



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

February 2023- Edition 42

**Word from the Chair**

It was great to see so many members of the Norfolk Older People's Strategic Partnership at our meeting on 1 December, especially after such a long break. The talks by Tracey Bleakley, Chief Executive Officer (CEO) of NHS Norfolk and Waveney Integrated Care Board (ICB), and James Bullion, Executive Director of Adult Social Services, revealed the extent of the changes taking place in both organisations and we appreciate their openness, and their honesty in answering our questions. They left me with a feeling of optimism about the future. The developments in Norfolk and Waveney will continue for some time to come, added to by the government's efforts to solve the crisis in the NHS.

The Partnership will need to adapt to make these changes work for us, enabling us to make sure that the voices of older people in Norfolk and Waveney continue to be heard. Two features of the ICB will make a significant difference. The first is the people and communities' approach which creates an opportunity for us to contribute. It combines the usual communications function with engagement. The difference is that opportunities for the public to be involved in or comment on initiatives are being advertised on the

Integrated Care System website. Giving people a voice has been mentioned frequently in meetings I have attended recently.

The second feature is the VCSE (Voluntary, Community and Social Enterprise) Assembly which will provide the Partnership with pathways to feed the information we gather into the ICB and locally. This is much more structured than before, but we will need to ensure that what is important to older people does not get lost in the system. All this is important, but we must remember that the Partnership's remit extends beyond health and social care to all the services that contribute to the independent life and wellbeing of older people.

At the end of January, David and I had a conversation with Adult Social Services during which they confirmed their continuing support for the partnership and expressed their willingness to help us in our transition to meet the challenges ahead. Over the next few months, we will be considering different approaches. Working with the older people's forums, we would like to start by focusing on market towns and their surrounding areas with the aim of identifying the places where older people meet and the people who play key roles there. There is a lot happening in local areas already with health and social care, the district councils and the voluntary sector collaborating on local priorities. The VCSE is establishing a later life network of organisations that provide support to older people. Norfolk and Waveney covers a very large area, so we need to co-operate with others wherever possible rather than duplicating their work.

We would like to use the next meeting of the Partnership on **16<sup>th</sup> March** to explore ways of engaging with older people drawing on your experience. We look forward to seeing you there. Further meeting details are below.

Best wishes

Mary Ledgard

Interim chair

Norfolk Older People's Strategic Partnership

**You are cordially invited to our next meeting**

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

**Thursday 16<sup>th</sup> March 2023**

**Anglia room, Breckland District council, Walpole Loke,  
Dereham NR19 1EE**

**This meeting is open to the public**

**Further details will be announced in due course**

# **Index**

## **Health articles**

- Have your say on the future of the Walk-in Centre and other health services in Norwich
- NHS- Let's Talk about Mental Health survey
- Vaccines
- Improving lives together-  
Using digital technology and data to save lives  
Active NoW
- HAPIA mini bulletins

## **Activities and events**

- Norfolk & Waveney Wellbeing Service- February Socials update
- Let's have a conversation- Ethical framework
- Shaping the market webinar
- N&W SCHWARTZ "Victims & Perpetrators - impact of bullying and harassment"  
forum
- Dementia Open Forum
- The Conservation Volunteers (TCV) news
- Carrow Park to open as a community 'hot-spot'
- Leisure- South Norfolk
- Kintsugi Hope Course – Emotional wellbeing group
- Food for Thought
- Great Yarmouth Autism friendly group
- Love Dereham
- Respite in the Reeds
- Creative Arts East- Come and join an Our Day Out session!
- The Silver Social

- CAP money courses
- MensCraft Pit Stop- Thetford and Watton
- Norfolk Deaf Festival (NDF)

## **Information and advice**

- Ready to Change
- Monitoring the Mental Health Act
- Severe Mental Impairment (SMI) council tax discount
- Turn2us- Emergency Information - Benefits not enough to meet my needs
- Independent Age-  
Key information on boosting your income and on help to deal with debt  
Staying independent and safe
- Later Life Agenda
- Independent Living newsletter
- Energy Networks Association- Be Winter Ready
- NASP updates-  
Scam Alert- Fake parcel delivery text messages  
Cold Calling Alert – Telephone cold calls regarding ‘loft insulation’  
Bookmarks  
Online Safety Webinars  
Report to Action Fraud using British Sign Language  
Norfolk Community Watch Magazine
- Chronicle Live- Social media scams to look out for in 2023 and how to avoid them
- Centre for Ageing Better- Tackling the older worker participation crisis
- Norfolk County Council updates-  
Multiply programme  
Care Provider Update  
Library updates
- CAN connect project

- RNIB Living Well with Sight Loss Courses
- Wiltshire Farm Foods
- Food Cabin – Dereham
- Broadland's Community at Heart Lottery
- Age UK Norwich services
- Contacting the Samaritans
- Rest Less
- The Rough Guide to Accessible Britain 2022
- Spotlight on Old Buckenham

# **Health**

25 January 2023

## Have your say on the future of the Walk-in Centre and other health services in Norwich

On Tuesday 24 January NHS Norfolk and Waveney launched a public consultation on its plans to transform how general practice services are delivered in the wider Norwich area.

The consultation asks members of the public for their feedback on how services across general practice in the Norwich Primary Care Network (PCN) area should be delivered once the current contract for the Walk-in Centre, GP Practice (Rouen Road) and the Vulnerable Adults Service (VAS) – Inclusion Health Hub expires on 31 March 2024.

Public feedback is vital to help shape services that meet people's needs and support the health and wellbeing of people across the greater Norwich area.

Commenting on the consultation Janka Rodziewicz, CEO of OneNorwich Practices which manages the contract for these services, said "As this contract comes to an end, we have a unique opportunity to review how these services are provided in the future to ensure we can provide the best health services possible and reduce health inequalities across Norwich. I would like to encourage anyone who currently uses any of these services or indeed anyone with an interest in better health care within Norwich to read the *consultation document* and to *complete the survey* (deadline 26 March)-

<https://improvinglivesnw.org.uk/have-your-say-consultation-on-general-practice-services-in-norwich/>

[https://www.smartsurvey.co.uk/s/GP\\_Norwich/](https://www.smartsurvey.co.uk/s/GP_Norwich/)

The consultation document sets out three possible options but also encourages people to give feedback on how changes to these services will affect their lives. Please do have your say and tell us what you think. "

Sarah Ambrose, Chair of OneNorwich Practices added "The Walk-in Centre based in Norwich provides healthcare to patients from anywhere. As well as being well-used by the c. 240,000 Norwich patients, we know numerous patients from across Norfolk utilise this service every week. All of whom could be affected by the outcome of this consultation. Please do give your feedback which will be collated in an online report and published on the Integrated Care System (ICS) [website](https://improvinglivesnw.org.uk/), so it's a completely transparent process." <https://improvinglivesnw.org.uk/>







## **NHS- Let's Talk about Mental Health survey**

In 2019 the Norfolk and Waveney Health and Care Partnership set out strategies for Adult Mental Health and Children and Young People's Mental Health. Since then, we've all lived through a pandemic which has led to a significant increase in demand for mental health support alongside increased severity of cases.

The health and care act has also introduced Integrated care systems. Integrated care systems (ICSs) are partnerships of organisations that come together to plan and deliver joined-up health and care services and to improve the lives of people who live and work in their area.

Considering these changes, Norfolk and Waveney Integrated Care System want to make sure that the plans put in place in 2019 based on what people told them still meet the needs of the people of Norfolk and Waveney. And they want to hear your views.

Please take part in a short survey- <https://www.smartsurvey.co.uk/s/T4DRMG/>

Your responses will be used to help them understand if the priorities are still correct and adapt plans for improvement going forward if necessary.

The survey runs until 19 February 2023.

## Protect yourself and those you care for by booking a free flu jab and COVID-19 Booster

Another reminder to make sure that you and your staff are taking up opportunities for your free COVID-19 Booster and flu jabs. Norfolk is seeing a fair amount of sickness across health and social care that is adding to the pressures we are all facing. If you can have a jab then please do so, as it will help to protect you, the vulnerable people we work with and wider services. Department for Health and Social Care data suggest that less than 1 in 5 adult social care staff have been vaccinated against flu or had autumn boosters for COVID-19. This is a worry when the system is under strain.

Here is how all care staff can book their free flu vaccine (please take work ID Badge to the appointment for proof of employment in Social Care):

<https://www.boots.com/online/pharmacy-services/winter-flu-jab-services>

<https://www.well.co.uk/vaccinations/flu-jabs>

<https://lloydspharmacy.com/pages/flu-vaccination>

<https://www.asda.com/about/instore/pharmacy/flu>

<https://www.superdrug.com/microsite/flu-jab>

<https://tesco-pharmacy.gudini.com/>

<https://www.nhs.uk/conditions/vaccinations/book-flu-vaccination/>

For the COVID-19 Booster visit [Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk)



# Improving lives **together**

## Norfolk and Waveney Integrated Care System

### **Using digital technology and data to save lives**

Across Norfolk and Waveney, the ICS is committed to investing in, and using technology, to improve your care and experience of health services. As a system, they want to offer more digital services to people with limited access and help support some of the most vulnerable communities to get online.

Working with health, care, academic, digital and research partners, they will design and deliver digital solutions which put people and their care at the heart of them.

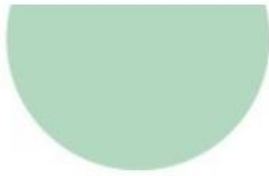
The ICS's vision is to develop a fully integrated digital service across Norfolk and Waveney, making more effective use of the technical expertise they already have across the region and allow the digital abilities to develop in line with advances they're seeing globally. This drives investment into the area and increases the support available to health and care staff and the people of Norfolk and Waveney.

### **Using digital systems, they will:**

- Enable people to access their health and care records securely, quickly and at when they want to see information or data.
- Support clinical and strategic decision making through technology, providing health and social care organisations who deliver care to access relevant, accurate and up-to-date information.
- Improve system wide IT services to increase safety and people's health and care experiences whilst reducing duplication and waste.

- Support and empower people to maintain their health and wellbeing through digital solutions.
- Enable health and care staff and services to provide the best care in all settings, particularly via the use of mobile technology.
- Ensure personal health and care information is kept safe and secure.
- Invest in the infrastructure and technologies needed to help drive improvements to services and provide better care.

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



# activeNoW

Supporting people in Norfolk and Waveney to be more active

## Have you heard of Active NoW?

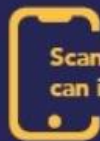
**Active NoW is the physical activity referral programme for Norfolk and Waveney.**

It's a great way for people with long-term health conditions to move more and improve their health and wellbeing.

Our team will:

- Provide you with a range of activities
- Tailor a programme based on your health needs and lifestyle
- Support you with your movement journey

**To find out more,  
speak to your  
nurse or doctor  
about your  
referral options.**



Scan to see how you  
can improve your health

[improvinglivesnw.org.uk/active-now](https://improvinglivesnw.org.uk/active-now)





### **HAPIA mini bulletins**

HAPIA produce a weekly mini bulletin for your perusal. The latest includes information on prescribing data, The Health and Care Act 2022 and the new name for IAPT (Improving access to Psychological Therapies)

<http://www.hapia2013.org/mini-bulletins.html>

**Activities**

**and**

**events**



## **Norfolk & Waveney Wellbeing Service**

### **February Socials Update**

Wellbeing have had a fantastic turn out to socials so far this year, wonderful to see so many new and familiar faces, even if they were wrapped up from the icy winds! They will keep the momentum going with more favourites and new opportunities across the county throughout February to help you get out about and shaking off the January cobwebs!

They have new additions to their line-up of wellbeing café drop ins running in partnership with Morrisons Community Champions in their café's in Diss and Lowestoft, a chance to try role playing games in King's Lynn and new drop in socials and participation groups in Norwich alongside our regular favourites!

All socials are staffed by the Community Development Team who will be there to welcome you along, whether it's your first time in joining or you're a regular, they look forward to meeting you!



## Community Socials February 2023

Date & Time...	Event...	Location...	
Wed 1st 18:00	Meditate with Mevy	Online	
Thu 2nd 13:00	Allotment Group	Lowestoft	
Mon 6th 13:30	Virtual Café	Online	
Mon 6th 14:00	Wellbeing Café with Morrisons	Beccles	
Mon 6th 17:00	Wellbeing Café with Morrisons	King's Lynn	
Tue 7th 10:00	Running for Wellbeing	Eaton Park, Norwich	
Tue 7th 10:00	<b>*New*</b> Wellbeing Café with Morrisons	Diss	
Tue 7th 14:00	<b>*New*</b> Have Your Say	Cafe Marzano, Norwich	
Tue 7th 17:30	<b>*New*</b> Monsters at the Museum! (D&D for Wellbeing)	True's Yard, Kings Lynn	
Tue 7th 18:00	Have Your Say! Get Involved	Online	
Wed 8th 18:00	Crosswords	Online	
Thu 9th 11:00	Wellbeing Café with Morrisons	Riverside, Norwich	
Fri 10th 10:30	Coffee & Catch Up – Dersingham	Thaxters Coffee Shop	
Fri 10th 13:00	<b>*New*</b> Wellbeing Café with Morrisons	Morrisons Cromer	
Mon 13th 13:30	Virtual Café	Online	
Tue 14th 10:00	Running for Wellbeing	Eaton Park, Norwich	
Wed 15th 10:30	Coffee & Catch Up – Downham Market	Reed's Cafe	
Wed 15th 18:00	Quiz	Online	
Thu 16th 13:00	Allotment Group	Lowestoft	

Socials continue on the next page...



 [facebook.com/WellbeingNorfolkandWaveneySocials](https://facebook.com/WellbeingNorfolkandWaveneySocials)

 [twitter.com/WellbeingSocia1](https://twitter.com/WellbeingSocia1)

 [wellbeingnands.co.uk/norfolk/social-events/](https://wellbeingnands.co.uk/norfolk/social-events/)

Sign up!



## Community Socials February 2023

Socials continued...

Date & Time...	Event...	Location...
Mon 20th 13:30	Virtual Café	Online
Tue 21st 10:00	Running for Wellbeing	Eaton Park, Norwich
Tue 21st 14:00	<b>*New*</b> Wellbeing Café with Morrisons	Pakefield, Lowestoft
Tue 21st 17:30	<b>*New*</b> Monsters at the Museum! (D&D for Wellbeing)	True's Yard, Kings Lynn
Wed 22nd 18:00	Crosswords	Online
Fri 24th 14:00	<b>*New*</b> Coffee & Catch Up King's Lynn	REST King's Lynn
Mon 27th 10:00	<b>*New*</b> Cuppa Care	Norwich
Mon 27th 13:30	Virtual Café	Online
Tue 28th 10:00	Running for Wellbeing	Eaton Park, Norwich
Tue 31st 15:00	<b>*New*</b> Mindful Colouring <i>(booking required)</i>	REST, Norwich

Week  
4

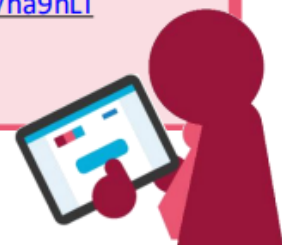
Week  
5


Our socials are open to anyone aged 16+ with no need to book (unless indicated), just turn up! They are based upon the '5 Ways to Wellbeing' - these are a set of evidence-based recommendations which can improve your mental health and wellbeing.

Get these updates monthly! Sign up to our email list at <http://eepurl.com/ha9nLT>

Full details and access to virtual socials [via our website](#).

Any questions? Contact us at [socials@wellbeingandw.co.uk](mailto:socials@wellbeingandw.co.uk)



 [facebook.com/WellbeingNorfolkandWaveneySocials](https://www.facebook.com/WellbeingNorfolkandWaveneySocials)

 [twitter.com/WellbeingSocial1](https://twitter.com/WellbeingSocial1)





# wellbeing Socials



## Have your say!

On the first Tuesday of the month

**Drop in**  
**2 - 3.30 pm**  
**Marzano, Norwich,**  
**NR2 1TF**

**Online**  
**6-7 pm**  
**Join on Zoom**

For more information go to  
<https://www.wellbeingnands.co.uk/norfolk/community-development-team/social-events/>

**You matter.**  
**Your voice matters.**  
**Your experience matters.**

Join the social to learn about opportunities to get involved in improving the Wellbeing Service



To find out more contact

**Tim Hilliam**  
People Participation Coordinator  
[getinvolvedwellbeing@wellbeingnandw.co.uk](mailto:getinvolvedwellbeing@wellbeingnandw.co.uk)

**Mevy Ahmad**  
Community Development Coordinator  
[socials@wellbeingnandw.co.uk](mailto:socials@wellbeingnandw.co.uk)



A chance for a chat and to meet the 4 legged residents.

We will be at **Aylsham** the **first** Friday of every month.

Then at **Fritton** the **last** Friday of every month



Redwings Horse  
Sanctuary, Spa  
Lane, Aylsham,  
NR11 6UE

**Both Locations**

- Disabled parking
- Disabled toilets
- Free parking
- Dogs on leads welcome
- Gift shop
- Cafe
- Open to anyone aged 16+
- No booking required



Redwings Horse  
Sanctuary,  
Caldecott Hall,  
Beccles Rd, Fritton  
NR31 9EY



# Redwings Social



# RUNNING FOR wellbeing

COUCH TO 5KM

**FREE!**

MEET AT EATON PARK  
BANDSTAND, NORWICH,  
NR4 7AU

**10AM**

**11 WEEKS  
STARTING  
TUESDAY  
10TH  
JANUARY**



QUESTIONS? EMAIL:  
[SOCIALS@WELLBEINGNANDW.CO.UK](mailto:SOCIALS@WELLBEINGNANDW.CO.UK)

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




## Wellbeing Walks – February


Our Wellbeing Walks are a great way to get out and get active while connecting with others. This is not a therapy session, but an opportunity to make social connections with like-minded people. For casual wanderers and seasoned ramblers alike, everyone is welcome – Please check the weather forecast and dress appropriately – Our socials are open to anyone aged 16+ – No booking necessary unless indicated, just turn up!

- **Lowestoft Sea Front – Wed 1st Feb, 13:00**  
Meeting by the Triton Statue - South Pier, Lowestoft , NR33 0A
- **Time to Talk & Walk at Waterloo Park – Thu 2nd Feb, 10:00**  
Meeting at Feed Cafe Waterloo Park Pavilion, Norwich, NR3 3HX
- **Redwings Horse Sanctuary, Aylsham – Fri 3rd Feb, 10:30**  
Meeting at Redwings, Spa Lane, Aylsham, NR11 6UE
- **Cromer – Fri 10th Feb, 10:30**  
Meeting in front of Cromer Pier, Cromer, NR27 9HE
- **Norwich – Mon 13th Feb, 10:30**  
Meeting at the steps of City Hall, St Peter's Street, Norwich, NR2 1NH
- **Great Yarmouth – Wed 15th Feb, 10:30**  
Meeting at The Boating Lake, Near Munchies Café, North Drive, Great Yarmouth, NR30 4ET
- **Wymondham – Fri 17th Feb, 10:30**  
Meeting at the Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
- **Redwings Horse Sanctuary, Caldecott – Fri 24th Feb, 10:30 – NEW!**  
Meeting at Caldecott Hall, Beccles Road, Fritton, NR31 9EY
- **Riverside King's Lynn – Fri 24th Feb, 12:30**  
Meeting behind The Customs House, 1 King St, King's Lynn, PE30 1ET
- **Thetford – Tue 28th Feb, 10:30**  
Meeting at the Light Cinema, 17 Bridge Street, Thetford, IP24 3AE



 [facebook.com/WellbeingNorfolkandWaveneySocials](https://www.facebook.com/WellbeingNorfolkandWaveneySocials)

 [twitter.com/WellbeingSocia1](https://twitter.com/WellbeingSocia1)

 [socials@wellbeingnandw.co.uk](mailto:socials@wellbeingnandw.co.uk)

Sign up!



# MINDFUL

# COLOURING

LAST TUESDAY  
OF THE MONTH,  
3-4.30PM

(FROM 31ST JANUARY 2023)

REST, CHURCHMAN  
HOUSE, 71 BETHEL  
STREET, NORWICH,  
NR2 1NR

JOIN US FOR AN  
AFTERNOON SESSION OF  
MINDFUL COLOURING AND  
CHAT

PLEASE EMAIL  
[SOCIALS@WELLBEINGNANDW.CO.UK](mailto:SOCIALS@WELLBEINGNANDW.CO.UK)  
TO BOOK YOUR PLACE!

**wellbeing**  
Helping you live your life

 **REST**  
Respect  
Empower  
Support  
Talk

**NHS**

**iapt**

Improving Access to  
Psychological Therapies



## **Face-to-face Let's have a Conversation, Friday 3<sup>rd</sup> March, County Hall**

One of the recommendations from the [SAR](#) into Cawston Hospital Park was co-producing an Ethical Framework – an agreed way of working, a set of principles to ensure an 'ethical' way of commissioning and delivering services. The ICS and NCC are working with social enterprise [Curators of Change](#) to create a framework with partners, service providers, individuals that use our services. Two workshops have been held virtually so far, approximately 70 people joined and discussion included 'what does ethical mean to you?' alongside local people sharing their experience of services. Now you can meet everyone face-to-face for 'The Ethical Framework Conversation' at 10am to 2pm on 3<sup>rd</sup> March 2023 in the Edwards Room in County Hall. To book please email: [hello@curatorsofchange.com](mailto:hello@curatorsofchange.com). Lunch will be provided. See you there!





# Shaping the Market

Webinar  
10am to 11.30am  
Friday 10th February

**You are invited to share your views and experiences in the uptake of the flu vaccine amongst Norfolk care workers in the care market.**

We would like to hear from you:

- To understand national and local barriers that may contribute to the low uptake of flu vaccinations within social care staff.
- Ideas on how we may influence the 2023/24 flu campaign to increase flu vaccine uptake within social care staff.

The 'Let's have Conversation' session includes:

1. How do you encourage flu vaccines uptake amongst your staff and colleagues?
2. What suggestions do you have to N&W ICS and NCC to increase the uptake of the flu vaccines in health, care, and support?

**There will be speakers from Norfolk's Flu Care Study Public Health team and from Norfolk's Scientific Training Programme.**

**The webinar will be Chaired by Tim Weller  
Head of Integrated Quality Service**

Click [here](#) to book your place at the webinar  
or scan the QR code



# N&W ICS SCHWARTZ ROUND

*Victims and Perpetrators...*

*The impact of bullying and harassment*



[SIGN UP  
HERE](#)



**Thursday 9th February**



**12.45pm – 2.15pm**  
**Live Round 1pm – 2pm**  
(Virtually via Microsoft Teams)

Whether you provide professional services to our patients and residents or whether you support in an administrative/supportive role, these confidential multidisciplinary forums provide space and time for all staff, clinical and non-clinical, to come together to discuss the emotional and social aspects of working in health, social care and volunteer services.

The purpose of Rounds is to understand the challenges and rewards that are intrinsic to providing care. They are not for solving problems and do not focus on the clinical aspects of patient care.

The underlying premise for Rounds is that the emotional and social caring shown by staff can make all the difference to patient/client/service user experience.

For more information regarding Schwartz Rounds, click here:

<https://www.pointofcarefoundation.org.uk/our-programmes/staff-experience/>

For further information, or to express your interest in being a panellist for a future Round please contact, **Nicola Abel: Nicola.abel@nhs.net**

**PUBLIC  
LECTURE  
SERIES**



# **BI-MONTHLY DEMENTIA OPEN FORUM**

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

**Dr Liz Coulthard, Associate Professor in Dementia Neurology, University of Bristol: “Better Sleep for Brain Health”**

Dr Coulthard will talk about the role of sleep in Alzheimer’s disease, and more generally in brain health. She will talk about challenges in sleep research – particularly what features are important, and when and how we should measure sleep in people with Alzheimer’s. She will present exploratory clinical trial data of treatments to enhance sleep.

Liz Coulthard is an associate professor in dementia neurology at the University of Bristol. She leads the ReMemBR group (**R**esearch into **M**emory, the **B**rain and **D**ementia) and runs a cognitive disorders clinic focusing on early, accurate diagnosis of dementia. Her research investigates sleep and memory in early Alzheimer’s disease with a view to developing interventions to help prevent decline and improve quality of life in prodromal and established Alzheimer’s.

**Date:** Thursday 23 February 2023  
**Time:** 2 pm – 3 pm  
**Location:** Zoom

**This event is free and open to all. Please email [dementia.research@uea.ac.uk](mailto:dementia.research@uea.ac.uk) and we will send you the link.**





### **The Conservation Volunteers (TCV) news**

Brrr! It may be (literally) freezing of a morning, but TCV are out keeping warm and well across Norwich and Norfolk as usual, often with a bonfire to cheer them. Two more brand-new sites this month, as they plant hundreds of trees at Lenwade, and prepare the ground for more planting at the Mousehold South Allotments, with the chance to try out the ancient craft of hedgelaying, as well as being creative with cut branches to make a 'dead hedge'. TCV are not neglecting Mousehold Heath either, in their ongoing fight to clear gorse and save the remaining precious areas of heather: They look forward to seeing a mass of purple flowers in the summer! So, if someone fancies a day out in the country (Longham, East Ruston) or wants to help to improve the urban green spaces of Norwich (Marston Marsh, Marriotts Way, Bowthorpe Marsh, Lakenham Way) TCV hope that you can join them.

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



COMMUNITY  
SPORTS  
FOUNDATION

### **Carrow Park to open as a community 'hot-spot'**

Carrow Park, the Community Sports Foundation's facility next to Carrow Road, will be opening its doors as a designated community 'hot-spot'.

As part of efforts to combat the ongoing cost-of-living crisis, every Wednesday morning between 8.30am and 10.30am, members of the public will be able to use the space to stay warm, enjoy a free cup of tea or coffee, and connect with others.

Newspapers and Norwich City FC matchday programmes will be available to read, while a trained mental health first-aider will be on hand to provide one-to-one support, if required.

<https://www.communitysportsfoundation.org.uk/news/carrow-park-to-open-as-a-community-hot-spot/>



### **Leisure- South Norfolk**

Diss Leisure Centre is running a free swim session from 4pm until 6pm every Friday from January 13 in the main pool. It is aimed at "those in need" so they can exercise for free and there is no need to book.

<https://www.southnorfolkandbroadland.gov.uk/leisure/diss-leisure-centre>



Elsewhere in south Norfolk, there are free activities at Long Stratton and Wymondham leisure centres from January 9, with arts and crafts, short tennis, badminton, and basketball. This is available in Long Stratton on Tuesdays and Thursdays from 4pm until 5pm and in Wymondham on Wednesdays, Thursdays, and Fridays from 4pm until 5pm.

The sessions will run during the winter months, excluding the school holidays, and a parent or carer must be present. There is no need to book, and a drink and a sandwich will also be available from the cafes at both for just £1.50.

<https://www.southnorfolkandbroadland.gov.uk/leisure/long-stratton-leisure-centre>

<https://www.southnorfolkandbroadland.gov.uk/leisure/wymondham-leisure-centre>

Anyone struggling can also visit any of the three centres, all run by South Norfolk Council, and mention 'warm space' to the reception team. They will find you somewhere to sit with a hot drink, with shower facilities also available. Please contact the centres directly for more information.



### **Kintsugi Hope Course – Emotional wellbeing group- Thetford**

Feeling overwhelmed? King Street has teamed up with Kintsugi Hope to run emotional wellbeing sessions that are open to all. They aim for those who take part to learn and grow in knowledge about mental and emotional wellbeing, and as a group to form a wellbeing community. They are open to everyone and anyone.

The weekly sessions for the next group will begin on Thursday 12th January 2023 at 10:15am and will be weekly for 12 weeks. They will be meeting in the back room at the church building in King Street, Thetford. Spaces are limited and you will need to 'sign up' to come along, so please contact them over social media or email

kintsugi@kingstreetbaptist.org.uk. There is no charge. They especially welcome people from the Thetford and Breckland area.

Kintsugi Hope is a UK charity striving to make a difference to people's mental wellbeing. Like us, they want to see a world where mental and emotional health is understood and accepted, with safe and supportive communities for everyone to grow and flourish.

<https://kingstreetbaptist.org.uk/2022/12/17/kintusgi-hope-course-emotional-wellbeing-group/>

King Street Baptist Church  
King Street  
Thetford  
IP24 2AP

**FOOD FOR THOUGHT**

Free live cooking demonstrations by a professional chef

**MONEY SAVING**




**FAMILY FRIENDLY**

**SWAP RECIPE IDEAS**

**TASTING SESSIONS**

**FREE TO ATTEND**

01553 616200  
asklily.org.uk

  Borough Council  
King's Lynn &  
West Norfolk 



# Come and join us for live cooking demonstrations where we exchange ideas, embrace mealtimes and enjoy plenty of tasters prepared by our professional chef!

## **Week 1 – 18/1**

Breakfast

## **Week 2 – 25/1**

Lunches

## **Week 3 – 1/2**

Dinners

## **Week 4 – 8/2**

Homemade snacks

## **Week 5 – 15/2**

Nutritional content

## **Week 6 – 22/2**

Supermarket swaps

## **Week 7 – 1/3**

Batch cooking

## **Week 8 – 8/3**

Dietary alternatives

## **Week 9 – 15/3**

Low calorie cooking

## **Week 10 – 22/3**

Low cost desserts

## **Week 11 – 29/3**

Fake-away meals

## **Week 12 – 5/4**

Easter savings



Sessions run 9:30am–11:30am at the London Road Methodist Church, King's Lynn PE30 5EJ.  
Pick and choose the sessions that interest you, and there's no need to book in advance, just turn up!  
Call 01553 616200 or email [asklily@west-norfolk.gov.uk](mailto:asklily@west-norfolk.gov.uk) for more information.

01553 616200  
[asklily.org.uk](http://asklily.org.uk)



Borough Council of  
King's Lynn &  
West Norfolk



**Meet up for  
Autistic Adults at  
Great Yarmouth Library**

Tolhouse St, Great Yarmouth  
NR30 2SH

*hi!*

Last Friday  
of the month  
10:30am -11:30am

No Booking  
necessary

Starting  
27th January 2023

For more information email:  
[lynn.arnold@norfolk.gov.uk](mailto:lynn.arnold@norfolk.gov.uk)



### Love Dereham

Dereham Residents (and surrounding villages)

Anyone lonely, isolated, or unable to afford their own meal out – please let them know about the free Community Lunch in Dereham. They are always on the 2nd Tuesday of the month at 11.45 for a midday meal.

Free tickets from Green Pastures bookshop 20 Norwich Street Dereham.

Contact- Athena; [athena@lovedereham.org.uk](mailto:athena@lovedereham.org.uk)

07749 687 981

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





# WHERE CAN I STAY WARM IN DEREHAM?



v2, DEC 2022

MON	TUE	WED	THU	FRI	VARIOUS DAYS
<p><b>Dereham Cancer Care</b></p> <p>10.00-14.00</p> <p>Cuppa and a chat.</p>	<p><b>Dereham Cancer Care</b></p> <p>10.00-14.00</p> <p>Cuppa and a chat.</p>	<p><b>Toftwood Methodist Church</b></p> <p>10.00-11.00</p> <p>3rd Wed of month</p> <p>Coffee morning</p>	<p><b>Dereham Cancer Care</b></p> <p>10.00-12.00 (10.00-14.00 from the new year)</p> <p>Cuppa and a chat.</p> <p><b>Trinity Methodist Church</b></p> <p>10.00-11.30</p> <p>3rd Thurs each month</p> <p>Coffee Morning</p> <p><b>Dereham Baptist Church</b></p> <p>13.00-15.00</p> <p>Oasis</p> <p>Tea, coffee, games and puzzles.</p> <p>All Free.</p>	<p><b>Salvation Army</b></p> <p>St Nicholas St.</p> <p>08.45-11.00</p> <p>Coffee Morning</p> <p><b>Cowper Memorial Congregational</b></p> <p>10.00-12.00</p> <p>Coffee Morning</p> <p><b>Dereham Baptist Church</b></p> <p>10.00-13.00</p> <p>Be warm &amp; with friendly people.</p> <p>Homemade cakes, light-bites and drinks for sale.</p>	<p><b>Dereham Meeting Point</b></p> <p>Welcoming disabled and 55yrs +</p> <p>Mon-Fri : 08.30 to 16.00</p> <p>Activities daily.</p> <p><a href="http://www.derehammeetingpoint.co.uk">www.derehammeetingpoint.co.uk</a></p> <p><b>Dereham Library</b></p> <p>Free hot drinks during staffed open times:</p> <p>Mon-Fri 09.30-19.00 &amp; Sat 09.30-16.00</p> <p>Daily groups &amp; activities to take part in.</p>
<p>Visit our website to see the online calendar as well as more information and links to specific websites.</p> <p>SCAN ME</p>		<p><b>DEREHAM COMMUNITY FRIDGE</b></p> <p>Don't forget: The fridge is open 10.00-13.00 every week day. Wait in the warm from 09.30 daily.</p>	<p><b>Green Pastures Community Hub - 20 Norwich Street</b></p> <p>Let's Chat</p> <p>Drop-in style friendly group with free hot drinks. 11.00-12.00 every Mon, Tue, Wed &amp; Thur.</p>	<p>Supported by <b>Norfolk Community Foundation</b></p> <p><b>Love Dereham</b></p> <p><b>Community Hot-spot</b></p>	




## Respite in the Reeds

This project is for women who would like to be a bit more active and connect with other women and the natural world, but perhaps are unsure or fearful of doing so. If you have had a few challenges or difficult circumstances in your life, you would be very welcome to

take part. The sessions will be a mixture of physical activity, creativity and social time, in a supportive, non-judgmental atmosphere

The Respite in the Reeds project will include guided walks, outdoor yoga, outdoor creative arts, camp cooking, outdoor mindfulness, and a residential trip to an off-grid cottage in Norfolk. Most sessions will be based at the private meadow site at Bittern Meadow in Postwick, near Norwich.

Dates – Respite in the Reeds will take place on the following dates in April, May and June 2023. Why not put them in your diary now? Monday 3rd April Monday 15th May Monday 17th April Monday 22nd May Monday 24th April Monday 5th June Monday 1st May Monday 12th June Monday 8th to Thursday 11th May (residential).





## Respite in the Reeds

Free outdoor activities just for women.

If you like spending time in the outdoors,  
If you would like to be a bit more active,  
If the thought of trying something new scares you, but you would like to do it anyway....

Contact us to find out more  
[melanie.wheeler@bittern-meadow.co.uk](mailto:melanie.wheeler@bittern-meadow.co.uk)  
Call or text 07507842187  
[www.bittern-meadow.co.uk](http://www.bittern-meadow.co.uk)





### **Creative Arts East- Come and join an Our Day Out session!**

The award-winning 'Our Day Out' is all about engaging people aged 50+ in a high quality, fun, accessible, participatory arts workshops. The sessions are free to attend and gives participants the chance to meet new people, get out and about, have a cuppa, and try a new type of creative activity, which are all led by a professional artist. Past activities have included song writing, drumming, contemporary dance, creative writing and mindful walks and printing too. 'Our Day Out' is suitable for carers and is dementia inclusive.

For more information or to let them know you are coming, contact Lauren on 01953 713390 or email [lauren@creativeartseast.co.uk](mailto:lauren@creativeartseast.co.uk)

February will see some print making with printmaker and artist Donna Thompson and some photography sessions mixed in with artist Rachel Wright.

### **Printmaking Donna Thompson**

- Great Massingham Village Hall, Wednesday 1st & 15th February 1-3pm
- Watton Methodist Centre, Thursday 2nd & 16th February 2-4pm
- Dereham Trinity Methodist Church, Friday 3rd & 17th February 1-3pm
- South Wootton Village Hall, Wednesday 8th & 22nd February 1-3pm
- Attleborough Methodist Church, Thursday 9th & 23rd February 1-3pm
- Thetford Methodist Church, Friday 10th & 24th February 2-4pm
- Hunstanton Community Centre, Monday 13th & 27th February 1-3pm

- Wells WI Hall, Tuesday 14th & 28th February 1-3pm

### **Photography with Rachel Wright**

- Great Yarmouth St Georges Theatre Café, Tuesday 7th & 21st February 1-3pm
- Hunstanton Community Centre, Monday 27th February 1-3pm
- Wells WI Hall, Tuesday 28th February 1-3pm

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



## **THE SILVER SOCIAL**

### **The Silver Social**

The Silver Social is joined by Shey Hargreaves this February for a two-hour workshop on creating original podcasts relating to participants' interests. The workshop includes exercises, games, and support around devising a podcast; thinking up themes; using an app on a tablet to record and edit sound clips; and uploading/sharing a podcast once it is finished.

In February, The Silver Social is joined by a live performance of a new storytelling show from the creator John Osborne.

The story begins when John is given a box of old copies of the Radio Times that once belonged to his grandparents. Listen as they lead him to piecing together their life by the shows that they lovingly circled in each edition. the show is not just about that box of old



copies of the Radio Times, but the role television plays in our lives and the changing ways all of us watch TV.

- Monday 20th February 1.30-3pm at Attleborough Town Council, Queens Square, Attleborough, NR17 2AF
- Tuesday 28th February 1.30-3pm at Thetford Library, Raymond Street, Thetford, IP24 2EA

Tickets are 'pay what you can' but a suggested ticket is £5 and can be purchased on the door or at [ticketsource.co.uk/creative-arts-east](http://ticketsource.co.uk/creative-arts-east).

The Silver Social offers a chance to enjoy a cuppa and cake whilst listening to some live music, watching a theatrical performance, or taking part in an arts workshop.

All workshops are free to attend, and no booking is required.

To stay up-to-date with what's coming up at The Silver Social, visit [www.thesilversocial.com](http://www.thesilversocial.com) or if you want to talk to someone about getting involved with The Silver Social as a participant, a prescriber, volunteer, or a performer, please contact Kaitlin Ferguson, Arts and Health Officer at Creative Arts East, by emailing [kaitlin@creativeartseast.co.uk](mailto:kaitlin@creativeartseast.co.uk) or calling 01953 713390.

The Silver Social is a touring arts and health programme for people aged 50+ in the Breckland area and supported by the partnership of Breckland Council and Creative Arts East.

<https://thesilversocial.com/>





### **CAP money courses**

CAP money courses will be running soon which look at budgeting and how to save and spend wisely. The course is 3 weeks in total sessions of 1 and half hours which can be flexible.

It is due to start on **13th February 1.30pm to 3pm**, to be held at the Fountain of Life Church, Swaffham road, Ashill, Norfolk. IP25 7BT. You can log your interest on the CAP website-

<https://capuk.org/i-want-help/courses/cap-money-course/introduction>

or contact Colette- phone number is 07776 365 383- for further details

# **PIT STOP** **is coming to** **THETFORD** **&WATTON**



**Pit Stops bring men together through activities and conversations to build friendship and connection.**

There is no charge to attend Pit Stop and we supply refreshments.

**Pit Stops cover a variety of interests and activities ranging from board games, creative arts, walks and talks to fishing. We're keen to hear what you'd like to do too..**

**Come along!**

find events at [menscraft.org.uk/events/](https://www.menscraft.org.uk/events/)

## **THETFORD**

**Thursdays 2 – 4pm**  
Charles Burrell Centre  
(The Old Library room)  
Staniforth Road  
Thetford  
Norfolk  
IP24 3LH

**Start date:**  
**Thurs 12th Jan 2023**

## **WATTON**

**Wednesdays 2 – 4pm**  
Watton Youth  
& Community Centre  
Harvey Street  
Watton  
Norfolk  
IP25 6EB

**Start date:**  
**Wed 18th Jan 2023**

Contact  
Steve Hunt  
[steve@menscraft.org.uk](mailto:steve@menscraft.org.uk)  
07732 078435



Pit Stop is a MensCraft project, a charity supporting men's wellbeing

[www.menscraft.org.uk](https://www.menscraft.org.uk) **MensCraft**

# Norfolk Deaf Festival



## **Norfolk Deaf Festival (NDF)**

The Norfolk Deaf Festival (NDF) will be returning to the Forum, Norwich this year on Friday 7<sup>th</sup> July and Saturday 8<sup>th</sup> July 2023. They would absolutely love to have you with them, whether you are a returning or a new face.

Due to high demand, they are limiting stalls to one day only. If you wish to have both days, you will be placed on a waiting list for the second day and contacted nearer the time if there is space available.

Stalls are £30 per stall, per day and charities are free but they appreciate any donations as NDF is a voluntary run organisation which relies on funding to continue returning each year. Please don't hesitate to get in touch if you have any questions or concerns.

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

**Information**

**and**

**advice**



## **Ready to Change**

“If you’re looking to lose weight, stop smoking, become more active or even just drink less, Ready to Change can really help you reach your goals.

“One of the best free behaviour change tools I’ve seen.”

**Dr Zoe Williams, GP and resident doctor on ITV's This Morning**

<https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/ready-to-change>



## **Monitoring the Mental Health Act**


Monitoring the Mental Health Act is the annual report on the use of the Mental Health Act (MHA). It looks at how providers are caring for patients, and whether patients' rights are being protected.

The Mental Health Act 1983 (MHA) is the legal framework that provides authority for hospitals to detain and treat people who have a mental illness and need protection for their own health or

safety, or the safety of other people. The MHA also provides more limited community-based powers, community treatment orders and guardianship.

This report sets out activity and findings from engagement with people subject to the MHA and review of services registered to assess, treat and care for people detained using the MHA during 2021/22.

<https://www.cqc.org.uk/publications/monitoring-mental-health-act>



**MoneySavingExpert**  
Cutting your costs, fighting your corner  
Founder, Martin Lewis · Editor-in-Chief, Marcus Herbert

### **Severe Mental Impairment (SMI) council tax discount**

The 'severely mentally impaired' (SMI) council tax discount is a reduction off a household's council tax bill, worth, at a minimum, 25%, all the way up to, in some cases, the entire bill being wiped. There are two steps to qualify. First, someone must be medically certified as being 'severely mentally impaired' – defined as having "a severe impairment of intelligence and social functioning (however caused) which appears to be permanent". SMI is a medical diagnosis, but the underlying cause could be a condition such as dementia (including Alzheimer's), profound learning difficulties, the result of a severe stroke or something else. Second, in England and Wales, the person must also be receiving at least one of a number of benefits such as disability living allowance.

[https://www.moneysavingexpert.com/reclaim/severe-mental-impairment-dementia-council-tax-rebate/?utm\\_source=MSE\\_Newsletter&utm\\_medium=email&utm\\_term=20-Dec-22-41beffdee2149859638-63a212b8acd7341762bf928e370623fd&source=CRM-MSETIP-41beffdee2149859638&utm\\_campaign=nt-hiya&utm\\_content=13](https://www.moneysavingexpert.com/reclaim/severe-mental-impairment-dementia-council-tax-rebate/?utm_source=MSE_Newsletter&utm_medium=email&utm_term=20-Dec-22-41beffdee2149859638-63a212b8acd7341762bf928e370623fd&source=CRM-MSETIP-41beffdee2149859638&utm_campaign=nt-hiya&utm_content=13)



## Turn2us- Emergency Information - Benefits not enough to meet my needs

You might find yourself caught short of money and need help with essentials like food or paying your bills. Please look at the range of support options discussed in this guide-

<https://www.turn2us.org.uk/Benefit-guides/Emergency-Information/Benefits-not-enough-to-meet-my-needs>



**Independent**  
**Age**

## Independent Age

### Key information on boosting your income and on help to deal with debt

We are all thinking about the cost of living now. If you're worried about money or feeling stressed and anxious about debt, it's good to know there is help available. This may include extra benefits, advice on ways to manage your bills or help with debt if you need it.

Check whether you qualify for any financial support so you don't miss out on extra money you may be entitled to. Call the friendly **Helpline team** on **0800 319 6789** to arrange a free benefit check or try the online calculator-

## **Staying independent and safe**

As we age, most of us experience some sight or hearing loss, which can cause difficulties in our daily lives.

Did you know that if you're living with both sight and hearing loss, you're entitled to a specialist assessment from your council? And if you're blind or partially sighted, you can register this as a disability, which allows you to claim certain concessions, such as help with NHS costs, a discount on your TV licence and leisure discounts?

To find out more about the support available and products that can make your life easier if you're living with sight or hearing loss, visit the website below-

<https://www.independentage.org/information/support-care/help-at-home/getting-equipment-for-sight-loss>

# Later Life AGEnda

What's happening out there affecting older people's lives?

## **Later Life Agenda**

Articles includes-

- Millions to work longer under plans to increase retirement age to 68
- Assisted dying should be a right – not a crime
- Care homes 'paying thousands a week' for agency nurses
- People struggling could get lower energy bills

[https://paper.li/LaterLifeAGEnda?edition\\_id=3f363130-9bb7-11ed-98b5-fa163eed9ef2](https://paper.li/LaterLifeAGEnda?edition_id=3f363130-9bb7-11ed-98b5-fa163eed9ef2)



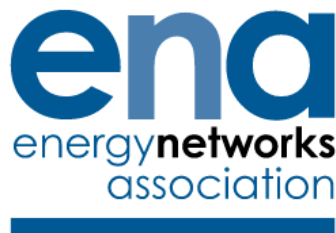


### **Independent Living update**

Contents include-

- Older people's shared ownership
- Did you know?
- Blackwood Design Awards
- Temporary wet room solution
- WCA up for a change?
- Less survivable cancers

<https://preview.mailerlite.com/y1o6k6u8m1>



### **Energy Networks Association- Be Winter Ready**

Is anyone protected from emergency power cuts? Some sites are protected from emergency planned power cuts. These include critical national infrastructure, like air traffic control centres and some major hospital facilities with accident and emergency departments. Exemptions aren't automatic and organisations have to apply for protected status. Residential customers, including those on the Priority Services Register and

businesses without backup generation that are not listed as 'protected' by the government, would be part of an planned power cut rota. Organisations would need to apply for protected status, following the Electricity Supply Emergency Code procedures.

If you depend on medical equipment that requires power, and don't already have a power cut plan, you should speak to your healthcare provider now. Power cuts can happen all-year-round so it's important you are prepared, make a plan and know what to do. Being prepared is important, whether it's for a power cut, severe weather or emergency planned power cuts.

**Prepare** - Plan: know what to do if you have a power cut or smell gas

- Follow your network operator on social media so you can find local updates. Find them at [energynetworks.org/be-winter-ready](https://energynetworks.org/be-winter-ready)
- Save 105, the free national power cut emergency number, to your phone
- Save 0800 111 999, the free national gas emergency number, to your phone
- Keep a mobile phone fully charged so you can use it to go online for updates or call if you have a power cut
- Keep a torch handy in case you are without power during the night
- Have warm clothes, blankets and food which doesn't need heating accessible

**Care** - Check in with people who might need extra help

- Check on neighbours, family and friends to make sure they have a plan for if the power goes out.
- If you need medical equipment that requires electricity, you should check back up equipment is in working order.
- If you have any concerns, you should speak to your medical equipment or health care provider ahead of any emergency power cut.

**Share** - Share this information so friends and family can make a plan too

- Share this information and the [energynetworks.org/be-winter-ready](https://energynetworks.org/be-winter-ready) website with others

# Norfolk Against Scams Partnership

## NASP updates

### Scam Alert – Fake parcel delivery text messages

NASP are continuing to receive reports of fake parcel delivery text messages which lead to bogus websites that attempts to gain personal information or take payments

D H L : Your parcel is still awaiting processing. Please confirm delivery charges.  
<https://cutt.ly/20200707>

Previous examples have included texts claiming to be from Royal Mail, EVRI, DPD and the Post Office. These texts have been sent by criminals who have created the fake website to look similar to the genuine websites, with the same branding, layout and font choices.

If you receive these or similar texts **do not click on the link**. If you think you have provided scammers with your financial details, you should contact your bank immediately.

If you receive what you think is a fake or scam text message, forward it, including the phone number or company name, to 7726. All phone operators now use this number as

the short code to report spam and scam texts, which is free of charge. It won't cost you anything and it means your phone provider can investigate the sender.

Report all scams to us via Citizens Advice Consumer Service on **freephone 0808 223 1133**

### **Cold Calling Alert – Telephone cold calls regarding 'loft insulation'**

We are again warning residents to be aware of telephone cold calls regarding loft insulation. This follows a report from a Norfolk resident who received a call in which the cold caller claimed they were calling to offer a 'free loft insulation check'.

Our advice is always be very wary of any approach made in a telephone cold call and **never** give or confirm any personal details or agree to someone visiting your home if approached in this manner.

If you need advice about cold calling or have been told you will receive a visit to your home during a cold call, contact us through our partners the Citizens Advice consumer helpline on **freephone 0808 223 1133**

### **Bookmarks**

The NASP have recently produced some bookmarks with a scam awareness message on. Libraries will be distributing these but if any partners think they would like some please get in touch- [nasp@norfolk.gov.uk](mailto:nasp@norfolk.gov.uk)

### **Online Safety Webinars**

Please see the flyer below.

# Online Safety Webinars.



Are you a parent or carer, or someone who looks after children?

Norfolk Constabulary's Safer Schools Team and their colleagues in Prevent (Counter Terrorism), Cyber Security and the Safeguarding Children Online Team will be delivering two webinars about keeping children safe online.

Select a session below to reserve your spot:

## Session One

Tue 7 Feb 2023 | 11:00 - 12:00

## Session Two

Tue 7 Feb 2023 | 16:00 - 17:00



## Report to Action Fraud using British Sign Language



Did you know, you can report to Action Fraud using British Sign Language. To access this service, download the free SignVideo app, click on the Sign Directory and search for 'Action Fraud' to connect to a BSL interpreter.

For more information visit the Action Fraud website-

<https://www.actionfraud.police.uk/news/signvideo>

## Norfolk Community Watch Magazine

Please find below the link to the January issue of the Norfolk Community Watch magazine-

[https://issuu.com/peter2491/docs/norfolk\\_magazine\\_ae1244a7d59373](https://issuu.com/peter2491/docs/norfolk_magazine_ae1244a7d59373)



### Social media scams to look out for in 2023 and how to avoid them

A Cybersecurity expert looks into the future to highlight the cons that are likely to be doing the rounds this year

From posing as HMRC to help you get your cost-of-living payment to offering too-good-to-be-true holiday deals, cybercriminals are always producing new ways to steal from unsuspecting social media users.

Social media is a great place for scammers to hang out, and last year Lloyds Bank **reported** that reports of fraud via Facebook's Marketplace feature were taking up more time at bank call centres than any other type of purchase racket, as buying and selling cheap goods soared during the cost of living crisis..

Chronicle Live have teamed up with cybersecurity expert Liz Wegerer from [VPNOverview.com](https://www.vpnoverview.com) to look into the future and predict the most likely social media scams predicted to do the rounds this year.

[https://www.chroniclive.co.uk/news/uk-news/facebook-instagram-scams-con-fraud-25981727?utm\\_source=beloud.com&utm\\_medium=beloud.com](https://www.chroniclive.co.uk/news/uk-news/facebook-instagram-scams-con-fraud-25981727?utm_source=beloud.com&utm_medium=beloud.com)

### **Centre for Ageing Better- Tackling the older worker participation crisis**

Specialist Advisor for Work, Kim Chaplain reviews how the government may use this scheme to support older workers or people who've retired back into the workplace.

Increasingly the government has shown over the past year that it is coming to realise the scale of older workers leaving the labour market and raising the issue higher up its priority list.

The Chancellor specifically reference DWP (Department of Work and Pensions) support for older workers during May's cost-of-living support announcement, the DWP launch in the summer of the 50PLUS Champions dedicated to helping over 50s into work and the announcement in November's Autumn Statement of a thorough review of workforce participation.

Now there is the biggest indication yet that encouraging more older people back into work is a key goal for this government with the announcement over the festive period that the Prime Minister was drawing up plans to woo thousands of "missing" older workers back into the office amidst fears that Britain's economic recovery is being held back by people taking early retirement.

It has been reported that over 50s will be offered a new personal MOT that will allow them to assess their financial health and their prospects for early retirement. The assessment will also be used to help identify opportunities for part-time or flexible work, mentoring and



skills training. The project will also include a nationwide public information campaign to highlight the opportunities available to older workers.

<https://ageing-better.org.uk/blogs/how-does-prime-minister-plan-encourage-more-older-workers-out-early-retirement>



### **Care Provider Update**

The Update includes information on:

- Providers must update their data monthly via Capacity Tracker
- How care homes can be prepared in case of a flu outbreak
- Home Support Provider Engagement Review 2021/22
- ICS commissioned Curators of Change are hosting its second Ethical Framework workshop on 19th Jan.

[https://www.norfolk.gov.uk/?sc\\_itemid=%7BDD152214-163C-43CC-A5D9-2F26A758203E%7D&sc\\_lang=en&sc\\_pd\\_view=1](https://www.norfolk.gov.uk/?sc_itemid=%7BDD152214-163C-43CC-A5D9-2F26A758203E%7D&sc_lang=en&sc_pd_view=1)

### **Multiply programme**

Norfolk County Council have launched Multiply, a new learning programme to help adults improve their maths and numeracy skills by enrolling on free courses and activities.

They're looking to work with organisations from the voluntary and charity sectors, to help reach the people who will benefit most from this project.

Norfolk County Council have been awarded £4.7 million of funding from the Department for Education to develop the Multiply project.

The council has also taken on 7 Multiply Champions, who will work with partners to provide advice and support to people looking to improve their numeracy skills and

understanding. The Champions will attend local events, and work in various community areas, such as libraries, to ensure they reach people who would benefit from a Multiply funded course.

Some examples of the courses that will be available are:

- Introductory courses which help increase people's confidence with numbers
- Courses designed to help people understand and manage their money, particularly during the cost-of-living crisis
- Specific workplace courses, delivered with employers to provide skills relevant to the workplace
- Numeracy courses aimed at parents who want to increase their own skills to be able to better help their children
- Additional maths modules built in to existing vocational courses
- Intensive and flexible courses which lead to a Functional Skills Qualification

If your organisation is interested in learning more about this project, then please complete this form with your organisation's details. -

<https://forms.office.com/pages/responsepage.aspx?id=fhcZFOBXD0-v8P1htUnRDvkMuYUYEEpPu2LoJCRI7gNUNUQ1OEE0U0xKRlpIMENOSk1ZMDIHTINHWC4u>

For more information, about Multiply, please visit [www.norfolk.gov.uk/multiply](http://www.norfolk.gov.uk/multiply).

If you have any further questions please contact [multiply@norfolk.gov.uk](mailto:multiply@norfolk.gov.uk)

# At your Library

## Winter Support Survey

Have you used any of the Winter Support available from Norfolk County Council?

If you have, please complete this survey to give your experience and views. It takes around 5 minutes to complete and is anonymous. The survey helps the council to improve the support it offers. Support this Winter has included hot drinks and bags of clothing, toiletries and sanitary products available in libraries. <https://www.smartsurvey.co.uk/s/hsf22libs/>

## Norwich Time Travellers

Would you enjoy getting together with others to reminisce and learn more about our heritage collections over a cuppa? Then come along to our Norwich Time Travellers group, which meets at Norfolk Heritage Centre every other Friday, 10.30am-12pm (next session 27th January). The sessions are free, and booking is not required – just drop in.

## Author Q&A with Melissa Fu

As part of the British Library's Chinese and British touring exhibition, author Melissa Fu will be joining us on Zoom to talk about her first novel, Peach Blossom Spring on Wednesday 1st February at 8pm. Spanning continents and generations, Peach Blossom Spring is a bold and moving look at the history of modern China, told through the story of one family. Book your free place via Eventbrite.

Discover more Heritage Centre events on Eventbrite  
[www.norfolkheritagecentre.eventbrite.co.uk](http://www.norfolkheritagecentre.eventbrite.co.uk)

**Recommended Read**—"Sparring Partners" by John Grisham is a collection of 3 novellas from the master of the legal thriller. In the title story, 'Sparring Partners' are the Malloy brothers, Kirk and Rusty, two successful young lawyers who inherited a once prosperous firm when its founder, their father, was sent to prison. Kirk and Rusty loathe one another, and speak to each other only when necessary. As the firm disintegrates, the fiasco falls into the lap of Diantha Bradshaw, the only person the partners trust.



Visit our website for opening hours and details about our Open Library access . You can also sign up for our newsletter

[www.norfolk.gov.uk/libraries](http://www.norfolk.gov.uk/libraries)

# Living Well Life Writing

A friendly weekly creative writing group led by experienced writer and teacher Bel Greenwood.

Together we will create a collection of writing that reflects people's lives in the landscape.

**Watton Library**

**9th February 2023—20th March,**

**10:30 til 12:30**



 Norfolk County Council

**borrow discover connect**

Breckland  
**Health &  
Wellbeing  
Partnership** 

 Norfolk County Council



# At your Library

## Dementia Friendly Support Group

**Hellesdon Library 10.30-12.30**  
**last Friday of the month**

Friday 27th January	Valentines crafts
Friday 24th February	Music and sing-along
Friday 31st March	Decorate an Easter bonnet
Friday 28th April	Try some seated exercise
Friday 26th May	Planting and growing
Friday 30th Jun	Fun prize bingo

**A safe space for those living with Dementia and unpaid carers to chat and take part in fun activities. Refreshments provided.**

**Free drop-in session, call us on 01603 427790 for more information.**

**borrow discover connect**



**Norfolk County Council**



# Become a Befriender

Help tackle loneliness and isolation in your local area



Make a difference in your community by providing company, friendship and support for those who really need it



*Having a cup of tea together*



*Going out for walks*



*Helping them join clubs or groups*



*Chatting on the phone*



*Building their confidence*



*Making new friends*

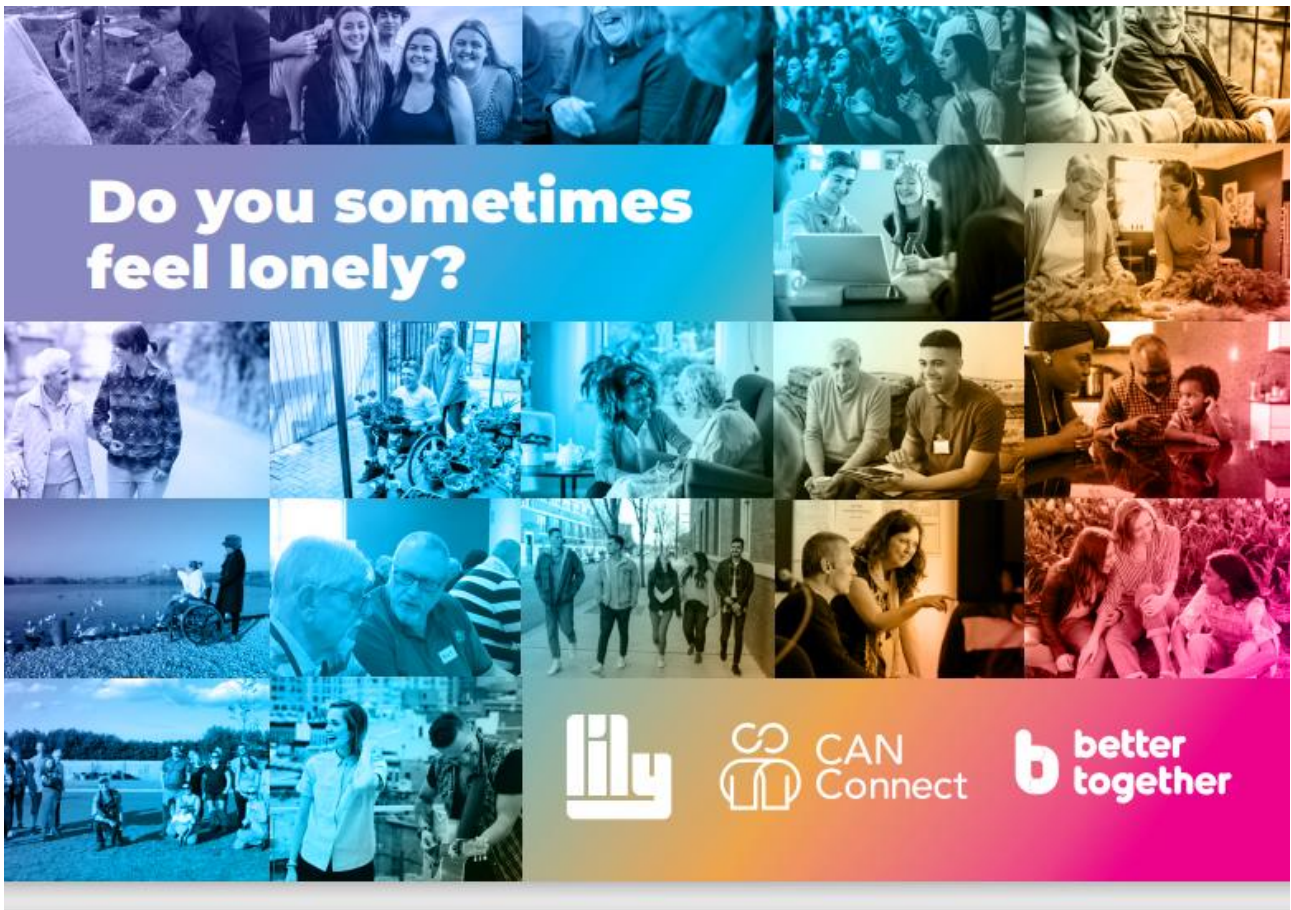
## Can Connect

is a project set up to reduce loneliness and isolation in Breckland

To enquire about befriending go to [canconnect.org.uk/volunteer](http://canconnect.org.uk/volunteer)

or call Natasha on 01362 698216





**Do you sometimes feel lonely?**



**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](http://www.canconnect.org.uk) or call 0300 303 3920



In partnership with



# RNIB

See differently

## **RNIB Living Well with Sight Loss Courses**

As well as the telephone befriending groups running once a week for about an hour, RNIB also have their Living Well with Sight Loss Courses which may be of interest. These are courses are held over the telephone generally and they run over 4 sessions either over 2 weeks or 4 weeks for about 1 ½ per session and each session covers a different subject. They will cover things like Eye Health and the role of social services, Emotional and Physical Wellbeing, Local and national organisation support, daily living, getting out and about, Certification and registration, concessions and benefits, transport etc. They give a broad overview as to what is available to people with Sight Loss.

<https://www.rnib.org.uk/your-eyes/navigating-sight-loss/living-well-with-sight-loss-courses/>



## **Wiltshire Farm Foods**

The new Winter and Spring Softer Foods brochure is here! With over 85 dishes to choose from including mains, snacks, and desserts, you can enjoy all of your favourite meals in a texture that is just right for you.



[https://www.wiltshirefarmfoods.com/?utm\\_source=2023-01-15-SN-New-WS-Menu-Launch&utm\\_medium=email&utm\\_campaign=News&sc\\_src=email\\_146843&sc\\_lid=18836302&sc\\_uid=vWkRWte78T&sc\\_lid=6595&sc\\_customer=&sc\\_eh=08b8ef16d98085281](https://www.wiltshirefarmfoods.com/?utm_source=2023-01-15-SN-New-WS-Menu-Launch&utm_medium=email&utm_campaign=News&sc_src=email_146843&sc_lid=18836302&sc_uid=vWkRWte78T&sc_lid=6595&sc_customer=&sc_eh=08b8ef16d98085281)



### **Food Cabin – Dereham**

Food Cabin is part of the Nourishing Norfolk Network. They're an affordable food service that provides discounted food items and toiletries for people in Dereham on a membership basis.

They sell everyday food items and toiletries (plus give some stuff away too!). Items include milk, bread, vegetables, cereals, meat, and tinned food.

They even have a Free-From section! Members will save around 30% compared to supermarket prices.

You'd then just need to pop into the Centre (35 Neathered Road, Dereham, Norfolk, NR19 2AE) at an arranged time with proof of address and they'll get you all registered to be able to use the shop.

The only limitation to membership is that they can only accept people living in Dereham (or Toftwood) and can only accept as capacity allows. Membership costs £2 for the year.

To access the service, check out the website (<https://www.wfcdereham.org/food-cabin/>).


Email [ops@wfcdereham.org](mailto:ops@wfcdereham.org) or [foodcabin@wfcdeream.org](mailto:foodcabin@wfcdeream.org) and let them know if you want to become a member.



# Broadland's Community at Heart lottery



## Are you a Broadland based



Community  
group/club

Non-profit  
association

Charity

**Are you looking  
for a reliable  
and free way to  
raise funds?**

Join the Community  
at Heart Lottery as a  
Good Cause today.  
50% of each £1 ticket  
a supporter buys goes  
straight to your cause.

Slow Food Aylsham – “The lottery cash will fund a new  
suit of posters, banners and leaflets to promote our group  
at events and help us build our membership base”

**Ts and Cs apply, please visit**  
[www.southnorfolkandbroadland.gov.uk/communities/community-heart-lottery](http://www.southnorfolkandbroadland.gov.uk/communities/community-heart-lottery) or scan the QR  
code for more information and to  
sign up!



# Broadland's Community at Heart lottery



## Why play the Community at Heart Lottery?

- Weekly prizes, of £25, £250, £2000 and £25,000 available
- Support local community groups, charities, sports clubs and school groups
- Each ticket has a 1 in 50 chance to win a prize each week

## One ticket costs £1! Supporters choose which Good Cause to help fund

- 50% of ticket sales go to the players nominated good cause
- 10% go into Broadland District Council's community fund which further supports local community groups
- The remaining 40% supports the running of the lottery and goes into the prize money pot



**Ts and Cs apply, please visit**

[www.southnorfolkandbroadland.gov.uk/communities/community-heart-lottery](http://www.southnorfolkandbroadland.gov.uk/communities/community-heart-lottery) or scan the QR code for more information and to sign up!



### **Age UK Norwich services**

Age UK Norwich offer a variety of services to help advise and support people, such as-

- Care and Health
- Looking after yourself
- Benefits entitlement
- Adapting the home
- Downsizing / moving home
- Mobility
- Care Support

Please see their website for more information-

<https://www.ageuk.org.uk/norwich/our-services/information-and-advice/care-and-health/#>



### **Contacting the Samaritans**

Nearly everyone is aware of the Samaritans helpline number- 116 123.

Did you know they also have other contact options? A telephone call may not work for everyone, for example someone may have impaired hearing.

**Write a letter-** Sometimes writing down your thoughts and feelings can help you better understand them. Writing a letter can be a personal and safe way for you to get your feelings across. It might be too upsetting to talk about certain things on the phone and writing everything down can help you work through it. If you don't have easy access to a computer or telephone, or just don't like email or talking on the phone, you can write to us for free here: Freepost SAMARITANS LETTERS

You can explain your situation in as much detail as you feel comfortable with, and we'll aim to reply within 7 days. A hand-written response that you can keep and refer to may also suit you better.

**Write an email-** [jo@samaritans.org](mailto:jo@samaritans.org)

Response time: It may take several days to get a response by email

**I need to talk to someone now-** If you need to talk to someone now you can call us on 116 123 or use our online chat service. If you need emergency services, contact 999.

**What if I'm d/Deaf, hard of hearing or have a speech impediment?** Callers who are d/Deaf or who have hearing, or speech impairments can contact us for support by email by using [jo@samaritans.org](mailto:jo@samaritans.org) or by using the Next Generation Text (NGT) service. Next Generation Text is not specific to Samaritans and can be used on any telephone number. You can contact Samaritans in this way using 0330 094 5717. For clarity, this service doesn't work with 116 123.

**What if I'm under 18?** You can still get in touch with us. We're here for you, whatever your age. Our first responsibility is to you, not your parents or guardian.

**What if I have mental health issues?** You can still get in touch with us. We provide the same support to people with mental health issues as we do for anyone else. Because our volunteers aren't trained mental health professionals, when you talk about your diagnosis or medication, we may not always be familiar with the medical terms.

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>



## **Rest Less**

Join Rest Less for free! Become part of the UK's fastest growing community for the over 50s, with more than one million members. The aim of Rest Less is to be a trusted place where you can find helpful information about a wide range of topics and issues affecting the over 50s.

Rest Less includes-

- Free resources designed to inspire you, whatever you're looking for in life
- Tips to help you make the most of your money
- Learning resources and access to exclusive deals with our course partners
- Career advice and thousands of jobs from employers who value age-diversity in the workplace
- A community of likeminded people, where you can share ideas, advice, and support

Join here-

<https://restless.co.uk/join/>



## **The Rough Guide to Accessible Britain 2022**

The ninth edition of the Rough Guide to Accessible Britain, brought to you in collaboration with Rough Guides and Motability Operations Ltd, is now available. Packed with exciting and informative reviews of 200 attractions across the UK, the guide provides all the essential access information you'll need for your next day out. The last two years during the pandemic has affected everyone's mental health and for those who have been shielding it has been even tougher. Getting out and about is vital to mental health and wellbeing and, the Rough Guide to Accessible Britain is an excellent tool to help people with disabilities gain access to explore once again.

The Rough Guide to Accessible Britain doesn't just focus on physical access it also provides information for those with learning difficulties, sensory issues, autism, and mental health issues – such as online virtual tours, where there are quiet spaces available and where you can go on a small group tour. All the attractions featured in this Guide have been assessed in detail by Rough Guides' team of reviewers, who either have a disability themselves or have visited the venue with a friend or relative with accessibility needs.

[https://www.motability.co.uk/Rough\\_Guide\\_to\\_Accessible\\_Britain\\_2022.pdf](https://www.motability.co.uk/Rough_Guide_to_Accessible_Britain_2022.pdf)



## OLD BUCKENHAM.

There are lots of interesting features in this village just a few miles east of Attleborough. It is tempting to think of it as the Texas of Breckland with its claims to superlatives.

Starting with the tower mill, built in 1818, this has the widest tower in the country.



It was once owned by Jeremiah Colman of mustard fame and later by Maharajah Duleep Singh who lived at Elveden Hall and was a friend of Queen Victoria.

The mill overlooks the common, one of the largest village greens in the county. To the south of the common is Old Buckenham Cricket Club with one of the best grounds in Norfolk. Among players who have graced this pitch is the great Surrey and England batsman, Sir Jack Hobbs. Hobbs, known as "The Master".



Also notable at the edge of the green is the church of All Saints, which is one of only four or five churches in East Anglia with a complete octagonal tower.



The nave is thatched and some of the pews are now decorated with a set of thirteen medieval bench ends. These carvings are thought to represent Old Testament prophets.

At the end of July, the village airfield will host its [almost] annual, spectacular air show with aircraft in flight and on the ground. These will range from historic biplanes to next generation electric planes for which the airfield is among the first to have charging facilities.



In WW II Old Buckenham was a base for USAF Liberator bombers. Personnel included James Stewart and Walter Matthau, later to become famous film stars.

One source claims Old Buckenham has some of the oddest street names, like "Hog's Snout" and "Loos Wroo", although a check through current postcodes could not confirm these.

Kind regards

Norfolk Older People's Strategic Partnership (NOPSP)

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

Answerphone: 07963 304015

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

Have you seen our 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 2020 (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](mailto:nospb@aol.co.uk) or ring 07963 304015 and leave a message.**



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