



YOUR VOICE IN NORFOLK NEWSLETTER

of
Norfolk Older People's Strategic
Partnership (NOPSP)

September 2023- Edition 49

Word from the Chair

First of all, let me introduce our new logo (above) We needed to do something, because although the signpost is great and tells people exactly what we do, it doesn't give the name of our organisation and so it can't be used on its own. We've therefore added our name in a circle around it. Thank you to James Dunne, Head of Communications at Norfolk County Council, and the Graphic design team, for their time, efforts, and expertise to make this happen.

We're continuing to work our way through '*Living Longer, Living Well*' (LLLW) and at our next meeting at the end of September we'll be turning our attention to End of Life Care. Our speaker will be Dr Caroline Barry, the ICS Speciality Adviser for Palliative and End of Life Care.

This is the area where there has been most change since we completed the last edition of *LLLW* in 2019. Three of our objectives have been met. Both Norfolk Community Health and Care and East Coast Community Healthcare now run Hospice at Home services, and also specialist palliative care advice lines that serve patients, carers, family members and friends as well as professionals. They run 24 hours a day, 365 days a year.

ReSPECT (Recommended Summary Plan for Emergency Care and Treatment) forms are now embedded in the health service as a legal requirement with a single system operating throughout Norfolk and Waveney. These are prepared by patients with medical

professionals and contain recommendations for a person's clinical care in a future emergency in which they are unable to make or express choices for themselves.

The situation with regard to Yellow Folders is more difficult. Individual health organisations are producing their own version, and they aren't even necessarily yellow. But they are important as a means of pulling together the basic information people may need to have with them, whether they are going for appointments or receiving care at home. A ReSPECT form should be in there, but also, for example, details of a person's next of kin and other key contacts, and copies of Lasting Powers of Attorney for Health and Welfare.

There are some topics which are not currently included in '*Living Longer, Living Well*'. One of these is discharging patients from hospital where further care needs to be provided at home or in the community. It is linked to End of Life Care but is broader, as it also covers people living with long term conditions. Health and social services have been talking about this for some years now, using the rather unkind description of patients as "bed blockers", but in recent years, partly as a result of Covid but also increasingly complex health conditions, the situation has got much worse. Discussions are continuing, and I think this is a subject where the partnership should be monitoring progress. I would like to discuss this at our next meeting.

Best wishes

Mary Ledgard

Interim chair

Norfolk Older People's Strategic Partnership

Norfolk Older People's Strategic Partnership (NOPSP) meeting

Thursday 28th September 2023

Please note the change of venue-

St. Quintin room, Diamond Centre, School Lane, Norwich, NR7 8TR

This meeting is open to the public

Agenda

0930 am Tea and coffee on arrival

1000 am Welcome and housekeeping

1015 am Dr Guy Peryer on Compassionate Communities, followed by questions and answers

1100 am Comfort break with tea and coffee

1115 am Dr Caroline Barry on End of Life care, followed by questions and answers

1200 pm Comfort break

1215 pm Mary Ledgard, interim chair of NOPSP- 'Living Longer, Living Well' updates and discussion

1300 pm Close and sandwich lunch

1330 pm Meeting end

Due to the size of the room, if you wish to attend, please ensure you RSVP to nospb@aol.co.uk including any special requirements you may have e.g. dietary, accessibility, sensory etc.

For more information on the venue, please see their website-

<https://www.spowston-tc.gov.uk/events-hire/spowston-diamond-centre/>

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UK Covid-19 Inquiry- Every Story Matters

Every Story Matters is your opportunity to help the UK Covid-19 Inquiry understand your experience of the pandemic.

<https://www.everystorymatters.co.uk/share?locale=en-gb>

The pandemic affected every single person in the UK and, in many cases, continues to have a lasting impact on lives. Every one of our experiences is unique and this is your opportunity to share the impact it had on you, and your life, with the Inquiry. You can share as much or as little information as you feel able. And you can start it now and come back to finish it when you feel ready.

Whilst no one can change the past, by sharing your experience with the UK Covid-19 Inquiry, you can help us to understand and assess the full picture of how the pandemic impacted lives.

https://covid19.public-inquiry.uk/every-story-matters/?utm_source=Meta&utm_medium=Social&utm_campaign=EveryStoryMatters2324&utm_id=ParticipateC&utm_content=Image1x1&fbclid=IwAR2A-qmshFasnEQr_zSFKopfuOnLvmlZ3dter5TORp1DP2KeCUfylkZEJn4_aem_AU1ucF8mEGex4QZ_e7fZc0jw8Zrtut7ssAq1wkPUQXXDwH8tec49JDqiaQW0th_oPvJzoBaDEd9GzAUNtDijJtW



Improving lives **together**

Norfolk and Waveney Integrated Care System



NHS in Norfolk and Waveney poised to begin offering autumn COVID-19 and flu booster vaccinations

People in Norfolk and Waveney who are eligible for **COVID-19 and flu vaccines this autumn** are being encouraged to come forward when they are invited to do so. The COVID-19 vaccination programme is now entering its third autumn season. Vaccinations help to protect against severe illness, hospitalisations, and deaths from COVID-19. The Joint Committee on Vaccination and Immunisation (JCVI) advises the following groups will be offered a COVID-19 vaccine this autumn:

- Residents in a care home for older adults
- All adults aged 65 years and over
- Persons aged 6 months to 64 years in a clinical risk group, as laid out in the Immunisation Green Book, COVID-19 Chapter (Green Book)
- Frontline health and social care workers
- Persons aged 12 to 64 years who are household contacts (as defined in the

Green Book) of people with immunosuppression

- Persons aged 16 to 64 years who are carers (as defined in the Green Book) and staff working in care homes for older adults.

The flu virus is not just a heavy cold and occurs every year, usually in the winter, this is why it's sometimes called seasonal flu. Flu is a highly infectious disease.

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



Wellness on Wheels (WOW) buses

Don't miss your chance to hop on board the WOW Bus today! Over the coming weeks, the WOW bus will be traveling for miles across Norfolk and Waveney to support those who need extra help with their health and care.

Services that are currently offered on the bus will vary between vaccinations, screening along with health and financial advice.

The WOW bus is supported by partner organisations across the ICS, including NHS Norfolk and Waveney, Norfolk County Council, the Voluntary, Community and Social Enterprise Sector and others.

If you see the WOW bus, make sure you hop onboard!

6 Sep – Watton Market Day

20 Sep – Kings Lynn Tesco Extra Hardwick Road, King's Lynn PE30 4NA 10am-3pm

3 Oct – Downham Market, Market day – Parked @ Morrisons in Downham Market – 10am-3pm

19 October – Fakenham Market Day

25 October – Assembly Rooms, Swaffham

30 November – Fakenham Market Day

21 December – Fakenham Market Day.

<https://improvinglivesnw.org.uk/hop-on-the-wow-bus/>



Norfolk Learning Disability Strategy - Have your say

The Norfolk Learning Disability Partnership has been working with Norfolk County Council and the Norfolk and Waveney Integrated Care Board to see how far they have progressed on the outcomes of the Norfolk Learning Disability Strategy 2018-2022, My Life, My Ambition, My Future. They have visited each of the five localities to present a section of the summary and held discussion groups to obtain people's views on what priorities should be contained in the new strategy. They would like to invite you also to take part in the survey to share your ideas for the new Norfolk Learning Disability Strategy being developed.

The survey can be found here: <https://forms.office.com/e/sDZPkCNDv5>

It is live from the 7th August to the 7th September 2023. To help with this, Norfolk County Council have created a 'Looking back on the 2018-2022 Learning Disability Strategy' summary which is available in easy read and non-easy read. You can find this and more information about the strategy here-

<https://improvinglivesnw.org.uk/norfolk-learning-disability-strategy-survey/>



Heart Attack phase of 'Help Us, Help You' campaign launches

The latest phase of NHS England's 'Help Us, Help You' campaign has launched with a focus on Heart Attacks. The aim of this phase is to raise awareness of the symptoms of a heart attack and encourage anyone experiencing one to call 999. The campaign runs from 14 August to 1 October 2023. Heart and circulatory disease, also known as cardiovascular disease, causes a quarter of all deaths in the UK and is the largest cause of premature mortality in deprived areas. This is one of the biggest areas where the NHS can save lives over the next 10 years. However, there is evidence that many do not fully understand the symptoms of a heart attack. While people act upon chest pain, heart attacks manifest themselves in different ways, and people may not recognise other symptoms, such as a squeezing across the chest, sweating, shortness of breath, feeling weak or lightheaded or a feeling of unease.

The NHS 'Help Us Help You' Heart Attack campaign aims to:

- increase audience understanding of the symptoms of a heart attack
- increase intention to call 999 if people see or experience any one of the signs
- increase earlier presentation of heart attacks, leading to earlier treatment, and improved outcomes for patients.

Resources are available from the Campaign Resource Centre-

<https://campaignresources.dhsc.gov.uk/campaigns/help-us-help-you-heart-attack-and-stroke/heart-attack/>

For further information about the Heart Attack phase of the 'Help Us, Help You' campaign please contact england.campaigns@nhs.net

Norwich



Norwich partners work together to help vulnerable residents

Norwich-based INTERACT, a partnership of local authorities, NHS and voluntary sector organisations, which is helping vulnerable residents improve their housing situation and home environment with a co-ordinated approach of practical support, has secured funding to take it through to April 2026. The INTERACT team is made up of social prescribers from Age UK Norwich and Norfolk Citizens Advice, a care co-ordinator from OneNorwich Practices, a team co-ordinator and housing specialist from Norwich City Council and an integrated care co-ordinator from Norfolk County Council, supported by a volunteer development worker from Voluntary Norfolk.

INTERACT's multi-agency approach is enabling it to give holistic support to people whose housing or home environment negatively impacts their health and wellbeing, allowing them to remain healthy, happy and living independently, by:

Helping them to move to a home more suitable for their needs by helping identify properties and providing practical support with moving house;

Supporting vulnerable people to get back on top of managing their home or garden, including through cleaning, decluttering or adapting their home;

Providing wider support to increase people's income and build their social support networks and resilience to future challenges;

Reducing risk and demand on sectors such as NHS services, adult social care and housing providers.

<https://improvinglivesnw.org.uk/norwich-partners-work-together-to-help-vulnerable-residents/>

Waveney



Update on referrals to OneLife Suffolk and transitional arrangements to Feel Good Suffolk

The contract for the OneLife Suffolk integrated healthy lifestyles service ends on 30 September 2023, and there is important information regarding the current referral process, the new Feel Good Suffolk service and future arrangements which you

should be aware of. **OneLife Suffolk currently covers Waveney.**

From 1 October 2023, Feel Good Suffolk will launch, which is a new approach offering local residents stop smoking, weight management and physical activity support. If you identify clients who would benefit from healthy behaviour support after the cut-off date for new referrals to OneLife Suffolk, please continue to notify the team until 30 September 2023. OneLife Suffolk will be collating the information and people's details will be passed to Feel Good Suffolk, with their full consent, to make contact after 1 October.

For further information, or for general questions about Feel Good Suffolk, please email healthandwellbeing@suffolk.gov.uk

For general information about Feel Good Suffolk, please visit <https://www.healthysuffolk.org.uk/about-us/feel-good-suffolk>

Activities

and

events

Norfolk and National

Norfolk County Council



Adult Learning courses

The Adult Learning team have recently published details about a range of new free cooking courses in various locations across Norfolk. This includes “Think Food – Cooking on a Budget”, and “Think Food – Slow Cooking”.

To explore options please go to www.norfolk.gov.uk/adulteducation and search using the key word “cook”

<https://courses.adultlearningnorfolk.co.uk/AvailableCoursesList.Asp?COL=SessionStartDate&SRT=ASC>



Fri 8 - Sun 17 September

Heritage Open days

Bookings are now open for Norfolk Heritage Open Days (NHOD). The festival runs 08-17 September with hundreds of events taking place across Norfolk showcasing the county's rich history and culture.

You can explore Norfolk's huge range of heritage sites, visit amazing buildings, join tours, listen to talks, watch performances, and take part in family activities including a chance to explore Gressenhall Farm and Workhouse – one of several events run by NCC Culture and Heritage colleagues. There is also the opportunity to climb Hunstanton's Lighthouse, help build a Green Man sculpture on Kett's Heights overlooking Norwich or join in with Wymondham's Vintage Day – there really is something for everyone and it's all for free! You can find out what's on and where, and also book tickets on the NHOD website <https://norfolkheritageopendays.co.uk/>

Some of the events are drop-in but pre-booking is essential for others – especially as spaces are going extremely quickly. So please check out what's on and book your space ASAP if you don't want to risk missing out on your 'must see' event.

Empowering Communities

Connect • Collaborate • Champion



Community Action Norfolk (CAN)- Empowering Communities training

INTRODUCTION TO SAFEGUARDING ADULTS

September 8 @ 10:30 am - 12:30 pm

This free online training is being delivered by Community Action Norfolk (CAN) as part of the Empowering Communities Partnership training offer for voluntary, community and social enterprise organisations in Norfolk. The Teams session is being delivered by Tonya Winsley from the Community Development Team and Natasha Jackson from the CAN Connect social isolation team. It provides an opportunity for staff and volunteers to learn about:

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

Please email Jackie Cushing to book a place-

jackie.cushing@communityactionnorfolk.org.uk

A MASTERCLASS IN... PREVENTING FINANCIAL FRAUD

September 14 @ 1:30 pm - 2:30 pm

Louise Tate and Rebecca Penney from Handelsbanken will be discussing common scams that aim to defraud charities, voluntary organisations, and community groups. This webinar will discuss up-to-date, practical measures your organisation can take to protect itself from financial fraud and will give you the opportunity to ask your questions, too.

The webinar will cover:

- Highlight the key frauds and scams that are prevalent in the industry
- Discuss how to spot fraudulent activity
- Discuss what you can do to protect yourself
- Question & answers

Book your place on Eventbrite- <https://www.eventbrite.co.uk/e/a-masterclass-in-preventing-financial-fraud-tickets-375997066347>



National Energy Action (NEA) Fuel Poverty Forums

Registration open!

NEA's free Fuel Poverty Forums are aimed at frontline service providers, to examine practical and policy initiatives related to fuel poverty and delivering energy efficiency solutions at a local, regional and national level. The regional forums showcase innovation, good practice and promote dialogue and discussion on a wide range of sectoral issues to help NEA shape policy developments and campaigns. The autumn forums will be taking place in the Eastern region online via Zoom. Attendance is free, however numbers are limited and are offered at a maximum of two places per organisation per forum (this does not apply to the Eastern or Wales forums). NEA members will be given priority booking.

Eastern - Thursday 28 September, 9:30-12:00 [via Zoom]

https://www.nea.org.uk/what-we-do/fuel-poverty-forums/dates/?utm_source=brevo&utm_campaign=NEA%20Fuel%20Poverty%20Forums%20-%20Autumn%202023&utm_medium=email



Wellbeing updates

As Autumn beckons, Wellbeing have got some fresh new socials for you! They're joining with Re-Do CIC in Norwich to run a sewing social on Friday 15th September- please book as places are limited- <https://www.eventbrite.co.uk/e/wellbeing-crafty-sewing-group-with-re-do-norfolk-tickets-695228165157?aff=oddtcreator> They're also running Wellbeing Nature Walks at Thetford High Lodge and Wolferton/ Dersingham Bog (rearranged from July). And if that's not enough, the Couch to 5k running group is starting on the 12th September in Eaton Park, Norwich! Don't forget the old favourites, like Redwings Aylsham on Friday 1st September!

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! Remember, these socials are open to everyone 16+, with no need to book -full details of all events can be found on the website:

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



Photo taken on North Walsham Wellbeing Walk

Menopause and Women's Wellbeing webinar



6:00 pm to 8:00 pm

Online Webinar

Request a place on this course

This workshop aims to provide support and information for everyone involved – peri or post menopause, or if you are supporting someone who is going through this stage in their life.

They will discuss the signs, symptoms and the impact of the menopause and introduce some techniques to help manage them. Most importantly it's about supporting women to talk about this stage of their life and shining a light on this area of women's health and wellbeing.

This session is suitable for all who want to know more about the menopause whether you are going through it yourself or supporting someone who is.

This is a live webinar presentation, where you login on to your computer, phone, or tablet. A clinician will present the workshop via webcam. You will not be seen by other attendees, and you can ask questions to and share experiences with the facilitator in real-time via a chat function that is private and not visible to the rest of the group.

You will need to book in at least 24 hours before a workshop is due to start

<https://www.wellbeingnands.co.uk/norfolk/course/menopause-and-womens-wellbeing/>

ALL TO PLAY FOR

Finding life difficult at the moment? Unite with other guys who feel the same and have a shared love of the beautiful game!

- Weekly social football sessions
- Open to men aged over 18
- Learn new skills on and off the pitch
- Please wear appropriate clothing

**FREE
FOOTBALL**

JUST TURN UP



MONDAY

Norwich 8-9pm
Open Academy, Salhouse Road, Norwich, NR7 9DL

TUESDAY

Sheringham 10-11am
Sheringham Recreation Ground, Weybourne Road, NR26 8WB

Kings Lynn 1-2pm (This session is run by Alive West Norfolk.)
Multi-use pitch, Alive Lynnsport, PE30 2NB

Wymondham 1.30-2.30pm
Kett's Park Football Pitches, Wymondham, NR18 0WP

WEDNESDAY

Watton 10-11am
Watton Sports Centre, Dereham Road, IP25 6EZ

Norwich 1.30-2.30pm
The FDC, Bowthorpe Park, Norwich, NR5 9ED

Dereham 16:30-17.30pm (starting 16th August)
Northgate High School (3G pitch at the back of the school), NR19 2EU

THURSDAY

Great Yarmouth 1:30-2:30pm
Marina Centre, Marine Parade, Great Yarmouth NR30 2ER

Thetford 10am-11am
Breckland Leisure Centre, Croxton Rd, Thetford, IP24 1JD

Norwich 1.30-2.30pm
GOALS Norwich, Hall Road, NR1 2GB

Coastal Path Walks

Come and join us for a stroll along parts of the Norfolk Coastal Path. Meet like minded people and enjoy the views and fresh air along our beautiful coast line.

Open to anyone over 16yrs. All abilities welcome, mixed terrain paths at some points. We will do our best to accomodate all and walking times will vary depending on group and weather.

Wed 6th Sept 13:00pm Lowestoft

Triton Statue - South Pier - Lowestoft - NR33 0AE

Fri 8th Sept 10:30am Cromer

Cromer Pier, Promenade, Cromer NR27 9HE

Fri 15th Sept 12:30pm Heacham

REST HUB 4 Poplar Ave, Heacham, King's Lynn PE31 7EA

Wed 20th Sept 10:30am Great Yarmouth

By Munchies Cafe -Great Yarmouth NR30 4ET

wellbeing Socials

Community Socials September 2023



Norfolk and Waveney
Talking Therapies

Date & Time...	Event...	Location...
Week Commencing 04/09/2023		
Mon 4th 13:30	Virtual Café	Online via our website
Tue 5th 12:00	Halesworth Wellbeing Social	Chinny's, Halesworth, IP19 8BX
Wed 6th 18:00	Crosswords	Online via our website
Thu 7th 12:30	Allotment Group	St Margaret's Rd, Lowestoft, NR32 4HN
Thu 7th 18:00	Dungeons & Dragons – NEW! (booking required)	Athena Games, Norwich, NR2 1ER
Fri 8th 10:30	Coffee and Catch Up - Dersingham	Thaxters Coffee Shop, PE31 6NA
Week Commencing 11/09/2023		
Thu 14th 10:30	Coffee & Catch Up - Norwich	Merchant's House, 7-9 Fye Bridge St, NR3 1LJ
Thu 14th 12:30	Allotment Group	St Margaret's Rd, Lowestoft, NR32 4HN
Week Commencing 18/09/2023		
Wed 20th 18:00	Virtual Quiz	Online via our website
Thu 21st 12:30	Allotment Group	St Margaret's Rd, Lowestoft, NR32 4HN
Week Commencing 25/09/2023		
Mon 25th 13:30	Virtual Café	Online via our website
Tue 26th 13:00	Mindful Colouring with Realise Futures	Navigator Centre, Lowestoft Library NR32 1DR
Tue 26th 15:00	Mindful Colouring	Rest Hub, Churchman House, 71 Bethel St, NR2 1NR
Thu 28th 12:30	Allotment Group	St Margaret's Rd, Lowestoft, NR32 4HN

Scan for more events, more info and to subscribe!



Norfolk and
Waveney

Relate



Norfolk and Suffolk
NHS Foundation Trust

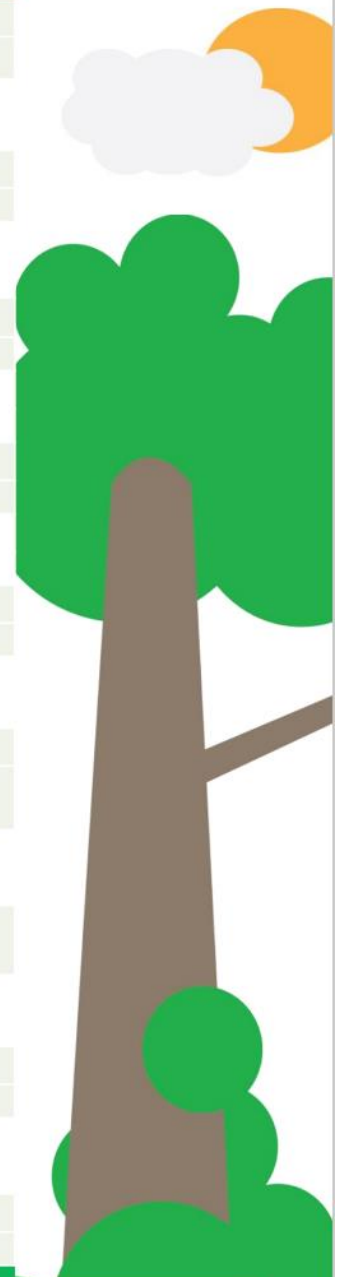
Wellbeing is commissioned by Norfolk and Waveney Integrated Care Board (ICB).

Wellbeing Socials

Wellbeing Walks September 2023

NHS
Norfolk and Waveney
Talking Therapies

Fri	1st	10:30	Redwings Horse Sanctuary Redwings, Spa Lane, Aylsham, NR11 6UE
Mon	4th	10:30	North Walsham Walk Meeting at the band stand, North Walsham, NR28 9BS
Tue	5th	10:30	Diss Walk Frenze Beck Nature Reserve, Sawmills Road, Diss, IP22 4GG
Wed	6th	13:00	Lowestoft Coastal Path Walk Triton Statue, South Pier, Lowestoft NR33 0AE
Thu	7th	10:30	Waterloo Park Walk *NEW TIME* Meet at Feed Café, Waterloo Park Pavilion, NR3 3HX
Fri	8th	10:30	Cromer Coastal Path Walk Cromer Pier, Promenade, Cromer, NR27 9HE
Mon	11th	10:30	Norwich City Centre Walk Meet at the steps in front of City Hall, NR2 1NH
Tue	12th	10:30	Wellbeing Nature Walk High Lodge Thetford Meet by Info Point, High Lodge, Thetford Forest, IP27 0AF
Fri	15th	10:30	Wymondham Walk Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
Fri	15th	12:30	Heacham Beach Coastal Path Walk Meet at REST Heacham, 4 Poplar Avenue, PE31 7EA
Mon	18th	10:30	Dereham Walk - *NEW* Meet at St Nicholas Church, Church St/St Withburga Lane, Dereham, NR19 1DN
Tue	19th	12:30	Fenway River Walk – Downham Market Meet outside Downham Market train station, PE38 9EN
Wed	20th	10:30	Great Yarmouth Coastal Path Walk Meet by Munchies Café, Great Yarmouth, NR30 4ET
Fri	22nd	10:30	Wellbeing Nature Wolferton/Dersingham Bogs Walk Meeting at Wolferton Car park, Wolferton, PE31 6HF
Tue	26th	10:30	Thetford Walk The Light Cinema, Bridge Street, Thetford, IP24 3AE
Fri	29th	10:30	Redwings Horse Sanctuary - Caldecott Caldecott Hall, Beccles Road, Fritton, NR31 9EY
Fri	29th	12:30	King's Lynn Riverside Walk Meeting at the Customs House, PE30 1HP



Scan for more events, more info and to subscribe!



Norfolk and
Waveney

Relate

NHS

Norfolk and Suffolk
NHS Foundation Trust



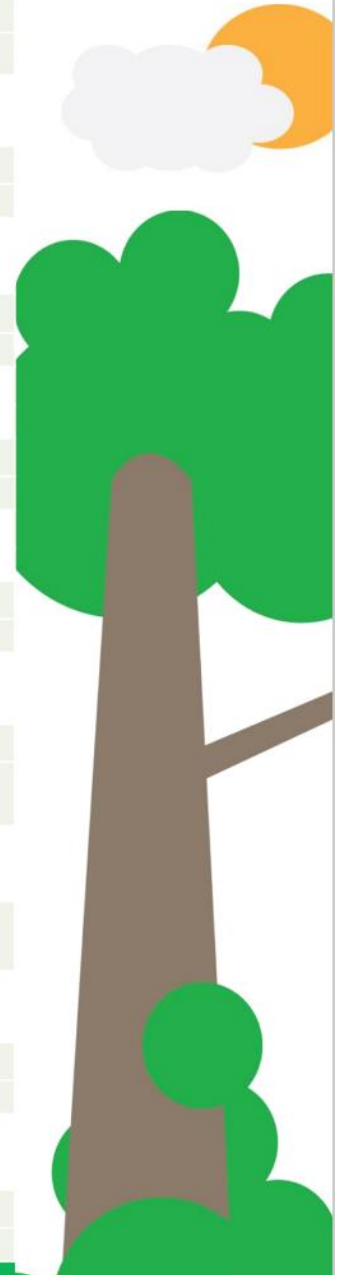
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Mon	18th	10:30	Dereham Walk - *NEW* Meet at St Nicholas Church, Church St/St Withburga Lane, Dereham, NR19 1DN
Tue	19th	12:30	Fenway River Walk – Downham Market Meet outside Downham Market train station, PE38 9EN
Wed	20th	10:30	Great Yarmouth Coastal Path Walk Meet by Munchies Café, Great Yarmouth, NR30 4ET
Fri	22nd	10:30	Wellbeing Nature Wolferton/Dersingham Bogs Walk Meeting at Wolferton Car park, Wolferton, PE31 6HF
Tue	26th	10.30	Thetford Walk The Light Cinema, Bridge Street, Thetford, IP24 3AE
Fri	29th	10:30	Redwings Horse Sanctuary - Caldecott Caldecott Hall, Beccles Road, Fritton, NR31 9EY
Fri	29th	12:30	King's Lynn Riverside Walk Meeting at the Customs House, PE30 1HP



Scan for more events, more info and to subscribe!



Norfolk and
Waveney

Relate

NHS

Norfolk and Suffolk
NHS Foundation Trust



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



TCV updates

Well, September is here, back to school and college for some and back to the rake (rather than grindstone) for TCV, as meadow management season is in full swing. Since the Second World War, Britain has lost 97% of its wildflower meadows, making the fragments of this habitat that we still have all the more precious. Make hay while the sun shines, as they say, and in TCV's case there will be a lot of haymaking this month, as they cut and rake up a variety of different grassland sites all over Norwich: this management is vital in order to keep the meadows from being taken over by nettles, thistles, brambles, and scrub. They have also got a bit of bracken bashing, and another trip out to the fine old town of Bungay.

While we think about college, we would also like to announce an additional minibus pick-up point near UEA: if anyone would like to meet at the Triangle Car Park here https://gridreferencefinder.com?qr=TG1838507940|Point_s_B|1&t=Point%20B&v=r

[what3words: risky.froth.study] at 9.15am, please contact Mark via 07740 899 691 mark.webster@tcv.org.uk to confirm your place on the bus.

For those enthusiasts of the bad puns and film/tv/pop culture references with which TCV try to liven up these programmes (no, honestly, some people are) this month is something of a song lyric special, thanks largely to one volunteer (you know who you are) who got me thinking how many songs have hey (hay) in the title, perfect for this month.

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

Norwich

Palliative Care day

The palliative team at the NNUH are hosting a Palliative Care Day on the Friday 15th September, 1pm till 5pm, to celebrate 'Palliative care week' 10th to 16th September. All welcome- patients, carers, and healthcare professionals.

The aim is to focus on 'Living well'. Often Palliative care is only associated with end of life. They hope to raise awareness that Palliative care can be accessed at any stage, right from diagnosis through to end of life/bereavement. It is an approach that improves the quality of life of patients and their families who are facing problems associated with life-limiting illness.

Palliative care aims to prevent and relieve suffering through the early identification, correct assessment and treatment of pain and other problems, whether physical, psychosocial, or spiritual. They will have informational stands which will focus on support that is available in Norfolk such a Marie Curie, Age UK, Big C, NCC Help and Prevention, Living Well team Norwich and Broadland and many more..... check out the poster to follow.

Throughout the afternoon, while celebrating with tea and cake, there will bite size talks on many aspects of Palliative care focussing on 'Living Well'.

Palliative Care Day

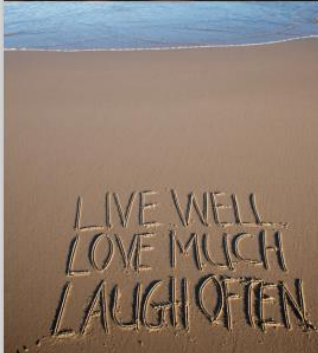
Ben Gooch – East Atrium

NNUH

NR4 7UY

For more information:

Email PCBookings@nnuh.nhs.uk



Stands & Speakers: Marie Curie, Age UK, NCC Early Help and Prevention, Big C, Healing Harbour, CAB, Well-being, and more...

Celebrating with cake, Palliative Care Day 'Living well'

**Save the DATE 15th September
1pm till 5pm**

PCBookings@nnuh.nhs.uk

DROP IN, look at the stands, listen to a talk, timetable coming soon.....

**Ben Gooch - East Atrium
Norfolk & Norwich University
Hospital**

**ALL welcome. patients, carers,
Healthcare Professionals**





Home Instead

Community Dementia workshop

Free Community Dementia Workshops



Join Lauren for a free Community Dementia Workshop which offers practical guidance for caring for a loved one with dementia.

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

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

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

Our next date is:

Friday 29th September 2023

at Diamond House, Vulcan Road North, Norwich, NR6 6AQ.

For more information or to reserve a place contact Lauren on 01603 361028 or email lauren.pashley@homeinstead.co.uk

Dementia Support and Advice



Dementia Support and Advice in Benugo Café, John Lewis

When: Friday 22nd September 2023, 10am-1pm

Address: John Lewis, All Saints Green, Norwich, NR1 3LX

Join Lauren, situated in an informal and relaxed environment, at the local Benugo Cafe in John Lewis. She will be offering advice on dementia support in Norwich and activities to keep people engaged in the local community. Even if you want to just pop a long for a coffee and chat, she will be there 10am - 1pm.

To find out more information please call 01603 361028 or email lauren.pashley@homeinstead.co.uk

VOLUNTARY NORFOLK NETWORK

Voluntary Norfolk Network- FUSE Norwich networking session

Tues 19th September 5:30-7:30pm at The Forum, Norwich

The Empowering Communities partner FUSE Norwich are hosting their second networking session- this time with the theme 'Beyond Grant Funding: Diverse Income Models for VCSEs.'

Financial stability and sustainability remain some of the biggest challenges for VCSE organisations. In the current economic climate, financial pressure can feel more acute than ever, and creativity is needed to continue delivering impactful work.

At this event, they will showcase and discuss a variety of different financial models for non-profit organisations. Whether you work for a social enterprise, charity or community group, this is a chance to explore new ideas for income generation.

<https://www.eventbrite.co.uk/e/fuse-networking-beyond-grant-funding-tickets-705304253007?aff=oddtcreator>

RUNNING FOR wellbeing

COUCH TO 5KM

FREE!

**MEET AT EATON PARK
BANDSTAND, NORWICH,
NR4 7AU**


10AM

**11 WEEKS
STARTING
TUESDAY**

**12TH
SEPTEMBER**



**QUESTIONS? EMAIL:
SOCIALS@WELLBEINGNANDW.CO.UK**

BOOK HERE  [GROUPS.RUNTOGETHER.CO.UK/UPTHETEMPO/RUNS](https://groups.runtogether.co.uk/upthetempo/runs)



Wellbeing Crafty Sewing Group

Friday 15th September,
10-11.30am

With Re-Do Norfolk CIC we are pleased to run a NEW free sewing group. All materials provided. Limited places available, so booking is essential:

<https://tinyurl.com/wellbeingcraft>



wellbeing
Helping you live your life



Email us for more info:
socials@wellbeingandw.co.uk

Walking Football September Social

Come join us at GOALS, Hall Road, NR1 2GB for a
Walking Football tournament!

20th September - 13:00 - 15:00



A chance to meet other players from our other Walking
Football locations.

- Awards and medals will be presented
- A buffet including refreshments
- Free of charge - donations are welcome!

If you would like to get involved,
please email us at activities@ageuknorwich.org.uk or call Joe at
07780 325362





Over 50's
Lunch Club at
Cherry Tree

Dereham Road, Norwich, NR5 8TD

Third Friday of each month
12:00-15:00

£5.95 per lunch, plus £2 for dessert!

Starts Friday 18th August 2023!

To reserve your space call us on 01603 496333 or email
us at activities@ageuknorwich.org.uk.



Registered Charity Number: 1094623



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.



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

Registered Charity Number 1094623



FREE



MOVE

Move better, live well

Join us for a weekly workout using a selection of weights and resistance bands to improve your mobility and strength!

"The coach is fun and great with everyone that gets involved no matter what level they are!"

"100% of people have seen a moderate to drastic improvement in their overall mobility."

Every Tuesday from 10:45-11:30
Hustle, The Arena, 7 Avian Way, Norwich NR7 9AT

To book your place, please call us on 01603 496333 or
email us at activities@ageuknorwich.org.uk



HUSTLE

Registered Charity Number 1094623

Week 1 – 28th August – 1st September

Day	Group Name	Start Time	End Time	Location
Tuesday (29/08)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (29/08)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (29/08)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA
Wednesday (30/08)	Coach & Horses Lunch Club	12:00	15:00	Coach & Horses, 51 Bethel Street, NR2 1NR
Wednesday (30/08)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (31/08)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (31/08)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (31/08)	Sit Fit – West Earlham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (31/08)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Friday (01/09)	Veteran's Recall	10:30	12:00	Pilling Park Community Centre, NR1 4PA
Friday (01/09)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Week 2 – 4th September – 8th September

Day	Group Name	Start Time	End Time	Location
Monday (04/09)	Communi-Cake	10:30	12:30	The Boundary Pub, NR3 2SA
Tuesday (05/09)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (05/09)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (05/09)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA
Wednesday (06/09)	Arty Party	10:30	12:30	Buxton Lodge, NR6 7DB
Wednesday (06/09)	Walking Football – Lakenham	12:30	13:30	GOALS, Hall Road, NR1 2GB
Wednesday (06/09)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (07/09)	Walk for Wellbeing	10:30	12:00	Waterloo Park Pavilion, NR3 3HX
Thursday (07/09)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (07/09)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (07/09)	SOTB – Football Reminiscence	13:30	15:00	Carrow Road, NR1 1JE
Thursday (07/09)	Sit Fit – West Earlham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (07/09)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Friday (08/09)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Week 3 – 11th September – 15th September

Day	Group Name	Start Time	End Time	Location
Tuesday (12/09)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (12/09)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (12/09)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA

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



Subject to change Registered Charity Number 1094623

Wednesday (13/09)	Dance to Health – Lakenham	10:00	12:00	Old Lakenham Community Centre, NR1 2NG
Wednesday (13/09)	Walking Football – West Earlham	12:30	13:30	UEA Sportspark, NR4 7TJ
Wednesday (13/09)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (14/09)	Dance to Health – Mile Cross	10:00	12:00	The Norman Centre, NR3 2QZ
Thursday (14/09)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (14/09)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (14/09)	Sit Fit – West Earlham	13:45	14:30	St Anne’s Crossroad, NR4 7HD
Thursday (14/09)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Thursday (14/09)	Dance to Health – Pilling Park	14:00	16:00	Pilling Park Community Centre, NR1 4PA
Friday (15/09)	Lunch Club at The Cherry Tree	12:00	15:00	The Cherry Tree, Dereham Road, NR5 8TD
Friday (15/09)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Week 4 – 18th September – 22nd September

Day	Group Name	Start Time	End Time	Location
Monday (18/09)	Coffee Club	10:30	12:00	Woods Coffee Bar, 26 Roundtree Close, NR7 8SX
Tuesday (19/09)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (19/09)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (19/09)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA
Wednesday (20/09)	Dance to Health – Lakenham	10:00	12:00	Old Lakenham Community Centre, NR1 2NG
Wednesday (20/09)	Walking Football – Lakenham	13:00	15:00	GOALS, Hall Road, NR1 2GB
Wednesday (20/09)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (21/09)	Dance to Health – Mile Cross	10:00	12:00	The Norman Centre, NR3 2QZ
Thursday (21/09)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (21/09)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (21/09)	Sit Fit – West Earlham	13:45	14:30	St Anne’s Crossroad, NR4 7HD
Thursday (21/09)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Thursday (21/09)	Dance to Health – Pilling Park	14:00	16:00	Pilling Park Community Centre, NR1 4PA
Friday (22/09)	Lunch Club at The Cherry Tree	12:00	15:00	The Cherry Tree, Dereham Road, NR5 8TD
Friday (22/09)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

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



Week 5 – 25th September – 29th September

Day	Group Name	Start Time	End Time	Location
Monday (25/09)	The Phoenix Centre Lunch Club	12:00	14:00	132A Mile Cross Road, NR3 2LD
Tuesday (26/09)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (26/09)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (26/09)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA
Wednesday (27/09)	Dance to Health – Lakenham	10:00	12:00	Old Lakenham Community Centre, NR1 2NG
Wednesday (27/09)	Coach & Horses Lunch Club	12:00	15:00	Coach & Horses, 51 Bethel Street, NR2 1NR
Wednesday (27/09)	Walking Football – West Earham	12:30	13:30	UEA Sportspark, NR4 7TJ
Wednesday (27/09)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (28/09)	Dance to Health – Mile Cross	10:00	12:00	The Norman Centre, NR3 2QZ
Thursday (28/09)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (28/09)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (28/09)	Sit Fit – West Earham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (28/09)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Thursday (28/09)	Dance to Health – Pilling Park	14:00	16:00	Pilling Park Community Centre, NR1 4PA
Friday (29/09)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Friends of Age UK Norwich

	Monday	Tuesday	Wednesday	Thursday	Friday
SEPTEMBER 2023					Pit Stop - Walk & Talk Men's Centre 9:30 - 11:00* Circuits Norman Centre 09:15 - 10:15/10:30 - 11:30
week 1 28th Aug - 1st Sept					
week 2 4th - 8th	Knit & Natter Orchard Rooms 11:00 - 13:00 Nifty Fifty - Activities Norman Centre 14:00 - 16:00	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 George's Hotspot St's Georges Church 10:30 - 13:00	Drawing Buddies The Phoenix Centre 10:00 - 12:00	Pit Stop - Walk & Talk Men's Centre 9:30 - 11:00* Seated Yoga for MS Harford Community Centre 12:30 - 13:30
week 3 11th - 15th	Phoenix Lunch Club Phoenix Centre 12:00 - 14:00 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	Eaton Park Walk Meet at Eaton Park Community Centre 13:30 - 15:30 Eaton Film Club Eaton Park Community Centre 14:00 - 16:00	Drawing Buddies The Phoenix Centre 10:00 - 12:00 Morrisons Wellbeing Cafe Morrisons, Riverside 11:00 - 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 4 18th - 22nd	Norwich City Centre Walk Meet at City Hall 10:30 - 11:30 Knit & Natter Orchard Rooms 11:00 - 13:00	Namco Funscape Bowling Bowthorpe 10:00 - 13:00 The Phoenix Lounge Phoenix Centre 12:00 - 14:00	The Norwich Out & About Club Chapelfield Road Methodist Church 10:30 Community Cafe The Warren Care Home 14:00 - 16:00	Drawing Buddies The Phoenix Centre 10:00 - 12:00 Sprawston Dementia Cafe Diamond Centre 10:00 - 12:00	Come Singing Earlham Library 11:15 - 12:15 Seated Yoga for MS Harford Community Centre 12:30 - 13:30
week 5 25th - 29th	Phoenix Lunch Club Phoenix Centre 12:00 - 14:00 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	Community Coffee Morning White & Sterling Heath House 10:00 - 12:00 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

*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.

To book click on this link- <https://www.ageuk.org.uk/norwich/activities-and-events/activity-groups/friends-of-age-uk-norwich/>

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



Information and Advice events calendar

September 2023

Friday 1st	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 4th	Puzzle 'n' Cake at The Boundary Pub 10:30 - 12:30 Aylsham Road Come and join us for a chat over puzzles, cake and a hot drink. This is a monthly session ran by Age UK Norwich with an Information and Welfare Advisor on hand for any support or advice needed.
Wednesday 6th	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 7th	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 11th	The Phoenix Centre 10:00 - 12:00 Mile Cross Road The Phoenix Centre is a Community Centre offering a Social Supermarket Monday and Friday 10 - 12. An Age UK Norwich Advisor will be here on the 2nd Monday of each month offering an Advice drop-in.
Monday 11th	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 11th	Witard Road Baptist Church 2:00 - 3:30 Wittard 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 13th	St George's Church 'Cool spot' 11:00 - 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.
Thursday 14th	Witard Road BC Community Cafe 10:00 - 1:00 Wittard Road Come along to the WRBC Cafe where one of our Advisors will be available for Information and Advice. A private space is available for any confidential discussions.
Monday 18th	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.
Wednesday 20th	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 21st	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 25th	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.
Monday 25th	The Phoenix Centre Community Cafe 11:00 - 1:30 Mile Cross Road One of our Information and Welfare Advisors will be available at this location for anyone over 50 needing Information or Advice. A private room is available for confidential discussions.
Monday 25th	Witard Road Baptist Church 2:00 - 3:30 Wittard 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 27th	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.

A promotional poster for the Phoenix Community Cafe. The background is a warm, light brown color with decorative white line art in the top-left and bottom-right corners, resembling topographical lines. The main text is in large, bold, red and white fonts. A circular inset on the left shows a close-up of a sandwich with lettuce, tomato, and onion. Another circular inset on the right shows a red cup of coffee on a saucer. A white circle with a brown border contains the text 'Pay What You Can'. There are also red leaf-like graphics on the left side.

PHOENIX Every
COMMUNITY CAFE Monday
12-2pm

@ Phoenix Centre,
132a Mile Cross Road,
Norwich
Nr3 2ld

Pay
What
You Can



Creative Lives Radio Club

Creative Lives Radio Club is a free 10 week workshop series for people in Norfolk, focusing on local stories and experiences. Led by Creative Lives Producer Rosa Torr for BBC Radio Norfolk, you'll be part of a group of budding producers learning how to create an audio documentary based on your passions. They'll explore audio storytelling that focuses on the theme of 'Norwich City: its past and present'.

Over 10 weekly workshops you'll learn about all aspects of audio production, including storytelling, audio documentary, sound design, and soundscapes.

No experience necessary; open to all abilities. Ages 18+.

Dates: Weekly on Wednesdays, 1.00pm-2.30pm, 6 September to 8 November 2023

Location: The Shoebox Community Hub, 21-23 Castle Meadow, Norwich, NR1 3DH

Cost: FREE

To join the Creative Lives Radio Club, please RSVP to rosa@creativelives.org

More info: <https://www.creative-lives.org/creative-lives-radio-club>



The Shoebox Enterprises



Community Coffee Morning, 10.30am - 12.30pm

Meeting at The Shoebox

A friendly social group to chat and have a cuppa.

Reminder:

The hub will be closed from 1pm on Mondays. Experiences and room bookings will continue as normal on these days.

Age UK Norwich, 10.30am - 12.30pm

Meeting at The Shoebox

Age UK Norwich will be hosting drop-ins to offer advice on everything from the cost of living crisis and support for carers as well as sharing information on the befriending service they have and other services they have to offer.

Just drop in between 10:30am and 12:30pm to find out more.



Reminder: The hub will be closed all day on Tuesdays. Experiences and room bookings will continue as normal on these days.



Bridges Creative Writing, 3pm - 5pm

Meeting at The Forum

Creative writing group for people who have had or are experiencing mental health challenges. Bring along any sort of writing to share and discuss.



The Q Space, 1pm - 3pm

Meeting at The Shoebox

Neurodivergent Queer and Questioning Group. Friendly, inclusive meet up that's open to all. "Be yourself, be heard, be supported."

Contact email for queries neuro.gender.group@gmail.com

Breakforth Craft Group, 10.30am - 12.30pm

Meeting at The Shoebox

Join this friendly craft group on the second and fourth Thursday of every month to try out some activities and learn new things or simply bring a project you're working on to create in good company!

Hosted by [Breakforth](#)

https://www.breakforth.co.uk/?mc_cid=45b1db20b4&mc_eid=a783effbac

Gamerados Board Game Night, 6pm - 9pm

Meeting at The Shoebox. Gamerados gets together on the second and fourth Thursday of the month to play board games in a fun, friendly setting! They embrace the principles of the Camerados movement-

https://camerados.org/?mc_cid=45b1db20b4&mc_eid=a783effbac



Mindfulness and Meditation Group, 11.00am - 12.30pm

Meeting at The Forum. Meet at The Shoebox for a calming mindfulness and meditation session. If the weather is nice and everyone is happy to go for a walk, the group will take a mindful walk around our beautiful city. If the weather is not nice, there is plenty of space at The Shoebox for the session to take place. Please arrive for the start time of this group!

Friday Social Support Group 1pm - 3pm

Meeting at The Forum

This friendly, supportive group get together to talk, listen and laugh while making new friends!

Friday Social Support Group 1pm - 3pm

Meeting at The Forum

This friendly, supportive group get together to talk, listen and laugh while making new friends!

Sunshine & Showers, 4pm - 5pm

Meeting at The Forum

A group for those experiencing bipolar to explore their experiences, challenges and successes.

...Different Day, 3pm - 4pm

Meeting at The Forum

A group for people aged 18+ who are experiencing depression, bipolar or both. Just people sharing their views and experiences to help each other in a relaxed, respectful atmosphere.

The Shoebox Community Hub

21-23 Castle Meadow

Norwich, Norfolk NR1 3DH

https://www.theshoebox.org.uk/members/?mc_cid=45b1db20b4&mc_eid=a783effbac

Finding Hope Together Remembrance Service

Remembering those lost and suffering due to addiction



Thursday 28th September
Service begins at 7.30pm



NORWICH
CATHEDRAL



Wherever you are on your journey you are welcome to join
Refreshments after the service and an opportunity to light a candle
There will be singing from The African Choir of Norfolk
A member of The Matthew Project will be there if you need to talk

Contact details:
Telephone: 01603 626123
Email: hello@matthewproject.org
www.matthewproject.org

THE
MATTHEW
PROJECT
Finding hope together

South Norfolk

REST Mental Health support- Diss



Mental Health Support in Diss

@ Diss Corn Hall

**Mondays 10am - 1pm,
fortnightly**

- No appointment needed, just drop-in on the day.
- 1:1 confidential support.
- Talk with our team about how you are feeling, learn about support for you, and grab a cuppa!

To get the mental health support that is right for you
Visit: norfolkandwaveneymind.org.uk
Email: rictriage@norfolkandwaveneymind.org.uk Call:
0300 330 5488

Registered charity no. 1118449

Breckland

Creative Arts East events

FREE hot drink
and cake!



BRECKLAND

AFTERNOON EVENTS

Live performances and cinema
screenings for people aged 50+

DOVETAIL by Vanhulle Dance Theatre

Weds 27th September
Bawdeswell Village Hall
1-3pm

A powerful dance piece followed
by a Q&A and an inclusive
movement, flow and wellbeing
workshop.

Scan to
book tickets



Come along!

Free to attend - voluntary donations welcomed.

Turn up on the day or book a ticket via

ticketsource.co.uk/creative-arts-east

Find out more...

Call us on 01953 713390, email info@creativeartseast.co.uk

or visit www.brecklandartsforhealth.co.uk



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**ARTS COUNCIL
ENGLAND**

Inspiring
communities

creative
ARTS EAST

Upcoming Creative Socials...

BRECKLAND CREATIVE SOCIALS

High quality arts workshops
for people aged 50+



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.

Friday 8th September
Thursday 14th September
Friday 15th September

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



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

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
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communities

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ARTS EAST

Norfolk Community Law Service- Thetford

NORFOLK COMMUNITY LAW SERVICE

In partnership with Norfolk Community Law Service (NCLS), **Thetford Library** and **Thetford Citizens Advice** will be facilitating **free specialist legal triage advice sessions**.



"Hello, my name is Cara and I am here to help."

These sessions are **completely confidential**, and this service aims to support you throughout **every step** of your legal matter, either at the appointment or working with you afterwards.

Sessions will be held:

1st Monday of each month

10:00 – 12:00

at Thetford Citizens Advice

Abbey Neighbourhood Centre, Exeter Way, Thetford, IP24 1EE

3rd Friday of each month

10:00 – 12:00

at Thetford Library

Raymond St, Thetford, IP24 2EA

The range of services available from NCLS includes:

- 15-Minute Free Legal Advice Sessions
- Family Court Support Service
- Domestic Abuse Advice
- Debt Advice
- Discrimination Advice
- Immigration Advice
- Welfare Benefit Advice

For more information on this service, please speak to a member of staff or volunteer at Thetford Library or Thetford Citizens Advice

Alternatively, you can contact Cara directly at cara@ncls.co.uk, or visit www.ncls.co.uk for more information about NCLS as a charity.

REST Mental Health support

Dereham



Mental Health Support in Dereham

@ Dereham Assembly Rooms

**Thursdays 1pm - 4pm,
weekly**

- **No appointment needed, just drop-in on the day.**
- **1:1 confidential support.**
- **Talk with our team about how you are feeling, learn about support for you, and grab a cuppa!**

To get the mental health support that is right for you
Visit: norfolkandwaveneymind.org.uk
Email: rictriage@norfolkandwaveneymind.org.uk Call:
0300 330 5488

Registered charity no. 1118449

Mental Health Support in Dereham

@ Wellspring Family Centre

Friday 21st July, Wednesday 16th August, Friday
15th September and Friday 13th October.

12pm - 2pm

- No appointment needed, just drop-in on the day.
- 1:1 confidential support.
- Talk with our team about how you are feeling, learn about support for you, and grab a cuppa!

To get the mental health support that is right for you
Visit: norfolkandwaveneymind.org.uk
Email: rictriage@norfolkandwaveneymind.org.uk Call:
0300 330 5488

Registered charity no. 1118449

 mind Norfolk and Waveney



Mental Health Support in Attleborough

@ Attleborough Town Council

**Thursdays 9am - 12pm,
fortnightly**

- No appointment needed, just drop-in on the day.
- 1:1 confidential support.
- Talk with our team about how you are feeling, learn about support for you, and grab a cuppa!

To get the mental health support that is right for you
Visit: norfolkandwaveneymind.org.uk
Email: rictriage@norfolkandwaveneymind.org.uk Call:
0300 330 5488

Registered charity no. 1118449

Broadland

BOPP meeting

SOCIAL HISTORY OF BROADLAND

2.00pm Friday 27TH October 2023

The Hub114 Norwich Rd, Wroxham, NR12 8SA

Everyone Welcome



PROGRAMME

2.00pm - 2.55pm Ghostly Goings on in Broadland Past

Neil Storey Author & Historian

2.55 pm --3.05 pm Comfort break Tea, Coffee & Biscuits

3.05 pm - 4.00pm The History of the Norfolk Broads

Peter Goodrum Author and Broadcaster

For information please contact Brian Wells 07543882928 , email wellsbrian3@sky.com



East Norfolk

REST hubs



Working together to support your recovery

REST is a partnership project that brings together mental health support, local services and a place where everyone can feel welcome.

We are based at the heart of the community where we deliver 1-2-1 and group based support to people who are experiencing mental health difficulties in a non-clinical environment.

To get the support that is right for you drop in:

REST Hub Great Yarmouth – 28-31 Deneside, Great Yarmouth, NR30 3AX (Monday to Friday 9am until 5pm)



St. Georges Café – King Street, Great Yarmouth, NR30 2PG (Thursdays 12pm until 3pm)



Indicates there is a coffee shop on site.

Get the mental health support that is right for you

Visit: norfolkandwaveneymind.org.uk

Email: rictriage@norfolkandwaveneymind.org.uk

Call: 0300 330 5488 option 1

Registered charity no. 1118449



Working together to support your recovery

UPCOMING GROUP SESSIONS (groups start week commencing 31st July 2023, hosted at the REST Hub at 28-31 Deneside):

- **Mental Health Support Group** – Mondays, 10am – 11am.
- **Cornerstone Men's Group** – Mondays, 2pm – 4pm (Starts 7th August 2023)
- **Women's Wellbeing** – Tuesdays (biweekly), 11am – 12:30pm (Starts 8th August 2023)
- **Photography & Creative Writing** – Tuesdays, 2pm – 4pm.
- **IT Skills (1-2-1)** – Wednesdays, 10am – 12pm (**booking required – see below**)
- **CV advice and Interview skills** – Wednesdays, 2pm – 4pm (**booking required**)
- **Senior Group** – Thursdays, 3pm – 4pm
- **Coastal Combing Group** – Thursdays, 12pm – 3pm (Starts 10th August 2023 – meet at St. George's café)
- **Anxiety and Low Mood** – Fridays, 9am – 10am
- **Sleep Aid** – Fridays, 10:30am – 11:30am
- **Anger and Emotions Group** – Fridays, 12pm – 1pm
- **Connecting Communities Drop-In** – Fridays, 1:30pm – 3:30pm
- **Walking Football Taster Session** – Wednesday 2nd August 2023, 7pm – 8pm meet at the Rabbit Hutch Café, Caister, NR30 5ET

To get the support that is right for you drop in:

REST Hub Great Yarmouth – 28-31 Deneside, Great Yarmouth, NR30 3AX (Monday to Friday 9am until 5pm)



St. Georges Café – King Street, Great Yarmouth, NR30 2PG (Thursdays 12pm until 3pm)

FOR BOOKING CONTACT:

Email: rictriage@norfolkandwaveneymind.org.uk

Call: 0300 330 548



Indicates there is a coffee shop on site

Registered charity no. 1118449

GREAT YARMOUTH CREATIVE SOCIALS

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

Want to come along?

All events are free to attend!

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**

FREE hot drink
and cake at
all events!



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**



DIAL open day

DIAL would like to invite you to their DIAL OPEN DAY on Wednesday 6th September. Please come along to meet Trustees and staff between 10.30am and 2.00pm. You will find DIAL at Kingside, 26/27 King Street Great Yarmouth. They would like to share with you their services and to have a chance to have an informal chat with advisors over a cup of tea or coffee and cake. They will also be drawing their Grand PRIZE RAFFLE during the day too. All of the money raised at DIAL is spent to provide free service and advice to residents of the Borough of Great Yarmouth. They look forward to welcoming you to DIAL GREAT YARMOUTH.

<https://www.dial-greatyarmouth.org.uk>



Feathers Futures- Sole Sisters walking group

Fresh air, exercise, great company, and lovely ladies. The perfect morning. Each week the Sole Sisters group go for a walk around Great Yarmouth. The route and length of walk varies; favourite routes are along the promenade and through the cemetery to Waterways.

The walk leaves Feathers House at 10am on Thursday mornings. The weather doesn't often stop the walk but please do call on 01493 268222 to check it's going ahead.

<https://feathersfutures.org/our-groups/sole-sisters-walking-group/>

Sole Sisters

♥ Walking is good for your head and your heart ♥
♥ Laughter is good for the soul ♥

Do you want to get out of the house and meet new people?

Why not join us for a chat and a stroll, in and around Great Yarmouth.

For more information
call 01493 268222
email admin@feathersfutures.org
or find us on Facebook or Instagram

Feathers Futures
Registered Charity no.1187930




Arrival of the RNLI's First Legacy lifeboat

**Arrival of the RNLI's
First Legacy Lifeboat
13-44**

**Great Yarmouth and
Gorleston Lifeboat**

Saturday 23rd September 2023



COME AND CELEBRATE THE ARRIVAL OF THE RNLI'S FIRST LEGACY LIFEBOAT

- 10:00 RNLI SHOP, FOOD AND DRINK OUTLETS ARE OPEN – GORLESTON PIER
- 13:20 ARRIVAL OF GREAT YARMOUTH AND GORLESTON RNLI 13-44 ACCOMPANIED BY VISITING LIFEBOATS AND COASTGUARD LIFEBOAT DISPLAY
- 13:44 GREAT YARMOUTH AND GORLESTON RNLI 13-44 CROSSES THE PIERHEADS INTO GORLESTON HARBOUR
- 14:15 GREAT YARMOUTH AND GORLESTON RNLI STATION OPEN TO PUBLIC FOR PHOTO OPPORTUNITY



Parent and Carer focus group



Parent and carer focus group



Are you a parent or carer of a young person at risk of suicide or self-harm or been at risk in the past?

We are looking for parents and carers of younger age service users (14 to 25 years) to help us develop parent and carer psychoeducation workshops.

We want to hear from you what is important, what would be good to include in these workshops and what should be avoided. Let us know how we can best meet parent and carers support needs.

**Come and see us at Harbours,
Northgate Hospital, Great Yarmouth
on Tuesday 26 September. Drop in
any time between 10am and 4pm.**

**If you can't make
the date, please
get in touch and
we can make other
arrangements to hear
your views.**

**For a link to the event or to find out more, contact Catherine Phillips,
Project Lead. Email: steppingbacksafely@nsft.nhs.uk**

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West Norfolk



Norfolk County Council- Tech Skills for Life West Norfolk

Norfolk County Council have teamed up with the Borough Council of King's Lynn and West Norfolk, the NHS, volunteer groups, and local community organisations to bring Tech Skills for Life to West Norfolk. This support will help you find new ways of using the internet that will help you in everyday life, while also helping you to feel safe online.

To register for Tech Skills for Life please click below-

https://forms.norfolk.gov.uk/AchieveForms/?mode=fill&consentMessage=yes&form_uri=sandbox-publish://AF-Process-de6126ea-378d-42a0-a9bd-1f18720c5cc6/AF-Stage-c58dd5af-10b0-40e1-8b41-70f0e82e8794/definition.json&process=1&process_uri=sandbox-processes://AF-Process-de6126ea-378d-42a0-a9bd-1f18720c5cc6&process_id=AF-Process-de6126ea-378d-42a0-a9bd-1f18720c5cc6



Pandora Project- Domestic Abuse Conference

Pandora Project are holding their free annual Domestic Abuse Conference on Friday 15th September 2023, at the Dukes' Head King's Lynn, PE30 1JS. Tickets will be on a first come, first served basis, reserve your tickets below-

<https://www.eventbrite.co.uk/e/domestic-abuse-conference-tickets-650691916037>

WEST NORFOLK CREATIVE SOCIALS

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**

FREE hot drink
and cake at
all events!



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.

Monday 11th September
Wedsa 20th September

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

Monday 9th October
Weds 18th October

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

Find out more...

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

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

West Norfolk Parkinson's Info Hour

Join Parkinson's UK on Friday 15th September from 2pm-4pm at Gaywood Community Centre to meet local groups, NHS staff, Parkinson's UK staff, research reps, exercise providers and more. To book a spot please email Kecia-kharris@parkinsons.org.uk or leave a message on 0300 123 3676 and say how many people are attending.

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

Information

and

advice

Norfolk and National



Norfolk Constabulary- Cold caller warning

Police are urging the public to be vigilant to cold callers claiming to be police officers following three incidents in August. Three victims in South and North Norfolk have received telephone calls from a man claiming to be a detective. The caller has told them that their bank cards have been cloned and money has been taken in an attempt to gain their banking information. All attempts were unsuccessful. Courier Fraud happens when a fraudster contacts a victim by telephone claiming to be a police officer, bank or from a government department, among other agencies. A number of techniques will then be adopted in order to convince the victim to hand over their bank details or cash, which may then be passed on to a courier. The public are reminded that banks and the police will **NEVER** ask someone to withdraw money or purchase items.

Officers have provided the following advice:

- Never give out personal information about your bank account to anybody over the phone. Police and banks will never ask you to give out personal details such as account numbers or PIN numbers.
- If someone calls claiming to be a police officer, ask for their identification number and police force. Hang up and call 101 using a different phone. If you can't use a different phone, wait at least five minutes before calling back. A genuine police officer will not mind waiting while you check.
- Fraudsters will keep the line open and have been known to play ringtones, hold music and a recorded message down the phone so the victim believes they are making a call to a legitimate number. Ensure you can hear a dialling tone before calling police or use a friend or neighbour's telephone instead.
- If you have given out information which could compromise your bank account security in any way, call your bank to cancel your cards as soon as possible.

- Never hand over money to someone at the door to be sent off elsewhere.

They would urge the public to check on their vulnerable friends and family to ensure they are aware of how these scams may operate and how best to protect themselves. If anyone has received a similar type of telephone call or has any information about these incidents, please contact Norfolk Police on 101 quoting 'Operation Radium'. Alternatively, you can contact Crimestoppers anonymously on 0800 555 111.

<https://www.norfolk.police.uk/news/latest-news/be-vigilant-norfolk-sees-three-fraud-incidents-three-days>



Norfolk County Council

Norfolk County Council

Free laptops on loan

Welcome to
Your Library

**Free Laptops
on loan**

Library customers over 16 can now borrow a laptop to use in the library or take home.

If you take a laptop home you will need to have access to the internet to be able to use.

Any questions please ask a member of staff for more details

The poster features a background of green and blue curved shapes. In the top right, there is a photograph of a laptop on a desk with a mouse and some papers. The text is in various colors: pink for the main title, blue for the sub-headline, and black for the body text.

borrow discover connect

 Norfolk County Council

Discover the power of technology at your fingertips! Now, you can borrow laptops from your local library for up to 14 days.

With a full membership, enjoy the flexibility of borrowing a laptop for 14 days or for a quick 1-day loan.

Stay connected and explore endless possibilities!



borrow discover connect



Norfolk County Council

Hazardous waste

Waste is hazardous if it can cause harm to humans or the environment and includes any waste that needs specialist disposal. Norfolk County Council don't normally take these items at recycling centres; however they hold annual free household hazardous waste days (amnesties) when they do accept certain hazardous waste items. These are for residents disposing of household hazardous waste only and not for any business, group or other organisation.

The next Household Hazardous Waste Days will be held in Autumn 2023. The dates and locations are as follows. They will be held in normal Recycling Centre opening times of 9am - 4pm.

- Norwich South - 9/10 September
- Thetford - 16/17 September
- King's Lynn - 23/24 September
- Caister - 30 September/1 October
- Dereham - 7/8 October
- Hempton - 14/15 October
- Norwich North - 21/22 October

<https://www.norfolk.gov.uk/rubbish-recycling-and-planning/rubbish-and-recycling/hazardous-waste>

Naming the Adult Autism Social Care Short-term Support Service

Norfolk County Council worked with autistic people, their parents, and carers, and those who support autistic people to design a new adult autism short-term support service. As part of this engagement, autistic people told us what they want the new service to be called.

Please help us choose a name for this service from a list of service names suggested by autistic people, we will ask autistic people to name the new service.

<https://www.norfolkautismpartnership.org.uk/2023/07/11/naming-the-adult-autism-social-care-short-term-support-service/>

Volunteers needed for research study

Volunteers needed for research study on Home Activity Monitoring Care Technology and the sharing of data into adult social care



More about the research study

Adult social care services use what is referred to as Assistive Technology, or Technology Enabled Care, to help support older people to remain living independently in their own homes.

A University of Hertfordshire research team would like your views regarding one type of sensor technology that collects activity (lifestyle) data within a person's home environment, designed to alert to a decline in a person's wellbeing or an incident.

The research is specifically about attitudes towards any data being shared into adult social care (where appropriate and agreed to), in comparison to the existing practice of sharing data with trusted informal support (family or friends).

This will help inform adult social care services delivery of technology enabled care.

Who can participate?

Participants must be 65+ with current or previous experience of social care support.

What will participation involve?

Involvement is one private interview with a research team member for 60 – 90 minutes. This may be in person, at your home or in a public place, via a video call, or by telephone, as agreed between participant and the researcher.

A participant information sheet, and more information providing a simple explanation of the technology, and a case scenario of how it could potentially be used, can be provided on request to help you decide whether you wish to participate.

The technology and the case scenario will be provided and reviewed at the start of the interview to ensure a clear understanding of the technology and its potential application.

For more information about the study please contact:

Chris Metcalf (*MSc - Assistive Technology*) - Study Project Lead

07762 000339 or c.metcalf@herts.ac.uk



New fares make it even cheaper to park & ride

Fares on all Norwich park & ride services will be even cheaper from this September, making it easier and more affordable to travel car-free into the city centre by bus. The new fares will be introduced, thanks to money that Norfolk County Council has secured from the Department for Transport (DfT) to help improve bus services across the county. From Monday 4 September, passengers will be able to travel all day on the service for one price. The new fares have been designed to provide more flexible fare options for those choosing to travel independently, as a couple, as a family or with friends.

- Adults – £3
- Concessions £2
- 17-19 year olds – £2
- Child (5-16) – £1.50
- Extra passengers will cost just £1 when travelling with a full paying passenger.
- Under 5s still travel for free

The new fares coincide with the re-opening of Postwick park & ride, which further enhances the service, providing five out of town sites for those wishing to visit Norwich, from all major routes into the city.

https://www.travelnorfolk.co.uk/new-fares-make-it-even-cheaper-to-park-ride/?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo

Celebrate car-free day where you live

Norfolk County Council is inviting residents to participate in Car-Free Day, an annual event that promotes sustainable transportation for everyday journeys.

Car-Free Day encourages residents to leave their cars behind and explore alternative transportation methods, such as cycling, walking, or utilising public transport. By choosing these options, residents can actively contribute to reducing carbon emissions and support a cleaner, greener future.

Norfolk Car Free Day is taking place on Sunday 24 September.

https://www.travelnorfolk.co.uk/celebrate-car-free-day-where-you-live/?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo



CATCH THE BUS MONTH
GET ON BOARD
SEPTEMBER 2023

#CTBM

BUSES ARE GOOD FOR THE ECONOMY

They get us to work, shops and leisure activities. Pre-Covid, bus passengers boosted the UK economy by **£64 billion** each year.

So get on board for Catch the Bus Month!

bus users
bringing people together

The graphic features a background image of two women smiling on a bus. The text is overlaid in various colors and fonts, including a large red hand icon with '#CTBM' written on it.

Catch the Bus month

Whether you're a transport provider, local authority, community group or passenger, get in touch now, share your ideas and order your giant #CTBM red hands! The Partner Pack- <https://bususers.org/ctbm-partner-pack/>- is full of suggestions and free resources in English and Welsh to get you started. So get on board and let's make Catch the Bus Month 2023 the best yet!

<https://bususers.org/catchthebusmonth/>



Vision Norfolk

Vision Norfolk are pleased to announce that they have launched their new Community Outreach Service, which aims to provide emotional and practical support to vision impaired people in their local community. The friendly team of Community Outreach Workers will provide a range of support services designed to help anyone experiencing sight loss to live a more independent lifestyle. The type of support on offer includes:

- Assistance and advice on welfare benefit and housing applications
- Information and advice on the latest assistive technology and equipment for your home
- Providing support to reduce loneliness and isolation
- Information and advice on specific eye conditions and helpful tips to make best of remaining vision
- Support for families, friends and carers
- Identifying additional support needs and signposting to other relevant services

To contact a member of the Community Outreach Team please call 01603 573000.

www.visionnorfolk.org.uk

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

Parkinson's UK Personal Grants

People with Parkinson's or other forms of progressive parkinsonism, and unpaid carers, can apply for a Parkinson's UK Grant up to £1,500. If you're struggling to fund activities, equipment or respite care, Parkinson's UK may be able to help. If you meet the criteria, you could be eligible for a Parkinson's UK Personal Grant. Round 2 opens on Monday 3 July and closes on Friday 3 December. You will be told the outcome from the Grants team within 12 weeks of receiving your application. Applications received after the closing dates will not be considered for funding and can't be carried forward to the next round. They can only accept applications sent on the new 2023 round 2 form below-

<https://www.parkinsons.org.uk/sites/default/files/2023-06/02%20Parkinson%27s%20UK%20Personal%20Grants%20application%20form%202023%20Round%202%20%282%29.pdf>

If you're living with Parkinson's you can apply for an amount up to £1,500 to fund electrical items, respite care, specialist equipment or activities. To qualify you must have Parkinson's or another form of progressive parkinsonism; be a carer of someone with Parkinson's who isn't paid for their caring role (we don't count Carer's Allowance as being paid); have household savings less than £6,000 if you apply for up to £500; have household savings less than £16,000 if you apply for more than £500.

You can apply for activities, and you can receive a maximum grant of £250 if your household savings are less than £6,000; electrical items and you can receive a maximum grant of £500 if your household savings are less than £6,000, Grants for electrical items are limited to 1 application per household; Respite care you can receive a maximum grant of £1,000 if your household savings are less than £16,000. Grants for respite care are limited to 1 application per household; Specialist equipment or home adaptation you can

receive a maximum grant of £1,500 if your household savings are less than £16,000. Grants for specialist equipment or home adaptation are limited to 1 application per household. They do not fund holidays, long-term financial commitments or daily living costs. They won't consider applications to fund items that you've already paid for, or committed to pay for, and they don't fund items or respite where funding should be available from the government or from your local authority.

<https://www.parkinsons.org.uk/about-us/parkinsons-uk-personal-grants>



National Energy Action (NEA) survey

National Energy Action (NEA) is a national charity working to end fuel poverty across England, Wales, and Northern Ireland. Energy Action Scotland (EAS) works to end fuel poverty in Scotland. The UK Fuel Poverty Monitor is the annual investigative report on fuel poverty in the UK and within each of the four nations, published by NEA and EAS. The energy crisis is still ongoing, and prices will remain high for the foreseeable future. With this in mind, NEA believes that it has never been more important to understand how we can meet the fuel poverty targets across the four nations of the UK. This year's **Fuel Poverty Monitor** is looking to provide an analysis of:

- The current strategies for reducing fuel poverty across the UK;
- The progress towards meeting them, including the success of different fuel poverty related schemes;
- How to best close the gap between reality and the targets.

NEA will be using the findings of this survey to inform their upcoming report and for the more immediate purpose of feeding the findings back to the industry, governments, and regulators to ensure better outcomes for the households that we help.

The survey can be completed within 20 – 25 minutes but could take longer if you have the time to input more detailed information in the comment boxes at the start. Here, you will have the opportunity to share any ways in which you have adapted as an organisation to better help households during this crisis.

You can access the survey here: <https://eu.surveymonkey.com/r/FPM-23>

If possible, please respond by close of business on Friday 22 September 2023. Once you leave the survey platform you will not be able to re-enter. Please therefore try to complete your entire response in one browser session. If you need to take a break, please leave your browser window open. If you are completing the survey on behalf of several people within your organisation, NEA can provide a PDF version of the document to enable you to collate feedback from across your organisation.

https://www.nea.org.uk/?utm_source=brevo&utm_campaign=Fuel%20Poverty%20Monitor%202023%20Call%20for%20Evidence&utm_medium=email



Independent Living

Contents:

- The Cardboard Man
- Time to play
- New manual folding scooter
- Bus Users UK
- Burnt out carers
- Accelerator programme

<https://preview.mailerlite.com/g9k0l3i2a3/2272444578118239298/k2n3/>

EACH-

Help at Home Volunteer information

Be a Help at Home volunteer!

Be the Difference. Be an EACH volunteer.



Have you got time to spare?

You could help a family at home with practical tasks such as cleaning, cooking, gardening, helping with homework and much more. Whether you can give 2 hours a week or 2 hours a month we would like to hear from you!

All training is provided.
All you need to give is your precious time.

For more information contact:
anne.rayner@each.org.uk
or visit www.each.org.uk/volunteering.



EACH Help at Home volunteers provide vital practical support in the homes of families caring for children with a life-threatening conditions

How you can help...

Cooking • DIY and decorating • Cleaning • Shopping
Sibling support • Gardening and much more...

For more information please visit:

www.each.org.uk/volunteering

or call 01223 800 800 selecting option four

Registered Charity No. 1069284

Free Furniture collection



East Anglia's Children's Hospices - EACH

1 h · 🌐

Did you know we offer FREE furniture collections in selected locations across Norfolk, Suffolk and Essex?

It's easy to book your collection, head to the link in our comments, fill in the form, and a member of our team will be in touch! ⭐

We can collect your unwanted furniture for **FREE**



Your generous donations mean we can continue caring for families who need us



1 Comment • 11 share



East Anglia's Children's Hospices - EACH

Book your furniture collection. 📍

each.org.uk/book-a-furniture-collection

Tech4Families scheme



Tech4Families scheme

It's never been more important to make sure families can get online. So, as part of our mission to drive digital inclusion, we're proud to be working with Currys to help families who need a laptop to get one - not as loan or rental, it's for a family, for good.



26%

of young people do not have access to a laptop, with the key reason being cost



1 in 5 children home schooling during the pandemic did not have access to an appropriate device.

“Our mission is to help everyone enjoy technology and we want to be a force for good where it matters the most. It's critical that we help play our part in addressing the UK's digital divide.”

Paula Coughlan, Chief People, Communications and Sustainability Officer, Currys Plc

Tech4Families scheme



Helping families who need a laptop, get one.

In a society that believes in justice and compassion, it's not right that almost half of children are growing up without access to the digital world and the benefits it brings.

With your support, we can continue to change that.



THE SCHEME

Nationally, Currys customers are able to donate 25p to us at the till, which is then turned into laptops for families with school-aged children.

We've run the first phase in five areas in the UK:

- Staffordshire, England.
- West Cumbria, England.
- Norfolk Coast, England.
- Neath Port Talbot and Bridgend, Wales.
- Ayrshire, Scotland.

We plan to roll this scheme out nationally in the next few years.

NEXT STEPS

If you, or a family you know live in one of these areas and you don't have access to a computer, apply to have us send one.

Go to digitalpovertyalliance.org/tech4families/ to find out more.



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Covering the Norfolk Coast (Kings Lynn and West Norfolk, North Norfolk, Great Yarmouth local authorities), England

<https://digitalpovertyalliance.org/tech4families/>



Older people struggling to pay broadband bills encouraged to check for £12 social tariffs and unclaimed benefits

Independent Age is calling on broadband providers to further promote their social broadband tariffs so that older people in financial hardship are aware that support for their internet costs is available. The older people's charity also believes the UK Government has a role to play in promoting social tariffs as part of the support available during the cost of living crisis.

New research from Independent Age suggests that nearly half of older people (48%) on a low income have struggled to keep up with their broadband bill in the last six months. The charity said the findings raise fears that the cost of living crisis has deepened the 'digital divide' and warns that older people in financial hardship may become even more isolated. The charity said that not being able to go online could mean that older people on low incomes are unable to access information about financial entitlements or services, miss out on savings by not being able to search for the best deals and lose vital social connections.

<https://www.dailyrecord.co.uk/lifestyle/money/older-people-social-tariff-broadband-30678049>

VOLUNTARY NORFOLK

Voluntary Norfolk- Get Involved Norfolk



Since its launch last July, GetInVOLved Norfolk has become the go-to website for volunteering in Norfolk. Organisations use it to promote and seek volunteer opportunities across the county. Charities and organisations have posted over 700 roles in the last 12 months, ranging from event organisers, student mentors, rabbit care assistants, sound engineers to gardening at a hospice, digital champions and Lego club leaders.

Since the pandemic, many charities and community groups have lost long-term volunteers. Attracting people back has been a challenge, so creating a dedicated space for volunteers to find a variety of opportunities that fit in with their lifestyle has been a priority.

https://www.voluntarynorfolk.org.uk/getinvolved-norfolk-celebrates-1st-birthday/?utm_source=newsletter&utm_medium=email&utm_campaign=Volunteering+August+2023&utm_id=Volunteering+August+2023

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



Re-engage- Rainbow Call Companions

Have you heard of Rainbow Call Companions? It's Re-engage's award-winning telephone befriending service for LGBTQ+ people aged 75 and over. All Rainbow volunteers are LGBTQ+, too. When an older person joins a Re-engage service, you can be confident that they are joining a service which is free, long-term, and has excellent safeguarding and volunteer training at its heart. To refer an older person to Rainbow Call Companions, please use the simple form on their website-

<https://www.reengage.org.uk/join-a-group/get-a-rainbow-call-companion/#msdyntrid=pkd9XbUoMzkwPduFJJlzliuQJRK9aXpWOcrggNVGbqg>

People who are 75+ find friendship and feel significantly less lonely thanks to Re-engage's groups and befriending calls. For more information, please look at their website-

<https://www.reengage.org.uk/#msdyntrid=sa831KNLr2GsSrH6ZXWxNbOcNCKgUhaalQnlJFoTtX0> For more on Rainbow Call Companions, call Sam Higgins on 020 7881 2368.



"Providing Access to Justice and Equality"

We are a registered charity providing a range of free, independent, confidential legal services including:

Legal Advice on Employment, Family and General matters

Debt Advice

Welfare & Benefits Advice

Legal Advice for Victims of Domestic Abuse

Immigration Advice

Family Court Support Service

Discrimination Advice

Call us on 01603 496623

Visit our website: www.ncls.co.uk



*Need legal advice?
Scan this QR code to contact us*



Age Action Alliance/ Age UK

Public toilets closures: more than just an inconvenience...

All over the UK, public toilets are being closed in order to trim local authority spending. The resultant impact on older people can be significant by reducing their ability to visit town and city centres. But Age UK London is leading the fightback... Good provision of public toilets is a hallmark of a civilised and welcoming place to be. Unfortunately, the long-term decline in the number of public toilets has accelerated in recent years and the situation in London and elsewhere is much more than just an inconvenience.

Did you know that:

- * Providing toilets is not a statutory service and Local Authorities are not legally obliged to provide public toilets.
- * Since 2016 there has been a 19% decrease in the number of public toilets in the UK.
- * As many as one in five of us avoid leaving home as much as we would like because of concerns about a lack of available toilets – this is what is known as ‘the loo leash’.
- * Nearly half (43%) of those of us with medical conditions requiring more frequent toilet use experience this loo leash.

<https://theageactionalliance.org/2023/08/02/public-toilets-more-than-just-an-inconvenience/>

The digital divide: many older people struggling to access public services

Most local authorities now strongly encourage people to access services digitally and, in some cases, do not offer offline alternatives at all, or not in a way that makes them easy to find and access. A new report from Age UK has set out the difficulties older people face when trying to apply for a Blue Badge and other local public services if they are not 'computer savvy' and warns that local councils need to do more to improve access to and provision of public services for those not online.

Following concerns raised by some of its local partners, Age UK carried out a survey of local Age UK organisations in England and local Age Cymru organisations in Wales to find out about the processes for applying for a Blue Badge and for seeking other local authority support in their areas. The Charity received feedback from 61 organisations – around half of all local Age UK organisations in England and Wales and found that:

- In most areas there is now strong encouragement to access council services digitally.
- While most councils have alternative ways of applying for the Blue Badge, these are often not promoted. Only 13 organisations said it was easy for people who are offline to find out about and apply for a Blue Badge in their area.
- Many councils signpost people who are not online to seek help with Blue Badges from voluntary organisations such as Age UK, without any suggested recompense, which places additional strain on local voluntary services that are already hard-pressed.
- Around two-thirds of organisations responding reported that older people are also having difficulties accessing other council services if they cannot do so online. Housing related services were mentioned most frequently although some said all council services were hard to access offline.

<https://theageactionalliance.org/2023/06/28/the-digital-divide-many-older-people-struggling-to-access-public-services/>



Action Age Alliance/ Independent Age

Older people struggling to pay for broadband at risk of further financial losses

Nearly half (48%) of older people in England on a low income have struggled to keep up with their broadband bill in the last six months, according to new research from the older people's charity Independent Age – putting them at risk of further financial hardship and of being digitally excluded. Of that number, one in five (20%) found it a constant struggle, and 28% struggled from time to time.

Independent Age says the findings from YouGov commissioned polling raise fears that the cost of living has deepened the 'digital divide' and warns that older people in financial hardship may become even more isolated and could face additional costs if they are forced to shut off their internet access.

The survey also found:

- Almost 1 in 3 (29%) older people in financial hardship said they are worried they will not be able to pay their broadband bill over the next six months.
- 30% are currently having to cut back their spending on their internet, phone or TV subscription services a great deal or a fair amount.
- Almost 1 in 10 (9%) have already cancelled broadband and phone services over the winter in an effort to save money and 4% had already taken this action before the winter began, to save money.

<https://theageactionalliance.org/2023/07/14/older-people-struggling-to-pay-for-broadband-at-risk-of-further-financial-losses/>



Centre for Ageing Better

The clock continues to tick on unfulfilled accessible homes promise

29 July marked one year since the government committed to raise accessibility standards on new homes. Yet 12 months on there has been little progress and they are still waiting for a consultation on these changes, let alone for the implementation, so that they can begin to address the UK's chronic shortage of accessible homes. The changes proposed by the Department for Levelling Up, Housing and Communities (DLUHC) would require new homes to have a wider range of accessibility features, and to include built-in features that enable common adaptations to be carried out in future if needed.

Currently, building homes to be accessible and adaptable is purely optional. While local government can put together a case for the needs of their community in their local plans, developers can challenge the requirement to build certain types of homes and building accessible homes can be less profitable and put some developers at a disadvantage. Setting a higher mandatory accessibility standard would therefore level the playing field for all developers and balance the 'race to the bottom' in terms of costs and quality.

<https://ageing-better.org.uk/blogs/clock-continues-tick-unfulfilled-accessible-homes-promise>

Ageist stereotypes must be eradicated from news coverage

You may have seen recent ageist media coverage referring to older people as 'wrinklies', 'doddery' or even a 'silver tsunami'. The Press Gazette (the leading publication for the media industry) has highlighted the call for media regulator IPSO's Editor's Code of Practice to include standards for journalists reporting on stories involving age. The images below are real examples of derogatory headlines that appeared in national media (shown

here in mocked-up newspapers). Help 'rewrite the headlines' by sharing any discriminatory headlines you come across at experience@ageing-better.org.uk



https://pressgazette.co.uk/comment-analysis/ipsa-jeremy-clarkson-change-editors-code-age/?utm_source=Age-friendly+Movement&utm_campaign=c77145ecc5-AFM+May_COPY_02&utm_medium=email&utm_term=0-edc47ce9a5-%5BLIST_EMAIL_ID%5D



Nuffield Trust

Getting the fundamentals right: how to better prepare for discharge pressures next winter

Delayed discharges, where a patient is medically fit to leave hospital but is not discharged, were a particular problem in England last winter. In this long read, Camille Oung highlights some possible solutions to help better prepare health and care services for discharge pressures next winter. It may be the heart of summer but, for health and social care system leaders, winter is already looming. And the last few winters have been particularly difficult for health and care services, with long waits for patients to get in and out of hospital. Last December, one in six patients in England were waiting in hospital to be

discharged to care homes, short-term intermediate care, or to their own home. People not able to access the support they need in a timely manner are more likely to require more long-term support in the future. For this reason, the National Care Forum, the membership organisation for not-for-profit organisations in the care and support sector, last month brought together leaders from across the health and social care system: leaders of integrated care boards, national NHS leads, local authority commissioners, social care providers, and carer representatives. The roundtable, chaired by the Health Service Journal, sought to identify concrete solutions that system leaders can put in place now to be better prepared for discharge pressures next winter.

https://www.nuffieldtrust.org.uk/news-item/getting-the-fundamentals-right-how-to-better-prepare-for-discharge-pressures-next-winter?utm_source=Nuffield+Trust+weekly+newsletter&utm_campaign=96db351c5c-EMAIL_CAMPAIGN_2020_03_19_04_06_COPY_01&utm_medium=email&utm_term=0_39741ccd5c-96db351c5c-95037729

The rise in dental service recommendations from NHS 111

NHS dentistry is experiencing a crisis that has been worsening over time. There have been multiple reports of the public finding it difficult to access NHS dental care and resorting to improvised home dentistry. These struggles may also be reflected in the number of calls to NHS 111, which is a free phone and online service that provides 24/7 access to advice for people with urgent health needs and directs them to the appropriate help. It can recommend that callers contact various health services, including dental practitioners, and could give an indication of the need for dental services. At the start of the pandemic in March 2020, there was a notable increase in the number of calls received by NHS 111. At a time when movement and patient access to dental care were restricted, NHS 111 played a crucial role in directing people with medical problems to the appropriate health service without risking exposure to Covid-19.

https://www.nuffieldtrust.org.uk/resource/chart-of-the-week-the-rise-in-dental-service-recommendations-from-nhs-111?utm_source=Nuffield+Trust+weekly+newsletter&utm_campaign=a7a0e8bb04-EMAIL_CAMPAIGN_2020_03_19_04_06_COPY_01&utm_medium=email&utm_term=0_39741ccd5c-a7a0e8bb04-95037729

Strut Safe scheme



<https://strutsafe.org/>



Groundwork- Neighbourhood Planning

Groundwork is a federation of charities mobilising practical community action on poverty and the environment across the UK. They are working with the Department for Levelling Up, Housing and Communities to deliver the Neighbourhood Planning programme that helps local groups to develop a neighbourhood plan. Neighbourhood Planning was introduced in the Localism Act 2011. It is an important and powerful tool that gives

communities statutory powers to shape how their communities develop. These plans give local people a say in the development of their area, including where homes, schools, and businesses should be built, how they should look and what infrastructure is needed to support them.

<https://www.groundwork.org.uk/mhclg-neighbourhood-planning/>

Applications for support are now open for this financial year (2023/24) The programme will continue to offer grants and Technical Support packages. Applications for both are now open and can be applied for via the Apply page of the website.

<https://neighbourhoodplanning.org/>

Norwich



Age UK Norwich- Volunteers needed

Volunteers Needed

*Would you like to make a difference in your community?
Become part of the Age UK Norwich family today!*

We have lots of Volunteering Opportunities:

- Telephone Befriending
- Active Befriending
- Clubs & Community Trips
- Resource Support (Blue Badge/Client Services)

★ Make new friends ★ Learn new skills ★ Share your knowledge ★ Sense of community

To find out more:

- 01603 496333
- volunteering@ageuknorwich.org.uk
- www.ageuknorwich.org.uk

Norwich ageUK
Improving the quality of later life
Registered Charity Number 1094623

We'd love to hear from you, scan QR code to apply!

Book benches installed across Norwich in new project

Pages, as well as heads, are turning in Norwich as book benches have been installed at locations across the city. This summer is the beginning of a new chapter in Norwich, the City of Stories, with a project celebrating its UNESCO status as a City of Literature. The city centre has been enhanced by the introduction of a new trail of permanent book benches, made using stone, metal or wood, in eight locations.



It has been made possible by the EXPERIENCE Project, which includes Norfolk County Council, Norwich City Council and Norwich Business Improvement District (BID), in collaboration with The National Centre for Writing. Four of the eight benches have been installed so far, which are at Upper St Giles Street, Rampant Horse Street, St Martin-at-Palace-Plain and Riverside.

<https://www.eveningnews24.co.uk/news/23670866.book-benches-installed-across-norwich-new-project/?fbclid=IwAR0xbwsiStk836ja-8hFxISzanpmHMYP7beB5ryIbJbtVQy5GrBRBLD6fek>

East Norfolk



Great Yarmouth: 'Exciting' plans for derelict Winter Gardens



A derelict seaside landmark is to undergo an £18m restoration after standing unused for 15 years. New concept designs for the Winter Gardens in Great Yarmouth, Norfolk, have been released by the borough council. The "at risk" Grade II* listed building is the last surviving Victorian glass house of its kind in the country. Great Yarmouth Borough Council is now asking for feedback on plans to "repair and revive" the 120-year-old building- <https://www.great-yarmouth.gov.uk/article/10085/Have-your-say-on-exciting-plans-to-revitalise-iconic-Winter-Gardens>



The money will come from the authority and the National Lottery Heritage Fund.

Plans include creating community spaces and café areas to be used for leisure, entertainment and learning.

https://www.bbc.co.uk/news/uk-england-norfolk-66301541?at link type=web link&at link origin=BBC News%3A East of England&at campaign type=owned&at campaign=Social Flow&at format=image&at ptr name=facebook_page&at bbc team=editorial&at link id=7BB8B052-2B0D-11EE-9C44-DAF0ECABB293&at medium=social&fbclid=IwAR3mCQX68PRzhQuDTsRWZ9cnBhNto_YZasmlzqAz5FHPOAPQZ7VQgaE98-l

North Norfolk

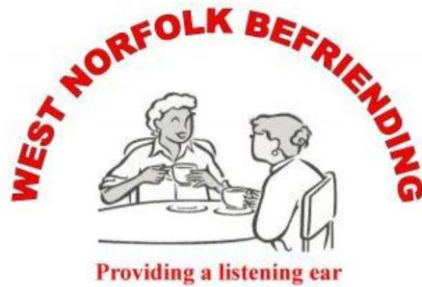


Poppyland Radio

Please see below the link for the North Norfolk Community Connectors radio shows. They've recorded 23 themed shows so far now covering topics such as support for veterans, menopause, dementia, housing, domestic abuse, bereavement, loneliness & isolation and much more!

<https://www.mixcloud.com/discover/community-connectors-poppyland/>

West Norfolk



West Norfolk Befriending

West Norfolk Befriending, a local charity, aims to reduce social isolation and hopefully loneliness, recognising that there is a key difference between the two. They work with people who have become socially isolated as a result of a change in their physical condition meaning they can't get out of their home and are typically over the age of 85 (majority in 90s). They currently offer face to face befriending (once a fortnight) or via the telephone for those not wanting people in their own home. Their trained and supported volunteers bring the outside world in through conversation as it is very easy to lose touch with the outside world (e.g., sharing what they see on their way to client). How long each conversation is depends on what feels comfortable for both the client and volunteer. They are flexible about how long they work with clients, usually about a year and review every couple of months - very often their volunteers go into a friendship.

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



The Bridge for Heroes

Bridge for Heroes is a small West Norfolk charity based in King's Lynn that supports anyone who has or is serving in the armed forces as little as one day (e.g., territorial army,

national service), including anyone who has supported or is supporting someone who has served (wife, husband, partner etc). As well as support around loneliness and isolation, they also offer physical health, emotional, financial, and practical support from rewiring to dismantling beds to taking someone to scatter their husbands' ashes. People who have served often feel very isolated from the community, sometimes as a result of traveling and never forming links in one specific place.

At their King's Lynn Centre they offer a drop-in between 10am and 4pm for beneficiaries / those eligible for support with free drinks and a two course lunch cooked every day, supported by organisations including Tesco. Creating a 'brew and banter' friendly, supportive environment where people can chat, have a cup of tea, eat freshly cooked food and open up sometimes about things that are worrying them. As well as a monthly Sunday Lunch for those living on their own for companionship and they have a activity centre / workshop including woodworking, cycle maintenance, photography. They are open on Christmas Day providing Christmas Lunch for beneficiaries.

<https://www.thebridgeforheroes.org/>



Coffee on the Couch (North Lynn)

Coffee on the Couch is held every Thursday from 10am – 12 noon. Here the aim is to form a community, bringing together people from different backgrounds, ages, circumstances in shared friendship. It is a place to come and 'be yourself', chat with others and relax. There are opportunities to 'do things' to be involved in activity or bring your own craft. Coffee on the Couch is a place where the hope is people feel 'at home', find space to relax and chat. [https://kingslynnminster.org/coffee-on-the-couch/#:~:text=Coffee%20on%20the%20Couch%20\(North,ages%2C%20circumstances%20in%20shared%20friendship.](https://kingslynnminster.org/coffee-on-the-couch/#:~:text=Coffee%20on%20the%20Couch%20(North,ages%2C%20circumstances%20in%20shared%20friendship.)

Spotlight on South Walsham

South Walsham

South Walsham is a true Broadland village owing its existence to centuries of peat digging from Saxon to medieval times. Some 200,000 turves were dug and sold for fuel every year. From the fourteenth century the diggings began to flood creating The Broads. South Walsham has an inner and outer broad. The outer broad is open to the public and is linked to the river Bure via the Fleet Dyke near the ruins of St Benet's abbey.



The southern or inner broad is privately owned as part of the South Walsham Estate. This was bought in 1946 by Henry Broughton, later to be the 2nd Lord Fairhaven, who created Fairhaven Woodland and Water Garden. Open to the public, there are almost 4 miles of accessible pathways criss-crossing 130 acres of woodland, ponds, dykes and wetland. Planting, includes thousands of candelabra primulas and enormous gunnera, contrasting with the stately King's and Queen's oak trees, thought to date from around the Norman conquest. Short boat trips are available round the inner broad and along Fleet Dyke to St Benet's Abbey.



During the times of Viking incursions into Britain, it is said that a Viking King called Oscar sailed his fleet up the river Bure and made his headquarters at South Walsham.



The story goes that King Oscar enjoyed mushrooms and a local girl, only 10 years old, was sent to pick some mushrooms for him. The child was advised by her mother which particular mushrooms she should pick with the result that Oscar took sick and died. There followed a traditional Viking chieftain funeral where the body was cremated on his own ship in the middle of South Walsham Broad. And now, some folk say, at midnight on every May 1st, boats are jostled by unseen ships and talking in a Nordic tongue can be heard. To the call of a hunting horn, Oscar's ship appears and is burned in a spectacular light show, the smouldering hulk sinking into the broad at dawn. These events are commemorated in the name of the bar at the village hall and on the village sign .



The St Lawrence's Centre stands adjacent to St Mary's church and has been well restored to provide a venue for arts events in the Broadland area. These include concerts and performances of all kinds, exhibitions, activities. Outside is a Sacristan's garden planted with medicinal herbs, a place of peace.

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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