand that what I am experiencing is quite normal after a stroke. No-one had taken the time to talk through these things before."
– Stroke survivor



Service pathway



Stroke Recovery Service outcomes

Service activities

- Personalised stroke recovery plan
- Support to identify needs and desired outcomes
- Emotional support and active listening
- Reviews and ongoing updates to personalised plan
- Empower people to self-manage their care
- Provision of high quality information and tools to support self-management
- Support people to navigate the stroke pathway and wider care system
- Support access to advocacy where required
- Inform stroke survivors of their risk factors for further stroke and how to manage these
- Work in collaboration with others across the stroke pathway and maximise the potential of community-based support
- Adopt social prescribing approaches, enabling shared decision-making and choice

Service impacts

- Increased social connection and emotional wellbeing through community-based support
- Increased confidence, sense of control, choice and independence
- Increased understanding of stroke, its impacts and recovery
- Enhanced understanding of how to reduce the risk of further strokes
- Enhanced understanding of how to self-manage their own health and care
- Positive experience of care and support which is personalised to the person accessing the service, their needs, preferences and individual circumstances
- Enhanced understanding and better use of health and care resources

Service outcomes



Enhanced quality of life



People are more independent



Need for care and support is reduced



Mental health and emotional wellbeing is improved

Every five minutes, stroke destroys lives. Help us to rebuild them.

For further information:

Email: services@stroke.org.uk

Visit: stroke.org.uk/strokerecovery

Item code: A1ZT01 © Stroke Association 2021

The Stroke Association is registered as a charity in England and Wales (No 211015) and in Scotland (SC037789). Also registered in the Isle of Man (No. 945) and Jersey (No. 221), and operating as a charity in Northern Ireland.



**NORFOLK
AUTISM
PARTNERSHIP**

The Norfolk Autism Directory

Welcome to the Norfolk Autism Directory, your one-stop shop for Autism services in Norfolk! Managed by the Norfolk Autism Partnership Board, we're here to make navigating support easier for you - <https://www.norfolkautismpartnership.org.uk/>

To begin, simply enter a keyword in the search box above or browse through our popular categories below. If you'd like to explore all listings, click here –

https://directory.norfolkautismpartnership.org.uk/?page_id=12

<https://directory.norfolkautismpartnership.org.uk/>



West Norfolk Community Transport

Launched in 1992, West Norfolk Community Transport (WNCT) is a Company Limited by Guarantee, Registered Charity Number 1069180. WNCT was set up to provide a range of safe, affordable door to door transport services for people who are unable to access public transport due to location, age or mobility issues. The aim of WNCT is to provide services for people which contribute to increased levels of social inclusion. Our vehicles have low steps and tailgate lifts for people in wheelchairs.

WNCT now offer a wide range of transport solutions across the County. They are setting up a new medical transport service for people within King's Lynn to get to any of its medical facilities, including St James Medical Practice - <https://www.wnct.co.uk/stjamesmedicalcentre/> and King's Lynn Health Hub opening in summer 2024. In April 2024 WNCT are expanding its rural community transport offering to specified destinations in King's Lynn (Village Link West - 5 days a week) as they are now able to take concessionary passes.

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



Your Shop & Hub

Supporting domestic abuse survivors.

Visit our drop-in hub offering information & support

Home Start Items

Food Parcels

Pre-Loved Clothes

Baby Items
Milk etc...

Donations always welcome

01603 927717 (shop)

07854 044680 (out of hours mobile)



Find us on

Facebook

12 Corbet Avenue, Sprowston, NR7 8HS

Dawn's New Horizon: The Charity

Provide a listening ear

Safety planning advice

Emotional & practical support

Coaching & counselling

Accompany to appointments

Sign posting to other agencies

The emotional & practical advice we offer is confidential, enabling people to get their lives back on track. Dawn's New Horizon work in a non-judgemental environment supporting clients to make independent decisions about their life & their future.

dawnsnewhorizon.org.uk

dawnsnewhorizon@yahoo.com

Monetary donations accepted at



www.paypal.me/dawnsnewhorizon

Registered Charity No. 1196950



Marie Curie - How We Can Help

Their services help provide a better end of life for more people, whatever the illness.

Hospice care at home – Marie Curie Nurses, healthcare assistants and palliative specialists provide clinical help and emotional support in the comfort of your own home, day, or night.

Hospice care - Marie Curie Hospices help anyone with an illness they're likely to die from, and those close to them, receive the care and support they need. Whether you're staying with us or coming in for the day, we're here to help.

Companions - Companions provide the free emotional and practical support you want – at home, in hospital or over the phone.

<https://www.mariecurie.org.uk/help>

VOLUNTEERS NEEDED

We are looking for volunteers to help out at our cancer support centre in Wymondham.

Volunteer duties will include: meeting and greeting visitors, making refreshments, helping with laundry and basic admin.

The centre offers a safe and friendly environment where you can make a difference to those affected by cancer,

We are ideally looking for people who are able to volunteer weekly or fortnightly on a regular day.

**Please contact us to find out more:
info@starthrowers.org.uk /
01953 423304**

www.starthrowers.org.uk





How We Can Help

At The Norfolk Hospice Tapping House, they know that a life-limiting illness doesn't just affect the one person - it affects everyone around them too. They offer support, care, and advice to patients over the age of 18, their carers, and families through all stages of their illness.

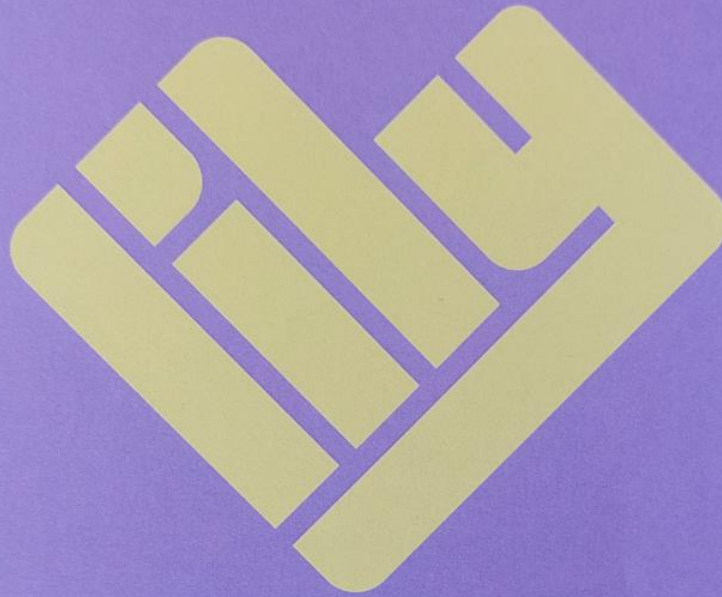
Hospice care is not just for people with cancer; they support people with a range of illnesses such as Parkinson's, Motor Neurone Disease (MND), heart failure, kidney failure and Huntington's disease. They have strong links to other support providers in the local area and can help to find the best support and care for you.

They support approximately 1,100 families in West Norfolk each year. To find out how to access care please telephone the Hospice on 01485 601700.





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

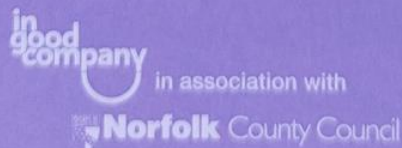
Lily Information

Tel: 01553 616200
www.asklily.org.uk



**Helping adults in west
Norfolk get involved
in our community**

-  **Telephone information line**
-  **Online directory**
-  **Lily Advisor home visits**
-  **Community locations**



Things to do

Housing and care homes

Transport and getting around

Learning, work and volunteering

Health and wellbeing

Money matters

Care and support for you

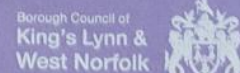
Advice and advocacy

Caring for others

Staying safe

Childcare and family support

Lily in your community






Memories are a large part of who we are. Music helps us remember things – from motherlove to times-tables. But memories can fade – it’s a normal part of ageing and can happen with illness, accident or dementia.

A Music Mirrors is a brief life story in our own words, with sounds and music embedded to spark memories later. Not a playlist but a memory toolkit...

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

Neighbourhood Watch Network

Neighbours by chance. Working together by choice.
We make this a better place to live. Together. There are
a host of benefits to being a member of
Neighbourhood Watch, for you and your community.

Find out more 

<https://www.ourwatch.org.uk/joinNW>



THERE'RE SO MANY BENEFITS TO BEING A NEIGHBOURHOOD WATCH MEMBER!

BE PROTECTED

- Feeling and being safer
- Receiving expert, easy-to-follow local and national crime prevention advice
- Being invited to crime prevention webinars with expert speakers
- Being consulted on your crime and community opinions
- Receiving discounts in our shop and partner product offers

BE CONNECTED

- Knowing your neighbours and community
- Being invited to join a local scheme or start a new scheme
- Managing your membership options and opt-in to police and other updates
- Remaining a member even if you move home
- Connecting with other members and volunteers

An easy and fun way to volunteer at exciting arts, culture and heritage events for residents of Great Yarmouth and East Suffolk



Volunteers "Mix and Meet" session:

We held our inaugural volunteer induction event in the charming environment of the Pavilion Theatre in Gorleston. We have several volunteers volunteering at the Theatre, so it seemed like a great place to test our induction programme. The night started with an introduction to our project and then looked at delivering some key information for volunteers including around rights and responsibilities when volunteering, diversity and inclusion and training/adult learning opportunities available locally. We then polished off the rather delicious nibbles and refreshments provided by Shrubland Youth and Adult Centre and took the opportunity to get to know each other better.

The evaluations completed by attendees were very positive and we will be taking forward the constructive suggestions when we roll out the programme further. The evening also allowed us to sign up some new volunteers, so all in all, it was a very productive evening.

'Thanks ever so much. I really enjoyed last night. I did get a lot out of it.'

Accessibility Grants:

We have just launched our Accessibility Grants programme. These grants of up to £2000 are designed to help individuals and community groups overcome access issues which prevent them from volunteering and thereby make volunteering accessible to a broader range of people.

This is not just about physical disability or transport. It may be that you have a project to help engage people who are neurodiverse or you need translation support or translated materials. Or do you need money for extra support staff or a buddy/carer during activities. Perhaps it might be physical equipment or software that enables someone to contribute to your organisation. We don't want to be directive. We want the ideas to come from you! Share your ideas with us and we can then collaborate to develop and deliver them. If you are interested this grant, please email us at hello@culturalconnectionsvolunteering.org.uk or call/text Steve on 07471 026777

If you haven't already, SIGN UP to Cultural Connections Volunteering!

We continue to add new events and activities for volunteers to our offer. You can sign up at www.culturalconnectionsvolunteering.org.uk or our Volunteer Coordinators can help you join up over the phone or in person. If you want to know more, just contact:

East Suffolk contact Matthew Townshend
07775 018844
matthew.townshend@eastsoffolk.gov.uk

Great Yarmouth Borough contact Eleanor Burns
07469 408205
eleanor.burns@great-yarmouth.gov.uk

If your cultural organisation is looking for volunteers, you can sign up at:
culturalconnectionsvolunteering.org.uk/volunteering/need-volunteers

or contact Steve Lunniss on 07471 026777 or email hello@culturalconnectionsvolunteering.org.uk

for more information.
Follow us:
[Instagram](#)
[Facebook](#)



Headway



Volunteer with Us

Looking to make a difference in your community and help people with brain injuries live their best lives? Consider volunteering with Headway Norfolk and Waveney!

We are a non-profit organisation dedicated to improving the lives of people with brain injuries and their families. We provide a range of services, from support groups to rehabilitation and reablement at our Day Service Centres. Our volunteers play a crucial role in helping us achieve our mission.

As a Headway Norfolk and Waveney volunteer, you'll have the opportunity to make a meaningful impact in the lives of people impacted by brain injuries.

You could:

- help facilitate activity sessions
- provide companionship and support to clients
- assist with fundraising events
- help out with administrative tasks.

Whatever your skills and interests, we can find a role that's right for you.

Volunteering provides a number of benefits such as:

- ✓ Learning new skills
- ✓ Making new connections
- ✓ Increased confidence

Whether you're a student looking to gain experience in the non-profit sector or a retiree looking for a meaningful way to spend your time, we welcome volunteers of all ages and backgrounds.

If you're interested in volunteering with Headway Norfolk and Waveney, please contact us today to learn more about our current opportunities. We look forward to hearing from you!

Email: contact@headway-nw.org.uk

Visit: www.headway-nw.org.uk

Call: 01603 788114



British Heart Foundation - CPR

CPR is a lifesaving skill every football fan should know.
Learn CPR at home, free with RevivR in 15 minutes.



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

Omega...

ENDING ISOLATION | ENDING LONELINESS

Letterbox

Letterbox (formerly A Letter from Louise) is a free pen pal befriending service for socially isolated and lonely people. Our clients are carefully matched to volunteer befrienders, with whom they exchange supportive, friendly letters. They share stories about! their lives, families and interests.

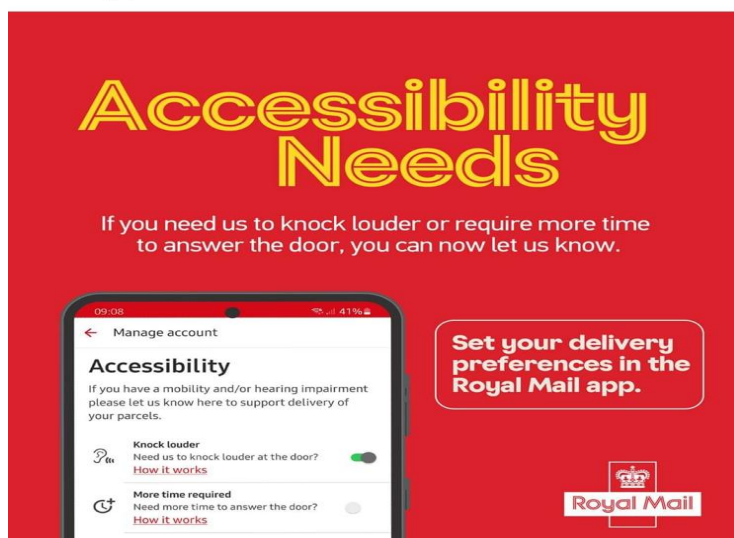
<https://omega.uk.net/letterbox/>



Accessibility Needs

If you need us to knock louder or require more time to answer the door, you can let us know via the Royal Mail app.

Download or log into the Royal Mail app to set your delivery preferences.



<https://www.royalmail.com/>



Nine Ways to Promote Accessibility for Global Accessibility Awareness Day (GAAD) 2024

Coming soon: the 13th annual Global Accessibility Awareness Day (GAAD) takes place on Thursday, 16 May 2024.

GAAD offers a great opportunity to promote digital accessibility and inclusion within your organisation and get people thinking about how tech can help transform the lives of disabled people. Perhaps you're an accessibility champion trying to get your senior team to understand the importance of accessibility and need help to drive action? GAAD provides a focus for all.

Here are 9 ways you can bring digital accessibility to the attention of your organisation. Please see the link below-

<https://abilitynet.org.uk/news-blogs/9-ways-promote-accessibility-global-accessibility-awareness-day-2024>

Rosedale Bereavement Support Groups



Rosedale Bereavement Support Group is a complementary *8 week course* covering many aspects of the grieving process.

The groups are *open to all*, and held in Attleborough, Beccles, Bungay, Diss, Halesworth and Wymondham. The groups are led by trained facilitators of the 'Grief Journey' program developed by Dr Bill Webster.

Following the course there are monthly meet-ups for all attendees.

To find out when the next group is starting in your area, please call 01379 640810 or visit our website for details.

www.rosedalefuneralhome.co.uk

10 WAYS to help the bereaved by Dr Bill Webster

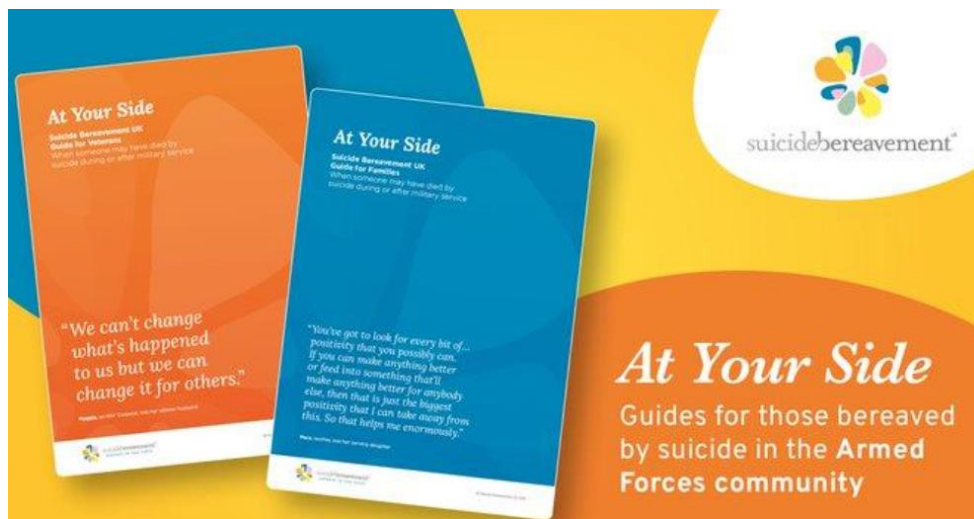
- By being present and attentive to the bereaved person
- **Allow for moments of silence and reflection**
- Listen in a non-judgemental and accepting way
- **Avoid the use of clichés such as, 'Think of all the good times', 'This is a blessing in disguise'... or maybe, 'It's for the best'**
- Mention the deceased person's name and encourage the bereaved person to talk about them
- **Offer practical and emotional support e.g. by minding children or cooking a meal**
- Understand that tears are normal and a healthy part of the grieving process
- **Don't try to fill in conversations with a lot of outside news**
- Remember that grief may take years to work through
- **Acknowledge anniversaries and dates of significance for the bereaved person**



Rosedale have Bereavement Dogs in both Norfolk and Suffolk, with **BUZZ** and **SIMBA** offering comfort and reassurance to those they meet.

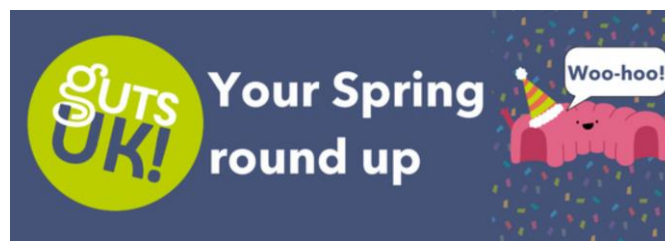
www.rosedalefuneralhome.co.uk

Suicide Bereavement UK



Suicide Bereavement UK have launched evidence-based 'At Your Side guides' for those bereaved by suicide in the Armed Forces community -

<https://suicidebereavementuk.com/armedforces/>



Has Spring arrived for you? Recently, we said "happy birthday" to our team member, Colin the gigantic, inflatable colon, and celebrated his mission to raise awareness. We took part in Patient Information Forum (PIF Tick) <https://gutscharity.org.uk/advice-and-information/the-pif-tick/> training to maintain our trustworthy, patient information <https://gutscharity.org.uk/advice-and-information/> The Guts UK charity website saw some of our busiest days yet, for the second month in a row, meaning we are reaching more people who need us most. All to get to grips with guts!

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

I have a hidden disability. When I leave home, it's keys, wallet, phone, **Sunflower.**

The Sunflower is a simple way to signify that you have a disability or condition that may not be immediately apparent – and may require a bit more support, time or a helping hand when out and about.

Find out more: hdsunflower.com

HIDDEN disabilities 




Britain's Missing Billions: Could You be Owed Lost Pension and Benefit Payments?

New research for ITV Tonight from asset-hunting service Gretel suggests an estimated £89 billion in lost funds, including bank accounts, insurance policies, pensions, and Child Trust Funds. That's billions of pounds spanning about 28 million lost accounts. It's been calculated that there are over 2.8 million missing pension pots, with the total value running

into tens of billions of pounds. The problem is deepening because auto-enrolment of workers into pensions is leading to more and more lost pots.

Find pension contact details - <https://www.gov.uk/find-pension-contact-details>

My lost account - <https://www.mylostaccount.org.uk/>

Reference -Chris Choi, 'Britain's missing billions: Could you be owed lost pension and benefit payments?' (ITV, 18 April 2024) <https://www.itv.com/news/2024-04-18/britains-missing-billions-could-you-be-owed-lost-pension-and-benefit-payments> accessed 21 April 2024



Millions of Unpaid Carers Granted New Employment Rights as Groundbreaking Carer's Leave Act Comes into Force

2.3 million workers with unpaid caring responsibilities in Great Britain will be entitled to take up to five days unpaid leave when the new Carer's Leave Act comes into force on Saturday 6 April 2024. New analysis of Census 2021 data by Carers UK shows that there are around 1.6 million people in full-time employment in England and Wales who were also looking after someone who is elderly, disabled or with a long-term health condition, and 948,000 people in part-time employment who were also unpaid carers.

The new rights are particularly important as previous Carers UK research shows around 600 people a day give up work to care due to a lack of flexibility and support -

<https://www.carersuk.org/media/on1j23dk/juggling-work-and-care-report.pdf>

<https://www.carersuk.org/press-releases/millions-of-unpaid-carers-granted-new-employment-rights-as-groundbreaking-carer-s-leave-act-comes-into-force/>



Millions of Britons to Receive State Pension Increase - Find Out How Much YOUR Benefits Will Rise

Older people will get an 8.5 per cent boost to their state pensions from April, making the new headline rate £221.20 a week - up £902 a year to around £11,500. Those on the basic rate, who reached state pension age before April 2016, will get £169.50 a week, up £692 a year to around £8,800. People on the basic rate also get hefty top-ups, called S2P or Serps, providing those were earned earlier in life.

<https://www.thisismoney.co.uk/money/pensions/article-13276295/Older-people-boost-state-pension-triple-lock.html>



Risk Factors for Faster Ageing in the Brain Revealed in New Study

Researchers from the Nuffield Department of Clinical Neurosciences at the University of Oxford have used data from UK Biobank participants to reveal that diabetes, traffic-related air pollution and alcohol intake are the most harmful out of 15 modifiable risk factors for dementia.

<https://www.ndcn.ox.ac.uk/>

<https://www.ukbiobank.ac.uk/>

The researchers had previously identified a 'weak spot' in the brain, which is a specific network of higher-order regions that not only develop later during adolescence, but also show earlier degeneration in

old age. They showed that this brain network is also particularly vulnerable to schizophrenia and Alzheimer's disease.

<https://www.ox.ac.uk/news/2024-03-27-risk-factors-faster-aging-brain-revealed-new-study>



More Than 1 in 3 Over 65's Lack the Basic Skills to Use the Internet Successfully and Safely

A new report from Age UK shows that more than 1 in 3 over 65s (4.7 million) lack the basic skills to use the internet successfully and 1 in 6 (2.3 million) don't use it at all. Age UK has highlighted the forgotten "digital excluded" in its new report: "Offline and Overlooked", which contains new analysis which found around 4.7million people aged 65 and over in the UK are unable to complete all eight of the most fundamental tasks required to use the internet successfully.

These include being able to turn on devices and enter account logins, use settings and controls on your device, open applications, set up connection to Wi-Fi, open internet browsers, keep passwords secure and change passwords when prompted to do so. Despite the increase in older people going online over recent years, around 1 in 6 of people aged 65 and over, equivalent to 2.3m do not use the internet at all – and almost half (48%) of these people are aged 75+.

<https://theageactionalliance.org/2024/04/09/more-than-1-in-3-over-65s-lack-the-basic-skills-to-use-the-internet-successfully-and-safely/>

Widespread Money Worries for Those Approaching Retirement New Research Finds

Almost half (41%) of people aged 50 and over who are not yet fully retired are concerned about living in economic hardship after they stop working, according to new research by the older people's financial hardship charity Independent Age.

According to latest figures, 18% of people aged 60-64 are living in deep poverty. If governments across the nations do not take action, there is significant danger of a pensioner poverty surge over the next few years, warns the charity. The warning comes at a time when poverty in later life is at its highest level since 2007/8, with 2.1 million older people already living in poverty.

The new UK wide polling of over 2,000 people aged 50 and over highlights a severe lack of confidence among those approaching retirement about their financial situation in later life. The biggest concern of those not fully retired was having less disposable income, with 56% highlighting this as a worry. An overwhelming majority (80%) of those over 50 also thought the weekly rate of the full new State Pension, currently £203.85, would not be enough money to cover their essential costs.

<https://theageactionalliance.org/2024/03/03/widespread-money-worries-for-those-approaching-retirement-new-research-finds/>



Here's Why Saving for a Comfortable Retirement is More Difficult for Women, Disabled People and People from Minority Ethnic Backgrounds

The ability to earn, save and pay into a pension while managing outgoings is at the heart of preparing for a life after work. We all hope that we will have enough money to ensure a good standard of living in retirement.

But the State of Ageing 2023/24 report highlights the inadequate pension provision and low levels of savings that put many people at risk of financial insecurity and even poverty in their later lives. Labour market inequalities across the life course play a key role. They mean that some groups have lower than average employment rates, are more likely to be self-employed, to have fragmented work histories, precarious work and fewer working hours and to experience pay gaps linked to their ethnicity and/or gender.

<https://ageing-better.org.uk/blogs/comfortable-retirement-more-difficult>

Safe Homes Now

Too many people are living in dangerous homes. Nearly 8 million people in England are living in homes that are cold, need repair, or have serious hazards. For many, living in a dangerous home will be life-limiting – and for some, it will even kill them. Non-decent homes restrict people's life chances and hurts our nation's health. They also harm the economy, limit productivity, and needlessly cost the NHS and social care billions each year.

Centre For Ageing have launched Safe Homes Now to highlight the consequences of England's poor-quality housing for a range of different groups.

They are calling on the UK government to fix this hidden housing crisis by:

- Delivering a national strategy to tackle poor quality housing across all tenures.
- Committing to halve the number of non-decent homes over the next decade.

<https://ageing-better.org.uk/Safe-Homes-Now>

Activities

Norfolk and National



Photo taken on our Diss Wellbeing Walk

May Socials Update

Welcome to May's social events! With hopes of warmer days upon us, as ever, Wellbeing have a varied and exciting program of social events to tempt you with!

Why not unleash your creative side and join the Redo crafty social on 7th May? All materials provided, plus refreshments. If history is more your thing, they will be visiting both The Great Hospital in Norwich and Grimes Graves in Thetford. Wellbeing also have a guided walk around Thompson Common nature reserve famous for its Pingos - transportation there provided! Make sure you book on to these ones, so you don't miss out as places are limited - <https://www.eventbrite.co.uk/o/wellbeing-community-development-team-32911089191>

Wellbeing also have a wealth of wellbeing walks on including favourites such as Redwings, Diss, Norwich, Felbrigg and Downham Market to name a few, as well as other old favourites, including Cromer and Great Yarmouth. For those of you unable to make the daytime events, they have evening coffee socials in both Norwich and Kings Lynn. All of other socials are staffed by the Community Development Team who will be there to welcome you along, whether it's your first time in joining us or you're a regular, they look forward to meeting you!

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



The Cuppa Care Project: Preventing and reducing social isolation and loneliness across Norfolk communities

The project was initiated by the Rotary Club of Norwich, as part of the Club's Centenary Celebrations, and developed and delivered by a partnership of local charities working jointly towards bringing people together and tackle loneliness that may be caused through poverty, disability, age, gender, lack of accessible local support and information services, geographical remoteness, poor transport or other issues.

Whether you just want to get out of the house, to meet new people, or chat about something that's worrying you – we have friendly people on board of our Cuppa Care Bus who can help. You will be able to access support from Hear for Norfolk, Age UK Norwich, Vision Norfolk, Norfolk LGBT+ Project, Norfolk and Waveney Mind, Norfolk CAB, Age UK Norfolk and The Wellbeing Service.

The Cuppa Care bus stops at a variety of locations across Norfolk every month; you can find the latest timetable at

<https://www.hearfornorfolk.org.uk/cuppa-care/>

<https://www.hearfornorfolk.org.uk/cuppa-care-project-timetable/>

Mental Health Carers Support Groups

These are peer support groups for Carers looking after someone with mental health support needs. They are free to attend.

Norwich

When: Second Tuesday of the month

Time: 10.00am-12.00am

Where: REST, Churchman House, 71 Bethel Street, Norwich, NR2 1NR

Dereham

When: First Wednesday of the month

Time: 2.00-4.00pm

Where: Church House, St Nicholas Parish Church, Church Street, Dereham, NR19 1DN

Diss

When: Third Wednesday of the month

Time: 2.00-4.00pm

Where: Diss URC, Mere Street, Diss, IP22 4AD

For more information or if you have any questions, please contact Dick on Dick.Allen@voluntarynorfolk.org.uk

Norwich



Norfolk
County Council

Norfolk County Council - Millennium Library Sing-Song

On the second and fourth Tuesdays of every month, people come to the @millenniumlibrary for a good old fashioned sing-song, and it's just about the most wholesome thing you'll ever see 😍

Come Singing is open to all, but especially aimed at people of all ages who may suffer or have suffered from memory loss and/or dementia. The sessions provide a welcome break from the isolation dementia can bring. The group sings all sorts of nostalgic songs, from popular hits to musicals and more!

<https://www.norfolk.gov.uk/article/40217/Norfolk-and-Norwich-Millennium-Library>



Age UK Norwich:

May Clubs and Trips Planner

Get Your Hands on the May Clubs & Trips Planner!

Whether you're a social butterfly or a creative soul, there's something for everyone in our brand new May Clubs & Trips planner.

Contact us to find out more and book a session:
01603 496 333
clubsandtrips@ageuknorwich.org.uk

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

Drinks at Dunelm



JOIN US FOR
Drinks at Dunelm
SECOND TUESDAY OF EACH MONTH

15:00-16:00
1-2, Sprowston Retail Park, Salhouse Rd, Norwich, NR7 9AZ

Booking Required

Dunelm
The Home of Homes

Norwich ageUK
Improving the quality of later life



AGE UK NORWICH
Drinks at Dunelm

Booking is required, please contact us on:

- 01603 496333
- clubsandtrips@ageuknorwich.org.uk
- www.ageuknorwich.org.uk
- @AgeUKNorwich

Registered Charity Number 1094623

Dunelm
The Home of Homes

Norwich ageUK
Improving the quality of later life



Norwich Activities

Pit Stop Coordinator (Norwich): Colin Howey - colin@mencraft.org.uk

Please note: 'Maddermarket' (below) refers to our new activities room, located on the right-hand side of the courtyard as you face the theatre

Mondays...

Pit Stop History Health Walk: meeting at Marzanos Café on ground floor of Norwich Forum for an 11am departure (no sessions on Bank Holidays). Walks usually last not longer than 1 hour 15 minutes max

Tuesdays...

Pit Stop Tai Chi → Maddermarket: **10:30-11:15am.**

Pit Stop Yoga → Maddermarket: **11:30am-1:00pm.**

Pit Stop Social → Maddermarket: 2:00-4:00pm (please note, we are reverting to our 'traditional' time slot)

Wednesdays...

Pit Stop Table Tennis/Board Games: Maddermarket: **9:30-11:00pm**

Pit Stop Sound Connections: Maddermarket, **11:30am-1:30pm.**

Males' Tales storytelling (fourth Wednesday of the month): Maddermarket: 7:30-9:00pm

Thursdays (every fortnight)...

Pit Stop Grow (allotment growing): Valpy Avenue, plot 98 (gate opposite 35 Valpy Avenue): fortnightly, Thursday, 6:00-8:00pm

Fridays...

Walk & Talk: Maddermarket courtyard: 9:30-11:00

Sunday (every fortnight)...

Pit Stop Photo Walks: Maddermarket courtyard: fortnightly, Sunday, 11am-12:30pm

Over 50's Activity Afternoons



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 Bocchia, 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

Breckland

Registered Charity No: 1077097



Drop-In Support Sessions at Thetford Library

Speak to a trained **Age UK Norfolk** advisor between 10am and 1pm:

- Tuesday 14th May - General advice
- Wednesday 14th August - General advice
- Thursday 14th November - Welfare Benefits focus
- Tuesday 14th January - General advice



Address - Raymond St, Thetford IP24 2EA

Vision Norfolk Coffee Drop-Ins

Thetford

Thetford Coffee Drop In



Join us at Thetford Library for friendly chat and advice regarding life with a vision impairment.

Sessions are Monthly - 2pm - 3:30pm

Upcoming Sessions:

- Wednesday 24th April 2pm - 3:30pm
- Wednesday 22nd May 2pm - 3:30pm
- Wednesday 26th June 2pm - 3:30pm



For more information call 07743 921439 or email chris.linstead@visionnorfolk.org.uk

Address - Raymond St, Thetford IP24 2EA

Attleborough

Join a drop-in cafe fortnightly on a Monday from 11am until 12:30pm at the Attleborough Library (Church St, Attleborough, NR17 2AH). A staff members will be there for friendly chat and advice regarding life with a vision impairment and you can let them know what activities and support you would like. Sessions are free but donations are welcome. Please contact Chris for more information at 07743 921430 or chris.linstead@visionnorfolk.org.uk.

Upcoming Events:

Monday 6th May, 11am-12:30pm

Monday 20th May, 11am-12:30pm

Dereham

Takes place on the third Wednesday of each month

Dereham Library, 59 High Street, Dereham NR19 1DZ

10:30am – 12:00pm

<https://www.visionnorfolk.org.uk/supporting-you/activities/>

Live performances and
cinema screenings for
people aged 50+

**BRECKLAND
AFTERNOON EVENTS**

BBC Radio 2 Folk Award Duo
- 2016 & 2013

**KATHRYN ROBERTS
& SEAN LAKEMAN**

**The Carnegie, Thetford
Friday 17th May, 2-4pm**

FREE TO ATTEND

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

"It's folk
music for the
modern age."

- The Telegraph

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



"Rightly regarded as one of the most
engaging folk / acoustic duos on the circuit"
-Rock n'Reel

About the performers



Duos come and duos go, and some nurture and fine tune their art and watch it grow into something totally original and captivating.

For over a quarter of a century Kathryn Roberts and Sean Lakeman's partnership has proved personal, permanent and pivotal.

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

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

Find out more or book a place now...

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



We are
Dementia
Inclusive



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

Inspiring
communities

creative
ARTS EAST

East Norfolk

Golden Threads Club

**Partner Passed Away
or In Care?**

Golden Threads Club



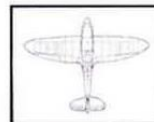
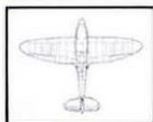
For People on their Own

we meet alternate Wednesdays
at St. George's Cafe
1:30pm till 3:30pm

Telephone: 01493 722303
for more information

Address - St. George's Theatre, King Street, Great Yarmouth, NR30 2PG

North Norfolk



**RAF COLTISHALL HERITAGE CENTRE
BACK FOR 2024**

SUNDAY 'TALK & TOUR'

The history of RAF Coltishall – from Spitfires to Jaguars

An illustrated talk, a guided convoy tour in your own car
and a visit to the RAF Coltishall Heritage Centre.
Easter Sunday (31 March) then First Sunday of the month
7 April to 6 October.
Arrive at 9.45am for 10am start.

£5 Per Person

Javabeen Café Open
Facilities for the Disabled
Not suitable for very young children

For bookings: email on coltdays@outlook.com

let us know:

.....
Name, Mobile No, Number in party, Date you would like to
visit. We will confirm with more details by return.



West Norfolk



King's Lynn Support Centre

The King's Lynn Support Centre is located in the centre of town on Railway Road. If you're visiting for the first time, you'll soon be transported away from the hustle and bustle of the street to a relaxing, cosy space, where you'll find comfort and a listening ear. The staff and volunteers at the Centre can help support you in the best way for you and those close to you.

<https://www.big-c.co.uk/centre/kings-lynn-support-centre/>

 mind Norfolk and Waveney



Please visit us in:

REST Heacham
4 Poplar Avenue
PE31 7EA

or Email Aimee on the address below
to find out more and register your
interest - Thank you

New Year, new FREE activity at REST in the Community, Heacham -Mind over Menu- Weekly Cookery sessions, Every Tuesday, 11:00-13:00

Cook simple recipes and share a meal in a friendly
and supportive environment. Starting in March!



Visit - norfolkandwaveneymind.org.uk/rest-in-the-community

Email - aimee.kingsbury@norfolkandwaveneymind.org.uk

Call - 0300 330 5488

Follow us



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



**Funded by
UK Government**



Swaffham Drop-In

Join us at the Swaffham Library for friendly chat and advice regarding life with a vision impairment. You can also let us know what activities and support you would like in the Swaffham area. Drop-in sessions are 3rd Thursday of the month from 10am until 12pm at Swaffham Library, The Pightle, Swaffham, PE37 7DF. Free to attend but donations are welcome.

Please contact Chris for more information at 01553 660808 or kingslynnhub@visionnorfolk.org.uk.

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

Events

Norfolk and National



35th Norfolk Palliative Care Conference Getting your House in Order - Advance Care



8th May 2024

John Innes Centre, Norwich 8.30am - 4.30pm



Speakers include:



Wayne Martin
Professor of Philosophy, The Autonomy Project, University of Essex



©ClareFuller2023



Dr Samantha Winemaker
Associate Clinical Professor, McMaster University



Zoe Harris
CEO, My Care Matters



Dr. Hsien Seow
Professor, McMaster University



Tommy Whitelaw
National Lead Person Centred Voices, Alliance Scotland



Usha Grieve
Director of Partnerships & Services, Compassion in Dying



James Norris
Founder of My Wishes & The Digital Legacy Association



Clare Fuller
Advance Care Planning Advocate, Educator & Coach and LPA Consultant - Speak For Me



Book a ticket for the event or arrange a live stream for your organisation or group

Scan the QR code

Sign up: bit.ly/PinkPoppy35
Email: PCBookings@nnuh.nhs.uk

Live streamed to our partners in Advance Care Planning and Palliative Care.
Sponsored by N&N Hospitals Charity

NNUH Dementia Fayre

A wealth of support and information for carers and people living with dementia will be available at the Norfolk and Norwich University Hospital this spring. The NNUH Dementia Fayre will be returning to the East Atrium and Benjamin Gooch Lecture Theatre on Monday 20 May 2024 between 10am and 3pm. The event is open to all people with dementia and carers to provide advice and support to people and families affected by dementia. This year's theme aims is focused on carers and there will be a question and answer session with a panel of carers and dementia experts.

The event will also be attended by Norfolk and Waveney Dementia Support Service, Age UK Norfolk, Carers Voice, Age UK Norwich, Caring Together, NNUH Dementia Support team, N&N Hospitals Charity and local dementia support groups on the day.

<https://nnuh.tfemagazine.co.uk/stakeholders/world-cancer-day-event/news-stories/nnuh-dementia-fayre-2024>



The next VCSE Leadership Network meeting will be held on **Wednesday 8th May from 3pm till 5pm at the King's Centre in Norwich and online**. For this session, Empowering Communities is working with the Economic Development Team at Norfolk County Council and invite you to help shape the new Norfolk Economic Strategy.

The key economic priorities for Norfolk have been identified as:

- Local Business
- People and Skills
- Infrastructure
- Placemaking and Community

Underpinning and cross cutting these are 3 key themes:

- Decarbonisation and Sustainability
- Supporting Rural and Coastal Communities
- Reducing Inequalities and Supporting Inclusive Growth

Join to discuss these emerging priorities and themes, any gaps you think should be addressed in the Strategy, and what you - as VCSE leaders - would like to see for Norfolk's economic development.

This is a valuable opportunity for the voluntary, community and social sector to influence a key strategy for Norfolk and to understand how new funding arrangements will work as a result of devolution, with funding opportunities expected to start as early as Autumn 2024 and accelerating in Spring 2025.

<https://www.eventbrite.co.uk/e/vcse-leadership-network-norfolk-economic-strategy-engagement-event-tickets-883353432897?aff=oddtcreator>



An introduction to Age-friendly Communities

An Age-friendly Community is a place where people of all ages are able to live healthy and active later lives. These places make it possible for people to continue to stay living in their homes, participate in the activities that they value, and contribute to their communities, for as long as possible. This one-hour webinar will cover the basics of Age-friendly Communities as defined by the World Health Organisation and provide practical examples from UK members on their journey to become better places to grow old. Online webinar - Wed 15 May 2024- 10:00 - 11:00

<https://ageing-better.org.uk/events/an-introduction-to-age-friendly-communities?>

Book here - https://us02web.zoom.us/webinar/register/WN_9pj9o-5XQx-w5Pla5eVZ-Q#/registration



Think CO - An Introductory Workshop to Carbon Monoxide (CO) Risks at Home

The aim of this online Zoom workshop is to raise awareness of carbon monoxide risks for people who work in the homes of vulnerable people.

<https://www.eventbrite.co.uk/e/think-co-an-introductory-workshop-to-carbon-monoxide-co-risks-at-home-tickets-115618952399>

Norwich

Age UK Norwich:

Arty Party

We're hosting a special one-off Arty Party to raise awareness for Dementia Action Week! During this fun session, you'll get to create and take home your very own fidget blanket - a comforting sensory activity for people living with dementia.

For those living with dementia, knitting can be a wonderful therapeutic activity. The repetitive motions, calming rhythm of the needles clicking, and the soft feel of yarn in their hands all work together to create a sense of peace and reduce anxiety.

Join us for a morning of fun and creativity on 15 May from 11:00 at St Matthew's Church.

Spaces are limited, so book yours today! Email us at clubsandtrips@ageuknorwich.org.uk

Age UK Norwich and Monday Costessey Knit and
Natter Group invite you to

Arty Party

For

Dementia Action Week

on

Wednesday 15th May

➤ Come join us to create your very own
fidget blanket. These blankets are easy
to make and perfect for all skill levels.

➤ Refreshments available with support from St
Matthew's Church



St Matthews Church, Telegraph Lane West, NR1 4JA

11:00-13:00



To reserve a space:

☎ 01603 496333

✉ clubsandtrips@ageuknorwich.org.uk

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

Age UK Norwich is a Registered Charity Number 1004633

REMINISCENCE GROUP

Dementia Action Week



Monday 13 May 2024
13:30-15:30
Christ Church, Magdalen Road,
NR3 4LA

➤ **Connect with others:**

Share stories and experiences in a safe and understanding environment

➤ **Learn from each other:**

Gain valuable insights from those living with dementia and caregivers.

➤ **Dementia Q&A:**

Get your questions answered in a friendly and informative setting.

To reserve a space:

☎ 01603 496333

✉ clubsandtrips@ageuknorwich.org.uk

Age UK Norwich, Registered Charity Number 1094623





Death Café

Join a relaxed conversation and openly talk about death, dying and end of life at the Sainsbury Centre. Dates - 9th May and 11th July 2.30 – 4.30pm at the Sainsbury Centre Modern Life Café, UEA, Norfolk Road, Norwich NR4 7TJ. Free - booking essential as numbers are limited.

Join for tea, cake and conversation about Death with Norwich Death Cafe at the Sainsbury Centre. At a Death Cafe people gather to drink tea, eat cake, and discuss death. The aim is to increase awareness of death with a view to helping people make the most of their lives. This is a free event, but please do come prepared to buy refreshments in the Modern Life Cafe. Please let us know when you arrive if you would like one of our Community cups of tea for free. To find out more about what to expect at a Death Cafe go to www.deathcafe.com

Important note - Death Cafe events are offered as an informal space for talking about death with a view to normalising these conversations. As such they are not offered with the intention of providing bereavement support. The Norwich Death Cafe team are happy to signpost on to other organisations locally offering this kind of support where needed.

Contact norwichdeathcafe@gmail.com

<https://store.uea.ac.uk/conferences-and-events/sainsbury-centre/learning-events/norwich-death-caf-at-the-sainsbury-centre-summer-2024?>

South Norfolk



FREE WRITING FOR WELLBEING SESSIONS By Lyn Hazleton

As part of the Wymondham Spring Arts Festival, Lyn Hazleton is running two free 'Writing for Wellbeing' sessions in Wymondham Library on Thursday 2nd May and Friday 3rd May, 14:00 - 15:30.

This is an opportunity to see what writing for wellbeing

is about, how it differs from creative writing and how its purpose is to enhance mental and emotional health, gain greater awareness of how you are feeling and encourage kindness and compassion for yourself and for others.

Address – Wymondham Library, Back Lane, Wymondham, NR18 0QB

WYMONDHAM
Magazine



SPRING

ARTS FESTIVAL



20 April - 6 May 2024

Meet the Local Authors

Saturday 4th May 2024

10:00am - 2:00pm

**Tiffany Room, Central Hall,
Wymondham, NR18 0QB**


An opportunity to meet local writers and hear
their individual stories of book publishing

Books available for sale

For more information contact
Tony Vale on tony@valemil.uk



SPRING FAIR



Monday, 6th May
11am to 2pm

TOWN GREEN CENTRE
WYMONDHAM



FREE ENTRY

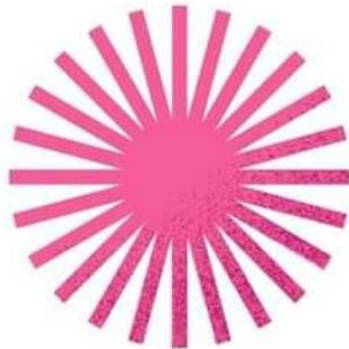
- cakes • plants •
- new & nearly new •
- tombola •

LUNCHES SERVED



COME AND JOIN US TO KICKSTART THE
SUMMER AT...

WYMONDHAM SUMMER FETE!



FUN TO BE HAD BY ALL...

- FACE PAINTING
- CRAFTS & GAMES FOR KIDS!
INCLUDING AN AMAZING TREASURE
HUNT!
- WHY NOT POP DOWN TO HAVE A
COFFEE AND A CHAT IN OUR SEATING
AREA!
- REFRESHMENTS INCLUDE DRINKS,
CAKES, AND SAVORY FOODS...
- TAKE PART IN OUR CHARITY RAFFLE,
IN SUPPORT OF THE STAR THROWERS
CHARITY!

25+ STALLS, COME DOWN AND SUPPORT
OUR LOCAL SMALL BUSINESSES!

EVENT RUNS FROM
10 UNTIL 4

FREE ENTRY
TO ALL

ORGANISED/RAN BY
LAUREN FAY, OWNER
OF WINTERS
CUPCAKES

SATURDAY
JUNE 1ST
2024

WYMONDHAM CENTRAL HALL
6A BACK LANE
NR180QB

IF YOU'D LIKE TO VOLUNTEER, HAVE A STALL, OR GET
INVOLVED IN SOME WAY, PLEASE CONTACT
LAURENJFAY@GMAIL.COM



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

**18-19
MAY
2024**

**NORFOLK
SHOWGROUND**

**FREE
PARKING**

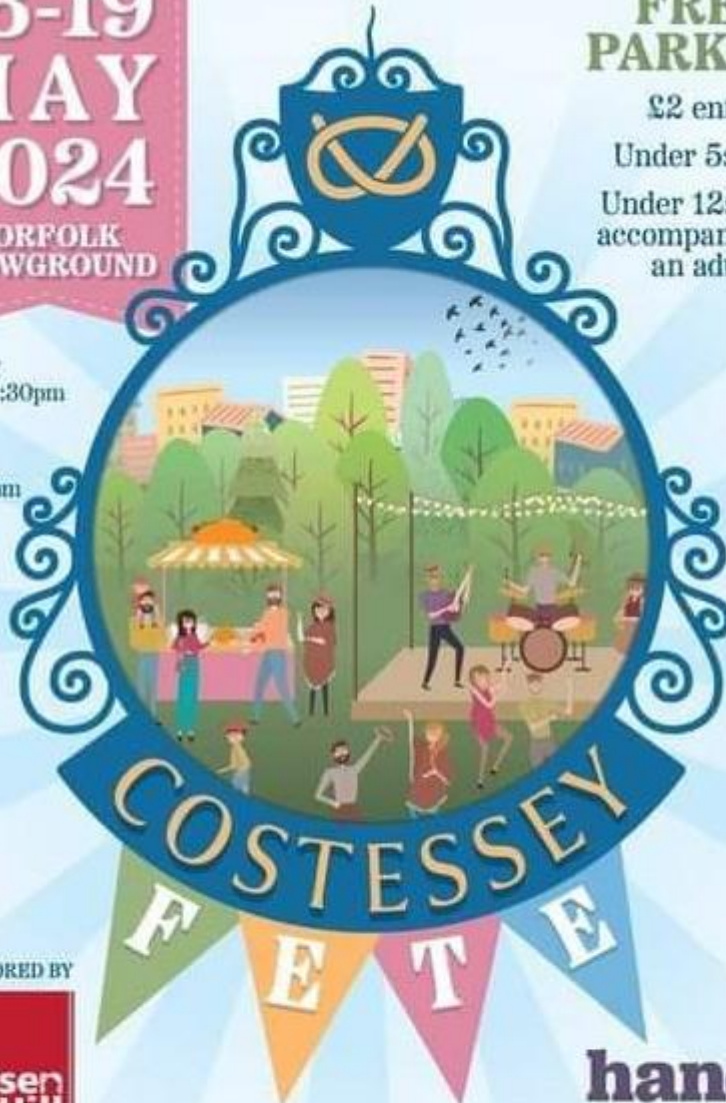
£2 entry

Under 5s free

Under 12s to be
accompanied by
an adult

Saturday
10am - 10:30pm
approx

Sunday
10am - 8pm
approx



SPONSORED BY



handy
COSTESSEY'S local MAGAZINE

**FOOD & DRINK • LICENSED BAR • CRAFTS
FIREWORKS • FACE PAINTING • FUNFAIR
FAMILY FUN • LIVE BANDS • LOCAL GROUPS**

facebook.com/costesseyfete

East Norfolk



Meet and Greet at Great Yarmouth Library

Meet the team, learn about the service and volunteering opportunities - fun, food, and friendly chat!

Date and time - Wed, 15 May 2024 13:00 - 16:00 BST

Location - Great Yarmouth Library

Tolhouse Street Great Yarmouth NR30 2SH

<https://www.eventbrite.co.uk/e/norfolk-home-library-service-meet-and-greet-at-great-yarmouth-library-tickets-871108608297>



Save the date, Wednesday 5th June 2024

We are excited to share that we will be holding an in person event for Carers in Great Yarmouth on Wednesday 5th June. Join us for a series of engaging activities focused on your wellness as well as information about support in local area.

It will be a chance for you to take some time for yourself, connect with fellow Carers, and find out about valuable resources that can support you. We'll be sharing more details closer to the date, but for now, please save 5th June 2024, in your calendar.

North Norfolk

THE CROMER CRAB & LOBSTER COMMITTEE PRESENTS

17TH - 19TH MAY

CRAB & LOBSTER FESTIVAL

CROMERCRABANDLOBSTERFESTIVAL.CO.UK

A CHARMING CELEBRATION OF CROMER'S RICH HERITAGE

17TH MAY 7.30PM
FESTIVAL OPENING STAGE SPECTACULAR
CROMER PIER THEATRE NR27 9HE

CROMERPIER.CO.UK

18TH - 19TH MAY 10-4
FESTIVAL FIELD EVINGTON LAWNS CROMER NR27 9HT

SEAFOOD COOKERY THEATRE
DIVERSE FESTIVAL MARKET
MARLENES SCHOOL OF DANCE
HEAPS OF FUN & ENTERTAINMENT
FOR THE ENTIRE FAMILY

LIVE MUSIC ROCK THE LOBSTER
OLD WILD ROVERS
WESTIES WARBLERS

Find us on google

FREE ENTRY

West Norfolk

KICKED THE BUCKET

**1 in 3 people think about death
or dying at least once a week...**

MAKE THE MOST OF LIFE - TALK ABOUT DEATH
Visit the Departure Lounge to learn more

Located at The Place, New Conduit Street,
Kings Lynn, PE30 1DE

Tuesday 7th May
10am - 3pm

Come in and find out more,
Free refreshments available

Organised by The Norfolk Hospice
Tapping House and Marie Curie



DYING MATTERS SURVEY

All the right ingredients
for a great day out at...

SANDRINGHAM FOOD, CRAFT & WOOD FESTIVAL

The Winning
Chainsaw
Sculpture 2023
by Roman
Mikils, Poland

May Bank Holiday
Saturday, Sunday & Monday
May 4th, 5th & 6th. 10am - 6pm

SANDRINGHAM ESTATE,
KING'S LYNN,
NORFOLK PE35 6EN



The festival brings a touch of summertime, al fresco dining, master chefs, Artisan food and drink, an international chainsaw carving competition and a large craft show with craft and wood working demonstrations. Lots to see! Lots to do! It's a great family day out.

SANDRINGHAM FOOD, CRAFT & WOOD FESTIVAL

Adults £15.00 Over 65s £14.00 Child 5-15 £5.00

FOR FULL DETAILS AND ADVANCE TICKETS PLEASE VIEW

www.livingheritageevents.co.uk

TEL: 01283 820548

Spotlight on Colney

COLNEY

The 2021 census shows the population of Colney, a parish on the south-western outskirts of Norwich, as 215. This may be misleading as Colney is home to Norwich Research Park. This site accommodates more than 30 organisations concerned mainly with the biology and biotechnology of Health, Food, Plants and Environment. There are over 12,000 people employed here including 3,000 researchers working for John Innes Centre, Sainsbury Laboratory, Earlham Institute, Quadram Institute, UEA, NNUH and many others.



There is also a private hospital and a diagnostic clinic in Colney and when we have exhausted all the research and healthcare there is a woodland burial ground. The same Colney woodland hid a cold war era nuclear bunker, now privately owned.

Another state-of-the-art feature is the Norwich City Football Club training centre, now called the Lotus Training Ground but known simply as "Colney" to Canaries. Resources here include six full size football pitches, a gymnasium and "Soccerbot360", a £750,000 80-metre square pitch surrounded by a 360 degree video wall onto which simulations of every football game situation can be projected.



In 1900 Colney Hall looked like this when it was owned by Hugh Gurney Barclay of the famous banking family.



On a trip to South Africa Mr Barclay was given a pair of lion cubs which he brought to Colney Hall where they were kept as pets, free to roam the grounds. Just before Christmas in 1911 Hugh's son, Lt. Terence Barclay, was taking the lions, Mitzi and Fritz, for an evening stroll when he was attacked by one of them. He was not badly mauled but died on December 27th from blood poisoning. He was 29 and would have been known to Norfolk heroine Edith Cavell, who was governess to the Barclay children at Colney in 1888.

And finally, Colney yields another quirky if tragic, story recorded at St. Andrew's round towered church. Above the porch is this cautionary memorial, which reads:

*"Sacred to the Memory of JOHN FOX who on the 20. Dec. 1806 in the 79th Year of his Age was unfortunately killed near this spot having been thrust down & trampled on by the Horses of a Waggon. Tho his Life was humble yet is it deserving of imitation. He was a worthy & useful Member of Society an honest and industrious Labourer. **READER** If thou drivest a team be careful & endanger not the Life of another or thine own."*



Kind regards

Janine, Partnership Coordinator

Norfolk Older People's Strategic Partnership (NOPSP)

Email: nospb@aol.co.uk

Answerphone: 07963 304015

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

Have you seen our Facebook page?

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

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

UK General Data Protection Regulations (UK GDPR)

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

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



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