



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

March 2023- Edition 43

Word from the Chair

March seems to be bringing further improvements in the weather with plenty of sunshine among the showers and around the city some confused plants are coming into leaf early. The Met Office is still issuing warnings about snow, but they haven't been right here yet.

Since our last newsletter in February, I've spent a lot of time talking to people in health, social care and the voluntary sector to try and understand how the various organisations are working or plan to work in the future. And the news is good. The Integrated Care Board (ICB), which has been talking about the importance of engagement for some time, has now introduced a people and communities committee at which priorities and issues affecting local people are discussed. There is also a Voluntary, Community and Social Enterprise (VCSE) Assembly. The Partnership has been invited to attend both which gives us a clear path to feed in the views of older people. There are similar pathways at the local level.

The great news is that there is a lot of support for the Partnership to continue to represent the voice of older people and co-operation is already starting, particularly in the northern place which has identified older people as one of its three priorities.

Meanwhile there are changes elsewhere in the system. In addition to the consultation on the walk-in centre in Norwich which we reported in February we now have another on a County Deal for Norfolk which would bring co-operation across a wide range of other bodies. I encourage you to read it.

While these developments are important, the Partnership must not forget that it covers a much wider agenda of services that support older people to live independently and well, including transport and housing as well as access to shops, post offices, banks and other local facilities. So, we'll be working with districts and independent providers as well as the ICB and places.

Best wishes

Mary Ledgard

Interim chair

Norfolk Older People's Strategic Partnership

REMINDER

Norfolk Older People's Strategic Partnership (NOPSP) meeting

Thursday 16th March 2023

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

This meeting is open to the public

Agenda

- 0930am Tea and coffee on arrival
- 1000am Welcome and housekeeping
- 1015am Our speakers will give an overview of arrangements for engagement with older people within their organisations:
- Mark Burgis, the Director of Patients and Communities, Norfolk and Waveney Integrated Care Board, followed by questions
- 1055am Comfort break
- 1110am Debbie Bartlett, the Director of Strategy & Transformation, Adult Social Services, followed by questions
- 1200pm Comfort break
- 1215pm Update on NOPSP's work
- Discussion on engagement with older people in the community
- 1300pm Close and sandwich lunch
- 1330pm Meeting end

If you would like to attend and have not RSVP'd already, please send an email to nospb@aol.co.uk to advise. If you have any special requirements, please let us know.

Health articles

- No Smoking day
- Care Quality Commission- Because we all care: focus on people who are over 55

Activities and events

- Broadland Older People's Partnership (BOPP) meeting
- REST- evening sanctuary
- Pit Stop information
- Dementia and Cancer support group- Norwich
- Caring Relatives in Bereavement (CRIB) Dereham
- Norfolk County Council updates-
Dereham Library Bereavement Café
Library information
Autism cafes- Wymondham, Costessey and Hethersett
Wymondham library
Dereham library- Daisy Programme
Thetford library- Daisy programme
Wellbeing and Fitness courses
- Wymondham Leisure centre
- Free meal list- Great Yarmouth
- Love Dereham- Monthly Community Lunch
- Diabetes UK- Wymondham group
- Your Invitation - Charities: Back in Business
- The Walled Garden Dementia café, Norwich
- Reel Connections
- Headway information
- Wellbeing updates- March Socials
- TCV updates
- Creative Arts East 'Our Day Out'

- Silver Social updates
- Restart Scheme
- Green Light Trust
- Guide dogs- Raising awareness of the skill of Sighted Guiding

Information and advice

- Stroke Association- Weekly volunteer calls – Here For You
- Schoolreaders
- Community Action Norfolk (CAN)
- Ask Bill
- The Electoral Commission- Voter ID requirement
- NASP-
Scam alerts- Facebook and text messages
Stop Loan Sharks
Call blockers
Rogue Trader Alert – Doorstep Cold Caller
Norfolk Trusted Trader
No Cold Calling zone
- The A-Z of Scams
- Centre for Ageing Better-
Age friendly Movement
Rightsizing: Lack of suitable homes sees older people staying put until a crisis
- Later Life AGEnda updates
- Carers Directory
- WheelPower- FREE Resistance Bands
- Bicycle Links
- RCGP Learning- Identifying Military Veterans
- Veterans' Gateway
- The Armed Forces Network

- Forces Connect app
- Gov.UK-
A new ID card for Veterans
£2 Bus Fare cap to be extended until the end of June
- Norfolk County Council news-
New County deal
Norfolk Home Library service
- MoneyHelper
- Independent Age- Staying safe and connected online
- Independent Living updates
- Spotlight on Surlingham

Health

No Smoking Day 8 March 2023

No Smoking day

In preparation for No Smoking Day on Wednesday 8 March 2023, ASH (Action on Smoking and Health) has created a new communications toolkit to support your local quit smoking marketing activity. The theme for No Smoking Day this year is brain health and the link between smoking and dementia. ASH has been working with Alzheimer's Research UK in development of the toolkit whose research demonstrates low awareness amongst smokers of the increased risk of dementia caused by smoking. The campaign will encourage smokers to 'never give up giving up' and signpost them to the NHS Better Health Quit Smoking website which includes a wealth of information and support to help smokers on their quitting journey.

<https://www.nhs.uk/better-health/quit-smoking/>



Care Quality Commission- Because we all care: focus on people who are over 55

The Care Quality Commission is asking people over 55 to share their experiences of care with them. They need your help to understand the quality-of-care people get from services like hospitals, care homes, GPs - or any type of health or social care service.

They know a lot of care is being disrupted by winter pressures. People's feedback plays an important part in helping NHS decision makers to spot safety issues.

And with health and social care staff working so hard, positive feedback is just as important. It can help them recognise good practice and it helps keep up staff morale.

<https://www.cqc.org.uk/care-services/because-we-all-care-focus-people-who-are-over-55>

Activities

and

events

PUBLIC MEETING

Hidden Broadland Gems

21ST April 2023, 2pm-4pm Cawston village hall NR10 4BW

Programme

2.00 pm Meeting opens

2.00pm – 2.55pm The Towers Trail and Haveringland Heritage Project:

Speaker Nigel Boldero

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

3.05pm -4.00pm Ranworth church

Speaker Roy Tricker

4.00pm Meeting closes

Free admission. For more information contact Brian Wells 07543882928
wellsbrian3@sky.com



Evening Sanctuary

Open across 7 evenings between 6:30pm-midnight.

Who are we:

- A non-clinical mental health Crisis Support service
- Service aimed at reducing impact on A&E and statutory services
- Opened out of hours
- A highly trained team, we are person centred and recovery focused

The Evening Sanctuary can **ONLY** be accessed by appointment following a referral from a professional.

We are able to offer an appointment within 24 hours of a referral. We will contact the person referred by phone, text or email depending on their preference between **16:30-19:30** and arrange a time for the person to attend.

Please note our exclusion criteria prior to making a referral to the service.

We are unable to support someone who:

- Is aged under 18.
- Does not consent, has declined or expressed a view that they will not engage in support.
- Is at risk of withdrawal or detox while accessing support with us.
- Is intoxicated to the point that their behaviour is being affected.
- Has already overdosed or seriously self-harmed and needs medical attention.
- Is presenting as psychotic to the point that their behaviour is being affected and an we are unable to complete a safe support session.
- Has immediate plans and means to end their life.
- Has a recent history of violence or aggression and poses a risk to others.
- Has presented at point of referral and is behaving in an aggressive, uncontrollable or violent manner.
- Has a safe place to return to after the session. This does not need to be the home address.

Professional referral information:

Norwich referrals: 01603 541611 or via email eveningsanctuaryreferrals@norfolkandwaveneymind.org.uk

Alysham referrals: 01603 514696 or via email: alyshamrest@norfolkandwaveney.org.uk

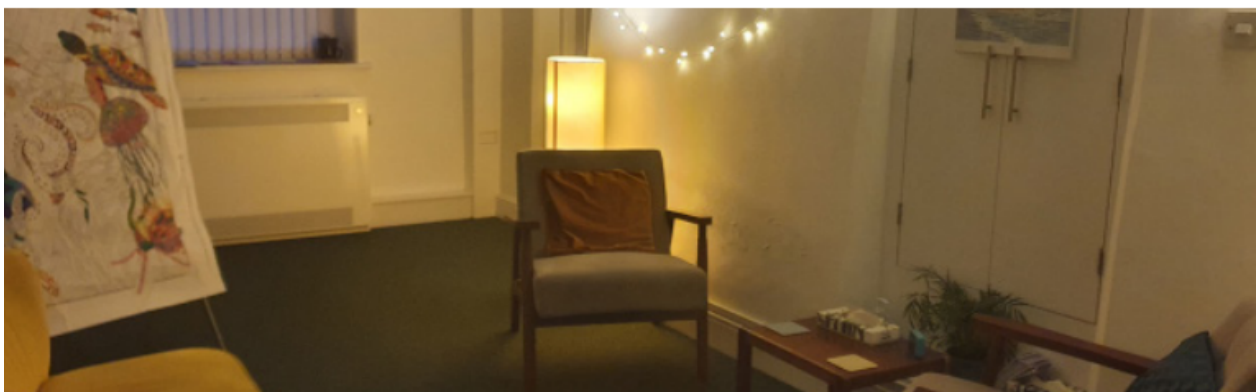
Thetford referrals: 07596859081 or via email: restthetford@norfolkandwaveneymind.org.uk



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

REST Aylsham
1 Red Lion Street
Aylsham, Norwich
NR11 6ER

REST Thetford
Unit 16 Riverside
Walk
Thetford, IP24 2BG



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
07732 078435



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

www.menscraft.org.uk **MensCraft**



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

Come along!

Our weekly Pit Stop gatherings offer you a chance to pause from the rush of life for a short while.

**Contact Dave for more
information, details
overleaf.**

www.menscraft.org.uk

Your local PIT STOP



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.

For details of Pit Stops and activities in

- **Kings Lynn**
- **Downham Market**
- **Swaffham**

contact **Dave Friswell**

email: **david@menscraft.org.uk**

or text **07549 854 018**

find events at **menscraft.org.uk/events/**

**Every week
near you...**

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

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

www.menscraft.org.uk





Dementia and Cancer Support Group



If you or a loved one are affected by Dementia and Cancer, we are here to help.

The group aims to provide a calm and friendly meeting space which will:

- Offer the opportunity to meet representatives from local charities and specialists in the field of cancer and dementia care.
- Increase awareness of support available in the community for people living with both dementia and cancer.
- Provide opportunities for people affected by dementia and cancer to share their experiences and gain support from one another.

Each group will run from 10am- 12pm on the following dates for 2023;

Friday 3rd March
Friday 31st March
Friday 5th May
Friday 2nd June
Friday 7th July

Friday 4th August
Friday 1st September
Friday 6th October
Friday 3rd November
Friday 1st December

You are welcome to stay for the full 2 hours or drop in during this time.

For more information or to register your interest, please call the Dementia Support Team on 01603 288694 or email dementiaservices@nuh.nhs.uk

Alternatively, call Big C's free Support Line on;

0800 092 7640 or email support@big-c.co.uk

Location: **The Big C Centre, Norfolk and Norwich Hospital, Colney Lane, NR47UY**





Caring Relatives in Bereavement (CRIB) Dereham

There are no words to adequately describe the pain of the loss of a loved one - whether an adult, child, or even a miscarriage. It can be helpful to meet up and chat with other people also going through their journey of bereavement. Crib gives you the opportunity to do that.

Who: Anyone affected by bereavement.

Where: Dereham Baptist Church, Church Annexe, Norwich St, Dereham NR19 1BX

When: 1st Monday of each month, 7.00 - 9.00pm

February meeting is cancelled, the next meeting will be Monday 6th March at 7pm.

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



Norfolk County Council

Norfolk County Council updates-

Dereham Library Bereavement Café

A place to meet and have a cuppa and chat with others who are bereaved. Thursdays 11.30am, Dereham Library, 59 High Street, Dereham NR19 1DZ.

For further information please contact the library, email lib.events@norfolk.gov.uk or call 01603 774777.

<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/whats-on>

At your Library

Autism Friendly Groups in libraries

Many Norfolk Libraries are running regular adult and children's groups for autistic people. Norfolk Autism Partnership have included these alongside many other countywide events on their What's On page.

You can find this at www.norfolkautismpartnership.org.uk/whats-on/

Come Singing in Norwich libraries

Come Singing is an uplifting singing experience taking place at The Millennium Library on the 2nd & 4th Tuesday of the month 10.45—11.30 am and at Earlham Library on the 3rd Friday of the month 11.15—12pm. Suitable for all abilities, with songbooks provided during the session. Everyone welcome, no need to book, just come along and join in. Suitable for those affected by dementia. Discover more about Come Singing at www.comesinging.org.uk

Great reads available 24/7

We've just added 25 new titles to our 'eBooks always available' collection on the Libby app. Download the Libby app to your device, sign in with your Norfolk library card and enjoy up to 6 books for 3 weeks and unlimited access to newspapers and magazines. Visit the library website for more information

Here's a look at some of the new titles.



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



NORFOLK
AUTISM
PARTNERSHIP



Do you have autism, or are you a carer or family member of an Autistic Person?



Library

Norfolk Libraries are creating spaces
for people to meet and chat in a friendly,
casual environment.

Wymondham Library is hosting Autism Café

First Thursday of the month

Time 12—1pm

This is a free event and you can just turn up

For more information ask one of our staff or email:

Wymondham.lib@libraries.norfolk.gov.uk

Norfolk Library and Information Service
borrow discover connect



Norfolk County Council



NORFOLK
AUTISM
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Do you have autism, or are you a carer or family member of an Autistic Person?



Norfolk Libraries are creating spaces
for people to meet and chat in a friendly,
casual environment.

Costessey Library is hosting Autism Café

Last Saturday of the month starting the 25th Feb

Time 11.30am-1pm

This is a free event and you can just turn up

For more information ask one of our staff or email:

Costessey.lib@libraries.norfolk.gov.uk

Norfolk Library and Information Service
borrow discover connect



Norfolk County Council



Do you have autism, or are you a carer or family member of an Autistic Person?



Norfolk Libraries are creating spaces for people to meet and chat in a friendly, casual environment.

Hethersett Library is hosting Autism Café

First Friday of the month

Time 5pm-6pm

This is a free event and you can just turn up

For more information ask one of our staff or email:

Hethersett.lib@libraries.norfolk.gov.uk

Norfolk Library and Information Service
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Norfolk County Council

At your Library

What's on at Wymondham Library

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

Baby Bounce & Rhyme - every Tuesday 11-11.30am

Just a Cuppa - every Friday 12 - 1pm

IT Support 1:1s - every Monday, 4- 6 pm (booking only)

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

LEGO Club - every Saturday, 10.30-11.30am

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

FREE Hot Drinks - during staffed hours

We also work with Partners to offer a timetable of events and activities during the year. Please check our Facebook page for regular updates!

See staff for more details, visit
www.library.norfolk.gov.uk, or call 01953 603319

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Norfolk County Council

Community Support ~Domestic Abuse Support Daisy Programme

Have you or someone
you know been affected
by Domestic Abuse? We
Support Male and
Female clients 16 years+
Want some advice or
support but not sure
where to turn?

Book in or Drop in
confidential safe and non
-judgemental support



**2nd Tuesday of the month—1pm, 1:30pm,
2:00pm & 2:30pm at Dereham Library. For
more information visit:-
www.daisyprogramme.org.uk**

See staff at your local library for details,
visit www.library.norfolk.gov.uk or call 0344 800 8020

**borrow
discover
connect**



Norfolk County Council

Community Support ~Domestic Abuse Support Daisy Programme

Have you or someone you know been affected by Domestic Abuse? We Support Male and Female clients 16 years+ Want some advice or support but not sure where to turn?

Book in or Drop in confidential safe and non-judgemental support



3rd Friday of the month—10am, 10:30am, 11:00am & 11:30am at Thetford Library. For more information visit:-

www.daisyprogramme.org.uk

See staff at your local library for details, visit www.library.norfolk.gov.uk or call 0344 800 8020

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discover
connect**



Norfolk County Council

Wellbeing and Fitness courses

Please see below details of Wellbeing and Fitness courses that are starting next week from Adult Learning; some are area specific and others online. For those 19 and over.

For more details or to sign up please go to:

<https://www.norfolk.gov.uk/education-and-learning/adult-learning/courses/health-wellbeing-fitness>

LEISURE CENTRE OFFERS HELPING HAND

By South Norfolk Council Communications Team

South Norfolk Council is providing space for families at Wymondham Leisure Centre to enjoy some family time in the warm and take part in some fun activities during free drop-in sessions.

Food and drink will be available with a sandwich and a drink costing just £1.50. The offer is for families and a parent or responsible adult will need to be present.

South Norfolk Cabinet member Alison Thomas said: "We know that the cost of living crisis is making things difficult for some of our residents. Our Help Hub is doing wonderful work to support people in need but this situation requires a whole Council response and so we are providing even more support through our leisure centres. If you or someone you know is struggling, give us a call and we will do all we can to help."

The Council will also be

helping by offering free showers in its three leisure centres.

Residents will be able to have a hot shower and if needed hair and body wash is available.

A food swap scheme is also being introduced and baskets will be placed in the centres for people to drop off any extra non-perishable food and this food will then be available for those who need it. Pet food will also be included.

The Coffee with Flo Café is also part of the Too Good to Go scheme. People can download the app and buy any surplus food from the café at reduced prices.

The drop in sessions will run at Wymondham Leisure Centre until 30 April 2023, Wednesday-Friday from 4:00-5:00pm

Activities may include Arts and Crafts, Short Tennis, Badminton, Basketball etc. Suitable child age ranges are 5-16 years and appropriate footwear must be worn.



FREE MEAL LIST

GREAT YARMOUTH BOROUGH CHURCHES

FEB 2023

'THE WELL'
GORLESTON BAPTIST
CHURCH

Lowestoft Road,
Gorleston, NR31 6LY

BRUNCH
9.00 - 11.00, Mon,Thurs

'THE BRIDGE'
ST MARY MAGDALENE
CHURCH

Magdalen Square,
Gorleston, NR31 7BZ

LUNCH
12.00 - 1.30 Tues

KINGSGATE COMMUNITY
CHURCH

Kings Centre, 30 Queen
Anne's Road, NR31 OLE

LUNCH
12.00 - 1.30 Wed

Free for those on low
incomes. Otherwise £2

PATHWAY CAFE

Minster Mission, Admiralty
Road, NR30 3DG

LUNCH
11.45 - 1.30 Mon, Fri

BRUNCH
Wed 10.00 - 12.00

Love Dereham- Monthly Community Lunch

Are you on your own every lunch time and feel lonely? Come and meet others at this friendly lunch club. Can you not afford to take yourself out for a two-course meal? Come and be a guest for free – every 2nd Tuesday of the month. This is hosted in the large hall of Dereham Baptist Church.

Please get a free ticket from Green Pastures bookshop so that they can cater accordingly.

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

Love Dereham

SAVE THE DATE

14th March '23

Love Dereham

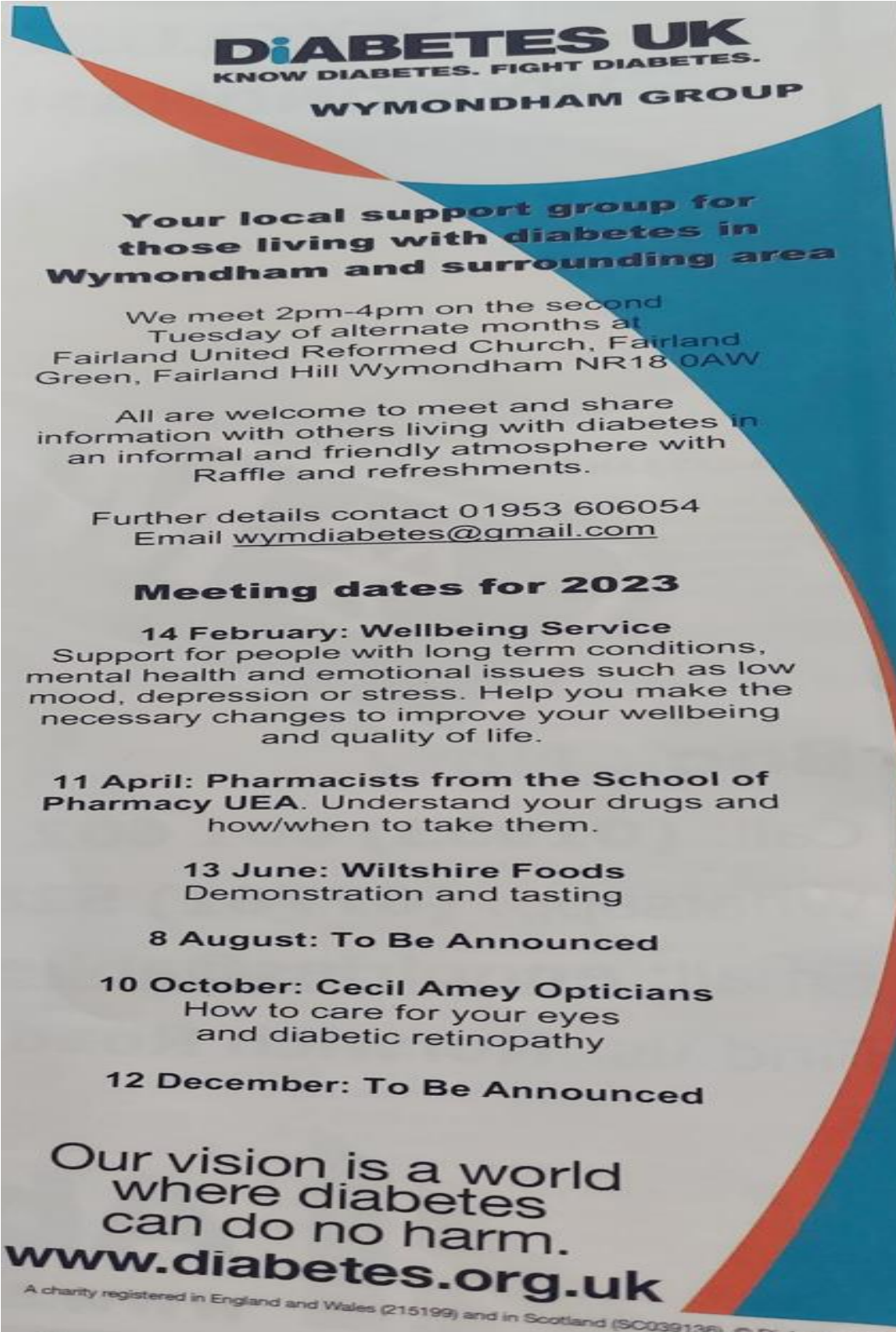
If you're feeling a bit on your own,
or there's never enough money to
go out for a meal, then come and
BE OUR GUEST
for free.

Time:
11.45am
for a midday
meal

Monthly Community Lunch

Get a free ticket from Green Pastures.

Venue:
Dereham
Baptist
Church

A flyer for the Diabetes UK Wymondham Group. The flyer has a white background with a large, stylized graphic on the right side consisting of overlapping blue and orange shapes. The text is arranged in a clear, hierarchical layout. At the top, the Diabetes UK logo is prominent, followed by the group name. The main heading describes the group as a local support group for those with diabetes in the Wymondham area. Meeting details include the time (2pm-4pm), frequency (second Tuesday of alternate months), and location (Fairland United Reformed Church). A welcoming message states that all are welcome to share information and enjoy a raffle and refreshments. Contact information is provided, including a phone number and an email address. A section titled 'Meeting dates for 2023' lists specific events: a Wellbeing Service in February, a pharmacist talk in April, a food demonstration in June, an eye care session in October, and two more dates to be announced in August and December. The flyer concludes with the organization's vision statement and website address. At the bottom, there is a small line of text regarding charity registration.

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.
WYMONDHAM GROUP

Your local support group for those living with diabetes in Wymondham and surrounding area

We meet 2pm-4pm on the second Tuesday of alternate months at Fairland United Reformed Church, Fairland Green, Fairland Hill Wymondham NR18 0AW

All are welcome to meet and share information with others living with diabetes in an informal and friendly atmosphere with Raffle and refreshments.

Further details contact 01953 606054
Email wymdiabetes@gmail.com

Meeting dates for 2023

14 February: Wellbeing Service
Support for people with long term conditions, mental health and emotional issues such as low mood, depression or stress. Help you make the necessary changes to improve your wellbeing and quality of life.

11 April: Pharmacists from the School of Pharmacy UEA. Understand your drugs and how/when to take them.

13 June: Wiltshire Foods
Demonstration and tasting

8 August: To Be Announced

10 October: Cecil Amey Opticians
How to care for your eyes and diabetic retinopathy

12 December: To Be Announced

Our vision is a world where diabetes can do no harm.
www.diabetes.org.uk

A charity registered in England and Wales (215199) and in Scotland (SC039136). © Diabetes UK

Your Invitation - Charities: Back in Business



Clapham & Collinge invites you to...

Charities: Back In Business

Monday 24th April 2023 | Norwich City Football Club

Top Of The City, NCFC | 11:30am - 2pm | Lunch Served From 1pm

For more information, or to book your place, contact Hannah Begley on:
hbegley@clapham-collinge.co.uk

Join us at Top Of The City, Norwich City Football Club on Monday 24th April, for our annual, free-to-attend, Charities Briefing.

Hear from the Clapham & Collinge team, on topics including-

- Financial issues for Charities post-pandemic and during the cost-of-living crisis
- Personal liability for trustees
- Property issues for charities
- Returning to the workplace post-pandemic
- Business continuity and lessons to be learnt

Registration from 11am for an 11:30am start. Lunch served from 1pm. Booking essential.

For more information, or to book your space, see below-

https://www.clapham-collinge.co.uk/events/charities-back-in-business-briefing-223/1?utm_source=emailmarketing&utm_medium=email&utm_campaign=join_us_at_top_of_the_city_for_our_annual_freetoattend_charities_briefing_this_april&utm_content=2023-02-09

The Walled Garden Dementia café, Norwich

Please see below information on the new Dementia Café leaflet, based in The Walled Garden Café, Little Plumstead, NR13 5FA. Spaces are limited and you are required to book. Held on the last Monday of every month – 10am -12 noon. To book a place contact louise.walledgarden@outlook.com

For other events please see the below link-

<http://thewalledgardenshop.co.uk/events>

The Walled Garden
COMMUNITY SHOP & CAFE

DEMENTIA CAFE

we welcome anyone living with dementia to our relaxed and inclusive café within our Victorian Walled Garden

carers and cared for are welcome to attend together

café held on last Monday of each month
10am - 12noon

- café held in our newly decorated community room
- free to attend
- refreshments provided

spaces are limited so you'd like to attend please contact
louise.walledgarden@outlook.com

sponsored by
THE IVY CHILD
charitable trust



Reel Connections

Reel Connections are a Community Interest Company that uses film, music, and the creative arts to connect people, groups and communities across Norfolk and the Southeast. They deliver events, screenings, and activities with people of all ages, abilities, and backgrounds.

As a small and enthusiastic team with a broad range of experience and specialisms, they believe in the many benefits arts and culture can have on both individuals and communities. The activities are designed to build on people's enjoyment of film, music, and the creative arts to improve wellbeing, and develop new skills and opportunities. They are passionate about increasing creative participation and engagement for all, particularly for audiences who experience social and rural isolation.

Record Club is an informal monthly meeting where they enjoy listening to a classic album on vinyl, before discussing the record together.

Inspired by the growth of album listening clubs such as 'Classic Album Sundays', Record Club is like how book and film clubs operate, except of course that it in this case it revolves (pun intended) around close listening and escaping the tyranny of the shuffle button.

Meetings happen on the third Friday of each month. All are welcome. Feel free to turn up on the day or drop a line to find out more at info@reelconnections.co.uk

Record Club is supported by the National Lottery Community Fund, Norwich Theatre and the 12th Man Campaign.

UPCOMING MEETINGS

Friday 17 March 2023 – album tbc

Friday 21 April 2023 – album tbc

Sign up to the newsletter to stay up to date.

All meetings take place at The Playroom, Norwich Theatre Playhouse, 42-58 St Georges St, Norwich NR3 1AB

<https://reelconnections.co.uk/record-club>

Headway information



Acquired Brain Injury Early Connections Project



Who can access this project?

This project can be accessed free of charge for individuals and their families who have been impacted by an acquired brain injury and are currently a patient or have recently been discharged from a hospital in Norfolk.

A healthcare professional can submit a referral to us using our standard referral form and a member of our team will make contact within 5 working days.

The project aims to **reduce crisis and **improve outcomes** for people:**

- Increase opportunity for emotional support, information and advice
- Improve understanding of how to navigate complex health and care systems
- Increase opportunities and maximize potential for self-management
- Enable people to better identify their own strengths and resources
- Enable people to better cope and adjust to new life circumstances
- Connect people before crisis to appropriate support and resources in the community
- Reduce delays for connections to support
- Prevent people slipping through the system and becoming isolated
- Prevent longer term dependency on services

What support do people receive?

1. Face to face support
2. Free pack of support materials to take home
3. Phone and video call support
4. Information and support via email and/or letter
5. Access to the Peer Support Group
6. Support is personalised and can vary in length from 6 to 12 months

How to get in touch:

Referrals, enquiries and requests for a call back can be sent to the email address below with 'ABI Connections' in the subject line:-
referrals@headway-nw.org.uk

Headway

Norfolk & Waveney's Brain Injury Charity

FREE Support Groups for adults impacted by an acquired brain injury, including stroke

Group Type	Locations	When
Carer Support Groups Face to Face	Norwich – Charing Cross Centre	4 th Thursday of every month 1-3pm
	Sheringham – The Lighthouse, Cromer Rd	3 rd Thursday of every month 10-11:30am
	Great Yarmouth - King's Centre	Once a month on a Tuesday 11am-12:30pm
	King's Lynn - South Lynn Community Centre	2 nd Wednesday of every month 2-3:30pm.
Peer Support Groups Online	Zoom: Norfolk	4 th Thursday of every month 11:00 – 11:45am
	Zoom: Norfolk	One Wednesday a month 10:30 – 11:15
Women's Peer Support Group Online	Zoom: Norfolk	Every 4 weeks on a Friday 11am Starting 27th January 2023
Peer Support Group Face to Face	Great Yarmouth – King's Centre	One Tuesday a month 1:30 – 3:30pm
	King's Lynn – Steam House Cafe	Every other Tuesday 10:30am – 12midday
	King's Lynn - Location varies	2 nd Thursday of every month- 10-11:30am
ABI Connections Face to Face	Norwich – The Forum Cafe	Every Tuesday 10:30 – 12midday
	Diss - Greggs Diss	Every fortnight on a Wednesday 10:30am-12midday
Living with Brain Injury Educational Group Face to Face	Various throughout Norfolk & Waveney	Programmes of 3 sessions run three times a year

How to book a place or find out more

Contact our team of Occupational Therapists and Key Support Workers who run these sessions:

OT@headway-nw.org.uk

Headway-nw.org.uk

referrals@headway-nw.org.uk

01603 788114

Wellbeing updates

March Socials

The days are starting to get brighter, seeing the first shoots of spring! Why not take advantage of this and join one of the Wellbeing Walks? Including a NEW beach walk at Heacham, followed by a catch up at the new REST hub there.

Wellbeing have also got regular walks throughout the rest of the county, online favourites such as Crosswords and Wellbeing Cafes with Morrisons, so you can have a chat and get your shopping done! They've also got a guided tour of the Ancient House Museum of Thetford at the end of the month (see poster to follow) Please book via <https://www.eventbrite.co.uk/e/ancient-house-museum-tour-thetford-tickets-539164183587>

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!

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

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

If they have any bookable events, these will be advertised here-


<https://www.eventbrite.co.uk/cc/workshops-593089>, so make sure you check on there to ensure you don't miss any exciting opportunities!

Community Socials March 2023

Date & Time...	Event...	Location...
Wed 1st 18:00	Meditate with Mevy	Online
Thu 2nd 12:00	Allotment & Gardening Group	Lowestoft
Mon 6th 13:30	Virtual Café	Online
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	*New* Wellbeing Café with Morrisons	Diss
Tue 7th 12:00	Halesworth Volunteers Social	Chinny's, Halesworth
Tue 7th 17:30	*New* LGBT+ Peer-led Group	REST, Kings Lynn
Tue 7th 18:00	Have Your Say Virtual!	Online
Wed 8th 18:00	Crosswords	Online
Thu 9th 11:00	Wellbeing Café with Morrisons	Riverside, Norwich
Thu 9th 12:00	Allotment & Gardening Group	Lowestoft
Thu 9th 13:00	North Walsham Men's Shed social	North Walsham
Fri 10th 10:30	Coffee & Catch Up – Dersingham	Thaxters Coffee Shop
Fri 10th 13:00	Wellbeing Café with Morrisons	Cromer
Mon 13th 13:30	Virtual Café	Online
Mon 13th 14:00	Wellbeing Café with Morrisons	Beccles
Tue 14th 10:00	Running for Wellbeing	Eaton Park, Norwi
Wed 15th 10:30	Coffee & Catch Up – Downham Market	Reed's Cafe
Wed 15th 18:00	Quiz	Online
Thu 16th 12:00	Allotment & Gardening Group	Lowestoft
Fri 17th 14:00	*New* Coffee & Catch up - Heacham	REST Heacham

Socials continue on the next page...

 facebook.com/WellbeingNorfolkandWaveneySocials

 twitter.com/WellbeingSocial1

 wellbeingnands.co.uk/norfolk/social-events/

Sign up!



Community Socials March 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 10:30	Ancient House Museum Tour <i>(booking required)</i>	Thetford
Tue 21st 14:00	*New* Wellbeing Café with Morrisons	Pakefield, Lowestoft
Wed 22nd 18:00	Crosswords	Online
Thu 23rd 12:00	Allotment Group	Lowestoft
Fri 24th 15:00	*New* Wellbeing drop in @ Rest KL!	King's Lynn

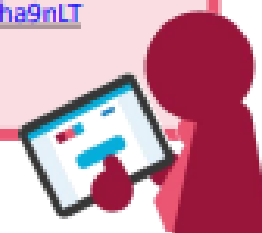
Week
4

Mon 27th 10:00	*New* Cuppa Care Together	Norwich
Mon 27th 13:30	Virtual Café	Online
Tue 28th 15:00	*New* Mindful Colouring <i>(booking required)</i>	REST, Norwich
Thu 30th 12:00	Allotment Group	Lowestoft


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@wellbeingnandw.co.uk

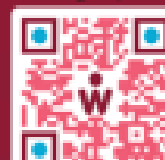


 facebook.com/WellbeingNorfolkandWaveneySocials

 twitter.com/WellbeingSocial1

 wellbeingnands.co.uk/norfolk/social-events/

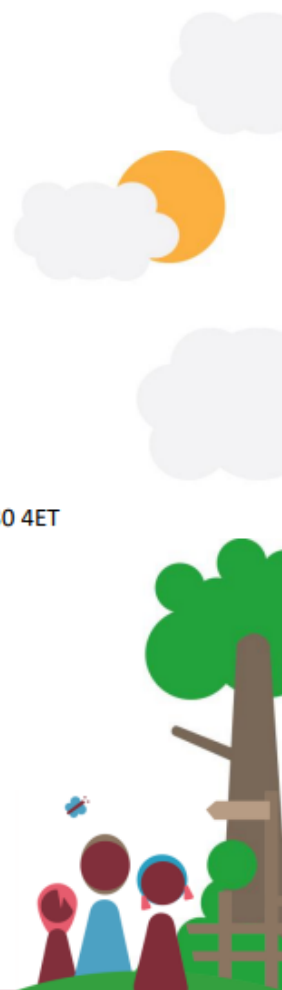
Sign up!





Wellbeing Walks – March 2023


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 March, 13:00**
Meeting by the Triton Statue - South Pier, Lowestoft , NR33 0A
- **Waterloo Park, Norwich – Thu 2nd March, 10:00**
Meeting at Feed Cafe Waterloo Park Pavilion, Norwich, NR3 3HX
- **Redwings Horse Sanctuary, Aylsham – Fri 3rd March, 10:30**
Meeting at Redwings, Spa Lane, Aylsham, NR11 6UE
- **Halesworth Walk with Waveney LEAF – Tue 7th March, 10:00**
Meeting at Millennium Green, River Lane Nr Basketball Court, IP19 8RT
- **Cromer – Fri 10th March, 10:30**
Meeting in front of Cromer Pier, Cromer, NR27 9HE
- **Norwich – Mon 13th March, 10:30**
Meeting at the steps of City Hall, St Peter's Street, Norwich, NR2 1NH
- **Great Yarmouth – Wed 15th March, 10:30**
Meeting at The Boating Lake, near Munchies Café, North Drive, Great Yarmouth, NR30 4ET
- **Wymondham – Fri 17th March, 10:30**
Meeting at the Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
- **Heacham Beach Walk – Fri 17th March, 12:30 – NEW!**
Meeting at REST Heacham, 4 Popular Avenue, PE31 7EA
- **Riverside King's Lynn – Fri 24th March, 12:30**
Meeting behind The Customs House, 1 King St, King's Lynn, PE30 1ET
- **Thetford – Tue 28th March, 10:30**
Meeting at the Light Cinema, 17 Bridge Street, Thetford, IP24 3AE
- **Redwings Horse Sanctuary, Caldecott – Fri 31st March, 10:30**
Meeting at Caldecott Hall, Beccles Road, Fritton, NR31 9EY



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

 twitter.com/WellbeingSocial1

 socials@wellbeingnandw.co.uk

Sign up!





FROM MARCH 2023

LGBT+

PEER LED SUPPORT

1st Tuesday of the month, 5:30pm

Rest - 56 High Street, King's Lynn, PE30 1AY



No need to book, anyone aged 16+ who identifies as LGBT+ is welcome, with refreshments provided by *King's Lynn & West Norfolk Pride*. This social drop in is not a therapy session, but an opportunity to meet and connect with new people and engage in peer support. Please note Rest KL currently has no accessible toilet facilities. Any questions please email josh.elms@nsft.nhs.uk

Ancient House Museum Tour

*booking essential

Join us for a short tour of the Ancient House Museum of Thetford Life, and then a coffee and catch up at the new REST Hub on Riverside Walk.

Tuesday 21st March
10.30am - 12.30pm

Places are limited and booking is essential so please email us at socials@wellbeingnandw.co.uk for more information.





TCV updates

Please see below the March programme of conservation activities – free for almost anyone to join in with, and a great way to discover beautiful hidden corners of both city and countryside.

There's loads to get done this month, with some interesting new sites to discover and exciting new tasks to do. TCV will be finishing the building of a new boardwalk and smashing up an old one – let's hope they remember which is which! There's also a couple of trips down to Suffolk (please make sure you have your passports ready) to meet the new Bungay project volunteers in this historic market town. They will also be waving a fond farewell to the plastic pollution project (although it's probably not the last plastic that they'll see), as well as planting several more hedges, and finishing off the work restoring the lost heathlands of East Ruston – for the moment at least. From Marlpit to Mileham, they'll be there this month...and whether they come from a Cave or a Castle, people are very welcome to join their friendly band of helpers.

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



Creative Arts East 'Our Day Out'

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

March will be some textile weaving workshops with Caroline George and Felicity Brown-

Textile Weaving with Caroline and Felicity

Great Massingham Village Hall, Wednesday 1st & 15th March 1-3pm

Watton Methodist Centre, Thursday 2nd & 16th March 2-4pm

Dereham Trinity Methodist Church, Friday 3rd & 17th March 1-3pm

Great Yarmouth St Georges Theatre Café, Tuesday 7th & 21st March 1-3pm

South Wootton Village Hall, Wednesday 8th & 22nd March 1-3pm

Attleborough Methodist Church, Thursday 9th & 23rd March 1-3pm

Thetford Methodist Church, Friday 10th & 24th March 2-4pm

Hunstanton Community Centre, Monday 13th & 27th March 1-3pm

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

<https://www.creativeartseast.co.uk/our-work/our-day-out>



THE SILVER SOCIAL

Silver Social updates

The Silver Social is joined by Sam Moss in March for a two-hour dance workshop inspired by music across the Laurel & Hardy years. Includes dressing up and lots of laughs! All workshops are free to attend, and no booking is required. 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.

To stay up-to-date with what's coming up at The Silver Social, visit 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 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.



The Silver Social presents...

The Laurel & Hardy Cabaret

Lucky Dog Theatre Productions present routines, songs, dances and classic movie sequences you'll love!



Regarded as being the best Laurel and Hardy re-enactors in the world!

Monday 20th March 1-3pm

Swaffham Community Centre

Wednesday 22nd March 1-3pm

Bawdeswell Village Hall

SCAN ME
TO BOOK



Tickets for both: Pay what you can (suggested price £5)

Pay on the door or book in advance via

www.ticketsource.co.uk/creative-arts-east



@TheSilverSocial | www.thesilversocial.com

For more information email
kaitlin@creativeartseast.co.uk
or call 01953 713390

creative
ARTS EAST

Inspiring
communities

RESTART
SCHEME

In partnership
with



KINGS LYNN COST OF LIVING & WELLBEING EVENT

Friday 24th March

10am
-
1pm

Please join us to
showcase support
available for the local
community to access
to support the rising
cost of living

To reserve a table, please contact
Hannah.parnell@seetecpluss.co.uk

Seetec Pluss - Lovell House, St Nicholas St,
Kings Lynn PE30 1LR



seetecpluss.co.uk

Seetec
PLUS


Department
for Work &
Pensions
In
partnership
with



Green Light Trust

The new course dates for Oxburgh Hall and Blickling Hall have been announced today which is great news – see below. 😊 There are no age restrictions on these courses and the oldest participant to date has been 84! 😊 There are no cost implications either if you decide to take part, lunch is included and if transport is an issue for you, they can organise this too.

To register interest please complete this form <https://www.greenlighttrust.org/forms/adult-pathway-enquiry-form>

Courses are designed to:

- improve mental and physical wellbeing
- increase confidence and self-esteem
- reduce anxiety and social isolation
- improve social and communication skills
- teach new practical and life skills
- build an appreciation and knowledge of the natural environment

Types of activity include:

Tree & hedge planting * Formative tree pruning * Coppicing * Scrub & ride maintenance *
Green woodwork * Hedge laying * Hay raking by hand * Making green wood structures *

Creating living willow structures * Willow weaving * Botanical surveys* Breeding bird surveys * Woodland art and crafts * Animal homes * Bush craft (shelters, fires and cooking) * Whittling * Green skills

Lunch & refreshments are provided, and boots and waterproofs are available to borrow for those who don't have them.

NEW DATES @ Blickling Hall

Wednesday, 19th April 2023 : Earth Rebuild and Support Course – open to all ages (meet every Weds for 12 weeks)

Tuesday, 9th May 2023 : Earth Rebuild and Support Course – open to all ages (meet every Tues for 12 weeks)

Thursday, 13th July 2023 : Earth Rebuild and Support Course – open to all ages (meet every Thurs for 12 weeks)

Wednesday, 4th October 2023 : Earth Rebuild and Support Course – open to all ages (meet every Weds for 12 weeks)

Monday, 23rd October 2023 : Earth Rebuild and Support Course – open to all ages (meet every Mon for 12 weeks)

Women @ Blickling Hall

Wednesday, 12th July 2023: Earth Women's Wellbeing course – this course is for women only (meet every Weds for 12 weeks)

Tuesday, 3rd October 2023: Earth Women's Wellbeing course – this course is for women only (meet every Tues for 12 weeks)

OUR NEW DATES @ Oxburgh Hall

Thursday, 20th April 2023: Earth Rebuild and Support Course – open to all ages (meet every Thurs for 12 weeks)

Tuesday, 11th July 2023: Earth Rebuild and Support Course – open to all ages (meet every Tues for 12 weeks)

Friday, 6th October 2023: Earth Rebuild and Support Course – open to all ages (meet every Fri for 12 weeks)

Monday, 16th October 2023: Earth Rebuild and Support Course – open to all ages (meet every Tues for 12 weeks)

Women at Oxburgh Hall

Monday, 17th July 2023: Earth Women's Wellbeing course – this course is for women only (meet every Tues for 12 weeks)

Wednesday, 4th October: Earth Women's Wellbeing course – this course is for women only (meet every Weds for 12 weeks)

Please do get in touch if you need any further information at all.

The website is <https://www.greenlighttrust.org/> if you'd like to see more about the hugely positive impact the work is having in both Suffolk and Norfolk.



Guide dogs- Raising awareness of the skill of Sighted Guiding.

The core aim is to support service providers to ensure their facilities, and the wider community is accessible as possible, hopefully impacting on one barrier those living with sight loss have to retaining their independence.

Guide Dogs are currently offering free, virtual, one hour training sessions via Microsoft Teams 2/3 times a week for small groups with our sighted guiding experts.

The sessions cover the following areas

- How to start a conversation when you meet someone who is blind or partially sighted, to ask if they need assistance.
- Basic guiding techniques for crossing roads, getting around obstacles and getting in and out of cars.
- An introduction to common eye conditions and their impact.
- Awareness of access rights and barriers to independence.

Anyone interested can sign up via the following link <https://www.guidedogs.org.uk/how-you-can-help/sighted-guide-training/>

Information

and

advice



Stroke Association- Weekly volunteer calls – Here For You

If you or someone you know has had a stroke, a weekly phone conversation with a trained volunteers can help you to rebuild your life after stroke. Talking things through on the phone can build confidence. It can help you feel more connected, supported and able to take the next step in your recovery. For eight weeks, a volunteer will chat with you for around 30 minutes. If you speak limited English, they've volunteers who can support you in different languages, just let them know.

There are two types of volunteers available depending on your needs:

You can talk to somebody who's been there. The Lived Experience volunteers have either had a stroke or care for someone who has. Sharing your experiences can help you understand stroke and learn new ways to cope. Or you can talk to a Connect and Chat volunteer and have a social chat about things important to you, like your hobbies or interests. Thousands of people like you have used this service so far, with more signing up every day. Using this service makes them feel able to cope better with the impact of stroke and they feel more understood and connected.

Simply fill out a short form- see link below. They'll then get in touch to discuss your needs and match you to a volunteer based on the things you've told them.

<https://www.stroke.org.uk/finding-support/here-for-you>

<https://www.stroke.org.uk/webform/here-for-you-third-party>

Could you volunteer
to listen to children
read in school?

Why not become a
Schoolreader?

We provide volunteers to give free one-to-one reading practice to children in their primary schools

To become a volunteer you will need a good command of English and a bit of spare time each week of the school year (we ask that you commit for a minimum of a year). Schoolreaders will match you to an appropriate local school. Our volunteers really enjoy being Schoolreaders; 99% say they would recommend the scheme to someone considering volunteering.



JOIN US! – you can make a real difference to a child's life.

To find out more and to register, please visit
www.schoolreaders.org, or call us on 01234 924111



Community Action Norfolk (CAN)

Community Action Norfolk (CAN) provide support and advice for voluntary sector groups. These can be anything from small local groups to registered and unregistered charities, and social enterprises. Collectively these are called Voluntary, Community, and Social Enterprise (VCSE) organisations. CAN aim to be a one-stop-shop for organisations at any stage in their development, and can provide support around topics like:

Finding funding

Answering governance queries

Advice on how to start up

Support to get the right structure

Policy advice

And much more! If it is to do with VCSE organisations, we can help or signpost you to the best place to get help.

North Norfolk District Council recognise the value of having a strong vibrant VCSE sector in North Norfolk and have commissioned CAN to create resources for new organisations, starting up in the District. These resources are a self-guided learning tool. You don't have to use them all, but by going through them you should have everything you need to get started!

<https://www.communityactionnorfolk.org.uk/sites/content/what-we-do-our-support-new-groups-north-norfolk>



Ask Bill

Energy companies have schemes and tariffs to help you in hard times. Contacting your energy company is the best way to find out what's out there but Bill has made it easy for you to find out what support your energy supplier has to offer.

<https://www.askbill.org.uk/energy/>

The
Electoral
Commission

Voter ID requirement

From 4 May 2023, voters in England will need to show photo ID to vote at polling stations in some elections.

This will apply to:

- Local elections
- Police and Crime Commissioner elections

- UK parliamentary by-elections
- Recall petitions

From October 2023 it will also apply to UK General elections.

If you don't have accepted photo ID, you can apply for a free voter ID document, which is known as a Voter Authority Certificate.

Find out more about accepted forms of photo ID, how to apply for a free Voter Authority Certificate, and what to expect on polling day.

<https://www.electoralcommission.org.uk/i-am-a/voter/voter-id?gclsrc=aw.ds>



Scam Alerts- Facebook and text messages

NASP are warning Facebook users to be aware of messages which appear to be from existing Facebook friends sent via the Messenger service which claims that they have recently been successful in claiming a grant from the 'Facebook Community Development Block Grant' and encouraging you to do the same. The message tells you to contact another person on Facebook to 'claim your money' via a link in the text.

These messages are a scam and are a variation of an 'advance fee fraud'. Anyone contacting the person named will be asked to pay 'fees' or 'charges' to receive the grant that does not exist. If you have received a message which you believe to be a scam you can also report it via the Citizens Advice consumer helpline on **freephone 0808 223 1133**. If you think you've fallen for a scam message and provided financial details, contact your bank immediately on a number you know to be correct, such as the one on the back of

your bank card. You can also report suspicious messages and posts to Facebook via their Help Centre, you can find out more at [facebook.com/help/reportlinks](https://www.facebook.com/help/reportlinks)

NASP frequently receive reports about text messages claiming to be from various companies and organisations stating there are issues with accounts or payments.

LLOYDS BANK: An attempt to pair your account on a new device was made. Don't recognise this? Please visit: <https://lloydbanking-securelogin.>

LLOYDS ALERT: You have successfully paired a new device on 16/01 at 19:32. If this was NOT you, visit: <https://lloydbank-securedlogin.>

[EE]: Payment for your latest bill could not be processed by your bank. Please update your payment information via: <https://myee.bill704.>

Netflix: We were unable to process your latest bill. In order to avoid fees, please update your billing information via : <https://netflix-billing-erroruk.>

These messages are spammed out randomly to huge numbers of mobile numbers hoping to trick people into clicking on a link which will take them to bogus versions of the organisation's genuine website. There it will attempt to gather personal, login and financial details. The messages will often claim that accounts have been frozen, that money is about to leave the account, that payments can't be made or that there is unusual or fraudulent activity with the aim of panicking the recipient into reacting.

If you receive messages like these our advice is:

- **Do not** click on any links or open attachments
- **Do not** reply to the message
- **Do not** call any numbers given in these messages

You can report suspicious or spam text messages to your network operator by forwarding the message to 7726. You may get an automated response thanking you for the report

and giving you further instructions if needed. You will not be charged for sending texts to 7726. If you are concerned about the security of an account, contact the service provider directly using the Customer Service number printed on the card, on a recent statement or via information available on their genuine website or app. **Never** use details provided in a text message. If you think you might have responded to a text message scam and provided your bank account details, contact your bank **immediately**. You can report scam contacts you have received to us via our partners the Citizens Advice Consumer Service on **freephone 0808 223 1133**

Stop Loan Sharks

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

Introductory Training 'How to spot a loan shark'

<https://www.eventbrite.com/cc/illegal-money-lending-introductory-training-1478579>

Follow on Training (Introductory training should be completed first)

<https://www.eventbrite.com/cc/illegal-money-lending-follow-on-training-1481489>

Call Blockers

NASP are reminding partners that they can still apply for a call blocker on behalf of a customer or client who they consider would benefit from having one fitted. It has been identified that call blockers can help protect adults who are susceptible to scam and nuisance calls. If you have a customer, you think could benefit from a call blocker you can either

- complete the referral form with the person you are applying for or
- complete the application form online at forms.office.com/r/3Sx1KCVASF

All applications are assessed and if the application is successful, they will arrange with the individual for the unit to be fitted by an appropriate volunteer.

Rogue Trader Alert – Doorstep Cold Caller

NASP are warning residents to be aware of doorstep cold callers claiming they can see issues with roofs. This follows an incident where a male cold called at a property in the Heacham area telling the resident that they had 'done some work on the roof a few years ago' and could see the roof 'needed repairs again'. The resident declined the offer and reported the incident.

Advice is:

- **Never** deal with cold callers looking to undertake work on or around your property
- **Never** agree to have work done by somebody who is 'just passing' or take their word that it needs to be done at all
- **Never** allow a cold caller access to your home, roof, or garden even if they are offering to do tasks for a small fee or free
- **Never** pay for work before it is completed
- When looking to have work done on or around your property **only** deal with reputable companies you have researched and chosen yourself and have obtained a written quotation from before commencing the work

If you see cold callers operating in Norfolk, please contact the Citizens Advice consumer helpline on **0808 223 1133** or Norfolk Police on **101**. If you feel intimidated or are concerned for vulnerable neighbours call **999**

Norfolk Trusted Trader

Looking for a Trader you can Trust? Try a **Norfolk Trusted Trader**. To search the directory and read feedback from their customers visit www.norfolk.gov.uk/trustedtrader

No Cold Calling Zone

Could your community help stop doorstep cold callers from targeting vulnerable people by becoming a **No Cold Calling Zone**? To find out more about the scheme or to apply visit www.norfolk.gov.uk/nccz



The A-Z of Scams

Trading Standards Scotland have put together an A-Z of Scams. Initially shared during December the full list is now available on their website at www.tsscot.co.uk/a-z-scams/ On the page each letter has a link to a PDF information sheet with more information and advice about the type of scam.



Centre for Ageing Better

Age friendly Movement

The devastating impact of ageist attitudes on people, jobs, health, the economy and social cohesion has been revealed in the new report, Ageism: What's the harm?. For example:

- Ageism is rife in the workplace, with more than a third of 50–70-year-olds feeling that their age disadvantages them when applying for jobs.
- Age can have a bearing on your access to health and care, for example, older people with breast cancer are less likely to receive radiotherapy and surgery than younger people.

Everyone has a stake in changing how we view older age. Take the first step by joining the Age friendly Movement.

Sign up below to keep updated about resources that will help you challenge ageism in everyday life-

https://ageing-better.org.uk/age-friendly-movement?utm_source=Ageing+Better+Email+Updates&utm_campaign=5c9c5c516c-AB+AGEISM+9+FEB&utm_medium=email&utm_term=0_-5c9c5c516c-%5BLIST_EMAIL_ID%5D

Rightsizing: Lack of suitable homes sees older people staying put until a crisis

Local authorities, planners and developers need to shift their focus to 'rightsizing' by delivering better, diverse housing options that are accessible to everyone, regardless of age. Despite common assumptions that most people want to downsize or enter specialist accommodation as they age, today's report reveals that when it comes to choosing a home, older people are motivated by the same desires as other age groups. For example, wanting more space for guests, moving to a nicer area, and better access to green spaces.

<https://ageing-better.org.uk/news/rightsizing-lack-suitable-homes-sees-older-people-staying-put-until-crisis>

Later Life AGEnda

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

Later Life AGEnda updates

Contents include-

NDTi launches new research on widening care options
"Government support needed" to enable older people back into work
Downsizing... rightsizing: great theory, but where's the product?
Why data is the answer to revitalising the over 50s labour market

<https://paper.li/LaterLifeAGEnda>



We provide information and advice, run services in our local communities and campaign for carers' rights.

caringtogether.org



Carers directory

Caring Together and Carers Matter Norfolk provide an online directory giving details of services and support that are relevant to people looking after a family member or friend, and / or the people they care for. Listings do not necessarily need to be for services that are only for carers / their cared for but do need to have a specific relevance to them (for example, relevant to situations often faced by carers or their cared for, or support they are likely to be eligible for as a carer).

The directory can be viewed at www.caringtogether.org/carers-directory, with the services available in Norfolk also available at carersmatternorfolk.org.uk/carers-directory/

If you have a service or activity that you would like included it can be added at www.caringtogether.org/directory-submission-form. If as part of your work, you offer distinct services that would be more clearly understood if listed separately you can create separate listings. Listings are free to add. If you have any queries, please contact engagement@caringtogether.org

Norfolk Community Directory covers the whole of Norfolk for anyone of any age. To add an entry for your service/group or club, please go to:

<https://communitydirectory.norfolk.gov.uk/Information/add-your-service>



WheelPower- FREE Resistance Bands

Apply for a set of resistance bands from WheelPower to help you to stay active at home this Winter. The WheelPower Resistance Bands Programme began in response to the COVID-19 pandemic in 2020, and to date it has supported over 1250 disabled to stay active from their homes.

The arrival of a set of bands from WheelPower meant that people of all ages who were shielding now had the equipment needed to maintain their fitness and improve their health and wellbeing. In a set of latex Resistance Bands from WheelPower you will find 5 bands of different colours/strengths, hand grips, ankle straps and door anchor.

Resistance training builds resistive power in body muscles and there are many benefits to adding these exercises to your weekly routine. The bands can be used when taking part in a live class, or whilst watching online workouts. They are great for warming up before exercising, strength training or physical therapy rehabilitation. WheelPower are delighted that this scheme continues into 2023 and they look forward to receiving your application.

You must be a UK resident and physically disabled to apply. Please note that these bands are made of latex and are not suitable for use by anyone with a latex allergy.

<https://www.wheelpower.org.uk/fundingbands>

WheelPower is an operating name of The British Wheelchair Sports Foundation Limited registered in England & Wales under charity number 265498



Bicycle Links

Bicycle Links is a bike shop and social enterprise in the heart of Norwich. They run a busy retail business selling and servicing bikes for a wide range of customers. As a community interest company, they also have social objectives – to have a positive impact on the local community, improve access to cycling, as well as recycling and re-using bicycles and parts. In 2018 Bicycle Links launched a crowdfunding campaign to provide second-hand bikes to refugees and asylum seekers in Norwich. Working with partner organisations that already support migrant communities, and are well placed to refer applicants, it became the 'Welcome Wheels' project.

Asylum seekers and refugees are frequently housed a distance from the city centre. Giving them a refurbished second-hand bicycle enables them to access education, English classes, volunteer sessions and social support, which helps them integrate into the community. Every bike that they donate is supplied with a helmet, lock, bell, and lights, to ensure that the rider is safe and meets legal requirements. The volunteer refurbishing team also make sure that every bike is robust and able to carry shopping and child seats (if required) as well as rider.

<https://bicyclelinks.org.uk/welcome-wheels>

The Cyclelink programme has been running since 2018. With the generous support of Greater Anglia Trains, they can provide a £95 discount on any of our refurbished second-hand bikes, supplemented by a further £10 discount from Bicycle Links to anyone referred to this project. A package of lock, lights, and helmet, all new, are supplied along with each

bicycle to ensure that users are properly equipped, and – hopefully – the bicycle is not stolen.

The scheme is for adults over 16 who are trying to get (back) into employment, and need transport to get to a job, an interview, training, or work experience, or take their first steps towards employment. Just like any other customer, beneficiaries are welcome to come to the shop and choose the bike that they want. If a referral has been made, ID is shown and the balance is paid, they will apply the discount and provide the accessories package.

They work with several local referral partners and have supplied bikes as far as King's Lynn and Great Yarmouth – anywhere in the Greater Anglia Trains area is eligible.

<https://bicyclelinks.org.uk/greater-anglia-cyclelink>

Who doesn't remember their first bike, and the freedom of learning to whizz along under your own steam? Unfortunately, lots of families in Norfolk are unable to afford bicycles and their children miss out on this experience. They heard from families where either a parent or a child was disabled, from single parents and from families where two working parents struggled to make ends meet. They also heard about children in care and children impacted by domestic violence. At Bicycle Links they decided to do something about this.

Applications are only open whenever they have funding. However, you can add your name to the mailing list below, and the next time they have funding available they'll send a message out to the list. If you work with families or children in need, please add your email address and tick the 'Organisation' button, and you will hear next time they have funding for bikes available. Be assured that they will only use this list to announce an application window for Free Bikes 4 Kids, so you won't receive junk mail or advertising.

<https://bicyclelinks.org.uk/free-bikes-for-kids>



RCGP Learning- Identifying Military Veterans

Many Military Veterans are unaware that it is important that they inform health professionals that they are a Veteran. The GP or nurse will record this in their patient notes so they can let the hospital know if they need a referral. The British Government are working with NHS England and NHS Improvement to accredit GP practices as 'veteran friendly'. This programme enables practices to deliver the best possible care and treatment for patients who have served in the armed forces. The Royal College of GP's (RCGP) provide accredited practices with an information pack to help increase their understanding of the health needs of veterans, and the services available to them.

<https://elearning.rcgp.org.uk/mod/book/view.php?id=12533&chapterid=285>



Veterans' Gateway

Any veteran in need of support can contact the Veterans' Gateway – the 24-hour service which signposts ex-forces personnel to the wide range of support available to them, including housing and financial advice, career guidance, and medical care from the NHS. Since being set up in 2017, the Veterans' Gateway has already received over 20,000 contacts, advising ex-forces personnel and their families.

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



The Armed Forces Network

The award-winning Service Champions Training enables you to learn more about the Armed Forces community and become a Service Champion for your organisation. The Armed Forces community is made up of Serving Personnel (Regular or Reserve), Veterans/Former Service Personnel, and their immediate families or carers.

The CPD accredited training is delivered via MS Teams, and it is designed for people who are interested in helping their service/organisation, to become more Armed Forces community aware.

It is even more important for organisations to raise their awareness with the inclusion of the Armed Forces community in the NHS Constitution, the new Armed Forces Act 2021 'Due Regard' and other key reports and research.

Dates have just been released until March 2024 and anyone who is interested in the Service Champions Training can register via the website:

<https://sussexarmedforcesnetwork.nhs.uk/events/service-champion-training/>



Norfolk has joined the Forces Connect APP

In as little as just four clicks, the Forces Connect free mobile app can signpost veterans, armed forces personnel and their loved ones to support and advice in their local area.

The Forces Connect app is designed to link users to organisations offering immediate help and support across a wide range of services. The information is updated monthly, there are no charges or adverts and there's no need to enter any personal data.

Funded by the Armed Forces Covenant Fund Trust, the app was created to promote a greater understanding and awareness of the issues affecting the Armed Forces Community within public services, initially across the South-East of England. As its success grew, more counties including **Norfolk** have joined the app, making it one of the easiest ways to access information and support for the Armed Forces community.

To download the app please go to the Armed Forces Network:

[Sussex Armed Forces Network | Forces Connect App](#)

Once downloaded you can select Norfolk from the list of regions to find information on:

Crisis Support:	Covid 19 Domestic Abuse Ex -Offenders & Support whilst in Prison Help with Alcohol, Drugs, Gambling Housing Advice Legal Advice LGBT+ Mental Health including PTSD Support for Families and Carers Training & Transition
Employment, Education & Training	Finding a job Schools Admissions & Advice Starting a business & Volunteering



A new ID card for veterans

A new ID card for armed forces veterans, which will help them access specialist support and services, has been issued to service leavers. Any personnel who have left the military since December 2018 will automatically be given one of the new ID cards, which will allow them to maintain a tangible link to their career in the forces. The cards allow veterans to easily verify their service to the NHS, their local authority, and charities, helping them to access support and services where needed. All other veterans will be able to apply for a new ID card soon, to mark their time in the armed forces and validate their service.

The cards will complement the NHS' commitment to providing specialist health support for veterans in every part of the health service, enabling ex-service personnel in England, Scotland, and Wales to access treatment where they have been affected by their service. Last year, NHS England announced that dedicated mental healthcare services are up and running in every part of the country, backed by £10 million of investment, with increasing numbers of GPs and hospitals becoming 'Veteran Aware', to fully address the needs of those who have served.

<https://www.gov.uk/government/news/new-veterans-id-cards-rolled-out-to-service-leavers>

£2 Bus Fare cap to be extended until the end of June

Millions of passengers across England will benefit from £155 million in government support to cap bus fares at £2, maintain services and ensure people can travel affordably.

The Transport Secretary confirmed £80 million from 1 April to 30 June 2023 to protect vital bus services people rely on for work, education, medical appointments and shopping.

The government has also announced plans to provide up to £75 million so that bus operators can continue to cap single bus fares outside of London at £2 until the end of June, saving passengers money and encouraging more people back on the bus. With the average single local bus ticket costing £2.80, passengers can save almost a third of the ticket price. Bus operators that are continuing the £2 fare cap scheme will be confirmed in due course.

<https://www.gov.uk/government/news/2-bus-fare-cap-to-be-extended-and-bus-services-protected-with-new-funding>



Norfolk
County Council

Norfolk County Council news

New County Deal

Responses taken until 20 March 2023.

Norfolk County Council and the Government have agreed, in principle, a new County Deal, to transfer funding and powers to Norfolk – a process known as devolution. This provides a unique and exciting opportunity to unlock significant funding and for decisions currently made in Whitehall to be made in Norfolk, for Norfolk.

Andrew Proctor, Leader of Norfolk County Council, is encouraging you, your families and others you know to have your say on this at www.norfolk.gov.uk/norfolkcountydeal. What people say will make a major difference to the future of Norfolk.

<https://norfolk.citizenspace.com/consultation/norfolkcountydeal/>

Norfolk Home Library service



BRINGING THE LIBRARY TO YOU

YOUR LOCAL LIBRARY AT YOUR DOORSTEP

The **Norfolk Home Library Service** delivers books and other media free of charge to people unable to get to their local library. The service is open to all ages and includes those who may be housebound, living in long-term care, with vulnerabilities or mobility issues, and carers.

To use this service, please contact the Norfolk Library and Information Service on **01603 774 777 (Option 1)** or email **libraries@norfolk.gov.uk**

To learn more about becoming a Home Library Service volunteer, visit us at **royalvoluntaryservice.org.uk**, call **0103 397 998** or email **norfolkhl@sroyalvoluntaryservice.org.uk**

borrow discover connect

All volunteers are fully compliant and DBS checked.
Registered charity 1015988 (England and Wales) & SC038924 (Scotland).c53204_1222



Norfolk
County Council



MoneyHelper

MoneyHelper is a free service provided by the Money and Pensions Service. The Money and Pensions service is an arm's-length body, sponsored by the Department for Work and Pensions. It has a joint commitment to ensure that people throughout the UK have guidance and access to the information they need to make effective financial decisions over their lifetime. It's funded by levies on both the financial services industry and pension schemes. If an illness or disability means you rely on friends or family to do your shopping, withdraw cash for you or pay your bills, then a Carer's Card account might be useful for you.

<https://www.moneyhelper.org.uk/en/family-and-care/illness-and-disability/carers-card-accounts>



Staying safe and connected online

Nowadays most of us are using technology and the internet. But whether it's a flashing WiFi box or a frozen screen, we all experience technology problems from time to time. Taking some steps to protect yourself and learning a few simple fixes can make it easier when it happens. To find out more about this, what you can do and where to get free help if you need it, visit the webpage-

[https://www.independentage.org/get-advice/technology/help-support?ct=t\(EMAIL_CAMPAIGN_17_February_2023_technology\)](https://www.independentage.org/get-advice/technology/help-support?ct=t(EMAIL_CAMPAIGN_17_February_2023_technology))



Independent Living newsletter

Welcome to the Independent Living newsletter.

Contents:

- Patient Safety - First 100 days
- Legacy benefits cases - update
- Chilli Bean Initiative
- Easier travel on Northern network
- Paratriathlon Talent ID
- Vitamin D against diabetes

<https://preview.mailerlite.com/p9v6m1l4x0>

SURLINGHAM

Surlingham is a small village on the south side of the river Yare about 7 miles east of Norwich. It lies on Wherryman's Way, a 37-mile, long distance footpath between Norwich and Gt Yarmouth. The path includes several circular short walks, one of which takes you through the many interesting facets of this village.



The river is central to the history of Surlingham. Norfolk people will know that there are no bridges over the Yare between Norwich and Yarmouth, the only public crossings being at Reedham chain ferry and until 1939 the ferry at Surlingham. The ferry came to an untimely end in 1939 when it collided with a coaster and has never been replaced. There are a series of waterways making Surlingham notable. Bargate is a graveyard for more than a dozen sunken wherries while Surlingham Broad was the venue for Dr Joyce Lambert to research the notion that the Broads were created by human digging. At least one source tells us she was assisted in her work in the 1950s by boys from the City of Norwich School. Wheatfen Broad was home to Ted Ellis, the well-known Norfolk naturalist, writer and broadcaster, who lived at Wheatfen until his death in 1986. For much of his life, Ted Ellis was Keeper of Natural History at Norwich Castle Museum



His name lives on in the Ted Ellis Trust which runs the Wheatfen Nature Reserve.

Another famous name is Surlingham born Susannah Holmes. In 1783, still a teenager, she was convicted of theft from her employer and sentenced to death. Her sentence was later commuted to transportation to the colonies. In Norwich prison she met another prisoner, Henry Kable, also awaiting a date with the hangman. The two became lovers and had a son during the three years awaiting deportation. Susannah and her child were sent to Plymouth to await embarkation, but mother and child were separated there. John Simpson, a warder from Norwich prison, who had escorted the prisoner and her child, was so moved by the distress of the separation he took the child to London and pleaded successfully with Lord Sydney, the Home Secretary, to intervene with the result that Susannah, Henry and the baby were reunited and set sail for Australia together on board HMS Friendship.



Henry went on to become Chief Constable of New South Wales and very wealthy. Susannah gave birth to another ten young Australians and was once voted as one of the 100 most influential people in Australian history.

A strange part of Surlingham's history was surrounding farmland called into use during World War II as a decoy airfield to persuade the Luftwaffe to drop their bombs on Surlingham instead of Norwich or the Stoke Holy Cross radar aeriels. In 1942 it attracted at least ten direct hits.

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 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 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