



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

August 2023- Edition 48

Word from the Chair

The holidays are finally here together with a fair amount of rain, but that's better, for me at least, than the high temperatures from which other parts of Europe are suffering. But there are serious issues around the environment and global warming that we as a country need to grasp.

At the next partnership meeting we'll turn our attention to how older people live in their own communities. One of the few good features of Covid was the extent to which people helped each other in the places where they lived, looking out for each other and doing small tasks such as shopping.

When the lockdown was over, the Integrated Care Board set to work to see how they could take advantage of this by building on initiatives that had emerged during that period. The district councils appointed community connectors to visit towns and villages across their areas to talk to local people. I've seen some of the work that North Norfolk has done and it's impressive.

In September Dr Guy Peryer, a research fellow at the UEA, will be talking about compassionate communities, how people come together to care for and support others especially towards the end of life.

Best wishes

Mary Ledgard, Interim chair

Norfolk Older People's Strategic Partnership

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

Thursday 28th September 2023 10am to 1.30pm

Edwards Room, County Hall, Martineau Lane, Norwich, NR1 2DH

This meeting is open to the public

Further details will be announced in due course

Health articles

Norfolk and National-

- £86m investment in three new diagnostic centres to be built at region's hospitals
- New emergency department for over 80s reduces wait times
- Hydration research

North Norfolk-

- Age Concern- Keep calm and drink water!

Activities and events

Norfolk and National-

- The ICS need your help to shape health and care services in the community
- Developing the care workforce – digital technology and other skills
- Norfolk County Council- Conversations Matter
- RNIB: Focus on Technology course: National phone group 2 sessions
- Wellbeing updates
- TCV news
- Counselling skills course
- Kick Off in Business Online
- GamCare- Women and Gambling Related Harms - Free Online Training

Norwich-

- Carers Voice Local Carer Involvement meetings
- Coffee and cake- Developing Skills team
- Pride Through Cancer
- Cognitive-Behavioural Group Coaching Course (free)
- Sunshine Café
- Age UK Norwich-
Boat trip
Lunch club
August activities
- Free family fun

South-

- Star Throwers

Breckland-

- Creative Arts East
- ASD Helping Hands Discovery group
- The Pit Stop- Dereham

East Norfolk-

- Creative Arts East
- Citizens Advice
- Free construction sessions embedding the use of numeracy- Gorleston

North Norfolk-

- Carers Voice Local Carer Involvement meetings- North
- Wellbeing updates
- Wellness on Wheels bus

West Norfolk-

- West Norfolk VCSE Hub Invitation
- Creative Arts East

Information and advice

Norfolk and National-

- Norfolk County Council-
Help with Living Costs
Conversation's Matter
Become a Homes for Ukraine Host
New 'Travel Norfolk' identity launched to help people get around the smart way
Library news
- NASP- Scam alert- fake parcel delivery emails and text messages
- Norfolk Safeguarding Adults Board (NSAB)
- Forget me Not Grants
- Digital switchover partner toolkit
- Gov.UK-
HMRC Grant Funding - application guidance
Help for Households
- NHS-
Supporting digital inclusion in general practice: 10 top tips
NHS and Care Volunteer Responders

- Improving Lives Together- Let's talk...Talking Therapy
- Visit Norfolk
- Amber's Army
- Royal Mail information
- Age UK Food vouchers
- Kids Eat Free or for £1
- Ask for Ellen
- CareCoach summary information sheet
- RNIB- Changing lives with technology
- National Autistic Society- Visual supports
- Eating Disorder Charities to Unite This Summer
- Independent Living news
- Gas Safe Charity- Think Carbon Monoxide
- Cats Protection scheme
- Stonewall Housing- Get Help
- Sandcastle Trust
- **Norwich-**
- Record club
- What's On Where Guide
- NNUH support for Veterans and those serving in the Armed Forces
- **Breckland-**
- Norfolk Good Neighbour Network
- Christians Against Poverty Debt Centre newsletter
- **East Norfolk-**
- JPH Armed Forces Advocate
- **North Norfolk-**
- Aylsham library
- North Norfolk Community Transport
- Norfolk Good Neighbour Network
- **West Norfolk-**
- Supporting members of the armed forces community at QEH
- Tech Skills for Life in West Norfolk
- Spotlight on Worstead

Health



Improving lives together

Norfolk and Waveney Integrated Care System

£86m investment in three new diagnostic centres to be built at region's hospitals

People across Norfolk and Waveney will be able to have imaging faster and earlier diagnoses thanks to three new diagnostic centres set to be built in the region over the next two years. A project to create new outpatient imaging buildings at each of the three hospitals in Norfolk and Waveney has been given the green light by the Department of Health and Social Care and will see £85.9 million capital invested, the largest investment in the region for over 20 years.

The new facilities will be based at the James Paget University Hospital, the Norfolk and Norwich University Hospital and The Queen Elizabeth Hospital King's Lynn. Each of the sites will house MRI and CT scanners as well as X-ray and Ultrasound imaging. These are used for diagnosis and monitoring of a very wide range of conditions, including cancer, heart disease, stroke, respiratory diseases, trauma, musculoskeletal diseases, neurology and, most recently, COVID-19. To help deliver the scans, there will be more staff recruited including radiographers, radiologists, and support staff.

<https://improvinglivesnw.org.uk/86m-investment-in-three-new-diagnostic-centres-to-be-built-at-regions-hospitals/>

New emergency department for over 80s reduces wait times

New emergency department for over 80s reduces wait times

New emergency department for over 80s reduces wait times

Reviewed by *Megan Craig, M.Sc.*

Jul 19 2023

The formation of the country's first emergency department for the over 80s led to a significant decrease in time spent in A&E - according to research from the Norfolk and Norwich University Hospital (NNUH) and University of East Anglia (UEA).

The first Older People's Emergency Department in England was opened at NNUH in December 2017 to bring specialists in older people's medicine to the front doors of the hospital and provide earlier assessment and treatment for patients.

A new study evaluates the outcomes for patients who received treatment in the main emergency department at NNUH and a similar group of patients who were seen in the Older People's Emergency Department.

As well as reducing wait times for the elderly, the initiative also led to a small reduction in patients being admitted to hospital.

The team found that patients dealt with under the new initiative spent 20 per cent less time in the older people's emergency department. They also received a frailty assessment on average within 34 minutes of arrival, compared with 75 minutes in the regular emergency department.

As a result of seeing an older people's medicine specialist earlier, there were proportionally fewer admissions from the older people's emergency department (46.1 per cent) compared with the main emergency department (50.3 percent), although this difference was not statistically significant.

“ We have demonstrated that patients seen in our environmentally modified area of the emergency department, led by Consultant Geriatricians, were three times more likely to meet the four-hour national target compared with those seen in the main emergency department.

This is an important finding, as increased wait times are associated with increased inpatient length of stay, mortality, hospital admissions, and functional decline in those with cognitive impairment.

A dedicated service in the emergency department can shorten the waiting times for clinical assessment of older people, but it is not clear that this leads to any downstream benefits in reducing likelihood of hospital admission for older patients.”

Dr Katharina Mattishent, Consultant in Older People's Medicine at NNUH and Clinical Lecturer at UEA's Norwich Medical School

'Evaluation of first Older People's Emergency Department in England - a retrospective cohort study' is published in the Journal of Emergency Medicine.

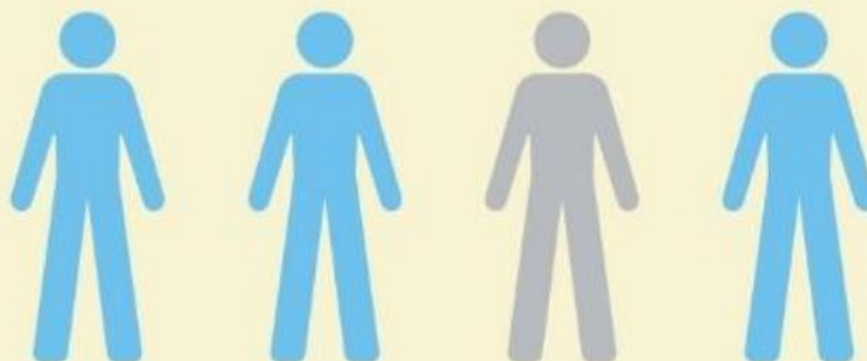
Source:

University of East Anglia

Journal reference:

Meechan, C., *et al.* (2023) Evaluation of first Older People's Emergency Department in England - a retrospective cohort study. *The Journal of Emergency Medicine*. doi.org/10.1016/j.jemermed.2023.04.003.

Did you know that 1 in 4 older people are dehydrated?



Our systematic review and meta-analysis found that 1 in 4 non-hospitalised people aged 65 years and older, are dehydrated from not drinking enough¹.

Older people are more at risk of dehydration, due to physiological changes associated with ageing, and feeling less thirsty. To prevent dehydration, adults should **drink at least 2L or 3.5 pints** of non-alcoholic drinks a day:

Research has shown that dehydration cannot accurately be assessed in older people using common signs and symptoms, such as urine colour, skin turgor, sunken eyes etc. **Instead, we must encourage drinking!**

Dehydration is linked with kidney problems, diabetes, memory problems, UTI's, infections, pressure sores, dizziness, falls, confusion and headaches.



NIHR | Applied Research Collaboration East of England

scan me



¹Parkinson, Hooper, Fynn et al., (2023) Low-intake dehydration prevalence in non-hospitalised older adults: systematic review and meta-analysis. *Clinical Nutrition*, <https://doi.org/10.1016/j.clnu.2023.06.010>



Age Concern- Keep calm and drink water!

Age Concern North Norfolk wants to spread the message that drinking plenty of fluids during the day is good for your physical and mental health. Symptoms of dehydration include feeling thirsty, feeling dizzy or light-headed, feeling tired, a dry mouth, lips and eyes, dark yellow and strong-smelling urine and going to the toilet fewer than 4 times a day.

Many older people make a conscious decision not to drink water or hot drinks during the day because they struggle to get to the toilet. On average, 60% of the human body is water so water replacement is essential for numerous bodily functions such as regulating the body's temperature, waste removal and for lubricating and cushioning joints. Water is lost from the body during the warmer weather through perspiration, so it is vital that we compensate this loss particularly over the summer months.

In Age Concern's Day centre, they can ensure that their clients are drinking plenty during the day and can also help them to get to the toilet as necessary. It is much harder to monitor the fluid intake of the Meals on Heels recipients, most of whom live alone and find it hard to access the shops so throughout July and August, they are providing a free carton of pressed fruit juice (low sugar and approved by schools) to everyone having a delivered lunch. Feedback so far has been positive, and this is just one way they can encourage older people to drink more fluids.

Contact Alison on 01263 821188 if you are interested in our Meals on Heels.

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

Activities

and

events



The ICS need your help to shape health and care services in the community

Norfolk and Waveney Integrated Care System (ICS) is consulting residents and staff from across the area over the summer because they want to further understand what people think about health and social care services in the community. The information gained will be used to describe what the future vision for community services across Norfolk and Waveney should look like and how they can improve outcomes and experiences for both residents and staff. To ensure they can listen to as many people as possible, to help influence and inform this important review, there are several ways you can get involved.

Five online workshops will take place throughout July and August. Each workshop will be tailored to a different locality across Norfolk and Waveney, to consider local perspectives, based on the people who live there, and to ensure that local issues, challenges, and gaps are used as helpful context. Each workshop will cover one of the five broad areas, which are known in our Integrated Care System (ICS) as 'places'. Place-based partnerships bring together the NHS, local councils and voluntary organisations, residents, people who access services, carers and families. These partnerships will lead design and delivery of integrated services in their local area.

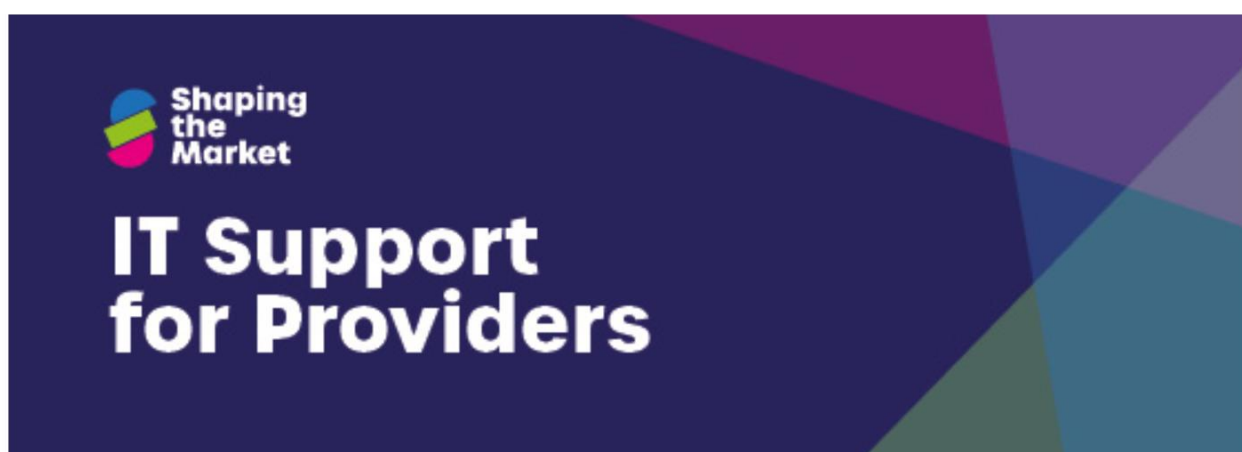
Remaining dates

- Great Yarmouth and Waveney – areas such as Great Yarmouth, Lowestoft, Beccles, Sole Bay and Waveney as a whole. The Great Yarmouth and Waveney event takes place on Tuesday 1 August 2023, 5-6pm. This event will be led by local Place Board Chair, Jonathan Barber. Register to reserve your place now: <https://www.eventbrite.co.uk/e/great-yarmouth-and-waveney-engagement-workshop-tickets-665416447507?aff=ebdsoporgprofile>
- West Norfolk – towns and villages such as King's Lynn, Downham Market, Dersingham, Heacham and Hunstanton. The West Norfolk event takes place

on Thursday 10 August 2023, 1-2pm. This event will be led by local Place Board Chair, Carly West-Burnham. Register to reserve your place now: <https://www.eventbrite.co.uk/e/west-engagement-workshop-tickets-665397550987?aff=ebsoporgprofile>

In addition, a short survey is available on the ICS website to capture the views and thoughts of people who cannot attend one of our online events. The survey will be open until Sunday 12 August 2023-

<https://forms.office.com/pages/responsepage.aspx?id=MhXOevzgNkiseOpGU4cS86laNto3QTNPuuJFEvq6BjNUMjQ4UEZKMk9NUUxUS1pHRFZXQ1ZYQVZSWC4u>



Developing the care workforce – digital technology and other skills

Webinar for All Providers, 10am to 11.30am, Thursday 3rd August

You are invited to discuss Digital Support from Norfolk County Council. We're seeking to support initiatives such as Digital Inclusion, infrastructure, and developing your workforce skills. At this webinar, they'll be a 'Let's Have a Conversation' for a two-way dialogue on your experience and support needs in Digital and workforce training. To register your interest you can contact: qaprovidersassd@norfolk.gov.uk



Norfolk County Council

Conversations Matter



Summer of engagement

What should adult social services look like now and in the future?

Tell us.

Join a discussion group and help us to shape the adult social care strategy for Norfolk.

No need to book, just turn up and join in on the day.

Date	Time	Location
Friday 4 August	10:00 - 16:00	Millennium Library - The Forum
Thursday 10 August	10:00 - 16:00	Kings Lynn Library
Friday 11 August	10:00 - 16:00	Downham Market Library
Wednesday 16 August	10:00 - 14:00	Dereham Library
Friday 18 August	10:00 - 15:00	Diss Library
Saturday 19 August	9:00 - 18:00	Kings Lynn Pride
Monday 21 August	10:00 - 15:00	North Walsham Library
Monday 28 August	10:00 - 16:00	Aylsham Library
Wednesday 30 August	12:30 - 15:00	Great Yarmouth Library

Can't make it?

Ask for a paper copy of our survey at the desk, or fill in our survey online www.norfolk.gov.uk/conversationsmatter



RNIB

See differently

Focus on Technology course: National phone group 2 sessions

Starts: Thursday, 3 August 2023

Ends: Thursday, 10 August 2023

Duration: 2-weeks

Region: United Kingdom

Delivery method: Phone

Focus on Technology courses are for adults of all ages, including friends, family members or anyone close to you. The Focus on Technology course is an introductory level course that aims to improve your knowledge on accessible technologies and to give you the confidence to start using technology on a day-to-day basis or alternatively to build on any existing knowledge you already have. Subjects will include getting the most from your mobile phone and tablet, Useful Apps, Alexa and other personal assistant devices, Top Tips and much more!

Through these sessions, you'll receive practical advice, information, and guidance. You'll also have the chance to learn from each other's personal experiences and share top tips.

Time and day

Both Thursday 3 & 10 August 2023, 2 pm to 3:30 pm.

How to sign up

To sign up to a Living Well with Sight Loss course, please complete the online webform. For further information, please email LWWSLEnquiries@rnib.org.uk or phone 0303 123 9999.

<https://www.rnib.org.uk/events-and-courses/focus-on-technology-course-national-phone-group-2-sessions-august/>

Wellbeing updates

It might be the summer holidays, but Wellbeing socials don't take a break! They're continuing the Nature Walks round the county; these walks are a bit longer than the normal Wellbeing Walks, to give you a chance to connect with nature.

You've also got a chance to try out role playing games with Dungeons & Dragons games running in King's Lynn and Norwich- these are open to all, from complete beginners to dungeon masters! 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, the 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 Norwich City Wellbeing Walk

wellbeing Socials

Community Socials August 2023



Norfolk and Waveney
Talking Therapies

Date & Time...	Event...	Location...
Week Commencing 21/08/23		
Tue 22nd 17:30	Dungeons & Dragons – NEW! (booking required)	True's Yard, King's Lynn, PE30 1QW
Wed 23rd 18:00	Quiz	Online via our website
Thu 24th 12:30	Allotment Group	St Margaret's Rd, Lowestoft, NR32 4HN
Fri 25th 15:00	REST Social drop in – King's Lynn	56 High Street, King's Lynn PE30 1AY
Week Commencing 28/08/23		
Tue 29th 13:00	Mindful Colouring with Realise Futures	Navigator centre, Lowestoft Library NR32 1DR
Tue 29th 15:00	Mindful Colouring	Rest Hub, Churchman House, 71 Bethel St, NR2 1NR
Thu 24th 12:30	Allotment Group	St Margaret's Rd, Lowestoft, NR32 4HN

Our socials are open to anyone aged 16+ with no referral needed and no need to book in most cases, just turn up! All our events are based on 'The 5 Ways to Wellbeing', a set of evidence based recommendations which can help improve our mental health.

This is a list of our community socials: casual discussion or activity based meet ups. Looking to get more active? Scan the QR code or see our website for our list of monthly Wellbeing walks, Men's football, couch to 5k groups and more!

Any questions?

Contact us at socials@wellbeingandw.co.uk



Scan for more events, more info and to subscribe!



Relate



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

wellbeing Socials

Community Socials August 2023

NHS
Norfolk and Waveney
Talking Therapies

Date & Time...	Event...	Location...
Week Commencing 31/07/23		
Tue 1st 12:00	Halesworth Wellbeing Social	Chinny's, Halesworth, IP19 8BX
Tue 1st 17:30	LGBT+	REST Hub, 56 High Street, King's Lynn PE30 1AY
Thu 3rd 12:30	Allotment Group	St Margaret's Rd, Lowestoft, NR32 4HN
Thu 3rd 18:00	Dungeons & Dragons – NEW! (booking required)	Athena Games, Norwich, NR2 1ER
Week Commencing 07/08/23		
Wed 9th 18:00	Crosswords	Online via our website
Thu 10th 10:30	Coffee & Catch Up - Norwich	Merchant's House, 7-9 Fye Bridge St, NR3 1LJ
Thu 10th 12:30	Allotment Group	St Margaret's Rd, Lowestoft, NR32 4HN
Fri 11th 10:30	Coffee and Catch Up - Dersingham	Thaxters Coffee Shop, PE31 6NA
Week Commencing 14/08/23		
Mon 14th 13:30	Virtual Café	Online via our website
Tue 15th 10:30	REST social drop in - Downham	Paradise Rd, Downham Market PE38 9HS
Tue 15th 17:30	Coffee and Catch Up - King's Lynn	Starbucks, Hardwick Rd, PE30 5DG
Thu 17th 12:30	Allotment Group	St Margaret's Rd, Lowestoft, NR32 4HN
Fri 18th 14:00	REST social drop in - Heacham	4 Poplar Ave, Heacham, PE31 7EA

Socials continue on the next page...

Scan for more events, more info and to subscribe!



Norfolk and
Waveney

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NHS Foundation Trust

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

Wellbeing Socials

Wellbeing Walks August 2023

NHS
Norfolk and Waveney
Talking Therapies

Tue	1st	10:30	Diss Walk – *New Location* Meeting at Frenze Beck Nature Reserve, IP22 4RG
Wed	2nd	13:00	Lowestoft Coastal Path Walk Triton Statue, South Pier, Lowestoft NR33 0AE
Thu	3rd	10:00	Waterloo Park Walk Meet at Feed Café, Waterloo Park Pavilion, NR3 3HX
Fri	4th	10:30	Redwings Horse Sanctuary Redwings, Spa Lane, Aylsham, NR11 6UE
Mon	7th	10:30	North Walsham Walk Meeting at the band stand, North Walsham, NR28 9BS
Tue	8th	10:30	Whitlingham Nature Walk Meet at Flint Barn, Whitlingham Country Park, NR14 8TR
Fri	11th	10:30	Cromer Coastal Path Walk Cromer Pier, Promenade, Cromer, NR27 9HE
Mon	14th	10:30	Norwich City Centre Walk Meet at the steps in front of City Hall, NR2 1NH
Tue	15th	12:30	Fenway River Walk Meet outside Downham Market train station, PE38 9EN
Wed	16th	10:30	Great Yarmouth Coastal Path Walk Meet by Munchies Café, Great Yarmouth, NR30 4ET
Fri	18th	10:30	Wymondham Walk Tiffany/Becketswell Car Park, Wymondham, NR18 9PH
Fri	18th	12:30	Heacham Beach Coastal Path Walk Meet at REST Heacham, 4 Poplar Avenue, PE31 7EA
Mon	21st	10:30	Holt Country Park Nature Walk Meet at Café, Edgefield Hill, Holt, NR25 6SP
Tue	22nd	10:30	Thetford Walk The Light Cinema, Bridge Street, Thetford, IP24 3AE
Fri	25th	10:30	Redwings Horse Sanctuary - Caldecott Caldecott Hall, Beccles Road, Fritton, NR31 9EY
Fri	25th	12:30	King's Lynn Riverside Walk Meeting at the Customs House, PE30 1HP
Tue	29th	10:30	Bungay Nature Walk Earsham Street Café, 11-13 Earsham Street, NR35 1AE



Scan for more events, more info and to subscribe!



Norfolk and
Waveney

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NHS Foundation Trust

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

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 2nd August 13:00pm Lowestoft

Triton Statue - South Pier - Lowestoft - NR33 0AE

Fri 11th August 10:30am Cromer

Cromer Pier, Promenade, Cromer NR27 9HE

Wed 16th August 10:30am Great Yarmouth

By Munchies Cafe -Great Yarmouth NR30 4ET

Fri 18th August 12:30pm Heacham

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

WHITLINGHAM - NORWICH
TUESDAY 8TH AUGUST 10.30AM
Meet at Flint Barn, Whitlingham Country Park,
Whitlingham Lane, Trowse, Norwich NR14 8TR

HOLT COUNTRY PARK
MONDAY 21ST AUGUST 10.30AM
Meet at Hetty's House Tea Room, Edgefield Hill,
Holt NR25 6SP

BUNGAY NATURE WALK
TUESDAY 29TH AUGUST 10.30AM
Meet at Earsham Street Café, 11 Earsham Street,
Bungay, NR35 1AE

We know how good being out in nature can make us feel, so we're bringing you our Wellbeing Nature Walks to help everyone experience nature with like minded people. These walks are a bit longer than our normal Wellbeing Walks so come prepared with water! Each location has a cafe, facilities and car parking (please note there maybe a charge for car park).

wellbeing
Helping you live your life



NATURE WALKS




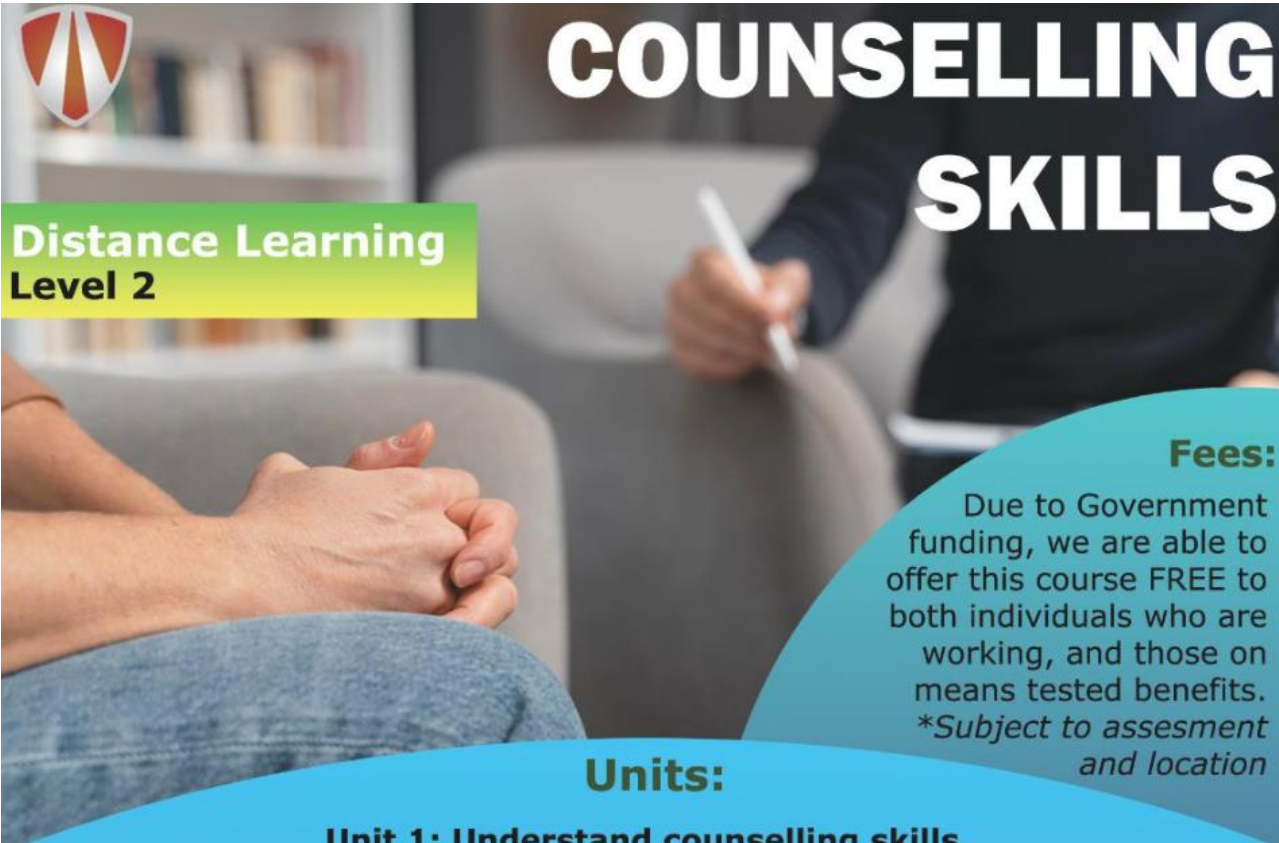
TCV news

Summertime, and the Himalayan Balsam is all behind us now – but TCV won't look back, instead they are looking forward to a month of making hay, possibly whilst the sun shines, or maybe with scattered showers, but hopefully no more thunderstorms!

This month they will keep caring for their newly planted trees at Bunkers Hill and Netherwood Green, as well as tackling invasive bracken on Mousehold Heath, but mainly they are all about gorgeous grasslands in August, sometimes cutting and always raking up. This is a vital part of habitat management for wildflowers, keeping nutrient levels low to stop nettles and thistles pushing out the beautiful mix of our rarer species which make up a healthy and diverse meadow.

Locations include lovely quiet Barmer (out in the wilds), the fine old town of Bungay, and two of Norwich's most special green lungs, Rosary, and Earlham Cemeteries. If you know someone who could join for a summer holiday in Norfolk (well, a day out anyway) at some point this month, please let them know.

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



COUNSELLING SKILLS

Distance Learning Level 2

Fees:
Due to Government funding, we are able to offer this course FREE to both individuals who are working, and those on means tested benefits.
**Subject to assesment and location*

Units:


Unit 1: Understand counselling skills
Learn to identify core counselling skills alongside understanding how these are practised in a counselling relationship. Gain an understanding of how to establish an effective working relationship and will consider the boundaries which need to be respected in this sensitive role


Unit 2: Introduction to counselling skills theories
This unit will introduce key elements of the main theoretical approaches in counselling, psychodynamics, person-centred therapy and cognitive behavioural therapy. There are key practical differences between these theories and you will hone your skills in understanding the significant importance of counselling theory.


Unit 3: Diversity and ethics in the use of counselling skills
This unit covers the concepts of diversity and ethics. Gain an understanding of anti-discriminatory practice, discover the key aspects of an ethical framework, and discover ways to address diversity in counselling skills practice.


Unit 4: Counselling skills and personal development
This unit encourages development of self-understanding, identifying values and beliefs and the ability to reflect on personal qualities and skills.


Please note: You may be required to record a short video of yourself as part of the assesment


 **Course Duration**
12 weeks

 **Awarding Body**
TQUK or NCFE

 01803 422082

 info@voncaprecruitment.co.uk

 **FREE**

 voncap.co.uk



Kick Off in Business online

Delighted to report that 'Kick Off in Business Online' have been awarded funding from August 2023 through to July 2024! They are therefore now recruiting for their short courses in August. Due to an increase in allocation, for the foreseeable future, they will be running a course every week from w/c 7th August. Please continue to email the name and contact number of suitable individuals to referrals@kickoffinbusiness.co.uk. Referrals will then be contacted by phone in order to gather some additional details. The full course schedule is accessible via the website www.kickoffinbusiness.co.uk

Kick Off in Business is a fully funded, one week course available to **adults (19+)** who are interested in exploring the option of **self-employment or starting their own business**. The programme is primarily designed to support those either at an early, embryonic stage in their business venture, or at the pre-start stage, however they can have already started their business or registered as self-employed. The online course is completely free and can be enjoyed from the comfort of their own home.

More programme info and full course schedule available on the website www.kickoffinbusiness.co.uk and the DPT. Moving into a new funding year, if you would like a refresher on their provision and support, James the Operations Director is always happy to jump on a short buzz, spotlight, or comms via Teams to provide a short update/overview for the team/office.

Feel free to send him an invite - james@kickoffinbusiness.co.uk



GamCare- Women and Gambling Related Harms - Free Online Training

There are around 500,000 problem gamblers in the UK, up to 20% of whom are women. For every person who has a problem with gambling, up to 10 other people can be affected, and women are disproportionately at risk of experiencing gambling-related harm. Gambling-related harm can include debt, relationship difficulties, housing issues, gender-based violence, depression and anxiety, feelings of isolation, and suicidality. During this 2 hour FREE Zoom training session, we will cover more about gambling-related harm, risk factors, impacts, and how to identify and support people affected. Learn about our treatment network and how to refer clients to treatment services. This training is essential for any professionals or volunteers who work with women and families.

<https://www.eventbrite.co.uk/e/women-and-gambling-related-harms-free-online-training-tickets-420483687027?aff=oddtcreator>

Norwich



Carers Voice Local Carer Involvement meetings- Norwich


Norwich/Central Norfolk 2 August 10.30am-12.30pm


- **Personality Disorder - Howard Tidman**, Clinical Specialist, Norfolk and Suffolk Foundation Trust
- **Lee Brown, NNUH, Patient Experience Facilitator** talking about the changing offer for Carers at the hospital

- **Beatrice Leal, Community Conversations Officer, Norwich City Council** talking about support available in Mile Cross Area
- **Carer Ambassador Feedback** on their role
- **NCHC Norfolk Community Health and Care Trust - Julia Fromings Hill, Clinical Research Nurse** talking about the work of the Community Research Team, including examples of local Community based health research and how patients and Carers can register interest in taking part in research.

Join Zoom Meeting <https://us02web.zoom.us/j/89898228734>

Coffee and cake- Developing Skills team




Coffee and Cake 

WITH

Developing Skills in Health and Social Care

Tuesday 1st August 2023
12:30pm-2:30pm

The Willow Centre,
Cringleford,
NR4 7JJ






Scan here to sign up or email developingskills@norfolk.gov.uk

Are you a manager, senior, deputy, or part of a Contract and Service Development team in Adult Health and Social Care?

Why not join Nicky, Sugmesh, Deon and Marie for a coffee, cake and chat at our drop in sessions!

It's an opportunity to see what our project has to offer and spend some time talking to us, and fellow managers about recruitment, retention, and upskilling your staff.

Mentoring support is provided by the Developing Skills in Health and Social Care project. Part-funded by the European Social Fund, Norfolk and Suffolk County Councils until Sept 2023

PRIDE THROUGH CANCER

A support group for anyone from the LGBTQIA+ community affected by cancer.

Support and information and a space to share your cancer experience with your community.

Spaces are limited, so please get in contact with Bethan (she/her) to book your space:

informationpod@nnuh.nhs.uk
(01603) 647717

**Join us on The Mezzanine, John Lewis Norwich
Floor 1, near the Benugo Cafe**

Free car parking and complimentary hot drink provided.

**We meet on the
First Friday of the Month at 10am.**





Cognitive-Behavioural Group Coaching Course (free)

Are you...

- ...out of work for a long time?
- ...struggling with low confidence, fears and negative self-beliefs?
- ...ready to make a positive change?



Then join us for our free 8-week
**Cognitive-Behavioural
Group Coaching Course**

Start: 6th Sept 2023
Wednesdays 9:30 - 11:30am
18 Wensum Street, Norwich
NR3 1HY (above Carberry's Cafe)

Info & registration: hello@rippleacts.org • www.rippleacts.org

We help long-term unemployed people rediscover their strengths, find a career vision, gain control over their inner dialogue, and take first positive steps towards achieving their goals. Our sessions are designed in a light, friendly and interactive way and include contents such as:

- **Creative vision development**
- **Basic concepts of psychology and neuroscience**
- **Self-coaching and peer-coaching tools**
- **Mindfulness and embodiment practice**
- **Goal-setting and action planning**

The course is complemented by optional 1:1 coaching, supported work experience, and peer-mentoring.



Info & registration: www.rippleacts.org

Funded
by:



UK Government



Norfolk County Council



NORWICH
City Council



FUSE NORWICH
SOCIAL ENTERPRISE PLACE





**Come and join us for a warm
welcome at the**

Sunshine Café

**For seniors and those with
memory loss and their carers**

**First Thursday of the month
10am until Midday**

**There are activities, games and a quiz.
Or just enjoy a chat, laughter and a
cuppa. We finish with a good sing song
of all the old musical favourites**

**Salvation Army Meeting Hall
Boundary Road, Norwich
NR6 5HT**

Telephone 01603 402703

Registered Charity no 214779

Boat Trip!

Over 50's Norfolk Broads Day Out

Friday 8th September 2023

We've teamed up with Konectbus to offer a trip to Wroxham for an outing on the Belle of the Broads!

Outline of the plan for the day:

- Meet at St Stephens Bus Stop (BF) outside Marks and Spencers at 10:00am. The bus leaves at 10:20am.
- Bus arrives in Wroxham at 11:05am.
- Belle of the Broads departs at 11:30am. Returns to dock at 13:00pm.
- There will be an option to go for lunch in Wroxham.
- The bus returns at 14:55pm and arrives at St Stephens at 15:40pm.

To find out more about this trip, your free bus pass and reserving a space please call us on 01603 496333 or email us at activities@ageuknorwich.org.uk.

Scan the QR code for more information about applying for your free bus pass.



Registered Charity Number: 1094623

Lunch club



Over 50's
Lunch Club at The
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

August activities



August 2023 Activities Planner

Week 1 – 31st July – 4th August

Day	Group Name	Start Time	End Time	Location
Monday (31/07)	Phoenix Centre Lunch Club	12:00	14:00	The Phoenix Centre, NR3 2LD
Tuesday (01/08)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (01/08)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (01/08)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA
Wednesday (02/08)	Arty Party	10:30	12:30	Buxton Lodge, NR6 7DB
Wednesday (02/08)	Walking Football – Lakenham	12:30	13:30	GOALS, Hall Road, NR1 2GB
Wednesday (02/08)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (03/08)	Walk for Wellbeing	10:00	11:30	Waterloo Park Pavilion, NR3 3HX
Thursday (03/08)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (03/08)	SOTB Football Reminiscence	13:30	15:00	Carrow Road, NR1 1JE
Thursday (03/08)	SIT-FIT – West Earlham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (03/08)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Friday (04/08)	Veteran's Recall	10:30	12:00	Pilling Park Community Centre, NR1 4PA
Friday (04/08)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Week 2 – 7th August – 11th August

Day	Group Name	Start Time	End Time	Location
Monday (07/08)	Puzzle N' Cake	10:30	12:30	The Boundary Pub, NR3 2SA
Tuesday (08/08)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (08/08)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Wednesday (09/08)	Walking Football – West Earlham	12:30	13:30	UEA Sportspark, NR4 7TJ
Wednesday (09/08)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (10/08)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (10/08)	Sit Fit – West Earlham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (10/08)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Friday (11/08)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Week 3 – 14th August – 18th August

Day	Group Name	Start Time	End Time	Location
Monday (14/08)	Coffee Club	10:30	12:00	Woods Coffee Bar, 26 Roundtree Close, NR7 8SX
Tuesday (15/08)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (15/08)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Wednesday (16/08)	Walking Football – West Earlham	12:30	13:30	UEA Sportspark, NR4 7TJ

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



Subject to change Registered Charity Number 1094623

Wednesday (16/08)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (17/08)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (17/08)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (17/08)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Friday (18/08)	Lunch Club at The Cherry Tree	12:00	15:00	The Cherry Tree, Dereham Road, NR5 8TD
Friday (18/08)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Week 4 – 21st August – 25th August

Day	Group Name	Start Time	End Time	Location
Tuesday (22/08)	MOVE by Hustle	10:45	11:30	Hustle Boxing Gym, Avian Way, NR7 9AT
Tuesday (22/08)	Riverside Multi-Games	11:00	12:15	Riverside Leisure Centre, NR1 1WX
Tuesday (22/08)	SIT 2 STAND FIT	14:00	14:45	Christ Church Centre, NR3 4LA
Wednesday (23/08)	Walking Football – West Earlham	12:30	13:30	UEA Sportspark, NR4 7TJ
Wednesday (23/08)	SIT-FIT – Lakenham	14:15	15:00	Jubilee Community Centre, NR1 2EX
Thursday (24/08)	Walking Football – Heartsease	11:00	12:00	The Arena, Avian Way, NR7 9AT
Thursday (24/08)	Strength and Balance	13:00	14:00	Pilling Park Community Centre, NR1 4PA
Thursday (24/08)	Sit Fit – West Earlham	13:45	14:30	St Anne's Crossroad, NR4 7HD
Thursday (24/08)	St Stephens Café	14:00	15:00	St Stephens Church, NR2 1QP
Friday (25/08)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Week 5 – 28th August – 1st September

Day	Group Name	Start Time	End Time	Location
Monday (28/08)	Phoenix Centre Lunch Club	12:00	14:00	The Phoenix Centre, NR3 2LD
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)	Cardio Tone	13:00	14:00	Pilling Park Community Centre, NR1 4PA

Cuppa Care at the Forum Upcoming dates

Thursday 17th August
Information and Advice with Volunteering Showcase

Monday 25th September
Information and Advice with Fundraising Showcase

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



Subject to change Registered Charity Number 1094623

yes

Friends of Age UK Norwich

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

Friends of Age UK Norwich

		Monday	Tuesday	Wednesday	Thursday	Friday
AUGUST 2023	week 1 31st July - 4th Aug	Chatter & Natter Table John Lewis Norwich Community Space 10:30 - 11:30 Strength & Balance Breckland Hall 13:30 - 14:30	Corton House - Community Cafe Jubilee Community Centre 13:00 - 15:00 Be Active, Keep Moving Norman Centre 17:30 - 18:30	Community Coffee Morning White & Sterling Health House 10:00 - 12:00 Community Cafe The Warren Care Home 14:00 - 16:00	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 2 7th Aug - 11th Aug	Knit & Natter Orchard Rooms 11:00 - 13:00 Strength & Balance Breckland Hall 13:30 - 14:30	Pit Stop - Yoga Maddermarket Theatre 11:30 - 13:00* The Phoenix Lounge Phoenix Centre 12:00 - 14:00	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 3 14th Aug - 18th Aug	Norwich City Centre Walk Meet at City Hall 10:30 - 11:30 Strength & Balance Breckland Hall 13:30 - 14:30	Namco Funscape Bowling Bowthorpe 10:00 - 13:00 Be Active, Keep Moving Norman Centre 17:30 - 18:30	St Matthews - Cuppa, Care & Chat St Matthews Church 10:30 - 12:00 St George's Hotspot St's Georges Church 10:30 - 13:00	Sproston 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 4 21st Aug - 25th Aug	Chatter & Natter Table John Lewis Norwich Community Space 10:30 - 11:30 Strength & Balance Breckland Hall 13:30 - 14:30	Pit Stop - Yoga Maddermarket Theatre 11:30 - 13:00* The Phoenix Lounge Phoenix Centre 12:00 - 14:00	Circuits Norman Centre 12:15 - 13:15 The Norwich Out & About Club Chapelfield Road Methodist Church 10:30	Drawing Buddies The Phoenix Centre 10:00 - 12:00	Circuits Norman Centre 09:15 - 10:15/10:30 - 11:30 Seated Yoga for MS Harford Community Centre 12:30 - 13:30
	week 5 28th Aug - 1st Sept	Strength & Balance Breckland Hall 13:30 - 14:30 Nifty Fifty - Activities Norman Centre 14:00 - 16:00				

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

Free Family Fun Day

**Why you'll love it?
Everything is free!**

Hot dogs

Tombola

Magic show

SEN

Circus skills

Sports

Music

Crafts

And loads and loads more!

**Support, advice and info will
also be available**

**Friday 1st September 10am - 2pm
Belvedere Community Centre
Norwich NR2 3AZ**

**JUST TURN UP ON THE DAY
AND HAVE FUN!**

Funded by NCC Decan



South Norfolk

Star Throwers



Star Throwers

21 m · 🌐



Star Throwers Connections is a small group session for carers who are dealing with loss, our next group meets on 25th July at the Star Throwers centre in Wymondham.

The purpose of the group is to provide a safe space in which to talk about the grief we experience after the loss of a loved one.

Even though each person's grief is deeply personal and everyone may deal with their grief in a different way, it can be helpful and healing to connect with others who are in, or have been in a similar situation.

Sessions take place at the Star Throwers center, fortnightly on Tuesdays 10:30am-12pm.

To join us please contact the centre on:
info@starthrowers.org.uk or 01953 423304



Upcoming Creative Socials...

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



Mosaic Making with Maggie Campbell

We are
Dementia
Inclusive 

Join Maggie where we will be creating a mosaic coaster or placemat using a range of colourful glass tiles.

Thursday 10th August
Friday 11th August
Friday 18th August
Thursday 24th August

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

Limited spaces,
advance
booking
essential

*New date added



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

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!





ASD Helping Hands

Supporting the most vulnerable

ASD Helping Hands Discovery group events

This is a free fully funded therapeutic activity made up of individuals and group sessions. Due to funding restrictions, a young person must meet the four criteria below to be involved:

- Aged between 11 and 18 years
- Has a diagnosis of Autism Spectrum Disorder
- has an identified mental health need.

They are accepting referrals from professional and from families themselves. To refer please visit :

<https://www.asdhelpinghands.org.uk/discovery-group/> and complete the referral form at the bottom of the page.

If you require any further information or have any questions, please contact lee.gibbons@asdhelpinghands.org.uk or 01362 685860.

Please see the flyer below-



Cup-O-T:
Wellness and Therapy Services.



Discovery Group

This occupational therapy group is all about activities we *want* and *need* to do in life. Discover how to fill your life with things that are fulfilling and benefit your wellbeing. Work towards goals and aspirations in a way that works for you. We use meaningful activities to promote physical, emotional, and mental well-being.

Sessions focus on these activities:

- Leisure and creative
- Outdoor and physical
- Social and community
- Self-care
- Vocational/educational
- Independence skills

Location :

ASD Helping Hands, Dereham

Dates:

Fridays 2pm-4pm
30th June, 7th July, 21st July,
4th August, 18th August, 25th August



Who is it for?

Young people age 11-14 with a diagnosis of Autistic Spectrum Condition
Who want to understand their identity beyond and alongside a diagnosis of ASC

For more information or to sign up for the group please contact:

ASD Helping Hands



FREE PIT STOP GROWTH MINDSET GROUP FOR MEN



MensCraft invites men to join **Paul Heywood** for free mindset and meditation sessions in Dereham. Paul says, **“Our relationship with ourselves determines the nature and success of all of our relationships”**. These sessions are about learning how to understand and accept ourselves and empowering us to make the changes we need, through mindfulness, simple movement, and breathwork.

YOU WILL:

- Develop a growth mindset
- Challenge limiting beliefs
- Learn how to meditate
- Meet like-minded people

WHEN?

Thursdays 2-3pm
3rd / 17th / 24th / 31st
August
7th / 21st / 28th
September

WHERE?

Dereham Memorial Hall –
Meeting Room,
62A Norwich Street,
Dereham NR19 1AD

FREE ONSITE PARKING

WHO? All men, aged 18 and over, are welcome to join us.

Breckland
**Health &
Wellbeing
Partnership**

CONTACT:

Please contact Steve from MensCraft if you wish to attend.

E: steve@menscraft.org.uk
M: 07732 023 724

WHAT IS A PIT STOP?

A Pit Stop brings men together through activities and conversation to build friendship, connection and a sense of belonging.



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!

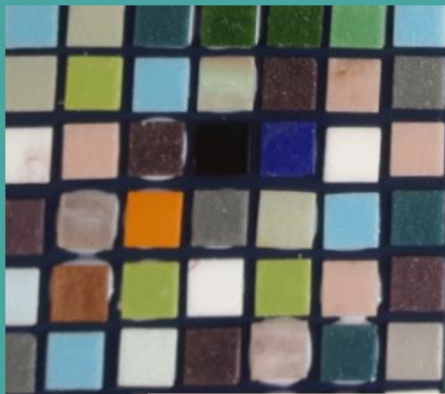


See what's coming
up overleaf!



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





Tuesday 1st August

AUGUST

Mosaic Making with Maggie Campbell

Join Maggie, where we will be creating a mosaic coaster or placemat using a range of colourful glass tiles.

Limited spaces,
advance
booking
essential

St George's Theatre Café, 1-3pm



Tuesday 5th September

SEPTEMBER

Movement with Vanhulle Dance Theatre

A gentle movement workshop focusing on reconnecting to your breath, finding flow and becoming one with nature. Led by an international touring dance company.

St George's Theatre Café, 1-3pm

FUN | FRIENDLY | ADAPTABLE | INCLUSIVE

Find out more at creativeartseast.co.uk



Citizens Advice

A Citizens Advice Advisor will be at the Yorkshire Building Society every Wednesday 09:30 - 12:30 for anyone needing them (they are only using the building) .

To book a FREE confidential appointment at the Great Yarmouth branch, 27, Market Place, call 01493 856577

<https://www.ncab.org.uk/our-offices>

VOCATIONAL SESSION



CONSTRUCTION SESSIONS EMBEDDING THE USE OF NUMERACY



Learn about:

- Measurements
- Calculating area
- Ordering materials
- Pricing

EASY TO UNDERSTAND WORKSHOP BASED

IN GORLESTON

**A hands-on guide to how
simple maths can improve
your trade skills**

**Mon 31st July - CARPENTRY
Wed 9th Aug - CARPENTRY
Gorleston - Alpha Road**

ENQUIRE TODAY 01493 262299



If you're aged 19+ and do not already have a GCSE at grade C (or equivalent) in maths, Multiply is available to you.



Multiply

North



Carers Voice Local Carer Involvement meetings- North

North 9 August 10.30am-12.30pm

- **Norfolk County Council, Adult Social Care, Julia Phillips** - talking about their new Ethical Framework
- **Carer Ambassador Feedback** on their role
- **Norfolk Care Association, Megan Durrant** talking about the support they offer
- **Catherine Van Battum** - Norfolk Carer Connectors - Who specialise in promoting and supporting groups and organisations across our local communities.

Join Zoom meeting-

<https://us02web.zoom.us/j/89898228734>



ALL TO PLAY FOR

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

Free weekly football sessions for men aged 18+
Meet new friends & get access to the support you need.
Simply wear appropriate clothing and trainers!



Where: Sheringham Recreation Ground,
Weybourne Rd, Sheringham, NR26 8WB

When: (Starting 25th July 2023)
Tuesdays 10am - 11am

No booking necessary - just turn up!

If you have any questions, please email Sam Watts on sam.watts@activenorfolk.org or Sean Pasque on sean.pasque@activenorfolk.org

www.wellbeingands.co.uk

HOP ON THE FREE

WELLNESS ON WHEELS BUS

9th August - 10am-3pm
Morrisons Car Park,
Cromer



**Come and visit for Adult Social Care support
and Early help and family support.**

West Norfolk



West Norfolk VCSE Hub Invitation

The West Norfolk VCSE (Voluntary, Community and Social Enterprise) Hub's next meeting is on Thursday 7th September 2023 between 10:30 and 12:00 on the platform Microsoft Teams. The majority of the session on 7th September will focus on the topic of **'Taking a creative approach to support in West Norfolk'**, and they will be inviting colleagues working in West Norfolk with expertise and knowledge on this topic to share their insights. While aimed at colleagues in West Norfolk VCSE organisations or those running West Norfolk specific projects, they also welcome local public sector partners who work closely with the VCSE sector in West Norfolk.

The West Norfolk VCSE Hub meets online every 6 weeks with each session focusing on a different topic that may be of interest to VCSE organisations working in West Norfolk, so members can choose to attend those of interest. For each topic they invite individuals from West Norfolk organisations or projects to talk about aspects of their work that relate to the topic. The emphasis for each session very much being on sharing local developments and best practice, facilitating connections and interactive discussion and it enables organisations to explore opportunities to work together. By joining the mailing list, you can receive summaries of each of the sessions as well as information and updates specifically related to West Norfolk.

For more information or to receive the joining link email jackie.cushing@communityactionnorfolk.org.uk

WEST NORFOLK CREATIVE SOCIALS

FREE hot drink
and cake at
all events!



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



Want to come along?

All events are free to attend!

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

Find out more...

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



**See what's coming
up overleaf!**





Monday 14th August
Wednesday 16th August

AUGUST

Mosaics with Maggie Campbell

Limited spaces,
advance
booking
essential

Join Maggie, where we will be creating a mosaic coaster or placemat using a range of colourful glass tiles.

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



Monday 11th September
Weds 20th September

SEPTEMBER

Movement with Vanhulle Dance Theatre

A gentle movement workshop focusing on reconnecting to your breath, finding flow and becoming one with nature. Led by an international touring dance company.

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

Information

and

advice



Norfolk
County Council

Norfolk County Council

Help with Living costs



Help with living costs

You may be struggling with living costs for a range of reasons. This leaflet tells you what support is available and how to get advice.

You may be struggling with living costs for a range of reasons. Find out what support is available and get advice- <https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/help-with-living-costs>

<https://helpforhouseholds.campaign.gov.uk/>



We want to know what social care means to you

Social Care has the power to transform lives. It enables people to live life to the full, giving back or maintaining independence and control – things we all want in life. It provides care and support, safeguards for those who most need it, and increasingly supports carers who look after families and friends.

Since 2016, Adult Social Services has had in place its vision: To support people to be independent, well, and able to deal with life's challenges.

This has been supported by its Promoting Independence Strategy, with three themes: Prevention and early help; Being, and staying, independent; and Living with complex needs.

Having experienced the profound changes of the pandemic, and anticipating significant social care reform, we want to refresh and update Promoting Independence so that it gives a clear set of goals and expectations for the coming five years.

Conversations Matter

Whilst we increasingly engage with people to help re-design and improve specific services, we haven't embarked on a large-scale listening activity to gather more general views and experiences.

We want to start by listening to people's experiences of social care, and particularly to hear and better understand their expectations about what independence really means for them, and how our services going forward can help them.

We're calling our summer of engagement 'Conversations Matter'. We want to hear the many voices of people who live in Norfolk, whether they currently use our services, their family members do, or they have not yet needed support from us.

This engagement will continue over the summer, and conversations will carry on into next year and will be ongoing.

We're launching Conversations Matter at the Royal Norfolk Show on 28 June 2023. We'd love for you to join us and hear more about what we're doing.

How to get involved

You can share the online questionnaire with your networks and colleagues and complete it yourselves. The questionnaire is also available in easy read and large print.

Attend one of our drop-in sessions at a local library. We'll be supporting people to complete the online questionnaire and having informal conversations.

You can help us by holding your own discussion involving your group, organisation or community and finding out what ideas from local people in your area have. We've developed a discussion pack to help you have these conversations.

How you run your own local discussion is up to you. You might want to run:

- A one-to-one conversation with someone in your group or community, or with a colleague.
- A group discussion, for example, putting a discussion on the agenda of a meeting or event that you have already planned. This can be with members of the public, Councillors, or your colleagues.
- An event or workshop – putting together an event just for your organisation, group or community to look at the ideas in our discussion pack.

A British Sign Language video is available explaining how to get involved in Conversations Matter.

The online and printable questionnaire, downloadable discussion pack, timetable of events and videos can be found by visiting [Conversations matter in adult social care - Norfolk County Council](#).

We have a QR code

The QR code below can be scanned using your smart phone or tablet for easy, quick access to our online questionnaire, downloadable discussion pack, timetable of events, and much more.



Contact us

If you have any questions or would like more information about Conversations Matter, you can email haveyoursay@norfolk.gov.uk.

Become a Homes for Ukraine host

In Norfolk over 800 households have already generously opened their homes to over 1,900 guests, 670 of whom are children. However, there is still a long way to go, and Norfolk County Council need more people in Norfolk to come forward. By becoming a host, you can help provide a home for a family in need and be part of a better future for our Ukrainian guests.

If you have spare rooms at home, there are several ways that you can welcome guests through the Homes for Ukraine Scheme. Join the hundreds of people in Norfolk already involved and register your interest today.

- Host Ukrainians already in the UK – this is also known as rematching. You can also become a respite host and support guests for short periods of time, for example, if their original host is ill, or temporarily out of the country.
- Become a sponsor – where you make a match with a Ukrainian yourself and support their visa application.
- Host a new guest once your initial guest has moved on

<https://www.norfolk.gov.uk/safety/migrants-refugees-and-asylum-seekers/ukraine/become-a-homes-for-ukraine-sponsor>

New 'Travel Norfolk' identity launched to help people get around the smart way

A new brand 'Travel Norfolk' has been launched to help unify all projects and campaigns which aim to make it easier for people to travel around the county, with a focus on sustainable modes of transport. Travel Norfolk will provide the county with a consistent strong identity to build confidence in our work, showcase what options are available to them and to show travel as a convenient single system.

Norfolk County Council has worked with bus operators, Active Norfolk and other partners to come up with the concept and new branding, and feedback from residents was used to help decide the final version of the Travel Norfolk logo. Residents will start to see the Travel Norfolk name and logo on campaigns such as the recently launched 'Choose the bus campaign' as well as at new travel hubs and bus stops across the county, electric vehicles and much more over the coming months.

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

At your Library



Time Travellers Big Read

We're inviting readers to travel in time with a great read this Summer, to discover tales of times gone by, explore alternate histories, futuristic worlds, and dig up the past with popular historians. The Time Travellers Big Read starts on Friday 14 July and runs until the end of August.



Summer Reads

Whatever your reading tastes, we have lots of great book recommendations for you this summer. If you're an eBook lover, you can browse our new 'Holiday Reads' collection on the [Libby App](#). If you prefer a physical book, you can browse our [new fiction](#) and [new non-fiction](#) collections.

Looking for a good read and not sure where to start? Ask For a Book is a new website that offers trusted book recommendations from library staff. [Sign up](#) to the site (it's free), link to your Norfolk Library card, select covers (or themes you like the look of). We'll recommend 3 books to you, and send them to your local library to collect.



August Online Book Club

Our book club choice for August is the gripping psychological thriller [Trapped](#) by Camilla Lackberg and Henrik Fexeus.

If you'd like to join the chat on Wednesday 30 August at 8pm, please email libraries.icconnect@norfolk.gov.uk and we'll send you an invite.



Celebrating 60 Years of the American Library

In 2023, we mark 60 years since the library dedicated to the 2nd Air Division, 8th Air Force, United States Army Air Forces first opened in Norwich.

The [American Library](#) will host a seminar to celebrate this and are now asking people to get involved by submitting proposals for talks.

We are keen to have a variety of speakers from across sectors as well as students, amateur historians and those with personal connections to the history of the Americans in East Anglia. The deadline to get involved is August 25.

For more details, visit our [website](#).

These papers will culminate in a seminar on Saturday 18 November to celebrate the anniversary. For all enquiries, please contact americanlibrary@norfolk.gov.uk.



Introduction to Researching House History

Looking to research the history of your house but don't know where to start? Join the team at the [Norfolk Heritage Centre](#) on Saturday 22 July at 10.30am to 12.30pm for this free introduction to the key resources required when researching the history of a house in Norfolk.

Booking is essential. To book your place, visit our [Events Page](#) or email heritagecentre@norfolk.gov.uk.

Learn the skills to access online Health Services

We offer 1-1 [Digital Health Hub](#) sessions that help you learn the digital skills you need to access online health services. This includes things like how to make an online appointment with a GP and ordering repeat prescriptions online. We can also show you how to find reliable health information on NHS websites and NHS apps.

Digital Health Hub sessions can take place in a library, or online. If you would like to book a session, please email

libraries.icconnect@norfolk.gov.uk.



Board Games- Chris Speed is looking to set up a new board games group at the light cinema in Thetford. They have 10 games, readily available but another 15 they could get ready. Kayleigh Garrod, Norfolk Library and Information Service, has asked if this could be fortnightly on a weekday in the afternoon, for two hours, Kayleigh was thinking either a Tuesday or Thursday afternoon. Is there anyone from the voluntary sector etc who would be interested in being part of this? Kayleigh would be involved but if she could get this up and running, she could perhaps come on a four weekly basis with a colleague coming to the other session. If you know of anyone this might interest, please contact Chris directly on Eileen.speed@nsft.nhs.uk



NASP- Scam Alert – Fake parcel delivery emails and text messages

NASP are again warning residents about scam emails and text messages making claims about parcel deliveries. The messages will often state they are 'shipping notices', 'package delivery notices' 'delivery status updates' or 'unable to deliver your parcel'.

This follows a recent report from a Norfolk resident who received a message claiming to be from EVRI which claimed a delivery could not be made and that the recipient needed to click on a link to 'arrange redelivery'. When the link was followed the site attempted to charge a £1.25 fee. These scam messages are sent by criminals who have created fake websites to look similar to the genuine websites, with the same branding, layout and font choices that attempts to gain personal or financial information. If you receive an email, you are suspicious about, or think is a scam you can report it to the National Cyber Security Centre by forwarding the message to report@phishing.gov.uk

Suspicious or scam text messages can be reported by forwarding the message to 7726. More information on this free reporting service and how to forward messages from your

device is available here- <https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/scams/7726-reporting-scam-texts-and-calls> If you think you have interacted with a scam message and provided scammers with your financial details, you should contact your bank immediately. You can also report all scam messages via the Citizens Advice Consumer Service on **freephone 0808 223 1133**.

<https://www.norfolk.gov.uk/business/trading-standards/scams/norfolk-against-scams-partnership>



Norfolk Safeguarding Adults Board (NSAB)

Norfolk Safeguarding Adults Board provide information and resources to help safeguard the most vulnerable adults in Norfolk. They work with people and organisations across the county to ensure that safeguarding is given the priority it needs in workplaces, homes and everywhere. Training and resources are available on the website, including posters to help raise awareness of how to report a safeguarding concern- see example below. These are ideal for displaying in waiting rooms, staff rooms or shared community spaces to help raise awareness of safeguarding. You can download a copy or contact NSAB at nsab@norfolk.gov.uk to be sent a copy of posters and other resources.

Safeguarding is everyone's responsibility and abuse can come in many forms. If you're worried about a friend, family member or yourself, call 0344 800 8020. You can find out more about safeguarding and abuse at www.norfolksafeguardingadultsboard.info

If you are worried about an adult at risk in Norfolk, please contact Norfolk County Council (Adult Social Services)

- Call **0344 800 8020** (available 24 hours a day)
- Text Relay **18001 0344 800 8020**
- Online form: Help an adult at risk of harm - Norfolk County Council

You can report your concern anonymously but please give as much information as possible so that it can be followed up. You can also use these numbers if you are worried about a child

In an emergency call the police on 999

There is more information on the Norfolk Safeguarding Adults Board website www.norfolksafeguardingadultsboard.info/

What will happen next?

Your concerns will be listened to and, where necessary, work will take place with the adult at risk to put a plan in place that helps to keep them safe.

Sometimes there may be no action that can be taken. On other occasions we may not be able to give you details about action we are taking, to respect the person's confidentiality. However, we value your contact and would want to encourage you to call again if you are concerned.



If you need this leaflet in another format or language, please call us on **0344 800 8020** or text phone **0344 800 8011** and we will do our best to help

**SEE SOMETHING
HEAR SOMETHING
SAY SOMETHING**



If you or someone you know is being abused or neglected then say something.

- Report it on **0344 800 8020**
- In an emergency call **999**
- Help an adult at risk of harm - Norfolk County Council



www.norfolk.gov.uk/saysomething

Adult abuse is when someone hurts an adult at risk.

These are adults who need more help than others to stay safe. They are people who might need extra help to live their lives.

This includes:

- People with physical or learning disabilities
- Older people
- People with mental health problems
- People who are ill for a long time
- People who are misusing drugs or alcohol

There are many signs of abuse.

For example, when the person:

- Looks dirty or is not dressed properly
- Has an injury that is difficult to explain
- Seems frightened around certain people
- Seems unusually down or withdrawn
- Finds money is missing



For more information about the types and signs of abuse, visit Norfolk Safeguarding Adults Board website www.norfolksafeguardingadultsboard.info/protecting-adults/abuse-and-neglect

Even if you're not sure if these signs mean abuse, you should still report them to us.

There are many different types of abuse, such as:

- **Physical abuse** - This is where people hit or injure adults at risk, usually on purpose
- **Emotional abuse** - This is where people are unkind, control, or bully others
- **Sexual abuse** - This is when someone is forced into sexual activity that they don't or can't consent to
- **Financial abuse** - This is when people take money or belongings without asking
- **Neglect** - This is when people who are there to help do not look after people properly
- **Discrimination** - This is when people treat others badly or unfairly because they are seen as different
- **Institutional abuse** - This is when paid staff in a hospital or care home do not care properly or respect people's rights
- **Domestic abuse** - This is threatening behaviour, violence or abuse between adults who are, or have been, in a relationship, or between family members
- **Self-neglect** - This is when people don't look after themselves to the extent they are at risk of harm
- **Modern slavery** - This is when people are forced to work or are bought or sold as if they were a piece of property

Lots of different people may abuse adults at risk:

Friends and family • Neighbours • Professionals and volunteers
Strangers who groom adults who are more at risk/less able to understand



Forget me Not Grants

Making your home dementia friendly

What is the Forget me Not Grant?

The Forget Me Not is a grant of up to £500 aimed at low level early interventions for people experiencing symptoms of Dementia. The grant is available across Norfolk and funded jointly by all seven district councils within the County.

Why target early Help and support?

Studies have shown that low level early support to those living with Dementia can contribute and have a positive impact on their wellbeing and help them to continue to have a good quality of life and remain living at home. Having this support in place also helps those caring for someone who has Dementia.

What are the aims of the Forget me Not Grant?

The grant aims to assist people living with Dementia to maintain a safe, decent and warm home and helps to reassure those who care for them that the grant will help them to achieve this.

The grant also looks to promote independence and support people living with Dementia in the community by providing help such as:

- Signage on doors
- Motion sensor lighting
- Safety cut outs
- Water level detectors.

When a person is authorised to receive the Forget me Not grant they are giving authorisation for any works to be carried out as part of that Grant.

Eligibility

Eligibility for the grant does not require a formal diagnosis however the person must have symptoms associated with dementia that is affecting their daily lives. Any aids/adaptations provided by a grant must be related to a problem or problems related to those symptoms.



Where to apply for a Forget me Not Grant

Apply for a grant through your local council using the contact details below:-

Breckland Council – call 01362 656870

Broadland District Council – call 01603 430518

Great Yarmouth Borough Council - call 01493 846190 or email forgetmenot@great-yarmouth.gov.uk

North Norfolk District Council – call 01263 516060

Norwich City Council – norwich.gov.uk/forgetmenotgrant

South Norfolk Council – call 0808 168 5227

Borough Council of King's Lynn and West Norfolk – call 01553 616200



To learn more about Dementia?

GPs will be able to provide information about Dementia, any symptoms and further advice.

The Alzheimer's Society has a Norfolk Dementia Helpline: T: 01603 763 556

Alternatively visit one of the websites below:-

Alzheimer's Society – alzheimers.org.uk

Norfolk County Council –
norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/dementia





Digital switchover partner toolkit

The Local Government Association have designed a toolkit for councils and partners to use to raise awareness of the digital switchover. Local government has a critical role to play in the digital switchover to implement the solutions required to support residents and prevent impact on their day-to-day life. The toolkit contains assets aimed at residents to raise awareness of the upcoming switchover.

The content is designed to raise awareness of the switchover and its implications in people around those who use telecare devices, whether that's a family member, neighbour, friend, or client, through social media. This links to printable leaflet template with two versions, designed to be printed and either sent directly to residents or available in community spaces for them to take away.

The toolkit contains social media assets with sample post text and text to include in a website or email bulletin. It also contains three versions of a printable A4 leaflet with easy to understand information and directions: with pictures, text only and one with space for partner logos and text.

If you have any comments or questions, please email socialcaredigital@local.gov.uk

<https://www.local.gov.uk/our-support/cyber-digital-and-technology/digital-switchover/digital-switchover-partner-toolkit>



GOV.UK

HMRC Grant Funding - application guidance

HMRC are looking for voluntary and community sector organisations to support them in helping those customers they currently find hardest to reach, who cannot or will not interact directly with them or need extra support in doing so.

HMRC has secured £5.5 million for a three-year programme from April 2024 to March 2027 (£1.835 million per year), to fund voluntary and community sector (VCS) organisations to help them provide advice and support to customers who need extra help in understanding and complying with their tax obligations and claiming their entitlements, including those who are digitally excluded.

<https://www.gov.uk/government/publications/hmrc-grant-funding-application-guidance>

Help for Households

The graphic features a dark green background on the left and a lighter teal background on the right. In the top left corner, there is a small UK Government logo. In the top right corner, there is a white box with the text 'Help for Households'. The main text on the left reads: 'There's help for households. If you've reached State Pension age and your weekly income is below £201.05, or £306.85 if you live with a partner, you could be eligible for Pension Credit – even if you own your home or have savings.' On the right, there is an illustration of an elderly woman sitting in a chair, wearing a yellow jacket and holding a blue bag. Next to her stands an elderly man in a dark green sweater and brown trousers, holding a white cane.

<https://helpforhouseholds.campaign.gov.uk/>



NHS- Supporting digital inclusion in general practice: 10 top tips

This guide is for healthcare staff in general practices, primary care networks (PCNs), integrated care systems (ICSs) and anyone else who is seeking to reduce digital exclusion in general practice, particularly among under-served and marginalised communities. For NHS patients, digital inclusion means having easy and affordable access to a suitable device with sufficient data and internet connectivity, and the digital skills and health literacy to use them safely and confidently to access NHS services. Around 1 in 20 UK households still do not have access to the internet (Ofcom, 2022), and around 10 million adults lack basic digital skills (Lloyds Banking Group, 2022). Limited internet use is associated with economic deprivation: those who do not frequently use the internet are 4 times more likely to be from low income households than those who do so extensively (Yates, 2022).

Offering support to patients who struggle to use digital tools will help prevent further widening of health inequalities. Here are the top 10 tips-

Tip 1- Identify demographic groups who are at higher risk of digital exclusion

Tip 2- Co-design support offers with patients.

Tip 3- Ensure website pages and digital tools are usable and accessible

Tip 4- Use multiple communication routes to tell patients about support offers

Tip 5- Always provide choice

Tip 6- Offer patients and carers a variety of ways to get support with digital access and skills.

Tip 7- Strengthen primary care network and VCSE relationships

Tip 8- Provide devices and data connectivity

Tip 9- Give staff time to support patients

Tip 10- Appoint and train digital inclusion champions

For more information- <https://www.england.nhs.uk/long-read/supporting-digital-inclusion-in-general-practice-10-top-tips/>



NHS and Care Volunteer Responders Our current services

Check In and Chat

Requests can be made for volunteers to provide short-term telephone support to people who need a chat and some encouragement to improve their mental health and wellbeing. Through friendly conversation and (where appropriate) working with tools such as the NHS 5 steps to mental wellbeing, volunteers can help people feel better and explore positive changes they could make to their lives.

This service is also available for self-referral.

Community Response

Community Response volunteers help with a range of **doorstep delivery** activities including collecting and delivering food shopping and essential items and / or prescriptions and medications to people waiting to be admitted to hospital or those who have just been discharged. The support is also available to carers and to people with health conditions where there is a current health need.

This service is available for up to 6 weeks

Check In and Chat Plus

Requests can be made for the **same volunteer** to provide **regular telephone support** to a diverse range of patients who may be housebound and have little contact with others, are anxious about leaving the house or have recently been discharged from Hospital, that might be in need of a friendly call and some encouragement.

Check In and Chat services are available for up to 6 weeks.

Pick Up and Deliver (previously NHS Transport)

Volunteer Responders transport medication or small items of medical equipment to people's homes from NHS sites. This activity supports people who have been newly discharged from hospital to home, are waiting for admission to hospital or are being cared for on a virtual ward.

Other referrals could include the movement of small items of equipment between sites.

Volunteer Responders services are available to:

NHS healthcare professionals including discharge teams, PCN's, GPs, social prescribers, community pharmacists.

Social care providers including care home providers and local authority referrers.

For further information please contact your Regional Relationship Manager:

Charlie Rossi | Email Charlie.Rossi@royalvoluntaryservice.org.uk | Call 07812 465 693

Or visit nhsvolunteerresponders.org.uk/faqs-for-referring-organisations/how-to-make-a-referral



Improving lives **together**

Norfolk and Waveney Integrated Care System

Improving Lives Together- Let's talk...Talking Therapy



The NHS Talking Therapies service – which you may know as *Wellbeing* [Helping you live your life - The Wellbeing Service Norfolk and Waveney](#) - supports people experiencing depression and anxiety disorders.

The current contract for the service is coming to an end and before the NHS asks therapy providers to put forward their plans for delivering this service, they want to know what people think and need from this vital service.

The NHS in Norfolk and Waveney is carrying out a survey to find out:

- Where would you go to find out about talking therapies?
- What will help you to access the service if you need it? and
- How would you want a talking therapy service to communicate with you?

Whether you have used the 'Wellbeing' service or not before, please do [have your say](#) on this vital service and help to shape it for the future.

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

<https://improvinglivesn.org.uk/lets-talk-talking-therapy/>

Visit Norfolk

Visit Norfolk

Discover the hundreds of great things to do, including unique Norfolk attractions, activities for families, couples, and fun stuff for kids. Norfolk is blessed with plenty of natural wonders perfect for exploring for a day, short or week-long break. Discover the hundreds of great things to do, including unique Norfolk attractions, activities for families, couples, and fun stuff for kids. Norfolk is blessed with plenty of natural wonders perfect for exploring for a day, short or week-long break.

<https://www.visitnorfolk.co.uk/see-do>



Amber's Army

Amber's Army is a Norfolk based family charity, aiming to 'Create Rainbows in the Darkest of Days' for Norfolk families who have a child with a terminal cancer diagnosis.

The charity was established in 2023 by the parents of Amber Sheehy, Jon & Amanda, in their daughter's memory. Amber was first diagnosed with a brain tumour in 2019, she fought like a true warrior but sadly lost her cancer battle in 2023 aged 8. The board of trustees is comprised of friends of Amber's parents who all played a significant part in supporting the whole Sheehy family during Amber's cancer journey.

'We are committed to creating memories and experiences that will last a lifetime for the WHOLE family not just the poorly child. We are also there to provide emotional support. When Amber was given a terminal diagnosis, we made a bucket list of seemingly 'impossible' experiences and were able to make the impossible happen. We are not a 'wish' charity and know that beautiful memories are often the smallest days out, precious family time, experiences money can't buy and, most important of all, each memory we help create is filled with love, laughter, and smiles.'

<https://www.ambersarmy.org.uk/about/>



Royal Mail information

You can now send letters/parcels and return parcels from home.

Buy your postage online (or ask family/friends to do this on your behalf) and Royal Mail will come and pick up the letter/parcel. The post person can print out the label for you to put on your parcel/letter. For more details see-

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



Age UK Food vouchers

Food Vouchers

Age UK are supporting older people experiencing financial hardship by giving them access to vital food vouchers worth £50. This can include those in receipt or likely to be eligible for means tested benefits, those in crisis, or minimal savings.

In or around following areas; 5-10miles:

- Downham Market
- Hunstanton
- Kings Lynn

To make a referral please [email Age UK](mailto:advice@ageuknorfolk.org.uk).

advice@ageuknorfolk.org.uk

Kids Eat Free or for £1



ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July – Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns

Copyright of MONEY SAVING CENTRAL

Ask for Ellen

Warburtons

Morrisons

ASK FOR ELLEN

at a Morrisons café to receive two
FREE WARBURTONS CRUMPETS
with butter & jam



Serving suggestion

AVAILABLE FROM
17TH July – 13TH August

From 17/07/23 - 13/08/23, ask for 'Ellen' at the till point at any UK Morrisons Café to receive a portion of 2 x Warburtons standard crumpets with butter and jam, during Morrisons Café opening hours, while stocks last and subject to availability. Vegan butter alternative available on request. Other alternative toppings are not available. Limit of 1 portion per customer per day. Offer is not transferable and cannot be exchanged for cash.

CareCoach summary information sheet



University
of Exeter

UEA University of
East Anglia



Summary Information Sheet

What is CareCoach?

The aim of CareCoach is to adapt and test the CareCoach carer support programme. Originally developed in the Netherlands, this online package uses modules together with one-to-one coaching. The aim is to support people caring for someone with dementia in adapting to and overcoming many of the behavioral and emotional challenges associated with the condition.

What is involved in taking part?

This is a randomised trial. This means that you will be randomly allocated to one of two groups. One group will receive the CareCoach intervention (CareCoach group) and the other group will not (control group). If you are randomised to the CareCoach group you will be given access to the online CareCoach package. You will be asked to use the online support programme and you will be allocated to a specialist coach who will support you for 8 weeks. If you are randomised to the control group, usual care will continue. At the end of the 6 month trial period, participants in both groups will complete a follow-up questionnaire.

Who can take part?

We are looking for informal carers of people who have been diagnosed with dementia in the last 5 years. You must have access to the internet on a home computer, laptop, tablet or phone. The person you care for must *not* live in a care home.

What should I do if I would like to take part?

If you would like to take part in the study please complete the Expression of Interest form and return it by either passing it on to the healthcare professional who gave it to you, emailing it to carecoach@uea.ac.uk or posting it CareCoach, NCTU, Norwich Medical School, Norwich Research Park, Norwich, NR4 7TL. Alternatively you can complete an Expression of Interest form online by clicking the link below or using the QR code below. Once we have received your Expression of Interest form we will send you further information.



carecoach@uea.ac.uk



07599 926354

<https://bit.ly/carecoachcarer>



NHS
Solent
NHS Trust

Norfolk and Suffolk
NHS Foundation Trust

NHS **NHS**

Bradford District Care
NHS Foundation Trust

Devon Partnership
NHS Trust

NHS

Nottinghamshire Healthcare
NHS Foundation Trust

NHS

NELFT

NHS

NHS Foundation Trust
Best care by the best people

RiCE
The Research Institute
for the Care of Older People



Expression of Interest/consent to contact Reply Slip

Title of Study: CareCoach Feasibility trial

Part of the CareCoach programme; adapting and testing an intervention for carers of people with dementia

Chief Investigators: Dr Chris Fox, Dr Jane Cross,

I am interested in taking part in the CareCoach research study and would like to be sent more information.

My name is:	
My address is: (Please include your postcode)	
Phone/mobile number:	
Best time to call?	
Email address:	

I prefer to be contacted by:

Phone	<input type="checkbox"/>
Email	<input type="checkbox"/>
Post	<input type="checkbox"/>

I understand that ***expressing an interest*** to take part in the study does not commit me to taking part.

Signed: Date:

Optional

I would like to receive the information pack in a different format:

- Larger print
- Other language. Please state:

RNIB

See differently

RNIB- Changing lives with technology

People with sight loss are twice as likely to be digitally excluded than the general population. RNIB can help more people with sight loss feel the power of accessible technology. Technology is a vital tool for people with sight loss to stay connected and remain independent. But, due to low confidence, lack of digital skills, inaccessible websites and the cost of technology, people with sight loss are being left behind. RNIB's Technology for Life volunteers help people with sight loss to access technology that gives them the confidence and freedom to live independently. Digital skills are essential life skills - especially for people with sight loss. Whether it's discovering which settings make screens more visible or learning to use screen readers, the volunteers are here to provide vital information and support-

https://www.rnib.org.uk/get-involved/donate/changing-lives-with-technology/?utm_campaign=1398359_Gene1_June_19_23_News_Marketing_DI3253&utm_medium=email&utm_source=RNIB&dm_i=4UA0,TYZB,511KVO,3R74T,1



National Autistic Society- Visual supports

Visual supports are a communication tool that can be used with autistic people. They can be used in most situations, are adaptable and portable. Visual supports can help to:

- provide structure and routine
- encourage independence
- build confidence

- improve understanding
- avoid frustration and anxiety
- provide opportunities to interact with others.

They can make communication physical and consistent, rather than fleeting and inconsistent like spoken words can be.

A wide range of items can be used as visual supports. For example:

- tactile symbols/objects of reference, e.g. swimming trunks, packaging, food labels
- photographs
- short videos
- miniatures of real objects
- coloured pictures
- plain squares of coloured card
- line drawings
- symbols
- written words.

<https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/visual-supports>



Eating Disorder Charities to Unite This Summer

Two national eating disorder charities are to merge in July 2023, following talks with both charities' Board of Trustees on strengthening resources and impact for anyone affected by an eating disorder. Both charities are dedicated to improving the lives of individuals and families impacted by eating difficulties and disorders. The merger will provide new

opportunities for the services to develop existing programmes of support, fundraising and commissioned pathways across England and the UK.

Following the merger, the team will operate as one under First Steps ED where the Talk ED identity will be used to develop a new training and awareness package for schools, businesses, and professionals to access resources, and digitally enabled care supported by experts by experience. Any associated contracts will be unaffected by the merger, with First Steps ED continuing to support individuals, families, and service partners in all commissioned and free-to-access services for children, young people and adults.

<https://firststepsed.co.uk/charity-acquisition-2023/>



Independent Living news

Contents:

- PIP light touch reviews
- Tensions in care provision
- Optimum Medical
- Ofcom consultation
- "Ready to go" WashPod
- New accessibility guidelines

<https://preview.mailerlite.com/u4o1m4w6a2/2267371147563632444/y5c6/>



Think Carbon Monoxide

think



Think CO resources – all free

1. Face to face workshops

As we move into Autumn, we will be running a number of face to face workshops, in partnership with the local GDN and in most cases the local Fire and Rescue Service. We are in Northern Ireland (7th Sept), Jersey (3rd Oct), Central Scotland (mid October), Swindon/Yeovil (during CO Awareness Week – 20 – 24th November).

If you would like to attend or discuss arranging a workshop in your area, please contact us on thinkco@gassafecharity.org.uk.

2. E-learning and Zoom workshops

Anyone can register for our e-learning by sending their name and email address to e-learning@gassafecharity.org.uk or book a Zoom workshop on this link: [Free Think CO workshop](#)

3. Materials

We have a range of publications/leaflets that can be downloaded via this link: [Gas Safe Charity](#)

Contact us on thinkco@gassafecharity.org.uk if you have any questions

<https://www.gassafecharity.org.uk/our-programmes/think-co/>

CATS PROTECTION



NEUTERING SCHEME

cat neutering & microchipping
is available for £10

Am I eligible for help with the cost of neutering?

If you meet any of the following criteria you can get your cat neutered and microchipped at one of our participating vets for **£10**:

- receipt of any of the following means-tested benefits: universal credit, income support, housing benefit, council tax benefit, pension credit, income-based ESA, income-based JSA, working tax credits and child tax credits
- have a household annual income of less than £25,000 before tax
- are a full-time student living away from home

YOU DON'T NEED TO CONTACT CATS PROTECTION
YOU DON'T NEED A VOUCHER
CONTACT YOUR VET DIRECTLY WHO WILL LET YOU
KNOW WHAT PROOF THEY REQUIRE



Stonewall Housing- Get Help

Stonewall Housing support thousands of LGBTQ+ people every year who are struggling with housing issues or homelessness. All of their services are free and confidential. If you need help, get in touch today. Please note: they are not an emergency accommodation provider, and have no access to emergency accommodation. Are you LGBTQ+, living in the UK and need help with your housing? They can offer free housing advice nationwide to people of every age. Fill in a referral form by using the 'Self-Referral' button-

<https://stonewallhousing.org/referralform/>- and one of the experienced team will contact you. If you're a housing professional or from an agency and you're referring a client, use the Agency Referral Form- <https://stonewallhousing.org/referralform/>

They're the leading national charity supporting LGBTQ+ people of all ages who are experiencing homelessness or living in unsafe environments. They provide housing-related advice & support; specialist support around domestic abuse, plus our domestic abuse resettlement service (DARS); Mental Health Advocacy. For all housing advice, advocacy and support enquiries, the quickest way to get advice is via the self-referral form. You can also call the advice line on 0800 6 404 404 or reach out on Live Chat.

<https://stonewallhousing.org/gethelp/>



Sandcastle Trust

The Sandcastle Trust walks alongside families living with a rare genetic condition to help them build lasting positive family memories, strengthen their family relationships, and improve emotional wellbeing and resilience. They do this through their four Sandcastle Support Programmes: Sandcastle Memories, Sandcastle Smiles, Sandcastle Connections

and our Sandcastle Support Hub. Through this unique service offering, consisting of bespoke family respite, wrap around fun family engagement activities and peer support, they are able to support families living with a rare genetic condition based on their individual needs from across the UK.

The Sandcastle Memories programme forms the core of the work and provides bespoke family respite to families when a child, young dependent adult or parent is living with a rare genetic condition. They also offer respite support to families who have experienced bereavement as a result of a rare genetic condition. There is no 'one-size-fits-all' approach, and they work directly with affected families to ensure the respite provided is diverse and completely tailored to a family's interests and needs. It could take the form of a short UK break or where a short break is not suitable, annual passes to attractions such as zoos, farms and steam railways or a special day trip.

<https://sandcastletrust.org/about-us/what-we-do/>

Norwich

Record club

RECORD CLUB



Do you remember the first record you ever bought? Have a favourite album? Believe that music sounds better on vinyl? Well so do we!

If you enjoy sharing and talking about the music that means the most to you with other music fans, why not come along to one of our new listening clubs.

Each month we choose and listen to a classic album (played in full, on vinyl), before discussing the record together.

FIND OUT MORE →

“Music is a universal language that everyone can enjoy. It’s the power to make us feel emotions that we may not be able to put into words” enlightio.com



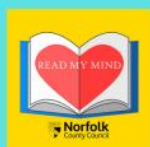
Sessions start at 5.30pm and the first meetings take place on the following dates:

Mile Cross Library, Aylsham Road, Norwich, NR3 2RJ
Thursday 3 August & Thursday 7 September

Tuckswold Library, Robin Hood Road, Norwich, NR4 6BX
Tuesday 8 August & Tuesday 12 September

Record Club is free to attend and everyone is welcome.
You can just turn up on the day, or find out more at
reelconnections.co.uk/recordclub

Supported by Norfolk Community Foundation through the Public Health Empowering Communities for Mental Health and Wellbeing Fund, Norwich Freeman’s Charity and Norfolk Library and Information Service

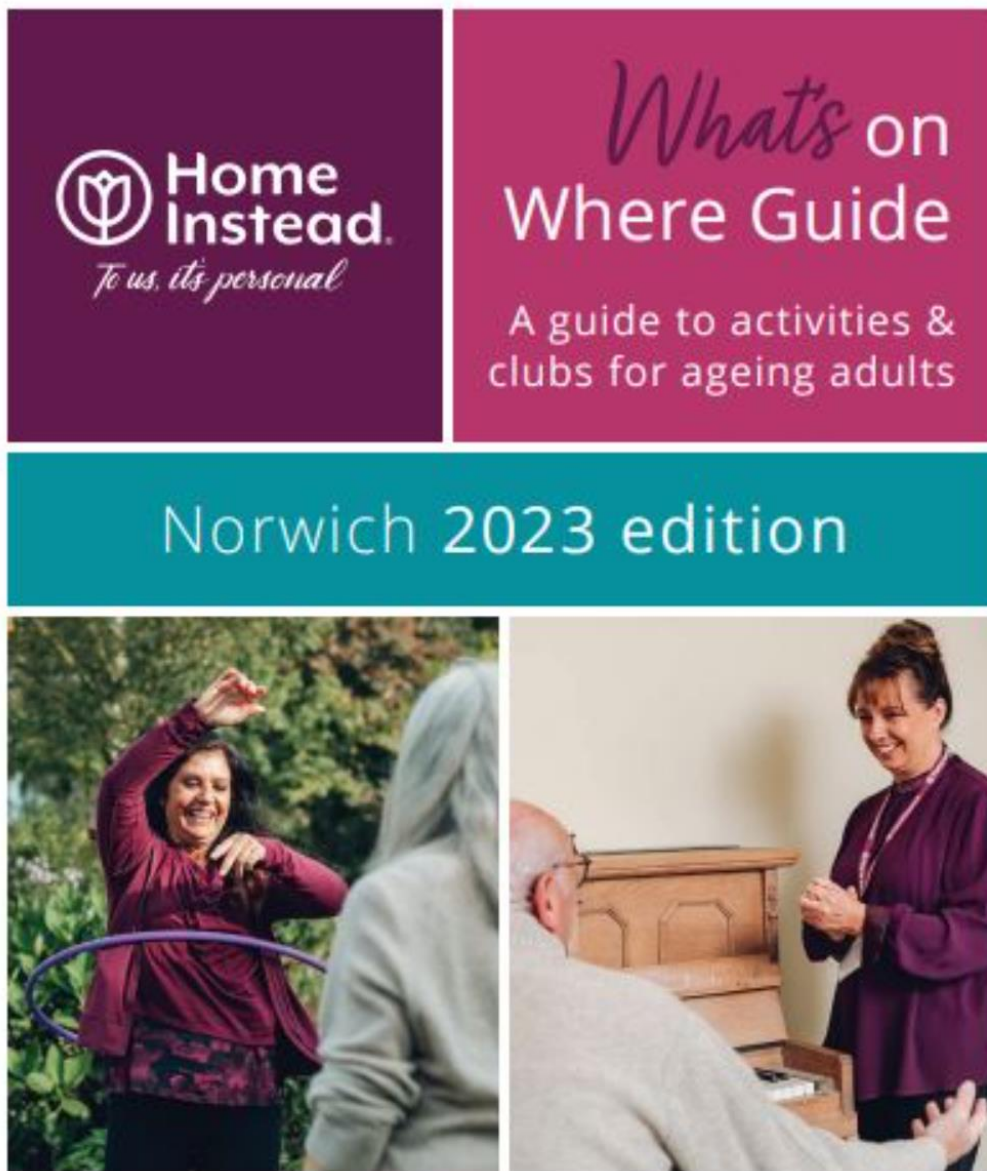


Norfolk
County Council



**NORWICH
FREEMEN'S
CHARITY**

What's On Where Guide



Loneliness and isolation can greatly impact the quality of life for older adults in the community. To help address this Home Instead have produced the Norwich "What's on Where Guide". The guide is free of charge and provides details of groups and activities in Norwich and the suburbs including singing, walking football, luncheon clubs, memory cafes and lots more. There really is something for everyone. The guide is printed to make it easy to discuss with older relatives as they know not everyone has access to the internet. If you would like a free copy of the guide or are interested in getting your club or group listed in the next edition, please contact lauren.pashley@homeinstead.co.uk or call 01603 361028. www.homeinstead.co.uk/norwich



NNUH support for Veterans and those serving in the Armed Forces.

The Norfolk and Norwich University Hospital (NNUH) are a Veteran Aware Trust, awarded by the VCHA. They welcome Armed Forces staff and support them accordingly through various channels as they believe the inclusion of Armed Forces personnel is the responsibility of all staff.

They can provide the following support:

- Waiting list managed in line with Duty of Due Regard and national guidelines (particularly for those who have been relocated and had a place on a waiting list prior to moving areas and hospital providing treatment)
- Discussion group for staff, volunteers, patients, and organisations to work on ensuring fair access for those who have served in the armed forces or have a close family member who has/ is serving
- Celebrating special calendar events
- Step Into Health and Employer Recognition Service programmes – these aid people who have served in finding roles in our trust and within healthcare, and being supported once in those roles
- Veteran Aware with reaccreditation underway due to be complete by summer 2023

Any questions regarding patient experiences can be directed to the Patient Engagement and Experience team, and staff matters directed to HR. Email the team with any enquiries:

patient.experience@nnuh.nhs.uk

<https://veteranaware.nhs.uk/>

Breckland

Norfolk Good Neighbour Network

**NORFOLK
GOOD NEIGHBOUR
NETWORK**

Bringing neighbours together

Supporting Independence

Building community resilience

Want to know more? Get in touch

Do you sometimes feel lonely?

lily **CAN Connect** **b better together**

www.norfolkgoodneighbours.org.uk



hello@norfolkgoodneighbours.org.uk



@NorfolkGNN



@NorfolkGoodNeighbours



COMMUNITY
FUND



CAN
Connect

Helping adults in Breckland
and North Norfolk get involved
in their local community

We can provide you with one to one support to help you:

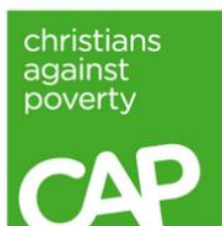
- Meet new people
- Rekindle a hobby or interest
- Increase your confidence
- Contribute your skills and experience
- Access community groups, events and services
- Move into volunteering

Visit our website at www.canconnect.org.uk or call 0300 303 3920



In partnership
with

future
projects



Newsletter



Christians Against Poverty Debt Centre, in partnership with Dereham Baptist Church



With the summer holidays approaching many families will be feeling the pinch, creating and sticking to a budget can help - allocating money for days out, finding our where kids can eat free, or accessing council run holiday clubs.

Save money on your food bill by using Love Dereham's Community Fridge, open Mon-Fri, doors at 09:30, fridge opens at 10am. Location and full details at: lovedereham.org.uk

Or join a social supermarket, Food Cabin at Wellspring Family Church can save you up to 30%. Location and details at: wfcdereham.org/food-cabin/

For free debt help phone
0800 328 0006
Visit capuk.org for more info

Morgan's Update

The recent CAP client report highlighted the impact of the cost of living crisis, and we are seeing the effect on our clients.

A client recently told me:

"My payment plan goes very well and I am so happy about that. It is less stressful and I feel more confident knowing that I can manage my spending".

We know that many people put off asking for help due to fear or shame. No matter how big or small you think your debt is, if you would like some advice about how you can improve your situation, do give us a call in complete confidence, and together we will stop the cycle of debt.

Many people are not receiving the benefits which they are entitled to, it's simple to use the benefit calculator at:

<https://capuk.org/money-and-debt-advice/benefits-calculator>

Our debt services are free, and available for those in postcodes NR19 and NR20. There are other centres in Norfolk.

East Norfolk

JPH Armed Forces Advocate



James Paget University Hospital Armed Forces Advocate



The James Paget University Hospital appointed an Armed Forces Advocate (AFA) in May 2022. The Role is here to provide support to patients and staff who are members of the Armed Forces Community and ensure that our hospital is a friendly and welcoming place that up holds the values of the Armed Forces Covenant.

Our Armed Forces "Chris Blyth" joined our Trust after serving 23 years in the British Army. The Trust is accredited with the Gold Employer Recognition Scheme which shows our commitment as an Armed Forces Friendly employer. Chris is also our Step into Health mentor, here to support those who express an interest in working at the Trust. The Trust is also Veteran Aware accredited.

As part of our admission process we ask if patients are part of the Armed Forces Community and update our electronic patient management system. Every patient identified will receive a visit from Chris who will talk to meet and see if any additional can help. The support available covers a variety of issues including, mental health, housing, employment, welfare, financial, care coordination and social isolation. Chris has very good relationships with both local and national charities, such as Walking with the Wounded, Royal British Legion, RAF Benevolent and OP courage and links directly with case managers. Chris submits all referrals on behalf of the patients and remains involved until support is in place. Our AFA also links with other departments and families to offers support where possible.



At the Trust we have included Armed Forces Community training as part of our Mandatory safe guarding training package. Training takes place twice a month and is delivery by our Armed Forces Advocate.

Our outpatient departments can refer patients to our AFA, and they will be contacted at home by phone or email. Chris also receives referrals from community support teams and GP surgeries. The aim is to make the hospital the center point for any Armed Forces Community person looking for support.

To further support the Trust hosts Veteran coffee/information events every 3 months, has welfare packs for patients that don't have basic overnight essentials and information packs for people who may want to obtain their own support in the future.

Our AFA webpage is designed to help all members of the Armed Forces Community and can be found at [Armed Forces Advocate \(jpaget.nhs.uk\)](http://Armed Forces Advocate (jpaget.nhs.uk)) we also encourage individuals to self-identify to a member of staff or contact our AFA directly if they need support or information.



As a Veteran you may be entitled to priority treatment if your medical condition is related to your time in service. If you wish to speak to the Armed Forces Advocate about additional support then please let a member of staff know.

You can contact Chris directly by emailing Chris.blyth@jpaget.nhs.uk or on 07780252088.

The outpatient departments can refer patients to the Armed Forces Advocate (AFA) and they will be contacted at home by phone or email. Chris also receives referrals from community support teams and GP surgeries. The aim is to make the hospital the centre point for any Armed Forces Community person looking for support. To further support the Trust hosts Veteran coffee/information events every 3 months, has welfare packs for patients that don't have basic overnight essentials and information packs for people who may want to obtain their own support in the future. The AFA webpage is designed to help all members of the Armed Forces Community and they also encourage individuals to self-identify to a member of staff or contact the AFA directly if they need support or information.

<https://www.jpaget.nhs.uk/patients-visitors/armed-forces-advocate/>

North Norfolk

Aylsham library

The home library service delivers books and other media free of charge to people unable to get to their local library due to poor health, mobility issues, or caring responsibilities.

Library staff will hand-pick a selection for you to be delivered monthly by RVS volunteers.

To use this service contact Aylsham Library on 01263 732320 or

aylsham.lib@libraries.norfolk.gov.uk <https://we.tl/t-mWEPsZwNva>

If you are interested in this service for a resident living elsewhere in Norfolk please look at this website link: <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/borrow/home-library>



Bringing Aylsham Library to you!

Our home library service delivers books and other media free of charge to people unable to get to their local library due to poor health, mobility issues, or caring responsibilities.

Library staff will hand-pick a selection for you to be delivered monthly by RVS volunteers.

To use this service contact Aylsham Library on 01263 732320 or aylsham.lib@libraries.norfolk.gov.uk

borrow discover connect

 **Norfolk** County Council

North Norfolk Community Transport- NNCT

Using the wheelchair accessible car, NNCT can provide transport for people in North Norfolk who need to get to medical appointments and have no other means of travel. They can also provide transport to other destinations, for those that have significant mobility issues and need to travel in an accessible vehicle. The service is bookable Monday to Friday (subject to availability) and charged at 54p per mile (including VAT), from the depot in North Walsham and back again.

The driver will automatically wait for up to 2 hours as part of this fare, before taking you home again. If your appointment is longer than 2 hours they can still wait, but they would need to charge an additional £5 for every extra half hour, to cover the overtime of the driver. Payment will need to be made in cash or cheque on the day of travel. Please pass this to the driver. The vehicle can also accommodate a carer/friend/family member, as required. To book a journey or to find out more, call: 01692 500840. This service is supported by a grant from the North Norfolk District Council Community Transport Fund.

<https://www.nnct.org.uk/transport-services/access-car/>

NORFOLK GOOD NEIGHBOUR NETWORK

Bringing neighbours together

Supporting Independence

Building community resilience

Want to know more? Get in touch

Do you sometimes feel lonely?

lily **CAN Connect** **b better together**

www.norfolkgoodneighbours.org.uk



hello@norfolkgoodneighbours.org.uk



@NorfolkGNN



@NorfolkGoodNeighbours



COMMUNITY
FUND



Community
Action
Norfolk



CAN
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Helping adults in Breckland
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We can provide you with one to one support to help you:

- Meet new people
- Rekindle a hobby or interest
- Increase your confidence
- Contribute your skills and experience
- Access community groups, events and services
- Move into volunteering

Visit our website at www.canconnect.org.uk or call 0300 303 3920



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West Norfolk



Supporting members of the armed forces community at QEH

Michelle Reynolds joined as the Trust's Armed Forces Welfare Officer where she is employed by the Defence Medical Welfare Service - DMWS and is based at the Queen Elizabeth Hospital full time. The hospital has good links with charities supporting the armed forces and this has been enhanced since Michelle joined the team linking up patients and staff with organisations such as the Bridge for Heroes, Walking with the Wounded, West Norfolk Carers, and national charities including RAF Benevolent Fund, The British Red Cross and St John's Ambulance.

Michelle visits veterans, spouses, children and serving personnel within the trust to offer emotional and practical support to suit each individual set of needs. Those patients and staff that have received support from Michelle have been referred for a wide range of issues (including mental health problems, social isolation and loneliness, finances, housing & homelessness, wellbeing, healthy living activities, employment & training, families & relationships). The patient or staff member being referred has a face to face visit from Michelle so she can find out as much as she can about them and identify their needs. Sometimes a veteran has had a life changing event, like a stroke, or there could be long standing and accumulating problems. Using community links, Michelle can make supported referrals for both the veteran their family or carer to gain support and /or respite, through to practical changes including support for gardening or creation of a wet room if appropriate. Michelle can be reached by email on mreynolds@dmws.org.uk or on 07795 408757.

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



Tech Skills for Life in West Norfolk

Do you want help applying for a job online? Struggling to pay for mobile data? Or want to learn more about staying safe from scams? Whether you're a beginner or have been online for a while, Tech Skills for Life is here to help!

This new, simple support offer will help you make the most of the online world, whether refreshing your skills or trying digital, internet-based, or “techy” things for the first time. They will help you use tablets, computers, and smartphones, access the internet, and give you the skills and confidence to use them in a way that works for you. All so you can make the most of the online world. To provide this support, they have teamed up with the Borough Council of King's Lynn and West Norfolk, the NHS, volunteer groups, and local community organisations. We are working with lots of different groups, so everyone will have the option to use technology and access essential online services if they want to.

Tech Skills for Life is currently running in West Norfolk, with the potential to go on to cover the whole of Norfolk.

techskillsforlife@norfolk.gov.uk

<https://ncan.co.uk/listing/tech-skills-for-life/>

WORSTEAD

Worstead is world famous for worsted cloth, a fine quality woollen fabric made in this North Norfolk village from the 12th to the 19th century. The industry was boosted by the introduction of skilled Flemish weavers who had been migrating to Norfolk since the Norman Conquest but were actively encouraged to come to England by King Edward III who was married to Phillipa of Hainault in Flanders. Worstead was a major contributor to the wealth of Norfolk and to making Norwich England's second city.



The village sign recognises the part played by sheep in providing the long-staple wool to produce the high quality yarn to weave the cloth to make the money to build the enormous village church, St Mary's. The church was built in a more or less single period, the money coming from a number of wealthy locals. Apart from its vast, impressive size St. Mary's has many notable features. At the base of the tower is a painted screen showing figures representing, perhaps, compassion, fortitude, faith and charity.



At the eastern end of the church is the rood screen, decorated with 16 paintings of religious figures, including the little known St. Uncumber, or Wilgefortis. She was said to be a thirteenth century beautiful daughter of the king of Portugal. She had taken a vow of chastity and when her father tried to marry her off, she prayed for divine intervention to make her repulsive to men. Overnight, she grew a full beard, and suitors rejected her, as did her father. Furious that she had disobeyed him, he had her crucified. She is now the patron saint of abused women.

The church is a focus for the annual festival, when the village is on show with events in the display ring, live music, demonstrations including, of course, spinning and weaving, lots of craft stalls and entertainments to appeal to all ages. The festival has been a feature of Worstead for more than fifty years.



The oldest English Act Of Parliament, now kept in the House of Lords, is the *Taking of Apprentices for Worsteads in the County of Norfolk Act of 1497*.

From historical facts to less mortal matters, Worstead, of course, has a ghost story. Every Christmas Eve the apparition of a white-clad, hooded lady is said to appear in and around the church. In 1975 a visitor from Essex took a photograph in the church and when the film was developed there was apparently a spectral white lady sat in the pew behind his wife. That photograph is still hanging in *The White Lady* pub, where plenty of other spirits are available.

Kind regards

Norfolk Older People's Strategic Partnership (NOPSP)

Email: nospb@aol.co.uk

Answerphone: 07963 304015

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

Have you seen our 5th Living Longer, Living Well strategy? You can download a pdf version or order hard copies via the Health Information Leaflet Service (HILS)- <https://brochure.norfolklivingwell.org.uk/product/living-longer-living-well-the-5th-norfolk-older-peoples-strategy>

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.



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