



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

October 2023- Edition 50

Word from the Chair

After a fairly quiet summer, our work is building up again. Janine and I spent a day in Great Yarmouth talking about re-establishing the older people's forum there. I used to do a lot of work in Great Yarmouth, but I'd forgotten how different it feels from other parts of the county. We discovered the roots of the old forum and a lively organisation working directly with older people. Visits to other districts will follow.

The Partnership had a great meeting on the 28th of September. It was very well attended with a lot of old friends, some new faces and others I hadn't seen for a long time.

Dr Caroline Barry from the Integrated Care Board spoke about the ReSPECT form; ReSPECT stands for Recommended Summary Plan for Emergency Care & Treatment, and it replaced the old 'Do Not Resuscitate' form. She explained how the forms are completed, their significance in determining the treatment patients received and their potential role in sharing key information on patients in the future, as well as public misconceptions about cardiopulmonary resuscitation (CPR). Many people I talk to don't recognise ReSPECT forms or don't understand how they work so we're hoping to have an article giving a fuller explanation in a future edition of '*Your Voice in Norfolk*'.

The main part of the meeting covered the role of communities. Dr Guy Peryer from the UEA talked about their significance in the lives of older people who need support because there are things they just can't manage themselves any more. He looked beyond medical and social care, and voluntary organisations, to what was available close to where people

live from shops that deliver goods, to people who walk dogs. They were often services older people had already built contacts with over the years. A lively discussion followed on who held what information about what was available in communities. When I thought about it later, I realised that that was the sort of community I lived in.

We ended with a practical example of bringing communities together. In the spring, Catherine Van Battum, who works for North Norfolk District Council, ran a series of events called PositiviTea in market town across the district. They did involve tea and cakes but also had stalls staffed by statutory and voluntary organisations that work locally. Older people were invited to come and talk, ask for advice, or find activities they would like to join. Janine and I attended some of the events and were impressed. More events have been arranged for this autumn.

Catherine's talk generated more lively discussion and some of the older people present said that they could do something similar where they lived. We have a meeting coming up where we can explore the possibilities.

Best wishes

Mary Ledgard

Interim chair

Norfolk Older People's Strategic Partnership

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**You are cordially invited to our next meeting
Norfolk Older People's Strategic Partnership (NOPSP)
meeting**

Thursday 16th November 2023

**Anglia Room, Breckland District Council Offices,
Elizabeth House, Walpole Loke, off Kingston Road,
Dereham, NR19 1EE**

Further information will follow in due course

Health

National and Norfolk



Two new healthcare hubs for Norfolk

Two new health care hubs have moved a step closer in Norfolk. They are planned for King's Lynn and Rackheath and will provide a range of health and care services. Bosses say they will be modern, accessible and have digital facilities, and aim to help ensure health and social care are joined up.

The King's Lynn project has had its business case approved by NHS England and building work will start this autumn. Meanwhile a decision on planning permission for Rackheath is expected soon and if it is positive, building will also start this autumn, with both buildings planned to be open in Spring/Summer 2024.

<https://healthwatchnorfolk.co.uk/news/two-new-healthcare-hubs-for-norfolk/>

The East of England Cancer Alliances survey

Everyone who goes through a cancer diagnosis & treatment will experience it differently. The East of England Cancer Alliances, which work as part of the NHS to transform local cancer services, want to know what worked well & what might have made things better for patients & their families or supporters.

They want to hear your first-hand accounts via a short survey. All comments shared will be used anonymously to help design & improve NHS services for the future.

<https://www.canceralliance.co.uk/news/share-your-cancer-story-help-improve-nhs-care-east-england>

Share your
cancer story to
help improve
cancer care

Complete the survey by
scanning this QR code or
call 0113 539 9425 and
leave your contact details



The NHS
wants to listen to
your experiences
of cancer care



Norwich



**Norfolk and Norwich
University Hospitals**
NHS Foundation Trust

NNUH Pulse magazine

The latest copy of the magazine 'The Pulse' is now available. This edition includes a feature on the hospital volunteers. Find out how they help teams on the Older People's wards and support hospital discharge by providing welfare calls to patients. The issue also includes an update on important research taking place at NNUH and the development of a new diagnostics centre being built on site.

https://issuu.com/nnuhinformation/docs/pulse_september_issue_108

Activities

and

events

Keep Warm and Well this Winter



**At Norfolk Libraries
From 16th October**

Visit your local library to pick up FREE Winter essentials

Keep Warm and Well

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

Free hot drinks are available (ask staff for times)



Toiletries Bag

Bag contains: deodorant, shampoo, bodywash and toothpaste

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



Tricky Period

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



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

Norfolk Against Scams Partnership

NASP- Stop Loan Sharks

Please find links to free training sessions in October 2023 below:

Introductory Training 'How to spot a loan shark'
[eventbrite.com/cc/illegal-money-lending-introductory-training-1478579](https://www.eventbrite.com/cc/illegal-money-lending-introductory-training-1478579)

Follow on Training (Introductory training should be completed first)

[eventbrite.com/cc/illegal-money-lending-follow-on-training-1481489](https://www.eventbrite.com/cc/illegal-money-lending-follow-on-training-1481489)

Safeguarding Adults training

St Thomas Training is the official provider of training in Safeguarding Adults on behalf of Norfolk County Council & Norfolk Safeguarding Adults Board.

Most training has a small charge attached for paid staff of VCSEs (volunteers go free) but from 1st Oct their Safeguarding Adults from Exploitation courses are entirely free.

Available dates:

30th Oct

1st Nov

6th Dec

Various locations

<https://www.stthomatraining.co.uk/norfolk/>



Understanding DBS Checks FREE training sessions – October

CBR Business Solutions are joined by the DBS Service Regional Outreach Advisor for the East of England, Georgie Mitchell for these free training sessions- 5th and 31st October.

Session's cover:

- o What level of DBS check a role may be eligible for
- o What each level of checks shows
- o The update service
- o Filtering rules
- o What counts as regulated activity with children & adults

<https://www.eventbrite.co.uk/e/understanding-dbs-checks-eligibility-criteria-tickets-671458629837?aff=oddtcreator>

<https://www.eventbrite.co.uk/e/understanding-dbs-checks-eligibility-criteria-and-barring-tickets-671501327547?aff=ebdsoporgprofile>



UEA- Dementia Open Forum

Speaker: Professor Michael Hornberger, Professor of Applied Dementia Research,
University of East Anglia

Title: "Are we there yet? Driving in ageing and dementia."

In his talk, Michael will present current UK guidelines for driving in ageing and dementia, and further talk about which factors determine whether a person remains 'fit to drive' during ageing and when they develop dementia. Finally, Michael will talk about ongoing research studies in driving in ageing and dementia and what those findings might mean for future UK driving guidelines.

Please click this link to attend the event: <https://us02web.zoom.us/j/87028561120>

The event will be recorded and edited for our YouTube channel where you can watch previous events: <https://www.youtube.com/channel/UCew0x69jn6qh-tANKwHqtBQ>

**PUBLIC
LECTURE
SERIES**



BI-MONTHLY DEMENTIA OPEN FORUM



We welcome everyone with an interest in dementia research to join UEA researchers, and guests, as they present their cutting-edge studies and findings:

PROFESSOR MICHAEL HORNBERGER,
Professor of Applied Dementia Research, University of East Anglia
“Are we there yet? Driving in ageing and dementia.”

In his talk, Michael will present current UK guidelines for driving in ageing and dementia, and further talk about which factors determine whether a person remains ‘fit to drive’ during ageing and when they develop dementia. Finally, Michael will talk about ongoing research studies in driving in ageing and dementia and what those findings might mean for future UK driving guidelines.

Date: Thursday 26 October 2023
Time: 2 pm – 3 pm
Location: Zoom

This event is free and open to all. Please email dementia.research@uea.ac.uk and we will send you the link.





The Conservation Volunteers (TCV) events

October is approaching, and it is definitely the season of mists and mellow fruitfulness now. Anyone is welcome to join TCV for a transitional month as they finish off cutting and raking the precious remaining wildflower meadows, before moving into more scrub clearance and pond work as the nesting season finishes. To celebrate Friday 13th they have a trip to a spooky castle, but on Halloween itself the only horror show will be seeing how overgrown some newly planted trees have got! Also, this month there's the chance to both cut back laurel and plant spring bulbs in Cringleford, and they will be exploring some new areas of East Ruston's giant area of "Poor's Allotment" (land allotted to the poor of the parish, now tremendously good wildlife habitat) to see the process of restoring a heathland in action.

For more information, please contact Mark or see the website-

mark.webster@tcv.org.uk

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



Wellbeing October Socials Update

It might be getting colder, but Wellbeing are keeping busy with a full programme of events! Their socials are open to everyone 16+, so why not come and meet them in person or jump on a zoom social? All of the 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!

You can find all their socials info on their website ☺ All of the socials are free to attend with no need to book in most cases- just show up!

The Wellbeing Walks will continue across the County, so wrap up warm, grab a flask of tea and join for a jaunt! This month they are also at Felbrigg Hall (with FREE parking!) as well as an interesting walk at Watton, all alongside the regular walks across Norfolk and Waveney including the popular Coastal Path Walks.

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

wellbeing Socials

Community Socials October 2023



Norfolk and Waveney
Talking Therapies

Date & Time...			Event...	Location...
Mon	2nd	13:30	Virtual Café	Online via our website
Tue	3rd	12:00	Halesworth Wellbeing Social	Chinny's, Halesworth, IP19 8BX
Thu	5th	12:30	Allotment Group	St Margaret's Rd, Lowestoft, NR32 4HN
Thu	5th	18:00	Dungeons & Dragons One Shot (booking required)	Athena Games, Norwich, NR2 1ER
Thu	5th	18:30	Dungeons & Dragons Character Building Workshop – NEW! (booking required)	Athena Games, Norwich, NR2 1ER
Wed	11th	18:00	Crosswords	Online via our website
Thu	12th	10:30	Coffee & Catch Up - Norwich	Merchant's House, 7-9 Fye Bridge St, NR3 1LJ
Thu	12th	12:30	Allotment Group	St Margaret's Rd, Lowestoft, NR32 4HN
Fri	13th	10:30	Coffee and Catch Up - Dersingham	Thaxters Coffee Shop, PE31 6NA
Mon	16th	13:30	Virtual Café	Online via our website
Thu	19th	12:30	Allotment Group	St Margaret's Rd, Lowestoft, NR32 4HN
Fri	20th	10:00	Re-Do Craft Social (Booking required)	44 - 48 Magdalen Street Sackville Place NR3 1JU
Tue	24th	10:30	Coffee and Catch Up Theatre Royal Café *NEW*	Theatre Royal Cafe, Norwich, NR2 1RL
Wed	25th	18:00	Virtual Quiz	Online via our website
Thu	26th	12:30	Allotment Group	St Margaret's Rd, Lowestoft, NR32 4HN
Mon	30th	13:30	Virtual Café	Online via our website

Scan for more events, more info and to subscribe!

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



Norfolk and
Waveney

Relate

NHS
Norfolk and Suffolk
NHS Foundation Trust

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



wellbeing Socials

Wellbeing Walks October 2023

NHS
Norfolk and Waveney
Talking Therapies

Mon	2nd	10:30	North Walsham Walk Meeting at the band stand, North Walsham, NR28 9BS
Tue	3rd	10.30	Diss Walk Frenze Beck Nature Reserve, Sawmills Road, Diss, IP22 4GG
Wed	4th	13:00	Lowestoft Coastal Path Walk Triton Statue, South Pier, Lowestoft NR33 0AE
Thu	5th	10:30	Waterloo Park Walk Meet at Feed Café, Waterloo Park Pavilion, NR3 3HX
Fri	6th	10:30	Redwings Horse Sanctuary Redwings, Spa Lane, Aylsham, NR11 6UE
Mon	9th	10:30	Norwich City Centre Walk Meet at the steps in front of City Hall, NR2 1NH
Weds	11th	10:30	Wellbeing Nature Walk – Felbrigg Hall Meet at Felbrigg Car Park, Felbrigg, NR11 8PP
Fri	13th	10:30	Cromer Coastal Path Walk Cromer Pier, Promenade, Cromer, NR27 9HE
Mon	16th	10:30	Dereham Walk St Nicholas Church, corner of Church Street/St Withburga Lane, Dereham, NR19 1DN
Tue	17th	10:30	Fenway River Walk Downham Market (NEW TIME!) Meet outside Downham Market train station, PE38 9EN
Wed	18th	10:30	Great Yarmouth Coastal Path Walk Meet by Munchies Café, Great Yarmouth, NR30 4ET
Fri	20th	10:30	Wymondham Walk Tiffany/Becketswell Car Park, Wymondham, NR18 9PH
Mon	23rd	10:30	Wellbeing Nature Walk - Watton Meet at Watton War Memorial, Thetford Road, IP25 6BQ
Tue	24th	10.30	Thetford Walk The Light Cinema, Bridge Street, Thetford, IP24 3AE
Fri	27th	10:30	Redwings Horse Sanctuary - Caldecott Caldecott Hall, Beccles Road, Fritton, NR31 9EY
Fri	27th	10:30	King's Lynn Riverside Walk (NEW TIME!) Meeting at the Customs House, PE30 1HP

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

Scan for more events, more info and to subscribe!



Norfolk and
Waveney

Relate

Norfolk and Suffolk
NHS Foundation Trust

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



NCAN Partnership meeting

NCAN Partnership meeting: October 4th 10:00 - 11:30am



Please come along to our NCAN Partnership meeting!

This meeting will include speaker contributions on key topics, updates on the work of NCAN, a policy overview and an opportunity to share updates and information. The next online meeting on 4th October (10.00 – 11.30am), facilitated by the Mancroft Advice Project (MAP) and will have a focus on young people.

If you would like to attend (or receive information about future meetings) please contact us at: info@ncan.co.uk

The July meeting included a presentation – ‘Hunger in the UK’ - by Joanna Stevenson of the Trussell Trust. A recording of this and previous Partnership meetings can be viewed on [the NCAN website](#).

[Click here to join the meeting](#)

<https://ncan.co.uk/latest-news/>

Join the meeting here-

https://teams.microsoft.com/dl/launcher/launcher.html?url=%2F_%23%2F%2Fmeetup-join%2F19%3Ameeting_NDQwMmE5MGYtMWNmMS00ZWU4LThlNzctNmZkMjcwZDdhYzZi%40thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%2522de1d8bd3-d81f-4198-8acc-269d5fd1ec59%2522%252c%2522Oid%2522%253a%2522cae6f482-5deb-410a-b9cc-66444d27ad8f%2522%257d%26anon%3Dtrue&type=meetup-join&deeplinkId=538245f4-904b-46bb-9979-4e3a4535eec6&directDI=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true

A

Women with Autism/Asperger's

**Group meetings held online
Tuesdays 12 pm - 1 pm**

Our Women's Group provides a safe and inclusive place for autistic women to connect, share experiences and learn from each other.

Different themes discussed each week!

Please email

J.saint-laurent@asperger.org.uk

for Zoom details and secure password



National Energy Action- Bootcamp for Domestic Energy Advice

As the winter season beckons, National Energy Action (NEA) believes energy advice is crucial amid the ongoing energy and cost-of-living crises. NEA want to help equip frontline domestic energy advisers and those supporting clients in fuel poverty with the necessary tools and most up-to-date information so they can offer effective support. This energy adviser bootcamp, run by the NEA training and delivery teams, has been designed to address the challenges and complexities of assisting those in need during the colder months and to give a refresher on the most salient points of advice delivery in the face of the energy and broader cost-of-living crises. This webinar also aims to provide knowledge on government-led measures and schemes for householders.

They'll also be devoting time to acknowledging that frontline advice delivery can be extremely challenging and taking some time to look at mental health resilience and strategies around self-care over high stress periods.

This is a free online session, held via Zoom- 16th October 0930am to 1pm-

https://us06web.zoom.us/meeting/register/tZEtc-mgqzwsE9TZF4utEDhCBTevR2_zfdpw#/registration?utm_source=brevo&utm_campaign=Domestic%20Energy%20Advice%20Bootcamp_copy&utm_medium=email

Norwich



Norfolk and Norwich University Hospitals

NHS Foundation Trust

NNUH Annual General Meeting



You are invited to the AGM event which is open to the public on Wednesday 4th October. From 2pm you can tour the marketplace of exhibition stands about services and meet staff.

From 4pm, there will be presentations from the stroke team on its plans for the future, plus a description of how the new Electronic Patient Record will bring benefits for patients.

The event will include a celebration of the awards for the Norfolk & Norwich Hospitals charity. It will conclude with a question and answer session with a panel of the executive team.

The event takes place in the Benjamin Gooch Lecture Theatre, Level 1, East Atrium at the Norfolk and Norwich University Hospital and there is no need to book a place.

If you would like more information, please get in touch at: membership@nuh.nhs.uk

<https://nuh.tfemagazine.co.uk/stakeholders/news-from-nuh-september-2023/news-stories/date-for-your-diary-annual-general-meeting-wednesday-4-october>

COME AND JOIN OUR...

COMMUNITY CULTURE CLUB

AT THE MUSEUM OF NORWICH

- A programme of ten free weekly creative sessions
- Open to all older people (65+), including those living with dementia, carers, those with other long-term health conditions, and those who are lonely or isolated.
- The chance to make new friends and try something different
- Tea, coffee, and biscuits included
- Thursdays 10.30am-12.30pm
- First session Thursday 16 November 2023



"Lovely supportive, relaxed atmosphere. An inspiring place to meet other people, learn about local history and participate in crafting."



At the Museum of Norwich, Bridewell Alley, Norwich NR2 1AQ
Registration is essential, contact Rosalind for more information:
rosalind.hewett2@norfolk.gov.uk
01603 679328



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



NICHE
Anchor Institute



Poetry Beyond Borders





A drop-in workshop for National Poetry Day
with speakers from the UEA

Millennium Library
5th October
2-4pm
BIPC Meeting Room, 2nd Floor

Sharing poems in Ukrainian, Bangla, Spanish
and more, in the original & in English translation.

Participants are warmly invited to bring a poem!

**Celebrating the generous
donation of Ukrainian Poetry to
the Millennium Library**



Hosted by UEA's Global Library Project and Norfolk Libraries

Cost of Living Support Event



You are not alone in the Cost of Living Crisis.

Join us at **Castle Quarter** to find support with money, debt, bills, council tax, benefits, wellbeing, food and more

Thursday 19th October
10am - 4.30pm Level 1



for funding this event



Cost of Living Support Event

Thursday
19th October

We're looking for supportive organisations to have a table at our event!



[Your Own Place's Advisory Board](#), a group of people with lived experience are using their skills, experience and expertise to plan a free day-long event on Thursday 19th October. The event is focused on supporting people in the local area to make connections with organisations who can support with different aspects of the cost of living crisis. We're incredibly grateful to Castle Quarter, Norwich for providing us with space for the day, on Level 1 of Castle Quarter.

We're looking for organisations who support with challenges around debt, money, food, bills, energy, rent and housing, council tax and wellbeing.

Please use the following link to express an interest in signing up, or contact Emily Newman at emily@yourownplace.org.uk for more information.

<https://www.eventbrite.co.uk/e/cost-of-living-support-event-tickets-654901918267?aff=oddtcreator>



Community Sports Foundation

Duncan's Club - supporting people with dementia

Duncan's Club, a new support programme for people with dementia, is a 90-minute session every Thursday morning 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. The programme has been named after iconic Norwich City captain Duncan Forbes, who was affected by dementia in later life.

Sessions take place on **Thursdays from 10:00 to 11:30**, and are free (to join our waiting list, contact us- <https://www.communitysportsfoundation.org.uk/contact-us/>)

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



COMMUNITY
SPORTS
FOUNDATION



Supported by

Norfolk
Community
Foundation

EXTRA TIME

Physical and social
activities for over 55s

FROM
£3.50
PER SESSION
YOUR FIRST
IS FREE!





COMMUNITY
SPORTS
FOUNDATION



Supported by

Norfolk
Community
Foundation

PHYSICAL AND SOCIAL ACTIVITIES FOR OVER 55s

- Enjoy one hour of sports, followed by a social hour
- Take part in a wide range of sports including badminton, football, netball and table tennis
- Quizzes, games and special guest speakers

LOCATION

Carrow Park, Norwich, NR1 1JE
(Spring & Summer)

Wensum Sports Centre, Norwich, NR1 1QW
(Autumn & Winter)

DATE & TIME

Wednesdays, 10am to 12.15pm

COSTS

From £3.50 per session. Your first session is free


WHO IS IT FOR?

Men and women, aged 55+



Find out more

 communitysportsfoundation.org.uk

 csfmailbox@norwichcitycsf.org.uk

 01603 984000

Norwich City Community Sports Foundation, Norwich City FC, Carrow Road, Norwich, NR1 1JE | Registered charity number: 1088239



Scan
to book



Arty Party 2

First session 6th October 2023


**The first Friday of each month at 13:00-15:00
Cathedral of St John the Baptist, The Narthex, Norwich NR2 2RA**

Basic-level monthly arts and
crafts club

A chance to explore your creative
side with a new idea each month

Materials will be provided free
of charge, donations are
welcome

To reserve a space:

 01603 496333



activities@ageuknorwich.org.uk



Registered Charity Number 1094623

We're thrilled to announce the launch of Arty Party 2 on Friday 6th October - spaces are filling up quickly so please get in touch soon if you would like to attend!



Communi-Cake

Join us for cake, board games and a chat!

First Monday of each month at 10:30-12:30!

The Boundary Pub, 414 Aylsham Rd, Norwich NR3 2SA



- Hot drinks, cakes and games will be provided. Donations are welcome.
- Gain help and support from a member of our Information and Advice team.

If you would like to come along, please call us on 01603 496333 or email us at activities@ageuknorwich.org.uk.

Registered Charity Number 1094623



Norwich
ageUK
Improving the
quality of later life

STORY HUB

FREE SESSION

TUESDAY 24TH OCTOBER

EXPLORING THEATRE AND PERFORMANCE

THESE SESSIONS WILL BE AN INTRODUCTION TO ALL THINGS STORYTELLING. NOT ONLY THAT BUT AN OPPORUNITY TO MEET LIKE MINDED PEOPLE AND EXPLORE YOUR CREATIVITY

SESSION TIMES

10:30-12:30 AGES 55+

14:00-16:00 AGES 11-18

VENUE: THE GARAGE,
14 CHAPEL FIELD, NORWICH NR2 1NY



ONLINE BOOKING ESSENTIAL

PLEASE SPEAK TO A MEMBER OF AGE UK NORWICH STAFF ON 01603 496333 FOR ASSISTANCE

IN ASSOCIATION WITH
 **Norwich ageUK**
Improving the quality of later life

GRAPEARTS

Week 1 – 2nd October – 6th October

Day	Group Name	Start Time	End Time	Location
Monday (02/10)	Communi-Cake	10:30	12:00	The Boundary Pub, NR3 2SA
Tuesday (03/10)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (03/10)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (03/10)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA
Wednesday (04/10)	Dance to Health – Lakenham	10:00	12:00	Old Lakenham Community Centre NR1 2NG
Wednesday (04/10)	Arty Party	10:30	12:30	Buxton Lodge, NR6 7DB
Wednesday (04/10)	Walking Football – Lakenham	12:30	13:30	GOALS, Hall Road, NR1 2GB
Wednesday (04/10)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (05/10)	Dance to Health – Mile Cross	10:00	12:00	The Norman Centre, NR3 2QZ
Thursday (05/10)	Walk For Wellbeing	10:30	12:00	Waterloo Park Pavilion, NR3 3HX
Thursday (05/10)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (05/10)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (05/10)	SIT-FIT – West Earlham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (05/10)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Thursday (05/10)	Dance to Health – Pilling Park	14:00	16:00	Pilling Park Community Centre, NR1 4PA
Thursday (05/10)	SOTB – Football Reminiscence	13:30	15:00	Carrow Road, NR1 1JE
Friday (06/10)	Veteran's Recall	10:30	12:00	Pilling Park Community Centre, NR1 4PA
Friday (06/10)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Friday (06/10)	Arty Party 2	13:00	15:00	The Narthex, Cathedral of St John the Baptist, NR2 2RA

Week 2 – 9th October – 13th October

Day	Group Name	Start Time	End Time	Location
Tuesday (10/10)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (10/10)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (10/10)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA
Wednesday (11/10)	Dance to Health - Lakenham	10:00	12:00	Old Lakenham Community Centre NR1 2NG
Wednesday (11/10)	Walking Football – West Earlham	12:30	13:30	UEA Sportspark, NR4 7TJ
Wednesday (11/10)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (12/10)	Dance to Health – Mile Cross	10:00	12:00	The Norman Centre, NR3 2QZ
Thursday (12/10)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT

To book, please contact us on 01603 496333
or activities@ageuknorwich.org.uk



Subject to change Registered Charity Number 1094623

Thursday (12/10)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (12/10)	SIT-FIT – West Earham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (12/10)	Dance to Health – Pilling Park	14:00	16:00	Pilling Park Community Centre, NR1 4PA
Thursday (12/10)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Friday (13/10)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Week 3 – 16th October – 20th October

Day	Group Name	Start Time	End Time	Location
Monday (16/10)	Coffee Club	10:30	12:00	Woods Coffee Bar, 26 Roundtree Close, NR7 8SX
Tuesday (17/10)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (17/10)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (17/10)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA
Wednesday (18/10)	Dance to Health - Lakenham	10:00	12:00	Old Lakenham Community Centre NR1 2NG
Wednesday (18/10)	Walking Football – Lakenham	12:30	13:30	GOALS, Hall Road, NR1 2GB
Wednesday (18/10)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (19/10)	Dance to Health – Mile Cross	10:00	12:00	The Norman Centre, NR3 2QZ
Thursday (19/10)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (19/10)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (19/10)	SIT-FIT – West Earham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (19/10)	Dance to Health – Pilling Park	14:00	16:00	Pilling Park Community Centre, NR1 4PA
Thursday (19/10)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Friday (20/10)	Lunch Club at The Cherry Tree	12:00	15:00	The Cherry Tree, Dereham Road, NR5 8TD
Friday (20/10)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Week 4 – 23rd October – 27th October

Day	Group Name	Start Time	End Time	Location
Tuesday (24/10)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (24/10)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (24/10)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA
Wednesday (25/10)	Coach & Horses Lunch Club	12:00	15:00	Coach & Horses, 51 Bethel Street, NR2 1NR
Wednesday (25/10)	Walking Football – Lakenham	12:30	13:30	GOALS, Hall Road, NR1 2GB

To book, please contact us on 01603 496333
or activities@ageuknorwich.org.uk



Subject to change Registered Charity Number 1094623

Wednesday (25/10)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (26/10)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (26/10)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (26/10)	SIT-FIT – West Earlham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (26/10)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Friday (27/10)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Week 5 – 30th October – 3rd November

Monday (30/10)	The Phoenix Centre Lunch Club	12:00	14:00	132A Mile Cross Road, NR3 2LD
Tuesday (31/10)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (31/10)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (31/10)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA
Wednesday (01/11)	Walking Football – Lakenham	12:30	13:30	GOALS, Hall Road, NR1 2GB
Wednesday (01/11)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (02/11)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (02/11)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (02/11)	SIT-FIT – West Earlham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (02/11)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Friday (03/11)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Be a Santa to a Senior

In 2022, we delivered over 400 gifts to older people in our community, who are alone and wouldn't have received a gift at Christmas. One person said: "Thank you so much for my hat and gloves. I really appreciate the gift and the thought behind it."



We are asking for your kindness. A donation will allow us to buy a gift for an elderly person living alone this Christmas. We will wrap the gifts and personally deliver them.

Information on donating will follow. If you would like to donate, please call us on 01603 496333 or email us at activities@ageuknorwich.org.uk.

To book, please contact us on 01603 496333
or activities@ageuknorwich.org.uk



Friends of Age UK Norwich

A reminder that we are offering support to advertise various other activities ran by other organisations. For booking information please click on link below to our website.

		Friends of Age UK Norwich				
		Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER 2023	week 1 2nd Oct - 6th Oct	Knit & Natter Orchard Rooms 11:00 - 13:00 Chatter & Natter Table John Lewis Norwich Community Space 10:00 - 11:30	Corton House - Community Cafe Jubilee Community Centre 13:00 - 15:00 The Phoenix Lounge Phoenix Centre 12:00 - 14:00	Movement with Molly St Augustine's Church Hall 10:30 - 11:30 St Matthews - Cuppa, Care & Chat St Matthews Church 10:30 - 12:00	Sunshine Cafe Salvation Army Church 10:00 - 12:00 Drawing Buddies The Phoenix Centre 10:00 - 12:00	Pit Stop - Walk & Talk Men's Centre 9:30 - 11:00* Circuits Norman Centre 09:15 - 10:15/10:30 - 11:30
	week 2 9th - 13th	Norwich City Centre Walk Meet at City Hall 10:30 - 12:00 Phoenix Lunch Club Phoenix Centre 12:00 - 14:00	Pit Stop - Yoga Maddermarket Theatre 11:30 - 13:00* Dementia Lunches 23, St Benedict's Street 12:00 - 14:30	Eaton Park Walk Meet at Eaton Park Community Centre 13:30 - 15:30 Eaton Film Club Eaton Park Community Centre 14:00 - 16:00	Dementia Friendly Cafe The Costessey Centre 10:00 - 12:00 Coffee & Catch Up The Merchants House 10:30	Wellbeing Crafty Sewing Group Re-Do, Norfolk CIC 10:00 - 11:30 Seated Yoga for MS Harford Community Centre 12:30 - 13:30
	week 3 16th - 20th	Knit & Natter Orchard Rooms 11:00 - 13:00 Nifty Fifty - Activities Norman Centre 14:00 - 16:00	Namco Funscape Bowling Bowthorpe 10:00 - 13:00 Be Active, Keep Moving Norman Centre 17:30 - 18:30	St George's Hotspot St's Georges Church 10:30 - 13:00 Community Cafe The Warren Care Home 14:00 - 16:00	Sprowston Dementia Cafe Diamond Centre 10:00 - 12:00 Drawing Buddies The Phoenix Centre 10:00 - 12:00	Pit Stop - Walk & Talk Men's Centre 9:30 - 11:00* Come Singing Earlham Library 11:15 - 12:15
	week 4 23rd - 27th	Phoenix Lunch Club Phoenix Centre 12:00 - 14:00 Chatter & Natter Table John Lewis Norwich Community Space 10:00 - 11:30	Dementia Lunches 23, St Benedict's Street 12:00 - 14:30 The Phoenix Lounge Phoenix Centre 12:00 - 14:00	The Norwich Out & About Club Chapelfield Road Methodist Church 10:30 St Matthews - Cuppa, Care & Chat St Matthews Church 10:30 - 12:00	Drawing Buddies The Phoenix Centre 10:00 - 12:00	Circuits Norman Centre 09:15 - 10:15/10:30 - 11:30 Seated Yoga for MS Harford Community Centre 12:30 - 13:30
	week 5 30th - 4th Nov	Knit & Natter Orchard Rooms 11:00 - 13:00 Nifty Fifty - Activities Norman Centre 14:00 - 16:00	Pit Stop - Yoga Maddermarket Theatre 11:30 - 13:00* Be Active, Keep Moving Norman Centre 17:30 - 18:30	St George's Hotspot St's Georges Church 10:30 - 13:00 Movement with Molly St Augustine's Church Hall 10:30 - 11:30	Drawing Buddies The Phoenix Centre 10:00 - 12:00	Circuits Norman Centre 09:15 - 10:15/10:30 - 11:30 Seated Yoga for MS Harford Community Centre 12:30 - 13:30

*Pit Stop groups are for men only

*These groups are run by other organisations who provide activities or support for people aged 50+. Age UK Norwich does not endorse or quality assure any organisation or their activities. Please see our website for contact details.

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

Information and Advice Events

All are welcome to come along to our drop-in advice sessions for dates and locations mentioned below.



Information and Advice events calendar

October 2023

Monday 2nd	Communi-cake! at The Boundary Pub 10:30 - 12:30 Aylsham Road Come and join us for a chat over a slice of cake, hot drink and if you like, join in with a game. A monthly session ran by Age UK Norwich with an Information & Welfare Advisor on hand for support or advice.
Thursday 5th	St Elizabeths Church 11:00 - 12:30 Cadge Road An Age UK Norwich Advisor will be joining Norwich Food Bank at this location for anyone needing Advice or Information. Norwich Food Bank can also be accessed here during this time.
Friday 6th	Pilling Park Community Centre 10:30 - 12:00 Pilling Park Road Drop-in Advice Session for anyone over 50. Come and have a chat with one of our Advisors or pick up an Information Guide on any number of subjects we offer Advice on.
Monday 9th	Social Supermarket 10:00 - 12:00 The Feed, Hall Road Age UK Norwich will be offering Information and Advice in the cafe next to the Social Supermarket. Come along for a chat and a hot drink.
Monday 9th	Witard Road Baptist Church 2:00 - 3:30 Witard Road An Age UK Norwich Advisor will be joining Norwich Food Bank at this location for anyone needing Advice or Information. Norwich Food Bank can also be accessed here during this time.
Wednesday 11th	St George's Church 'Cool spot' 10:30 - 12:30 Colegate Come along for a hot drink, cake and a chat, a very warm welcome awaits all. This 'cool spot' is run weekly and will be attended on the 2nd Wednesday of each month by one of our Advisors.
Wednesday 11th	New Hope Community Cafe 12:00 - 2:00 Martineau Lane One of our Advisors will be joining Community Action Norwich at the New Hope Community Cafe for anyone over 50 who needs Information or Advice. Norwich Food Bank can also be accessed here at this time.
Thursday 12th	Witard Road Baptist Church Community Cafe 10:00 - 1:00 Witard Road Come along to the Witard Road Baptist Church Community Cafe where one of our Advisors will be available for Information and Advice. A private space is available for any confidential discussions.
Monday 16th	The Shoebox Hub 10:30 - 12:30 21-23 Castle Meadow A Community Hub with various events on throughout the week. Age UK Norwich will be providing Information and Advice to anyone that would like to drop in.
Thursday 19th	Cuppa Care outside The Forum 10:00 - 3:00 Millenium Plain Come say 'hello' at the monthly Cuppa Care bus, located outside The Forum. Aiming to tackle loneliness and bring people together. Get out of the house, meet new people or chat about something that's worrying you.
Thursday 19th	St Elizabeths Church 11:00 - 12:30 Cadge Road An Age UK Norwich Advisor will be joining Norwich Food Bank at this location for anyone needing Advice or Information. Norwich Food Bank can also be accessed here during this time.
Monday 23rd	Witard Road Baptist Church 2:00 - 3:30 Witard Road An Age UK Norwich Advisor will be joining Norwich Food Bank at this location for anyone needing Advice or Information. Norwich Food Bank can also be accessed here during this time.
Wednesday 25th	Social Supermarket 11:00 - 1:00 Russel Street Community Centre One of our Information and Welfare Advisors will be joining the Social Supermarket for anyone over 50 needing Information or Advice.
Wednesday 25th	New Hope Community Cafe 12:00 - 2:00 Martineau Lane One of our Advisors will be joining Community Action Norwich at the New Hope Community Cafe for anyone over 50 who needs Information or Advice. Norwich Food Bank can also be accessed here at this time.
Monday 30th	The Phoenix Centre Community Cafe 11:00 - 1:30 Mile Cross Road One of our Advisors will be joining Community Action Norwich at the New Hope Community Cafe for anyone over 50 who needs Information or Advice. Norwich Food Bank can also be accessed here at this time.



Eco Futures day

Eco Futures day is on Saturday 14th October, 10am-4pm at Norwich High School for Girls, Newmarket Road, Norwich. It is a day aimed at families and individuals and includes hands on activities such as pumpkin carving, making wildflower seed bombs, Halloween costumes, bicycle repairs, textile repairs, cooking and home composting demonstrations, rag rugging, a clothes swap to name just a few of the attractions – all FREE.

Use discount code costofliving100 to receive 100% discount on the current ticket price. This is a limited offer in response to the cost of living crisis to enable participation by those struggling financially and the discount will be automatically applied when buying tickets in advance. The cost on the door will be £5 per adult and £12 for a family ticket for 2 adults and up to 3 children.

Further details of all activities and tickets available from <https://www.eventbrite.co.uk/e/597762623097?aff=odtdtcreator>

Or call into New-U, Level 2, Castle Quarter to find out more.



MensCraft- #LifeCraft programme

MensCraft are grateful to receive funding from Handelsbanken via the Norfolk Community Foundation to help launch a new 10-week #LifeCraft programme encouraging men to come together on a weekly basis to experience the learning and bonding associated with groupwork in a safe and nurturing environment. Week by week various topics will be covered around men's wellbeing. The Norwich-based course starts on October 16th and will enable men to better manage and meet life's challenges, equipping them with emotional skills and resilience to feel less isolated and more able to face life's challenges.

LifeCraft is open to all men aged 18+. Each session will be carefully facilitated by Paul Howes, an experienced groupwork facilitator and qualified BACP Accredited Counsellor Care. Visit the website for more details then email to register an interest, with your name and contact details. Paul will then contact you directly to discuss further.

<https://menscraft.org.uk/support/therapeutic-provision/>

South Norfolk

Wymondham Library events

What's On at Wymondham Library:

Knit, Stitch & Natter—every Thursday 4.45-6.45pm

Baby Bounce & Rhyme - every Tuesday 10.10-10.40am and 11-11.30am

Just a Cuppa - every Friday 12-1pm

IT Support 1:1s - every Monday, 4- 6 pm and Thursday 3-5pm (booking only) or drop-in Wednesday 10-4pm

Autism Café - First Thursday of the month 12-1pm

Wymondham Country Market - every Friday 10.30-12.30pm

LEGO Club - every Saturday, 10.30-11.30am

Daily - Community jigsaw, board games, adult and children's colouring. Baby weigh scales available.

The LEGO logo is displayed in its characteristic bold, white font with a thick black outline and a yellow drop shadow.

It's free to join the library!

Nutrition Q&A Sessions

Join our Nutritional Therapist, Edwina Green, for a Nutrition Q&A session about how you can support yourself or a loved one at a time of a cancer diagnosis and beyond.

This session will take place in-person at our cancer support centre.

Please contact us:
(info@starthrowers.org.uk) to book.



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



Norfolk Knitters and Stitches

15 years knitting, crocheting and stitching for charity!



CARNIVAL

OF COLOUR CELEBRATION



Saturday October 7th

10am – 4pm

Wymondham Central Hall

Back Lane Wymondham NR18 0QB



A fantastic exhibition of work by Norfolk Knitters and Stitches for many different charities. Quilts, blankets, knitted crocheted and stitched clothes, puppets, twiddle muffs, bags, poppies and much more on display and for sale

Raffola Refreshments

Contact: norfolkknitters2022@gmail.com
www.norfolkknitters.org.uk

Free Admission

VOLUNTEERING MATTERS

Charity number 291222

Breckland

Wellbeing Walks Thetford

wellbeing
Helping you live your life



Wellbeing Walks Thetford

4th Tuesday of every month
26th Sept, 24th Oct & 28th Nov
10.30am - 12.30pm

Meeting outside the Light Cinema, 17
Bridge Street, Thetford, IP24 3AE

Join us for a walk along the river or
around town, finishing with a drink and a
chat at The REST Hub on Riverside Walk.

You're welcome to join us here from
roughly 11.30am

Email us on socials@wellbeingnandw.co.uk
or visit us on facebook at

facebook.com/WellbeingNorfolkandWaveneySocials



Norfolk and
Waveney

Relate



**BRECKLAND
AFTERNOON EVENTS**

Live performances and
cinema screenings for
people aged 50+

**DONE TO DEATH,
BY JOVE!**

Created and performed by Gavin
Robertson & Nicholas Collett

A whirlwind of
fast costume
changes &
misdirected acting
hiccups!

**Tues 21st Nov, 1-3pm
The Carnegie, Thetford**



"Truly intimate,
funny and energetic"

FREE TO ATTEND

Voluntary donations welcomed. Turn up
on the day or book online via

ticketsource.co.uk/creative-arts-east



Find out more...

Call us on 01953 713390

Email info@creativeartseast.co.uk

Visit **www.brecklandartsforhealth.co.uk**



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



Upcoming Creative Socials...

BRECKLAND
CREATIVE SOCIALS
High quality arts workshops
for people aged 50+



Clay Pots & Coasters with Lucy Wheeler

We are
Dementia
Inclusive

Experiment with a number of different techniques and make your own coaster and/or pinch pot inspired by nature.

Thursday 19th October
Friday 20th October
Friday 27th October

Attleborough Town Hall 1-3pm
Dereham Library 1-3pm
Thetford Library 2-4pm



Singing & Storytelling with Rob Gildon

Join Rob for an interactive singing and storytelling workshop, featuring a repertoire of new and old theatrical songs.

Friday 10th November
Friday 17th November
Thursday 23rd November

Thetford Library 1-3pm
Dereham Library 1-3pm
Attleborough Town Hall 1-3pm

Fancy coming along to a Creative Social?

Creative Socials are free to attend. If possible, please contact us in advance to book a place and let us know your access requirements.

See our contact details on the reverse of this flyer!



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

Inspiring
communities

creative
ARTS EAST



Making Sense of SEND FREE INFORMATION FAIR

 **Tuesday 3 October 2023**  **10am-12pm**
 **King's Centre, Great Yarmouth**

For parents & carers of children aged 0-25 with SEND.
Information stands will include:



Optional talk from 10:30 - Dawn Jones & Anna Harvey will be talking about SEN Support- and taking your questions!

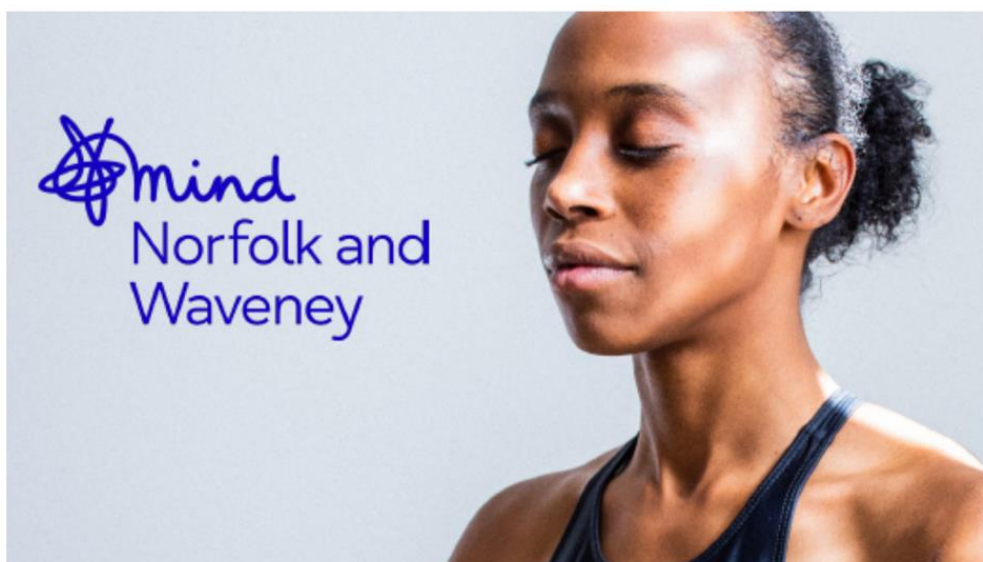


SCAN ME

Free refreshments will be provided, and you are welcome to stay for as long as you'd like!

For more info and to book your free place through Eventbrite, scan the QR code

MIND- Anger and Emotion Regulation group





Each Friday, Norfolk and Waveney Mind hold free group sessions to help people understand their feelings and how to control their anger. Trained Recovery Workers will be at the sessions if anyone needs to chat either on a 121 basis or for signposting and support.

The sessions are held at REST Great Yarmouth, 28-31 Dene Side, NR30 3AX, between 12 - 1pm.

Please email rictriage@norfolkandwaveneymind.org.uk for more information.

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

REST weekly groups

 					
<u>Weekly groups held at REST Great Yarmouth (unless otherwise stated).</u>					
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Photography 10am-12pm (Fortnightly on rotation) Creative Writing 10am-12pm (Fortnightly on rotation)	Mental Health Support Group 9am-10:30am Walking and Talking Gorleston 11am-12:30pm (meet at Beaches Medical Centre, NR31 6QB)	CV Advice and Interview Skills 9am-11am	Arts and crafts (supplies provided or bring your own!) 10am-12pm Sue Lambert Trust Drop-In (Last Thursday of every month) 10am-12pm	Anxiety and Low Mood 9:30am-10:30am Anger and Emotion Regulation 11am-12pm
Afternoon	Women's Group 1:30pm-3:30pm		Golden Threads Bereavement Support (Fortnightly) 1:30pm-3:30pm (hosted at St. George's Café, NR30 2PG) Walking Football (Fortnightly) 7pm-8pm (hosted at the Rabbit Hutch, Caister-on-Sea, NR30 5ET)		Menscraft Pitstop 12pm-2pm (hosted at St. George's Café, NR30 2PG)

To get the support that is right for you, simply drop-in at:
 REST Great Yarmouth, 28-31 Denside, Great Yarmouth, NR30 3AX (Monday to Friday, 9:00am – 4:00pm).
 Age requirement is **18+** for all groups and drop ins.
For all enquiries contact us on:
Telephone: 0300 330 5488 or **Email:** rest.greatyarmouth@norfolkandwaveneymind.org.uk
 Registered charity no. 1118449



ACE courses

ACE have organised the following Courses & Drop-in Sessions @ their Premises, 16-18 Alpha Road, Gorleston. NR31 0LQ

Construction Skills for Adults (for Beginners): One day courses, on 24th October, 13th November, 29th January, or 12th February. 9:30am to 3:30pm
Useful DIY skills, & tackling small projects.

Motor Vehicle Skills: One day Courses on 26th October & 11th December. 9:30am to 3:30pm.
Winter Care of your Car & more.

Multiply Maths for ALL: Drop in Sessions every Friday, 9am to 12noon.
To help improve numeracy...

Know Your Neighbourhood: Drop-in Session: 20th October 10am – 12noon.
Feeling Lonely, Isolated or New to the area...

<https://ace-project.org.uk/>

GREAT YARMOUTH CREATIVE SOCIALS

FREE hot drink
and cake at
all events!



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!

If possible, please contact us in advance to book a place on our Creative Socials and let us know your access requirements.

Find out more...

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



See what's coming
up overleaf!



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



Upcoming Creative Socials...

High quality arts workshops for people aged 50+



SEPTEMBER

Movement with Vanhulle Dance Theatre & Laura Bryars

A gentle movement workshop will focus on reconnecting to your breath, finding flow and becoming one with nature.

Tuesday 5th September

St George's Theatre Café, 1-3pm



OCTOBER

Clay Pots & Coasters with Lucy Wheeler

We are
Dementia
Inclusive 

Experiment with a number of different techniques and make your own coaster and/or pinch pot inspired by nature.

Tuesday 3rd October

St George's Theatre Café, 1-3pm

FUN | FRIENDLY | ADAPTABLE | INCLUSIVE

Find out more...

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

World Homeless day



10th October
WHD
World Homeless Day
10th October 2023
ST George's Theatre
10:00—14:00

East Norfolk Medical Practice
GREAT YARMOUTH BOROUGH COUNCIL
DIAL
THE HEPATITIS TRUST
Change Grow Live
HERRING HOUSE
SHELTER
BRIDGES OUTCOMES PARTNERSHIPS
NHS Norfolk and Waveney Integrated Care Board

Come visit us at St George's Theatre to celebrate the amazing work our local services do to support the homeless in Great Yarmouth, and hear from people who have experienced homelessness.

PositiviTea

Come along, chat & connect

PositiviTea brings voluntary groups and statutory organisations out to the community so that people can have face-to-face conversations and explore what health & wellbeing support is available to them.

Maybe you're struggling with your mental health or worried about the cost of living. Perhaps you're a Carer or you're concerned about a friend or neighbour who is. Or you'd simply like to find out more about what's happening in your local area.

Do come along, chat and connect!

You'll receive a warm welcome at PositiviTea - there's free tea, coffee & cake and activities you can join in with.

Tuesday 10 October

Walsingham Parish Hall 10am-12noon
in collaboration with Coastal Community Supermarket
(www.facebook.com/coastalcommunitysupermarket)

Wednesday 11 October

Northrepps Village Hall 10am-12noon
in collaboration with Cuppa Care
(www.hearfornorfolk.gov.uk/cuppa-care/)

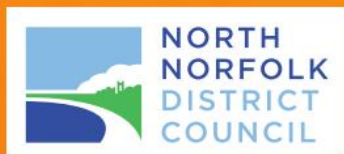
Wednesday 18 October

Briston Pavilion 10:30am-12:30pm

Thursday 19 October

Neatishead New Victory Hall 10am-12noon

For more information contact: healthandwellbeingpartnership@north-norfolk.gov.uk



A

Have Autism / Asperger's?

Feel like you could do with some support?

Come along for an informal chat

Tuesdays 2-4

Drop in sessions held at the
Steam House Cafe, Kings Lynn

No need to book, just turn up!

Steam House Cafe
102 High Street
Kings Lynn
PE31 1BW



A

Diagnosed with Autism/Asperger's?

**Want to connect with other adults with
Autism?**

We meet 10.30 am - 2 pm Wednesdays

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

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



At your Library in King's Lynn



Hosted by Forever Fitness

Seated Exercise Classes for Older Adults

All participants have their own chair and can choose to sit or stand.

Fall Prevention - improve balance and coordination

Fitness - benefit your cardiovascular system and overall strength

Flexibility - keep stiffness at bay

Fun & Friendship - we'll have a cuppa and a natter when the workout's done

Wednesdays* at 1.30 - 3 pm

**Starting on 11th October until 20th December,
with a half-term break on 25th October*

For more details or to book, speak to staff or
call the library at 01553 772568

www.norfolk.gov.uk/libraries

FOOD FOR THOUGHT

Free live cooking demonstrations by a professional chef

FREE TO ATTEND

MONEY SAVING

FAMILY FRIENDLY

TASTING SESSIONS

SWAP RECIPE IDEAS



Week 1 – 21/9
Bread and dough

Week 4 – 12/10
Snacks

Week 7 – 2/11
Batch cooking

Week 10 – 23/11
Low cost desserts

Week 2 – 28/9
Lunches

Week 5 – 19/10
Healthy eating/fruit & veg

Week 8 – 9/11
Dietary alternatives

Week 11 – 30/11
Fakeaway meals

Week 3 – 5/10
Dinners

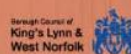
Week 6 – 26/10
Dried and tinned foods

Week 9 – 16/11
Low calorie cooking

Week 12 – 7/12
Christmas savings

Sessions run 9:30am–11:30am at Eternity Downham Market, Sovereign Way, Downham Market PE38 9SW.
Pick and choose the sessions that interest you, and there's no need to book in advance, just turn up!
Call 01553 616200 or email asklily@west-norfolk.gov.uk for more information.

01553 616200
asklily.org.uk





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!

If possible, please contact us in advance to book a place on our Creative Socials and let us know your access requirements.

Find out more...

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



See what's coming up overleaf!





Monday 9th October
Weds 18th October

OCTOBER

Clay Pots & Coasters with Lucy Wheeler

Experiment with a number of different techniques and make your own coaster and/or pinch pot inspired by nature.

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



Monday 13th November
Weds 15th November

NOVEMBER

Singing & Storytelling with Rob Gildon

Join Rob for an interactive singing and storytelling workshop, featuring a repertoire of new and old theatrical songs.

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



Monday 18th December
Weds 20th December

DECEMBER

Dancing with Rosy May

Listen to a variety of music styles and allow yourself to be welcomed into a world where you can experience dance and joy in any way that you choose!

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

Information

and

advice

Norfolk and National

Norfolk County Council

Norfolk County Council



Client Hardship Service - Norfolk County Council

Previously known as the Norfolk Assistance Scheme and Money Support Service, the Client Hardship Service is an amalgamation of the prior services to enhance the financial support provided and deliver a one-stop financial support customer journey for vulnerable people.

The new service supports Norfolk residents facing financial crisis addressing living cost needs and underlying issues. The Client Hardship Service offer:

- Providing vouchers to those that are unable to heat or power their homes;
- Providing vouchers for supermarkets or community supermarkets for food;
- Delivering household items to people setting up home as part of a planned resettlement programme or leaving an institution;
- Warm referrals to support workers, advice organisations and voluntary agencies to provide a wraparound support service and prevent further crisis occurring;
- Money-management and budgeting support and advice, involving helping people identify income and outgoings, supporting grant applications, providing cost comparisons for utilities and supporting with switching to cheaper providers or tariffs;
- Connecting people to debt agencies and supporting them with any initial appointments;
- Supporting people with Disability Related Expenses claims – these can reduce the amount that people pay towards their care.
- There is more information on the [Norfolk Assistance Scheme webpage](#). Those digitally excluded can call Customer Services on **0344 800 8020** who will complete an application on their behalf. Professionals can contact the Client Hardship Team – email: mss.referrals@norfolk.gov.uk; tel: **01603 306131 (option 1)** or complete the NCAN referral form.

<https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme>

Consumer Scam alerts

A common approach used in many scam emails is that a payment has been declined on your account and to maintain your service the recipient needs to click on a link and 'update your payment information'. The links provided in these emails will lead to phishing websites designed to look like genuine sites but will attempt to steal personal and financial information.

The scammers will choose large well known businesses for these emails to give them the greatest possibility of the recipient of the spammed email using the named service. Frequent examples are TV Licensing, mobile phone, broadband & landline service providers, online streaming services, and anti-virus software.

If you receive an email claiming that account information needs updating never click on any links in the text. If you wish to check on the status of an online account you hold contact the provider directly using the Customer Service number provided on a bill or statement, or via information available on their genuine website or app. **Never** use details provided in an unexpected email.

You can report suspicious emails to the National Cyber Security Centre (NCSC) by forwarding it to report@phishing.gov.uk

You can also report suspected scams received to the Citizens Advice consumer helpline, on freephone **0808 223 1133**

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



0344 800 8020

Your local voluntary transport service
helping you to get out and about

Transport Plus is a community transport service provided by Norfolk County Council.

It is a service using mostly volunteer car drivers to enable adult members of the public to access essential health, social and wellbeing services.

Who is entitled to use the service?

Adults who:

- Have a specific health or social need, but are not eligible for free transport
- Are unable to use or access normal public transport services
- Cannot access services using transport provided by family or friends
- Need a journey for their essential shopping, e.g. food or medication
- Are in receipt of mobility allowance, including higher or enhanced rates that can access the vehicle and destinations unaided
- Please note if you have recently had a heart attack, stroke or uncontrolled seizures in the last 3 months, you will need to be accompanied by a friend or relative

To use the service you need to be able to get in and out of a car unaided.

Unfortunately we are unable to take people who travel in a wheelchair. You can take a carer or assistant with you, to help you at your appointment or service.

Where can a driver take you?

- Health-related journeys to medical centres such as hospitals, doctors or health clinics
- Other medically-related appointments and preventative health care. For example, dentist, optician, physiotherapy, occupational therapy
- Day care and respite care
- Essential shopping (food shop at supermarket)
- Social activities or activities to help with general wellbeing

Please note we do not operate journeys that originate from West Norfolk PE postcodes. If you require a journey from this area please contact West Norfolk Community Transport 01553 776971

How to book

Call us on 0344 800 8020 (Monday to Friday 9am - 5pm)

We need at least three working days' notice before you want to travel

You can book a journey up to a maximum of two weeks in advance

Volunteer driver availability

Whilst we do our very best to undertake all journeys, requests are subject to drivers being available. You may be asked to share your journey with another person.

Priority will be given to journey requests within Norfolk. However journeys outside of Norfolk will be considered - for example to get to a hospital appointment.

Cost

There is a charge of 45p per mile and you will be required to pay the cost of the journey **in cash** directly to the driver on the day of travel. No other method of payment is accepted.

The charge includes the mileage the volunteer travels to and from your house. We always try to arrange the nearest driver to you, so charges are kept to a minimum. If this is not possible then our staff will discuss this with you.

We cannot provide a quote at the time of booking however you can request the driver to give you a call to advise on any costs

In some circumstances, we can arrange for the driver to wait at your appointment venue for a maximum of one hour. For longer appointments the driver will leave and return. This may incur additional journey charges.

What if I need to cancel transport?

If you need to cancel your transport then all you need to do is phone the Customer Service Centre on 0344 800 8020.

Please give as much notice as possible as this will allow us time to contact the volunteer driver and possibly use them on another journey for someone else.

Late cancellations may incur a charge if the driver has already left to collect you.

Feedback on our service

If you wish to provide feedback on the service you receive, or have a formal complaint, both can be made in writing to:

The Passenger Transport Manager, Transport Plus, Norfolk County Council, County Hall, Martineau Lane, Norwich, NR1 2DH

Can you help in any way?

Your assistance in the following would be much appreciated:

- When booking, please ensure you have all relevant details about your journey and any specific needs you might have
- Please be as flexible as you can on your appointment times
- Please keep us informed of any changes that may affect your transport journeys

Volunteer drivers required

We are always in need of volunteer drivers. If you know anybody who may be interested, please ask them to call us on 0344 800 8020

Our Hire



flexibus

Marlingford- Bawburgh-Little Melton
Colton-Great Melton to
Norfolk & Norwich Hospital

The Marlingford Flexibus is a prebooked service.
Serving Bawburgh - Little Melton - Colton - Great Melton
to the Norfolk and Norwich Hospital Monday to Friday.
(excluding bank holidays)

The arrival time at the hospital will be 07.50 am

The departure time will be 5.45 pm

Your journey must be booked by 3pm the previous
working day or for a Monday by 3pm Friday.

This service is ideal to **connect** with other local services to
City Centre - Riverside - Watton - Wroxham - Dereham

Pick up from your home or agreed pick up point!
Wheelchair accessible vehicles available on request.

To pre book please call

08000351350

**(by 5pm previous working day if
booking for a Monday let us know
by Friday 3pm)**

Get in touch

ourhire.co.uk

yard@ourhire.co.uk



Our Hire

OURBUS

35 Englands Road
Acle NR13 3EQ



flexibus

South Norfolk & Breckland

**Call or Email RingGo before 15.00 day before
for a lift in to town between 9.30 and 11.00 am
next morning with a return 11.30 and 1.30 pm**

Monday..... to Wymondham

Brandon Parva - Coston - Runhall - Colton - Great Melton - Little Melton -
Wramplingham - Hardingham - East Carleton - Ketteringham -
Hetherset - Fundenhall - Silfield - Pennys Green - Wreningham -
Ashwellthorpe - Wymondham

Tuesday..... to Thetford

Bio Norton - Garboldisham - The Lophams - Gasthorpe - Riddlesworth -
Rushford - Shadwell - Snetterton - Eccles - Wilby - Quidenham - Thetford

Wednesday.....to Watton

Cressinghams - Thompson - Merton - Ovington - Saham Toney -
Great Hockham - Shropham - Stow Bedon - Little Ellingham -
Great Ellingham - Deopham - Morley - Watton

Thursdayto Attleborough

Little Ellingham - Great Ellingham - Rocklands - Deopham - Morley -
Eccles - Wilby - Quidenham - Snetterton - Shropham - Attleborough

Friday to Diss

Bio Norton - Garboldisham - Gasthorpe - Riddlesworth - Rushford -
Shadwell - Eccles - Wilby - Quidenham - New Buckenham - Diss

Flexibus is a 'ring and ride' service which anyone can use. There is no fixed
timetable - the bus follows a route set by the pre-booked requests of
passengers. All buses are fully accessible, with space for wheelchairs,
buggies and shopping. Simply ring us up to seven days before you want to
travel. We will take your journey details and confirm your pick up point and
time. Disabled people and people with mobility impairments can request a
home pick up and drop off.

**Pick Up times to be arranged between 0930 - 1130am
Return times to be arranged between 1130am - 1.30pm**

To pre book please

**Call 08000351350 or visit www.travelnorfolk.co.uk
(by 3pm previous working day if booking for a Monday**

let us know by Friday 3pm) excludes bank holidays

OURBUS

www.ourhire.co.uk

806

**Wymondham - Hetherset - Little Melton to
Longwater Retail Park**

Monday, Wednesday & Friday

806A

**Bawburgh-Marlingford-Barford-Barnham
Broom-Wicklewood to Wymondham**

Monday, Wednesday & Friday Service

808

**Little Melton - Bawburgh - Colton to
Longwater Retail Park**

Tuesday and Thursday

808A

**Weston Longville-Ringland-Taverham-
Costessey to Longwater Retail Park**

Tuesday & Thursday Service

805

**East Carleton-Mulbarton-Ashwellthorpe-
Tacolneston Bunwell to Wymondham**

Friday Service

805A

Deopham-Morley to Wymondham

Friday Service



**Marlingford- Bawburgh-Little Melton-
Colton-Great Melton to Norfolk & Norwich
Hospital Monday to Friday**



South Norfolk & Breckland

Monday-Wymondham Tuesday-Thetford
Wednesday-Watton Thursday-Attleborough Friday-Diss

From 4th September 2023

Ourhire Ltd
35 Englands Road
Acle
NR13 3EQ



806 Wymondham - Hethersett - Little Melton
to Longwater Retail Park
Monday, Wednesday & Friday Service

Wymondham Cross	0920	Longwater Retail Park, Link Rd	1130
Wymondham, Hewitts Lane	0924	Little Melton, School Lane	1138
Wymondham, Norwich Rd	0927	Hethersett, Coachmaker Way	1141
Hethersett, Mill Road	0934	Hethersett, Churchfields, Lakeland Way	1144
Hethersett, Churchfields, opp Lakeland Way	0938	Hethersett, Mill Road	1147
Hethersett, Coachmaker Way	0941	Wymondham, Norwich Rd	1154
Little Melton, School Lane	0944	Wymondham, Hewitts Lane	1157
Longwater Retail Park, Link Rd	0952	Wymondham Cross	1201

808 Little Melton - Bawburgh - Colton -
Longwater Retail Park
Tuesday and Thursday Service

Little Melton, School Lane	0910	Konectbus 4 depts from city centre Konectbus 4 from Norwich arr at		1215
Bawburgh, opp Kings Head	0914	Longwater Retail Park, Link Rd	1115	1250
Marlingford, Bell	0918			
Colton, The Street, pond	0923	Colton, junction	1123	1258
Colton, junction Norwich Rd, The Street	0924	Colton, The Street, pond	1124	
Longwater Retail Park,	0932	Marlingford, Bell	1129	1302
Konectbus 4 to Norwich depart at Konectbus 4 arrive in City Centre at		Bawburgh, Kings Head	1133	1306
	1005	Little Melton, School Lane	1137	1310

805A Deopham-Morley-Wymondham
Friday Service

Deopham, playing field	0915	Wymondham, Postmill close	1113
Deopham Green, opp Halfield Lane	0919	Wymondham Cross	1115
Morley, Buck	0923	Deopham, playing field	1123
Wymondham Cross	0930	Deopham Green, opp Halfield Lane	1127
Wymondham, Postmill close	0932	Morley Buck	1131
		Wymondham Cross	1138

806A Bawburgh-Marlingford-Barford-Barnham
Broom-Wicklewood to Wymondham
Monday, Wednesday & Friday

Bawburgh, opp Kings Head	1000	Wymondham, Postmill Close	1218
Marlingford, Bell	1004	Wymondham, Cross	1220
Barford, opp Village Hall	1008	Wicklewood, Church Lane/ Hillside Crescent	1230
Barnham Broom, opp School	1014	Kimberley, Post Box	1235
Barnham Broom,	1015	Barnham Broom, shop corner	1240
Kimberley, opp post box	1020	Barnham Broom, School	1241
Wicklewood, Church Lane/Hillside Crescent	1025	Barford, opp Village Hall	1247
Wymondham, Cross	1035	Marlingford, opp Bell	1251
Wymondham, Postmill Close	1037	Bawburgh, Kings Head	1255

808A Weston Longville-Ringland-Taverham-Costessey
to Longwater Retail Park
Tuesday & Thursday Service

Weston Longville, Post Office Lane	0949	Longwater Retail Park, Link Rd	1200
Weston Longville, Church Farm Close	0950	Costessey, Roundwell Surgery	1205
Ringland, The Street, Village Sign	0955	Costessey, Tower Hill/ Tower Close	1211
Taverham, Nightingale Drive	0959	Costessey, West End Avenue	1212
Taverham, Sandy Lane	1000	Taverham, Sandy Lane	1217
Costessey, West End Avenue	1005	Taverham, Nightingale Drive	1218
Costessey, Tower Hill/ Tower Close	1006	Ringland, The Street, Village Sign	1222
Costessey, Roundwell Surgery	1012	Weston Longville, Church Farm Close	1227
Longwater Retail Park, Link Road	1017	Weston Longville, Post Office Lane	1228

805 East Carleton-Mulbarton-Ashwellthorpe-
Tacolneston Bunwell to Wymondham
Friday Service

East Carleton, Wymondham Road Junction	0952	Wymondham, Postmill Close	1248
East Carleton, church	0954	Wymondham Cross	1250
Mulbarton, Worlds End	0958	Spooner Row, opp village hall	1300
Mulbarton, Long Lane	1000	Bunwell Street	1306
Mulbarton, Cuckoofield Lane	1001	Bunwell, Greenways	1308
Pennys Green (50 m south of Hethel Engineering)	1007	Bunwell, opp village hall	1311
Wreningham, village sign	1010	Fornsett End, opp Jolly Farmers	1314
Ashwellthorpe, old shop	1015	Tacolneston, school	1316
Ashwellthorpe, New Rd junction	1017	Ashwellthorpe, New Rd junction	1321
Tacolneston, school	1022	Ashwellthorpe, opp old shop	1323
Fornsett End, opp Jolly Farmers	1024	Wreningham, opp village sign	1328
Bunwell, village hall	1027	Pennys Green (50 m south of Hethel Engineering)	1331
Bunwell, Greenways	1030	Mulbarton, Cuckoofield Lane	1337
Bunwell Street	1032	Mulbarton, Long Lane	1338
Spooner Row, village hall	1038	Mulbarton, Worlds End	1340
Wymondham Cross	1050	East Carleton, church	1344
Wymondham, Postmill Close	1052	East Carleton, Wymondham Rd Junction	1346

National
Concessionary
Bus Passes are valid
all day
on these services

All services are excluding bank holidays



Police Budget consultation now live- Have Your Say

Norfolk's Police and Crime Commissioner (PCC) has launched his public consultation into the proposed budget for policing for 2024/25. Norfolk residents are being asked whether the PCC should increase the police precept of council tax for the coming year.

The PCC has a statutory duty to set the police budget and, with this responsibility, make the decision on how much residents of Norfolk should pay towards the policing element of their council tax. PCC Giles Orpen-Smellie will be engaging with the public over a twelve-week consultation period that will run until 5pm, Friday 24th November.

Printed copies of the survey and consultation documents are available and can be requested by contacting the Office of the Police and Crime Commissioner for Norfolk (OPCCN) in the following ways:

Post: OPCCN, Jubilee House, Building 7, Falconers Chase, Wymondham, Norfolk, NR18 0WW

Telephone: 01953 424455

Email: opccn@norfolk.police.uk

<https://www.norfolk-pcc.gov.uk/key-information/finance/police-budget-2024-25-consultation/>

November 2022 | V.01

Don't let a scammer enjoy your retirement



Find out how pension scams work, how to avoid them and what to do if you suspect a scam.



Scammers can be articulate and financially knowledgeable, with credible websites, testimonials and materials that are hard to distinguish from the real thing. Scammers design attractive offers to persuade you to transfer your pension pot to them or to release funds from it. It is then invested in unusual and high-risk investments like overseas property, renewable energy bonds, forestry, storage units, or simply stolen outright.

Scam tactics include:



- contact out of the blue



- promises of high / guaranteed returns



- free pension reviews



- access to your pension before age 55



- pressure to act quickly

If you suspect a scam, report it

- Report to the Financial Conduct Authority (FCA)
by contacting their Consumer Helpline on 0800 111 6768 or using the reporting form at www.fca.org.uk
- Report to Action Fraud
on 0300 123 2040 or at www.actionfraud.police.uk
- If you're in the middle of a transfer, contact your provider immediately and then get in touch with www.moneyhelper.org.uk

www.fca.org.uk/scamsmart

Four simple steps to protect yourself from pension scams

1 Reject unexpected offers

1

If you're contacted out of the blue about your pension, chances are it's high risk or a scam. Be wary of free pension review offers. A free offer out of the blue from a company you have not dealt with before is probably a scam. Fortunately, research shows that 95% of unexpected pension offers are rejected.*

2 Check who you're dealing with

2

Check the Financial Services Register (<https://register.fca.org.uk/s/>) to make sure that anyone offering you advice or other financial services is FCA-authorized.

If you don't use an FCA-authorized firm, you also won't have access to the Financial Ombudsman Service or the Financial Services Compensation Scheme. So you're unlikely to get your money back if things go wrong. If the firm is on the FCA Register, you should call the Consumer Helpline on 0800 111 6768 to check the firm is permitted to give pension advice.

Beware of fraudsters pretending to be from a firm authorised by the FCA, as it could be what we call a 'clone firm'. Use the contact details provided on the FCA Register, not the details they give you.

3 Don't be rushed or pressured

3

Take your time to make all the checks you need – even if this means turning down an 'amazing deal'. Be wary of promised returns that sound too good to be true and don't be rushed or pressured into making a decision.

4 Get impartial information and advice

4

MoneyHelper (www.moneyhelper.org.uk) – Provides free independent and impartial information and guidance.

Pension Wise, is a service from MoneyHelper, backed by government (www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise) – If you're over 50 and have a defined contribution (DC) pension, Pension Wise offers pre-booked appointments to talk through your retirement options.

Financial advisers – It's important you make the best decision for your own personal circumstances, so you should seriously consider using the services of a financial adviser. If you do opt for an adviser, be sure to use one that is regulated by the FCA and never take investment advice from the company that contacted you or an adviser they suggest, as this may be part of the scam.

Be ScamSmart with your pension. Check who you are dealing with.

www.fca.org.uk/scamsmart

*FCA Financial Lives

FCA FINANCIAL
CONDUCT
AUTHORITY



Age UK

Campaign Offline and overlooked

Age UK Campaigns

[View this email online](#)



Dear Ms Hagon-Powley,

I received so many supportive responses last week about the new campaign, Offline and Overlooked, which will push for all public services to always offer an offline option. So, I'm delighted to let you know it's launched and you can get involved!

Please [sign the petition](#) to ensure every public service has an easy-to-use offline option or [download a paper version of the petition](#) to print off and post back to us free.

I believe only having an online option is discrimination.

6 million older people are not online or can't use the internet to do what they need and do it safely. They are increasingly being shut out from essential services. And many more simply want the option to use the post, phone or speak to someone face to face.

The Government must step up now and protect equal and safe access to services we cannot live without. All public services must be required to provide well-publicised and accessible offline routes.

Will you sign the petition to stop online being the only option?

Yes, I'll sign

Not right now

With access to NHS appointments, council services and even parking swiftly moving online by default, we must stand up and stop people being locked out of daily life.

I do hope you'll join me.

Best wishes,

Eorann

Age UK Campaigns

P.S. If you or someone you know needs information or advice on accessing services they can always use our free advice line on 0800 169 65 65. Lines are open 8am-7pm, 365 days a year.



Keep up to date

Website: www.ageuk.org.uk/campaigns

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

Sign the petition here-

https://campaigns.ageuk.org.uk/page/135418/petition/1?ea.tracking.id=Email1&utm_source=campaigns_newsletter_210923&utm_medium=email&utm_campaign=campaigns_newsletter

Download a paper copy here-

https://www.ageuk.org.uk/globalassets/age-uk/documents/campaigns/digital-inclusion/offline-and-overlooked-petition.pdf?utm_auk_reference=CON-15521872

Information guides and factsheets

The Age UK information guides are short and easy to digest, giving an overview of the relevant topic. If you're looking for more in-depth information on a certain topic, the factsheets are longer and more detailed.

Guides include money and legal, health and wellbeing, home and care, and travel and lifestyle.

<https://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/>



Joined-up domestic abuse support
in Norfolk.

We're here to support your journey to freedom

**NIDAS is a domestic abuse service for
people at medium or high-risk of further
harm and their children in Norfolk**

Contact us for more information on domestic
abuse and the different risk levels, as well as
guidance on how NIDAS can support you.

Opening hours:

Weekdays: 9am – 6:30pm

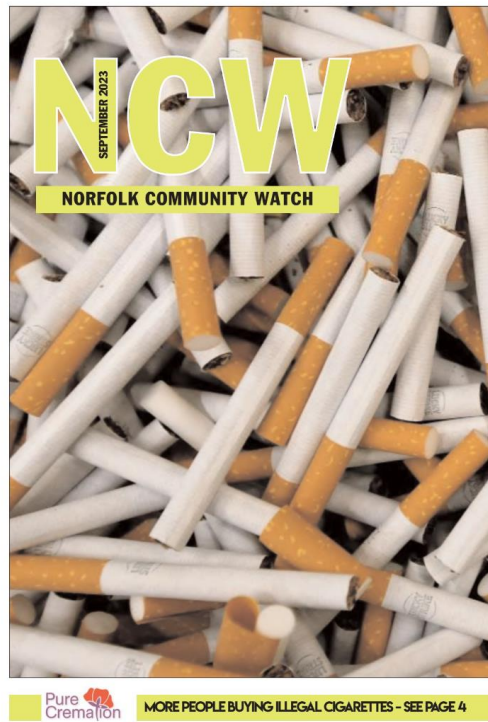
Weekends: 9am – 3pm

Visit: www.nidasnorfolk.co.uk

Call: 0300 561 0555

Out of hours: 0808 2000 247

**If you're in immediate danger,
always call 999.**



September Community Watch magazine

September's edition of the Community Watch magazine is available online here-

<https://online.fliphtml5.com/zjyzt/nmri/#p=2>



Relay UK

Relay UK

Relay UK brings relay services for deaf, hard-of-hearing, and speech-impaired people right up to date with the latest app technology. You don't need any special kit – just download the app from the App Store, Google Play or the Microsoft Store onto your smartphone, tablet, or computer. Conversations are easy to manage and relaxed. For fluent communication with anyone, anywhere, use Relay UK. Phone conversations a problem? Relay UK is the answer. Download the Relay UK app to enjoy fast, natural conversations with anyone you want to talk to. By simply downloading the app and linking it to your phone number, you can use the relay service on your smartphone, tablet or PC. You can still make calls with your textphone, same as you've ever done. So, there's no need to

worry about changing it. Relay UK helps you communicate in English over the phone: hearing, deaf, or speech impaired. Use the confidential relay service and a Relay Assistant will speak, or type what you're saying to the other person. You can type directly to the other person if they're also using the app or a textphone, so there's no need for the Relay Assistant. You can give family, friends, and businesses your own unique TextNumber so when they call you, they automatically connect to a Relay Assistant without having to dial 18002 first. Making it even easier for people to call you.

If you're using the app, you can download it to your iPhone, Android, tablet, PC, or Mac. But if you prefer to stick with your textphone (Minicom / Uniphone), it works fine with that too. The Relay UK service itself is free. You'll only pay your normal charges for the calls you make. Check with your phone provider for more details.

<https://www.relayuk.bt.com/>



Fast secure access in an emergency

A key safe enables fast secure access to your home in an emergency. Reducing delays to treatment and to avert forced entry if the emergency services are unable to enter the property. A police preferred key safe enables the emergency services to gain immediate access to help you if you are not able to get to the door after an incident.

There are two ways you can ensure the emergency services have access- Share the key safe code with the emergency services over the phone when you call or register your key safe code with the emergency services when you install your key safe – this way they will be able to gain access in an emergency situation.

To register your key safe code, visit this secure website: www.eastamb.nhs.uk/Keysafe-Access-Form Please note this is a secure website that cannot be accessed by anyone else.

In the case of the ambulance or fire service being called, the key safe code would only be used/shared in an emergency situation. The benefits of having a key safe are- Save the cost of a replacement door or window in the event of forced entry; Avoid a need for lots of sets of keys and eliminate the need for them to be lost or stolen. Everyday use – a key safe is not just useful in an emergency. Trusted individuals can gain access at other times i.e., when you are away from home on holiday.



FAST SECURE ACCESS IN AN EMERGENCY

A police preferred key safe enables the emergency services instant access to help you if you are not able to get to the door after an incident.

There are 2 ways you can ensure the emergency services have access:

- 1 Share the key safe code with the emergency services over the phone when you call
- 2 Register your key safe code with the emergency services when you install your key safe – this way they will be able to gain access in an emergency situation

To register your key safe code, visit this secure website:
eastamb.nhs.uk/Keysafe-Access-Form

THE BENEFITS OF A KEY SAFE



PEACE OF MIND

With the UK's most secure key safe - as secure as your front door - help can get to you as fast as possible



SAVE MONEY

Save the cost of a replacement door or window in event of a forced entry



NO MORE LOST KEYS

Avoid the need for too many sets of keys - and eliminate the risk of them being lost or stolen



Fast secure access in an emergency

A police preferred key safe enables the emergency services to gain immediate access to help you if you are not able to get to the door after an incident.

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The benefits of having a key safe



With the UK's most secure key safe - as secure as your front door - help can get to you as fast as possible



Save the cost of a replacement door or window in event of a forced entry



Avoid the need for too many sets of keys - and eliminate the risk of them being lost or stolen



Everyday use – a key safe is not just useful in an emergency. Trusted individuals can gain access at other times i.e. when you are away from home on holiday



Haig Housing

Haig Housing is proud to have served the British Veteran community for over 100 years. As the leading housing provider for ex-Service personnel in the UK, the charity now owns over 1,500 properties across 50 locations. The Trust assists eligible Veterans in housing need, whether they are transitioning into civilian life or are simply in need of a helping hand.

Located across the UK, properties are a mix of family-sized and smaller houses, flats, and maisonettes on small well-managed estates. These estates range in size from as small as six properties to our largest estate in Morden with 360 homes. Built mostly in the 1930s, 1950s and 1990s, the most recent new development in Morden, was opened by the Trust's Patron, Her Majesty The Queen, in 2019, creating eco-friendly houses designed for the future.

Properties are available to qualifying beneficiaries at an affordable, charitable rent. As the leading housing provider in the UK we offer advice, guidance and signposting to other Veterans charities and other organisations to assist those in housing need.

<https://www.haighousing.org.uk/about-us/what-we-do/>

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Parkinson's UK Adviser Service

Who we are

Parkinson's UK is a charity that drives better care, treatments, and quality of life for everyone affected by Parkinson's. Because we're here, no one has to face Parkinson's alone

How to access Parkinson's UK Information and Support Service

Parkinson's UK aims to ensure that all people affected by Parkinson's have the information they need to take control, live a life that is as fulfilling as possible and feel able to take an active role in their treatment. We provide the highest quality support for people living with Parkinson's across the UK.

Our *Parkinson's Adviser Service* is a vital part of the support we provide. We have detailed knowledge of Parkinson's and its impact on daily living. We provide free, confidential, one-to-one information and practical help around all things Parkinson related, including benefits and employment, blue badge schemes, carer's support, housing, social care, planning for the future, local activities, and much more. The service is there for anyone affected by the condition, including carers, family and friends.

How to contact us for information or to make a referral

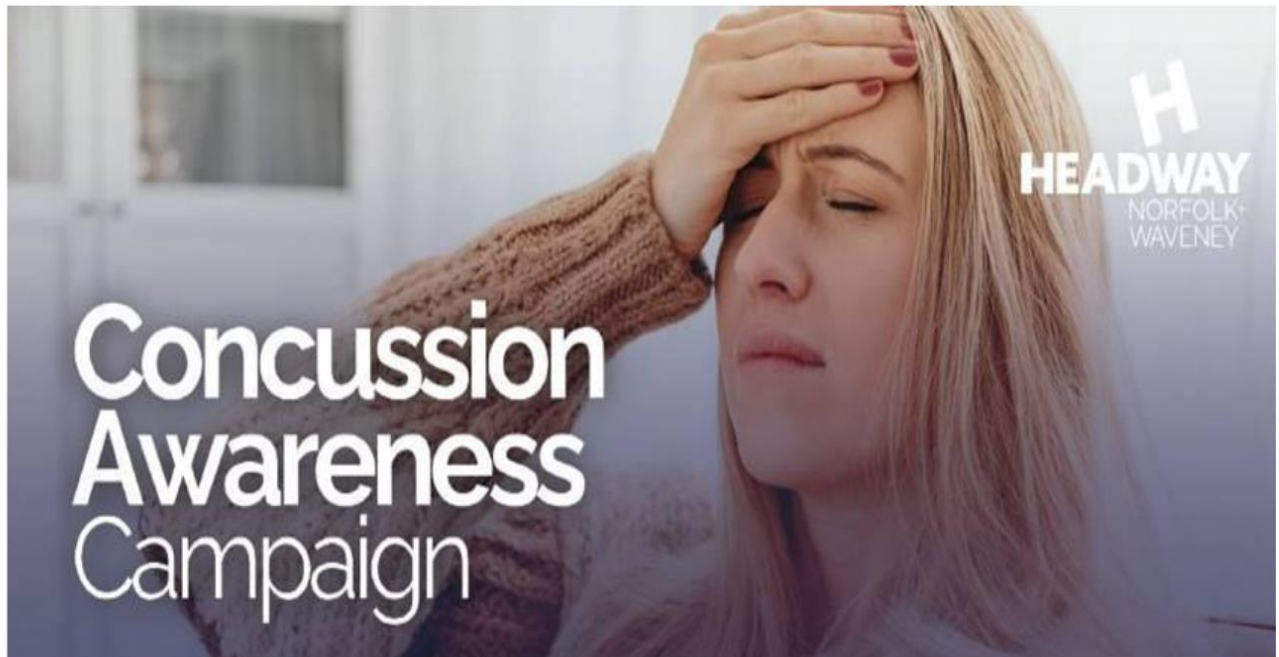
To access the **Parkinson's UK Adviser Service**, the first instance please contact

- our free confidential national helpline on **0808 800 0303**. Lines are open Monday to Friday 9 am to 7 pm and Saturday 10 am to 2 pm
- **or email: hello@parkinsons.org.uk**

Our skilled advisers will be happy to help. If needed, you will be put in touch with a Parkinson's Local Adviser, who will ensure you receive the local support you need.

Please be reassured that our service is there for all and will provide tailored support to meet your needs.

Headway Concussion Awareness campaign



Headway Norfolk and Waveney are excited to inform you about the upcoming **Concussion Awareness Campaign** for the period 2023-2024 and would like to seek your support of the Campaign.

In our region alone, the East of England Ambulance Service NHS trust handles approximately 7,500 head injuries each year, with 24% of these cases not requiring hospitalisation.

The campaign aims to educate and engage the local community, athletes, coaches, parents, and healthcare professionals about the risks, prevention, and management of concussions. By implementing a multifaceted approach, they aim to empower individuals with knowledge and promote a culture of concussion safety and early intervention.

If you are interested in finding out more, please click [here](#) to see the full campaign and to register your interest in getting involved.

https://mcusercontent.com/dcdc53302475f4af05ad7039a/files/a3e7dbd2-35ea-5467-bc43-6ca9e219ff3d/Expression_of_Interest_Form.pdf



Alzheimer's Society- Accelerator Programme

Accelerator Programme is designed to support people in developing and accelerating their product and service innovations to deliver help and hope to people living with dementia. Your idea could be a simple product that makes an everyday task easier for a person living with dementia. You may have an innovative idea for a new product or service.

To bring your idea to life, this programme offers a 12-month partnership including:

Up to £100K of funding

Expert innovation and dementia support for 12 months

Peer-to-peer learning with our Innovation Collective

Opportunities to learn from people living with dementia through co-creation.

Support during the application process.

Accelerator applications are now open and close on 4 October 2023.

<https://www.alzheimers.org.uk/research/our-research/accelerator-programme>



JOIN OUR TEAM



Julian Support works with people who are experiencing significant challenges in their lives; walking alongside them, building trust and sharing power. We provide a range of 24hr Supported Housing and Outreach Services.

We offer:

- ◆ A culture that encourages you to bring your talents, strengths and life experiences with you
- ◆ Competitive salaries
- ◆ Flexible and agile working
- ◆ 27 days annual leave plus bank holidays
- ◆ An attractive pension scheme
- ◆ Staff counselling scheme

And more...



SCAN ME

Interested? Check out our current vacancies at www.juliansupport.org or scan in the QR code on your phone.

Age Action Alliance-

Call for action as shift to digital banking leaves older people feeling deserted

As more and more banks are being lost to the High Street, the Older People's Advocacy Alliance (OPAAL) is calling for action to prevent the continuing exclusion of older people, along with the provision of dedicated community spaces to help older people regain control of their finances.

With nearly 6000 bank and building society branches closing since 2015^[i] and a further 242 bank branch closures scheduled for 2023^[ii], the shift from face-to-face banking to digital has been relentless.

The fast pace of change has made it hard to keep up, leading to many feeling that they are losing control over their hard-earned money. This is especially evident in older age groups, with a recent Age UK report^[iii] finding that amongst those aged over 65, 31% are 'uncomfortable' with online banking and 39% are not currently managing their money online. These figures also rise as people get older, have a smaller level of income or are of a lower social grade, indicating that digital banking has had a regressive, as well as discriminatory, effect.

^[i] <https://www.which.co.uk/money/banking/switching-your-bank/bank-branch-closures-is-your-local-bank-closing-ayYyu4i9RdHy>

^[ii] <https://www.link.co.uk/initiatives/bank-branch-closures/>

^[iii] <https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/money-matters/the-impact-of-the-rise-of-online-banking-on-older-people-may-2023.pdf>

<https://theageactionalliance.org/2023/08/29/call-for-action-as-shift-to-digital-banking-leaves-older-people-feeling-deserted/>



Age UK responds to energy cap reductions

Caroline Abrahams, charity director at Age UK, said Ofgem's new price cap level represents a small reduction in the typical energy bill, but fears that for many older people this will still be a challenging winter, especially if their incomes are just too high to qualify them for extra help, or if they use a lot of energy because of ill health or a poorly insulated home. As the third winter of this energy price crisis approaches it's important to remember that the cap reflects the amount someone will pay based on typical consumption, it does not put a limit on bills, so those older people with higher energy needs will still have to pay a great deal of money for their gas and electricity, in some cases considerably more than they can really afford.

<https://www.ageuk.org.uk/latest-press/articles/2023/ofgem-announcement-response/>

Independent Living news



Welcome to the Independent Living newsletter-

- Oliver and the Carers
- Euan's Guide Access Survey
- Offline and overlooked
- Advance decisions
- No support after sight loss
- Cost of living payments

<https://preview.mailerlite.com/y7v5f0h7t0>



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North Norfolk Healthy Ageing Programme

PROVIDING OPPORTUNITIES FOR **EVERYONE**
TO BE HEALTHIER AND HAPPIER



everyoneactive.com



Introduction

Everyone Active understands the importance of activity and the positive impact it has on healthy ageing; specifically our physical, mental and social wellbeing. Therefore, we are dedicated in supporting our community access exciting programmes and activities at local level.

We achieve the objective of "connecting EVERYONE to health" through co-collaboration with selective alliances. Our passionate individuals and organisations aim to create a more accessible health and wellbeing system which develops the relationship between physical activity and healthcare sectors, resulting in better health for EVERYONE!

Why get active?

Regular physical activity:

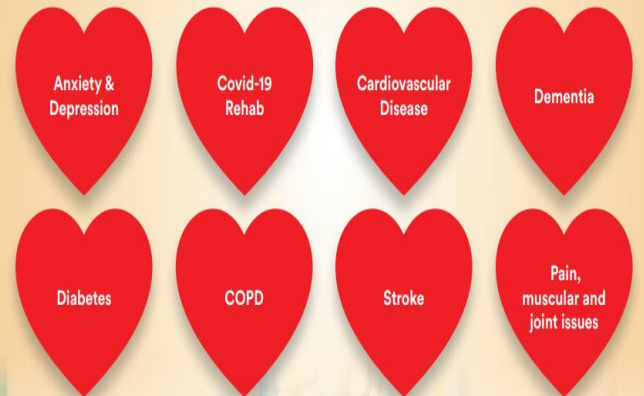
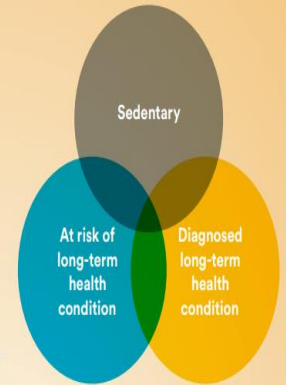
- Decreases the risk of depression and reduces stress and anxiety
- Builds confidence and self esteem
- Enhance positive attitudes and social skills
- Reduces the risk of heart disease and strokes
- Improve your sleep
- Helps reduce high blood pressure
- Helps control body weight
- Reduces the risk of colon cancer
- Reduces the likelihood of brittle bone disease (osteoporosis) in later life.

Designing Our Health Programmes

Everyone Active hosts a range of selected social activities and programmes that best support all low to high-risk long term health conditions. We are continually engaging with the alliance to improve, increase and extend our provision across the district.

There are 24 health conditions our co-provided healthy ageing provisions will target. Some of those conditions are listed below. If you are currently living with a long-term health condition and concerned about what you can and can't do, this programme has been designed for you and is delivered by our specialised staff.

We are continually engaging with our partners and customers quarterly in structured strategic meetings to improve, increase and extend our provision to best address individual health needs.



Scan here to find out more



Contacts

The Reef Leisure Centre

01263 825 675

Victory Swim and Fitness Centre

01692 409 370

North Walsham Sports Centre

01692 402 293

Cromer Sports Centre

01263 515 669

Fakenham Sports and Fitness Centre

01328 850 010

*Additional activities outside of this programme may carry charges.
Information accurate as of August 2023.



everyoneactive.com

West Norfolk



Norfolk
County Council

Bus service improvement plan brings flat fares to King's Lynn

Residents in King's Lynn are set to benefit from cheaper bus travel within the 'Town Zone' thanks to money that Norfolk County Council secured from the Department for Transport (DfT) to improve bus services across the County.

The new flat fare which starts on Monday 21 August will mean any single journey that starts and finishes within the King's Lynn town zone will cost just £1.50.

All five bus operators who serve the town have signed up to the scheme – Lynx Bus, WNCT Ltd, Stagecoach, First Bus and Coach Services Ltd.

The area covers key locations such as the Gaywood estate, Q.E Hospital, Hardwick Retail Park, North and South Wootton.

A new bus route is now also operating in King's Lynn linking up some key health sites. Go To Town's new 3H service calls at St James Surgery, the planned Nar Ouse Health Hub in South Lynn, and the Southgates Medical Centre, via Vancouver Avenue and Tennyson Road. Each journey will also cost £1.50 as part of Norfolk County Council's Flat Fare scheme.

<https://www.norfolk.gov.uk/news/2023/08/bus-service-improvement-plan-brings-flat-fares-to-kings-lynn>

New community hub enters next key phase as main contractor is appointed

The Multi-use Community Hub in King's Lynn has reached an exciting milestone as the main contractor for the build is announced.

Mace, the international consultancy and construction firm, that has previously worked on other County Council projects, has been appointed to bring the vision of a central community hub to life by transforming 46 New Conduit Street in the town centre.

Working with Mace, the design team are focused on embedding sustainability throughout the project. The team are committed to producing a low-carbon building, by both limiting the amount of carbon produced by retaining and using elements of the existing structure and reducing the demand for energy and water consumption through the use of sustainable materials and interventions including a blue roof, which reuses captured rainwater, and electricity generating solar panels.

Throughout the build, the teams will work to use sustainable design-led thinking and strategies that focus on using less...less materials, less carbon, less energy, less natural resources. Exploring re-use of existing structures, minimising environmental impact and operational costs, and aligning with Norfolk County Councils goal to be Net Zero by 2030.

<https://www.norfolk.gov.uk/news/2023/08/new-community-hub-enters-next-key-phase-as-main-contractor-is-appointed#:~:text=Mace%2C%20the%20international%20consultancy%20and,Street%20in%20the%20town%20centre.>

SOUTH DENES, GREAT YARMOUTH

South Denes is the sandy strip of land at the end of the town between the town centre and the mouth of the river Yare. Today, the area seems rather drab, much of the land bare and awaiting development. This belies a varied and fascinating history mostly connected to the sea. Two major structures are setting a course for a new economic chapter: the outer, deep-water harbour and a new river crossing to take port and industrial traffic away from the town centre.



The new Herring Bridge

South Denes has seen the coming and going of numerous industries. Fishing and fish processing thrived here from medieval to modern times. As the “silver darling” herring arrived in huge shoals they were chased and caught by a fleet of drifters [like *Lydia Eva*] to be canned, smoked, salted and frozen and sold both in this country and across Europe. The fish finger was first produced here by Birds Eye in the 1950s. Evidence of a military presence on South Denes remains in the Naval Hospital and the Nelson Monument. The hospital was built in 1811, originally to care for casualties

of the North Sea Fleet, but over time housed patients from the battle of Waterloo, Crimea, and the Indian Mutiny and also served as a military barracks, a mental hospital, a convalescent home and a Navy Intelligence centre in WW II as *HMS Watchful*. Today the building has kept much of its original appearance but now comprises 59 residential properties

A few hundred metres away stands the Nelson Memorial. The 44 metre Doric column commemorates Nelson’s major victories: The Nile, Copenhagen, St Vincent, and Trafalgar. On top, Britannia faces inland towards Nelson’s birthplace at Burnham Thorpe.



There was a Royal Naval Air Service airfield here too, and oil and gas exploration and a horse racecourse are part of South Denes rich history. A visit to South Denes is incomplete without a look at the Pleasure Beach so more of that in the next edition.

Kind regards

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



**Norfolk Older People's
Strategic Partnership**
(NOPSP)

Email: nospb@aol.co.uk
Tel: 07963 304015

www.norfolkolderpeoplespartnership.co.uk

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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